

HUMANS FOR HUMANS

# Annual Report



2022

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# a message from the founder

2022 was a hopeful year at the start, with the sight of the end of a pandemic and a healing society. However, early into the new year, the world, and particularly Europe, was shaken by the war in Ukraine.

As the humanitarian crisis escalated, human trafficking became more widespread, leading to a seemingly increased awareness of the crime among the general public.

Nonetheless, the 2022 Trafficking in Persons Report showed that currently, 50 million people live in modern slavery. We need to raise awareness, involve the communities and improve the support services for the survivors.

At Humans for Humans we believe that frontline workers also need support services to help them manage the trauma and horrors they see and experience every day.

Being an organisation that is solely run by volunteers has its challenges. This year we decided to stop the counselling services due to a lack of funds and resources. However, this will always remain our goal, and our efforts are going towards securing enough funds to provide adequate mental health support for survivors and professionals.

**"We are forever committed to contributing to a world without slavery and where all of those affected by it, get proper and free care."**

I am forever in awe with what this amazing team of volunteers has accomplished and I am incredibly grateful for each and everyone of them.

I also want to thank the dedicated group of advisors that we have because, with their help, we are ready to make this a sustainable organisation.

Thank you, everyone. Thank you for being part of our community!



**Sara Pestana Cardoso**

Founder & Executive Director  
HUMANS FOR HUMANS



**humans**  
for humans

# who we are

We are friends and citizens of the world who share the same values and we do our best to contribute to a world without slavery.

**Our organisation is entirely run by engaged volunteers whose work contributes to the organisation's development.**

**We dedicate our free time to the mission of Humans for Humans.**

## vision

**We believe in a world where all human beings are free and safe.**

We believe in a world where all survivors of human trafficking get free access to adequate mental health support.

At Humans for Humans, we believe in a global community willing to support human trafficking survivors so that they don't depend on the resources available in the country where they were rescued. It's time to move beyond labels and stigmatization. Collaboration is the only way we can eradicate slavery, everywhere, forever.

# values

Our values are the fundamental beliefs that motivate and guide our actions and attitudes. At Humans for Humans, we always make choices, design projects and develop our work based on our core values.



## Transparency

of our work, progress, interventions and services. It builds a stronger community.



## Safety

of the people we work with and of the information that is shared within our work is a priority.



## Collaboration

is the key to achieving our goals and having a greater impact on the fight against all types of slavery.



## Kindness

to change the world. No action is too small.



## Support

Adequate, Inclusive and accessible to all!

# mission

**To make mental health services accessible to all.**

- To improve post-trafficking mental health support services and make them a priority.
- To include programs about human trafficking in schools and universities.
- To educate global mental health professionals so they are prepared for the specific needs of this population.





**Bianka Karolyi**  
Awareness Director

**Sara Pestana**  
Founder & Executive Director

# our impact goals

01

Including survivors in the design of more specialized mental health services for them.

05

Creating a global community of mental health professionals interested and committed to providing mental health services to human trafficking survivors and professionals working in the field.

02

Creating opportunities for inclusion and growth for all human trafficking survivors.

06

Contributing to the improvement and evaluation of the quality of the services being provided in this field.

03

Promoting well-being and mental health for human trafficking survivors and for the professionals working in the field through mental health support and resources.

07

Preventing and creating awareness about human trafficking and slavery among the general public, by mobilizing and involving communities against this crime.

04

Preventing burnout and vicarious trauma among professionals working in the field.

08

Developing technological solutions that facilitate the work between different professionals and survivors of human trafficking.



# what we do

**Humans for Humans is a non-profit organisation focusing on mental health and human trafficking.**

**Since our founding in January 2020, we have been entirely run by volunteers, making us even more proud of our accomplishments.**

After the global pandemic, many of our volunteers had to go back to their jobs, and our capacity to expand or maintain some of our projects was reduced.

This year we have applied for grants and focused on securing funding to maintain our projects and develop solutions that can help more people.

Our mission and our impact goals haven't changes, our commitment only grows and now we are closer than ever to be able to grow our organisation.

## education, training and awareness

Talks and Presentations

Social Media

## secure digital support solutions

Humans for Humans Network

Mental health support

## collaboration projects

Witness Projects

# talks and presentations

We are committed to combating human trafficking and have been working tirelessly to raise awareness about this pressing issue.

As part of our efforts, we believe it is essential to teach university students, especially psychology students, about human trafficking.

“I am so impressed with the work that you're doing! I am also finishing my master's in psychology and never learned anything about human trafficking. This was inspiring.”

– University Student,  
Faculty of Psychology,  
University of Porto

Why?

1. Teaching students about the nature of human trafficking can help them understand how traffickers operate and identify the warning signs of trafficking.
2. By learning about the psychological and emotional effects of trafficking, psychology students can develop the skills necessary to support and care for victims.
3. By raising awareness about the issue, students can become advocates for change and work towards preventing trafficking in their communities.
4. By providing students with knowledge and skills related to human trafficking, we are empowering them to become effective advocates and professionals in their respective fields. This can include working as therapists, social workers or lawyers, among other professions.

We are committed to continuing this work, and we look forward to collaborating with more universities and other organisations in this effort.



**"The largest challenge facing the health care of trafficked persons is that providers often lack the training and education to care for this patient population."**

WHAT WE DO: EDUCATION, TRAINING AND AWARENESS

# social media

**We use our social media platforms to raise awareness about human trafficking, by sharing information and resources; and promoting online events that are open to anyone around the world.**

Due to limited funding, there were no paid ads performed this year, thus we only have organic followers and our audience is full of people who are engaged and support our work.

**You can support our work by just sharing our posts, which will increase the reach and make resources more available to everyone.**



Facebook



LinkedIn



@humansfor.humans



@humans\_for\_humans



# humans for humans network

**We have launched the pilot product of our network, which aims to create a safe space where professionals and survivors globally can connect, share and learn.**



- Exclusive content and conversations with people who face the same everyday challenges that professionals do.
- People with a shared sense of compassion and who work in the same field.
- Practical, evidence-based solutions for the most difficult decisions.
- Opportunities to be seen and validate the experiences of others by exchanging stories, experiences, and ideas around our shared mission.
- Empathy and inspiration
- Access to the full recordings of the Digital Series
- And much more

We truly believe that only through collaboration and more open communication, we can end slavery.

For that reason, this Network will be available for FREE from 2023, so we can get feedback from as many members as possible, to create the best possible platform where their needs are taken into consideration.

# digital series episodes

19

Episodes

150

Unique participants

6

Continents

21

Speakers

## Episode 1

**Expressive Writing: A tool to overcome trauma from sex trafficking**  
with Silvia Gurrola Bonilla

## Episode 2

**Phoenix Rising Yoga Therapy: embrace the opportunity for change, growth and enhanced well-being**  
with Ayano Masty

## Episode 3

**The connection between Emotions, "Symptoms & Trauma"**  
with Kyle Davies - Energy Flow Coaching

## Episode 4

**Stand up for victims' rights & survivors' inclusion and engagement**  
with Malaika Oringo - Footprint to freedom

## Episode 5

**Human Trafficking prevention in Russia: Specifics and challenges**  
with Veronica Antimonik - The Safe House Foundation

## Episode 6

**The impact of COVID-19 on survivors of trafficking: Focusing on women and girls**  
with Michelle Silva - UN Women

## Episode 7

**Trauma and intrusive re-experimentation, approaches from the narrative: Creating community with the survivors.**  
with Alexis Bustos Villarroel - Metáfora

## Episode 8

**The psychological aspects of helping survivors of sexual exploitation**  
with Nina Volontey & Anastasia Grishina  
Safe House Foundation

## Episode 9

**Mindfulness and self-compassion: Learning how to build resilience**  
with Jan Kñakal - Mindfulness Integrativa

## Episode 10

**Human trafficking, Social Dumping and Labor Exploitation: Situation in Norway**  
with Gabriela Sanzana Pavez - Caritas Norge

## Episode 11

**Stress, trauma and coping**  
with Dr. Suraj Thapa - UiO

## Episode 12 -

**Psychotherapeutic approach for victims of dehumanizing violence**  
with Enrique Caballero - Psicoterapia de premisas

## Episode 13

**The North-central American corridor of violence: myths and realities about the Mara Salvatrucha**  
with Marco Lara Klahr

## Episode 14

**Southern Border: Views and Resistance**  
with Diana Citalán and Diego Lucero

## Episode 15

**Understanding Dissociative Identity Disorder in Trafficking Survivors**  
with Calion Smith

## Episode 16

**Incorporating Victim and Survivor Centric Approach into Support and Prevention**  
with Dr. Julie Crutchley

## Episode 17

**Sexuality as a human right**  
with Rosember López Samayoa - Una mano amiga

## Episode 18

**Ethics and Morals in human rights**  
with Ernesto León

## Episode 19

**Au pairs in Norway: their limited migrant rights and abuse risks**  
with Sallie Malayan - FHS Norge



# podcast She Witness

She Witness is a collaboration between The Oslo Desk, Caritas Norge and Humans for Humans to tackle domestic violence by disseminating information and collective stories through our podcast and TOD's online publication.

We are grateful to the Oslo Kommune, who granted 107 000 kr to this project.

The rising issue of violence in close relationships has brought us together to fight this crime from different angles.

**Empathy and sensitivity are vital to building trust and ensuring respectful handling of the stories so we don't create further harm.**

Having the opportunity to widen our network and connect with professionals working at multiple intervention levels has been very rewarding.

We got a better insight into the complexity and nuances of this issue, which has been very helpful when directing women to support services.

Knowing that many women fear reporting or asking for help, along with many other barriers to accessing help, having the perspective of the organizations and entities responsible for this work gives a critical perspective on the challenges professionals face.

Learning from the personal stories of the women who reached out to us has been a humbling experience as we see and understand their struggles, vulnerability, and needs. Hearing these testimonials makes us more eager to make a change and get as many people involved as possible to make a difference.

Working with such a complex topic, we became even more aware of the importance of the terms and language used when addressing this topic, particularly with the victims.



# podcast She Witness



## Episode 1 - Introduction to She Witness Podcast

Welcome to the first episode of the She Witness, a collaboration between The Oslo Desk, Social Women's Empowering Act powered by Caritas Norway, and Humans for Humans. During this...



Dec 2021 · 37 min 26 sec



## Episode 2 - Multiple forms of violence and how to spot the signs

A conversation between hosts Sara Pestana (Humans for Humans), Inas Vasty (SWEA - Caritas Norway), and guest Becky Coleman, a volunteer at SWEA with a professional background in...



Dec 2021 · 47 min 54 sec



## Episode 3 - Witness Storyteller Ka Man on Domestic abuse, Sexual assault and Journalism

Witness storyteller Ka Man talks to Sara Pestana (Humans for Humans) about her own personal experience with domestic abuse and rape. Ka Man describes her journey to escape violence from h...



Nov 2022 · 1 hr 5 min



## Episode 4 - Becky Coleman on Economic Abuse and Power Dynamics in Abusive Relationships

A conversation between hosts Sara Pestana (Humans for Humans), Ka Man Mak (SWEA - Caritas Norway), and guest Becky Coleman on economic abuse and power dynamics in closed relationship...



Nov 2022 · 50 min 34 sec



## Episode 5 - Ethical Media Reporting on Violence in Close Relationships with Håkon F. Høydal

A conversation between host Ka Man Mak (The Oslo Desk), and guest Håkon F. Høydal (VG) on ethical media reporting on violence in close relationships, online crime and trauma. He talks about...



Feb 21 · 56 min 30 sec

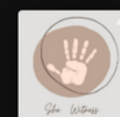


## Episode 6 - Witness Storyteller Ingrid on Psychological and Economic Abuse

Ingrid shares her own personal experience with violence in close relationships. She moved to Norway with her daughter and her husband at the time and was struggling a lot with the migration process ...



Feb 22 · 1 hr 21 min



## Episode 7 - Thomas Bennestad on the Criminal Justice System and Process (Norwegian)

A conversation between hosts Claudia Arangua Gonzalez (SWEA - Caritas Norway), and guest Thomas Bennestad on the Norwegian criminal justice system, the process when a victim meets the...



Mar 3 · 1 hr 6 min



# podcast They Witness

They Witness is a solution-oriented podcast that invites dialogue to create concrete small steps of tackling discrimination in Norwegian society experienced by the community.

They Witness podcast is a collaboration between The Oslo Desk, Caritas Norge and Humans for Humans, under the umbrella of Witness Projects.

The podcast will collect stories of people's experiences with discrimination at work, in meetings with the health system, at school or in other places.

The podcast will help to create a conversation between someone who is exposed to discrimination and an industry/sector where the discrimination occurred.



**Claudia Gonzalez**

Senior Advisor  
at Caritas Norge

**Becky Coleman**

Podcast guest

**Sara Pestana**

Founder of  
Humans for Humans

**Ka Man Mak**

Founder of  
The Oslo Desk



# therapy groups and individuals

**Humans for Humans was founded with the intention of providing free mental health support for human trafficking survivors and for the professionals working in the field. It is crucial that all survivors get access to adequate mental health support, and we believe it is essential to also provide care for the professionals, to avoid burnout and vicarious trauma.**

Studies show that the lifetime prevalence of self-harm, with and without suicide intent, is approximately 10% among youth up to age 25 years. In trafficking victims, this percentage can go up to 53%.

Other studies show that human trafficking survivors had an alarming higher-than-average rate of suicidal thoughts with 23% of survivors having attempted suicide, compared with 3% of the population with no prior violence exposure.

Human trafficking frequently involves multiple forms of abuse, including deception, coercion, extortion, threats, and, for many, physical and/ or sexual violence (Kiss, & Zimmerman, 2019).

The needs of the survivors are complex and varied, each story is a different story and it is difficult to generalize treatments or methods. It is essential that we use survivor centred approaches, that put the survivor in the centre of interventions and active in the development of their own journey.

We have provided individual and group support for professionals and for survivors, always connecting them to a therapist that speaks the same language and ideally, has the same cultural background.

Unfortunately, we are experiencing higher demand than what we can handle and it is not possible to assure adequate support only with voluntary work. For that reason, we have paused our therapy and support services until we can secure funding for employed psychologists, who can take more cases faster.

# summary of activities 2022

7

Episodes of the She Witness Podcast

This year we pitched Humans for Humans to investors, companies and the AKO Foundation!

1

Presentation on "Mental Health & Human Trafficking" for the Faculty of Psychology in the University of Porto.

We have received donations and grants that will allow us to start 2023 in the best way possible!

123

Newsletter Subscribers

Started the Project They Witness with The Oslo Desk and Caritas Norge.

1200+

Followers on Social Media

Talk for an external Podcast for a Portuguese Radio station, to raise awareness about human trafficking in war zones. Also dubbed in Ukrainian.

## BUDGET

Description	Debit	Credit
Donations		57 201,31 kr
Grant She Witness - Oslo Kommune		107 000,00 kr
Grant They Witness - Bufdir		50 000,00 kr
<b>Project - She Witness</b>		
Administration	-30 000,00 kr	
Marketing	-11 700,00 kr	
Office Space	-4 550,00 kr	
Podcast Equipment	-14 831,00 kr	
Website and domain	-2 153,98 kr	
Honoraries	-20 000,00 kr	
<b>Outsourced</b>		
Audit	-2 500,00 kr	
Honoraries	-100 000,00 kr	
<b>Software Licenses</b>		
Website	-1 772,53 kr	
Domain	-626,95 kr	
Vimeo	-2 550,00 kr	
Google Storage	-290,00 kr	
<b>Other Expenses</b>		
Bank Account Fees	-259,00 kr	
Materials for events	-162,20 kr	
Office Space	-4 000,00 kr	
<b>Summary</b>		
From last year		37 902,80 kr
Total income		214 201,31 kr
Total expenses	-195 395,66 kr	
Account balance end of 2022	56 708,45 kr	

audit approval

Kafla 24.1.2023  
 Oddur Igeltjern

IGEL-REVISJON AS  
 Statsautorisert revisor  
 Sundenga 6  
 2008 Fjerdingby  
 Org.nr. 997 060 881

The budget was approved by the Board of Directors:

*Sara Pestana Cardoso*

Sara Pestana  
Chair

*Bianka Karolyi*

Bianka Karolyi  
Vice-chair

*Catarina Fitas*

Catarina Fitas  
Secretary

*Ewelina Wdzieczna*

Ewelina Wdzieczna  
Treasurer

# ways to give

## make a donation

Account Number: 12546317461

Name: Humans for Humans

IBAN: NO6712546317461

Cultura Bank BIC / SWIFT: CULTNOK1

**VIPPS: 628342**

## free ways of contributing



Share our work



Volunteer with us



Connect us with  
interested people  
and companies

[Subscribe to our newsletter](#)

# Ending slavery is everyone's responsibility.

**We are not  
B2B or B2C,  
we are H2H.**



**thank you for  
your support!**

**HUMANS FOR HUMANS**  
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