



Vivamos

For lives
with a future

Creating new perspectives – thanks to your support

For over 40 years, Vivamos has supported disadvantaged communities in creating new opportunities and shaping a future free from poverty. We support young children on their path to school readiness, guide young adults as they step into working life, and partner with smallholder families to manage water, forests, and soil in a sustainable way.

Why our work matters

After years of economic growth and social progress, **hunger** is once again on the rise. Latin America and East Africa are suffering the consequences of **climate change**: droughts, crop failures and the overuse of natural resources are threatening people's livelihoods and water security. In parts of our project areas in Central America, more than 50% of children under the age of 5 are already undernourished. High **social inequality**, violence and a lack of educational and job opportunities are making things worse.

Vivamos is addressing these pressing issues: we provide high-quality early childhood education and vocational training for socially disadvantaged children and young people, giving them **a fair chance to succeed at school and to earn a living**.

We support rural communities in **managing their natural resources sustainably** – helping them to adapt their agricultural practices to climate change, protect their habitats and ecosystems and sustainably improve their resilience and food security.

Our working principles

We mobilise the self-help capacities of the most **socially disadvantaged population groups** and support them in exercising their civil rights and duties. To strengthen expertise in the countries, we promote the training of local professionals and work with applied research institutions.

We work with clear, measurable goals and a sound monitoring and evaluation system. We regularly evaluate the impact of our programmes in collaboration with universities. **Vivamos is the only two-time winner of the SDC/ETH-NADEL Impact Award.**

Our **impact measurement** shows that children who have received improved early childhood education achieve significantly better school results even four years after the intervention and are less likely to repeat classes. We can also demonstrate that psychosocial support during vocational training leads to higher graduation rates. With such **evidence-based results**, we show decision-makers that investing in equal opportunities is not only effective – but also cost-efficient.

Where we work

We are active in Guatemala, Honduras, Colombia and Kenya.

Our mission

As an organisation locally rooted through long-standing partnerships with civil society organisations, we empower socially disadvantaged communities to actively exercise their rights and responsibilities as members of society and promote the sustainable development of their environment.

Our vision

We are committed to ensuring that socially marginalised communities in Latin America and East Africa have fair opportunities for social participation, education and income – enabling them to overcome poverty through their own efforts.

Vivamos

Thunstrasse 17, 3005 Bern
Zürich office: Ausstellungsstrasse 41,
8005 Zürich

+41 31 331 39 29

info@vivamos.org | www.vivamos.org

Donations: Berner Kantonalbank,
IBAN CH34 0079 0016 8757 8007 3



**Your donation
in good hands.**



Fair opportunities for a successful school journey

Reliable relationships, responsive care and stimulation, and access to healthy nutrition and medical care in early childhood are crucial for children's ability to succeed in school. Yet many children from disadvantaged families cannot count on these foundations. High-quality early childhood education and development support help them build the skills they need for fair educational opportunities and, later in life, a decent income.

What we do

- Quality improvement in nurseries and kindergartens: We create child-friendly and stimulating learning environments. Caregivers are carefully trained by experienced educators and supported in their day-to-day work.
- Parent education: We raise parents' awareness of malnutrition, health and nurturing parenting.
- Healthy development: Health workers, midwives and authorities are trained in early childhood development. Children receive regular meals and basic medical care, including growth monitoring, vaccinations and deworming.
- Administrative support: Social workers help families obtain identity documents so they can enrol their children in health programmes and public schools.

Programme results 2025

Our goal: Socially disadvantaged children successfully transition into public school and complete primary education.

15,200
direct
beneficiaries

1,190,000
indirect
beneficiaries



Fair opportunities for work and income

Young adults from poverty-affected households face major barriers when trying to enter the labour market. They often lack information about possible training pathways, financial resources and helpful networks. Some also bear the burden of experiences of violence, displacement or crisis. Without practical vocational training and personal development support, their chances of finding secure and fairly paid work remain severely limited.

What we do

- Training: We enable marginalised young people to complete vocational training in fields with good job prospects or to take entrepreneurship modules to successfully start their own business.
- Psychosocial support: Specialists support young adults in overcoming difficult experiences and developing realistic plans for the future.
- Soft and life skills training: In practical workshops, young adults strengthen their social and conflict resolution skills.
- Labour market integration: Career guidance, job application training, job placement and support during the first months of employment help young people successfully enter the world of work.

Programme results 2025

Our goal: Empowered and trained young adults earn a sustainable livelihood under decent working conditions and shape their own future.

2,970
direct
beneficiaries

866,000
indirect
beneficiaries



Securing livelihoods through sustainable agriculture

Smallholder families produce a large share of the world's food, yet many of them go hungry themselves. Climate change, over-use of soils and water resources, and limited access to knowledge about sustainable farming methods further threaten their livelihoods. As pressure on farmland increases, forests are cleared for new fields and chemical inputs are often used heavily, putting water security and people's health at risk.

What we do

- Agricultural advice: We train smallholder families in agroecological farming so they can increase and diversify their harvests while protecting their soils and water resources.
- Networking: We support smallholder farmers in forming farmers' organisations so they can learn from one another and achieve better prices together.
- Nutrition knowledge: We share practical knowledge about nutrient-rich foods and hygiene to reduce malnutrition and undernutrition.
- Resource protection: We support local authorities in implementing water and forest conservation measures to safeguard water security and biodiversity.

Programme results 2025

Our goal: Smallholder farmers secure their livelihoods and food supply by using their natural resources sustainably and strengthening their resilience to the impacts of climate change.

98,200
direct
beneficiaries

662,000
indirect
beneficiaries