



APOIAR
A FORÇA QUE NOS MOVE.

2024
ANNUAL
REPORT





APOIAR
A FORÇA QUE NOS MOVE.



Technical Sheet

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Acknowledgements

1. Message from the Board

We are always deeply moved by our APOIAR!

So strong and full of purpose, driven by the dedication and hard work of everyone involved. We embrace the necessary changes that come with growing pains – changes that at times feel paralyzing, but which, in the end, thanks to hope and trust, reveal themselves to be the natural challenges of growth.

We operate in remote areas where hunger and extreme poverty are a daily reality. This has been a remarkable year, in which we surpassed the milestone of more than 2 million meals distributed to young children – making our dream of truly making a difference come true!

We are forever grateful to our donors who, by believing in our team, are helping transform the lives of thousands of children, individuals, and families.

We are equally grateful to each member of our team who approaches their work as a voluntary act of hope – changing lives through their dedication. We thank everyone who values our mission, speaks about our work, and helps us gain recognition for the good we do!

This is who we are!
An ONG where love overflows.

Words from the board,

Helena Ribeiro Telles
Martin Beck
Manuel Schmidt
Alexandra Carvalho
Carlos Ramalho



Governing Bodies

Supervisory Board President: Manuel Cary | Vogais: Pedro Rocha e Melo e António Siqueira.

General Assembly President: Vasco Bívar de Azevedo | Vice Presidente: Duarte da Cunha | Secretário: Jorge Líbano Monteiro.

Advisory Board Laura Gonçalves Pereira | Teresa Schmidt | José Miguel Mora do Vale | Ana Tenreiro da Cruz | Teresa Champalimaud.

2. APOIAR DNA

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MISSION

To contribute to breaking the cycle of extreme poverty in Africa.

We support children, families and communities in breaking the cycle of poverty by providing the conditions for them to dream, aspire and achieve. We believe in each person's unique ability to overcome adversity and to do a lot with very little.

VISION

VALUES

Dignity: every life matters;
Solidarity: we believe in the strength of the collective;
Social Innovation: we seek sustainable and creative solutions to address complex challenges, with real and transformative impact;
Transparency: we are accountable with clarity, accuracy and honesty, because trust is the foundation of everything we build;
Commitment: we work with responsibility, dedication and closeness.

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PORTUGAL

WHERE
WE ARE

MOZAMBIQUE



APOIAR
A FORÇA QUE NOS MOVE.



3. APOIAR

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In 2024, APOIAR strengthened its commitment to combating hunger, promoting education and supporting maternal health in Mozambique. These figures demonstrate the real impact of our actions on the ground, thanks to the involvement of all those who walk alongside us.



**SCHOOL
NUTRITION**



**MATERNAL AND
CHILD HEALTH**

**YOUTH AND
EMPOWERMENT**



**PRE-SCHOOL
EDUCATION**



**FUNDRAISING
AND EVENTS**

1.248

mothers trained
at the MAYI
Academy

1.270

users
who
benefited
from the
mobile
brigades

81

community
members
employed in school
kitchens

6

new school kitchens
inaugurated in Tete

2.038.800

meals served

1.264

Baby boxes
delivered

20.135

total
beneficiaries

29

active kitchens (24 managed
by APOIAR, 1 by FLVIDA and 4
handed over to the communities)

189

children in our
kindergartens

238

students in the 2nd edition of
the Digital Exchange between
Portugal and Mozambique

66

participants in the 1st edition of the
"Hunger" conference in Maputo

152

sponsors
supporting them

47

students at the IT Center
(developing digital and
professional skills)

273

young people in
the Supporting
Champions project

531.195

miles donated by TAP Miles&Go
clients, supporting travelling to
APOIAR's project

1.077.322€

total funding

4. Commitment to the SDGs

Each project is a step towards global change

At APOIAR, each project is a bridge to a fairer future. In 2024, we strengthened our commitment to the Sustainable Development Goals (SDGs), aligning our actions with 7 of the 17 goals set by the UN. Because ***each meal served, each child educated and each mother supported is a step towards global change.***



The 7 SDGs to which APOIAR's projects contribute:

Lowest level of impact

Highest level of impact

5. Maternal and Child Health

13









MAYI PROJECT

We believe that taking good care of a mother is protecting the future of her child. The MAYI project focuses on the first thousand days of a child's life – from pregnancy to two years old – through training and awareness-raising activities in maternal health and nutrition.

In 2024, we were present in 13 communities (in the provinces of Sofala and Niassa). We began home visits with 10 community activists and launched the Mobile Brigades, which bring services such as ophthalmology, dentistry, dermatology, vaccination, nutrition and general consultations to the most isolated communities. These services enable more comprehensive and accessible care, contributing to the early detection of issues and the promotion of maternal and child health.

At the end of the training, each mother received a Babybox, containing essential products for the baby's first months of life, and a Birth Kit (delivered within 48 hours after birth).

IMPACT INDICATORS OF THE ACADEMY

 Communities Involved	13
 Number of groups	39
 Women Trained	1.248
 Men Trained	511
 Baby Boxes Distributed	1.264
 Meals Served	58.272
 Beneficiaries of the Mobile Health Units	1.270
 Average Attendance	82%



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The Story of Itor



Chapter 1 - MAYI

"Before I was born, they were already taking care of me"

Even before I was born, APOIAR was already present in my mother's life. It was through the MAYI Academy that my mother learned how to take care of herself, care for her pregnancy, prepare for childbirth, and better understand how to take care of me during the first months of my life.

While my body was forming in her belly, my mother was attending APOIAR training sessions with other women from the community. She learned about the importance of nutrition, hygiene, medical check-ups and breastfeeding. Whenever questions arose, there was always someone nearby to help.

That's how my mother gained strength. She gained confidence. She felt that she wasn't alone. When I arrived, she was ready – with more knowledge, more courage and more hope!

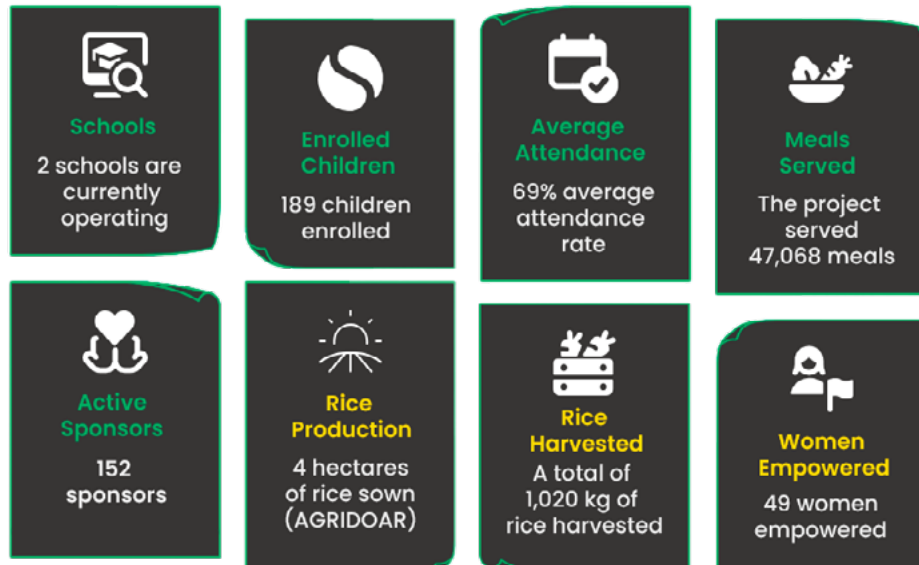
5. Pre-School Education

KINDERGARTENS

For many children between the ages of 2 and 6, APOIAR's kindergartens, in partnership with the LVIDA Foundation, are their first contact with the Portuguese language, with structured routines and with two meals a day. Created to meet the nutritional and educational needs of the communities, the kindergartens in Nhampuepua (Sofala) and Joho (Niassa) promote learning, discipline and self-confidence.

Through the **AGRIDOAR** Project agricultural activity developed around the kindergartens of Nhampuepua, we cultivated 4 hectares of land and harvested over one ton of rice, promoting not only the children's nutrition but also the empowerment of women in the community and the creation of local employment.

IMPACT INDICATORS "KINDERGARTENS & AGRIDOAR"



The Story of Itor



Chapter 2 - KINDERGARTEN

"I started dreaming!"

When I turned two, I started going to the APOIAR kindergarten. I always saw the kindergartens as a place full of colors, laughter and play. It was there, with APOIAR's teachers, that I learned a lot about the world, often through the stories I heard. It was in the kindergarten that I drew and dreamt!

Every day, I received a warm snack and a hot lunch – these meals gave me the strength to run, learn and allowed me to grow in a healthier way. The time spent in the kindergarten had a certain magic, which made the more difficult things disappear...there, there was room for the "Itor the explorer, artist and dreamer."

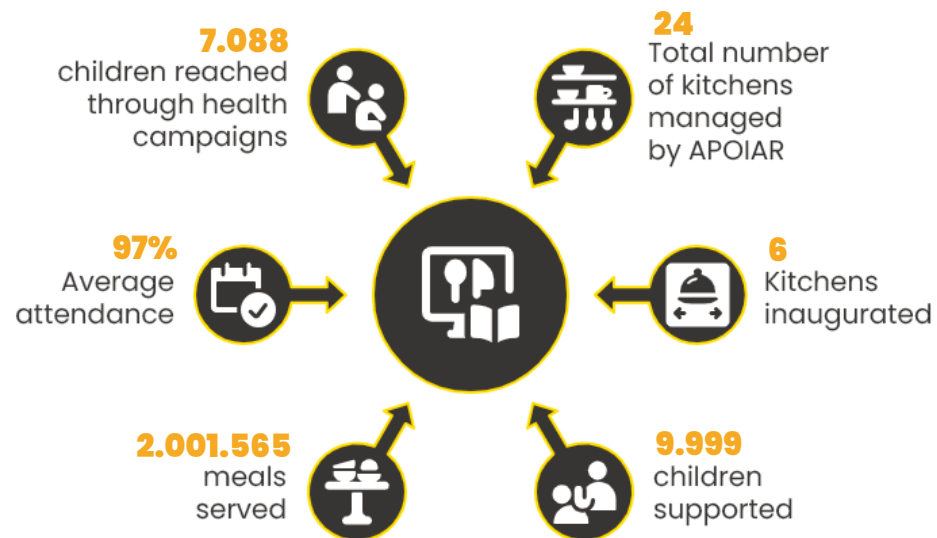
5. School Nutrition

KUKULA KITCHENS

The KUKULA program provides healthy daily meals free of charge to regular primary school children, combating hunger and school dropout. In 2024, the project was managed by APOIAR in 24 school kitchens (FLVIDA managed 1 kitchen and 4 others have already been handed over to the communities), in the provinces of Niassa, Sofala and Tete, promoting better learning and health conditions.

School nutrition improves attendance, academic performance and cognitive development. For many children, these meals are the only ones of the day – and the first step in breaking the cycle of poverty. In 2024, APOIAR launched six new kitchens in Tete (Doa, Matope – Macanga; Bumi, Buaira, Dala and Ndundo – Angonia), strengthening its commitment to reach more communities. The program also includes deworming actions and health campaigns.

“KUKULA” IMPACT INDICATORS



The Story of Itor



Chapter 3 - KUKULA Kitchens

“I gained energy and motivation to keep dreaming”

When I started primary school, APOIAR continued by my side. Through the KUKULA kitchen, the borehole and the vegetable garden (built on my school grounds), my classmates and I received a hot and balanced meal. The confidence of knowing that I would have a meal at the KUKULA Kitchen (something I often didn't have at home) motivated me to go to school.

APOIAR meals helped me stay more focused and learn better. With the strength from the meals, school became part of my journey, helping me build my future.

5. Youth and Empowerment

SUPPORTING CHAMPIONS

At APOIAR, we believe that academic success goes far beyond the classroom. With the Supporting Champions project, in the school years of 2022, 2023 and 2024, we provided children with a safe space where they could grow with confidence, develop essential skills and nurture bigger dreams.

Every week, sessions were held focusing on emotional intelligence, academic support and sports, always accompanied by a nutritious snack. This approach not only improved attendance and academic performance but also promoted self-esteem, autonomy and teamwork.

The regular presence of mentors on the ground made this program even closer to the communities, strengthening the support and inspiration these children need to follow a path with more opportunities.

“SUPPORTING CHAMPIONS” IMPACT INDICATORS

254

No. of children supported by the project

1.658

Total number of sessions held

28.621

Total number of snacks distributed

42

No. of mentors



DIGITAL EXCHANGE

The Digital Exchange is a program that promotes intercultural dialogue and civic engagement for young people in Portugal and Mozambique, through weekly sessions focused on the Sustainable Development Goals (SDGs). By sharing experiences, realities, and challenges, participants develop critical thinking, a spirit of active citizenship, plan and implement actions with an impact on their communities.

In 2024, the Digital Exchange edition connected six schools – five in Portugal (Almeirim, Aveiras, Benavente, Salvaterra de Magos, and Santarém) and one in Mozambique (in Dondo). Over three months, 238 students participated in 65 sessions, culminating in the implementation of local projects that reflected the youth's commitment to sustainability and social justice.

“DIGITAL EXCHANGE” IMPACT INDICATORS

238

No. of students who participated

65

No. of sessions that took place

6

No. of schools that participated



5. Youth and Empowerment

IT CENTER

The IT Center is an initiative by APOIAR in partnership with the LVIDA Foundation, which provides free digital training to young people and adults in the Dondo Municipality, Sofala Province. Since 2008, it has promoted digital literacy and access to essential technological skills for employability, fostering professional inclusion and autonomy.

In 2024, 47 trainees participated in computer courses, with an 85% pass rate in the certification exams of INAGE – the National Institute of Electronic Government. This recognized certification is a direct bridge to the work market, especially in a country where access to digital training is still a privilege.

“IT CENTER” IMPACT INDICATORS



The Story of Itor



Chapter 4 - Supporting Champions, IT Center and Digital Exchange

“With others, I grew.”

In my teenage years, I encountered new challenges — and also new opportunities. In the Supporting Champions training, I learnt how to work as a team, overcome limits and believe in myself. In the mentoring sessions, I developed new skills and consolidated what I learned at school.

Later, I had the opportunity to learn how to work with a computer and meet young people from other countries through online meetings (in a Digital Exchange). We shared differences and similarities, identified problems, planned improvement actions for our communities and implemented them.

I took computer classes at the IT Center and discovered that my village is just the beginning. The world is waiting for me and with APOIAR, I'm ready for it!

5. Supporting Generations

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A commitment that grows with every step.

Throughout these pages, we have covered the pillars of APOIAR's work: maternal health, basic education, school nutrition and youth empowerment. We have seen how, at each stage of life, there is a project designed to support, protect and empower.

But what truly distinguishes APOIAR is the integrated vision: every child who enters a kindergarten can later participate in a youth program, every mother who learns to better care for her baby contributes to a stronger community and every meal served is more than nutrition — it is belonging, dignity and opportunity.

Supporting Generations is this! It's not just about addressing today's needs... it's about laying the foundations for a tomorrow with more justice, autonomy and hope.



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The Story of Itor



Capter 5 - The end...? Beginning! *"Itor, today."*

Today, I am the one who supports.

Everything I received has become a mission: to share, teach and inspire other children in my community. Now, I help build dreams, just as one day they did with me.

My story is just one, among so many that exist. Each child supported carries within them a future full of possibilities.

Want to watch the video of this story?
Watch it here:



Because supporting TODAY is changing lives forever!

6. Fundraising and Events

Mobilize to transform.

In 2024, APOIAR once again demonstrated that solidarity has many forms and many voices.

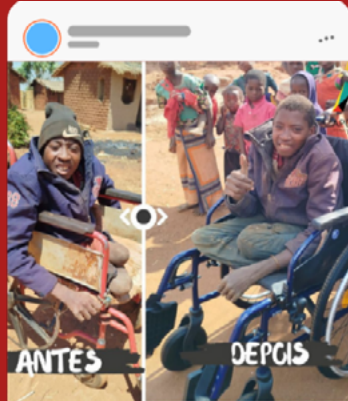
Awareness campaigns, solidarity events, and institutional partnerships not only secured essential resources for our projects but also brought us closer to those who believe in APOIAR and join our mission.

Through social media, on-the-ground actions and events, we focused on impactful communication, inviting everyone to be part of this journey.

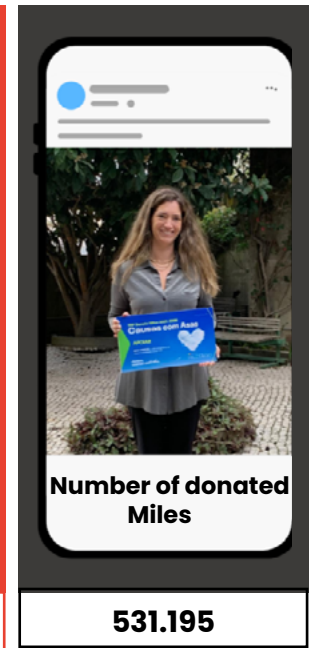
Every euro raised is a conscious choice: to invest in a world with less hunger, more education and more dignity.



October: 1st edition of "Hunger" conference in Maputo



Delivery of wheel chair



7. Financial Dashboard

The year 2024 was marked by stability and consolidation of APOIAR's activities, with sustainable growth and continuity of projects. We maintained focus on key areas, ensuring a positive impact on communities.

We highlight the international conference "Paradox between Hunger and Unsustainable Food Systems" in Maputo, on World Food Day, in partnership with Camões, I.P., with the 2nd edition to be held in 2025 in Lisbon.

In the KUKULA project, six new kitchens were opened in Tete (Doa and Matope – Macanga; Bumi, Buaira, Dala, and Ndundo – Angónia), with support from PMI. In Sofala, the school feeding project continued with funding from JOINCO, ensuring meals at the Macharote kitchen.

The MAYI project – Access to Health for Rural Communities in Dondo (Sofala) – was also launched, funded by Camões, I.P., strengthening maternal and child health with training activities in nutrition and healthcare.

These actions reinforce APOIAR's commitment to sustainable development and the improvement of living conditions in communities in Mozambique.

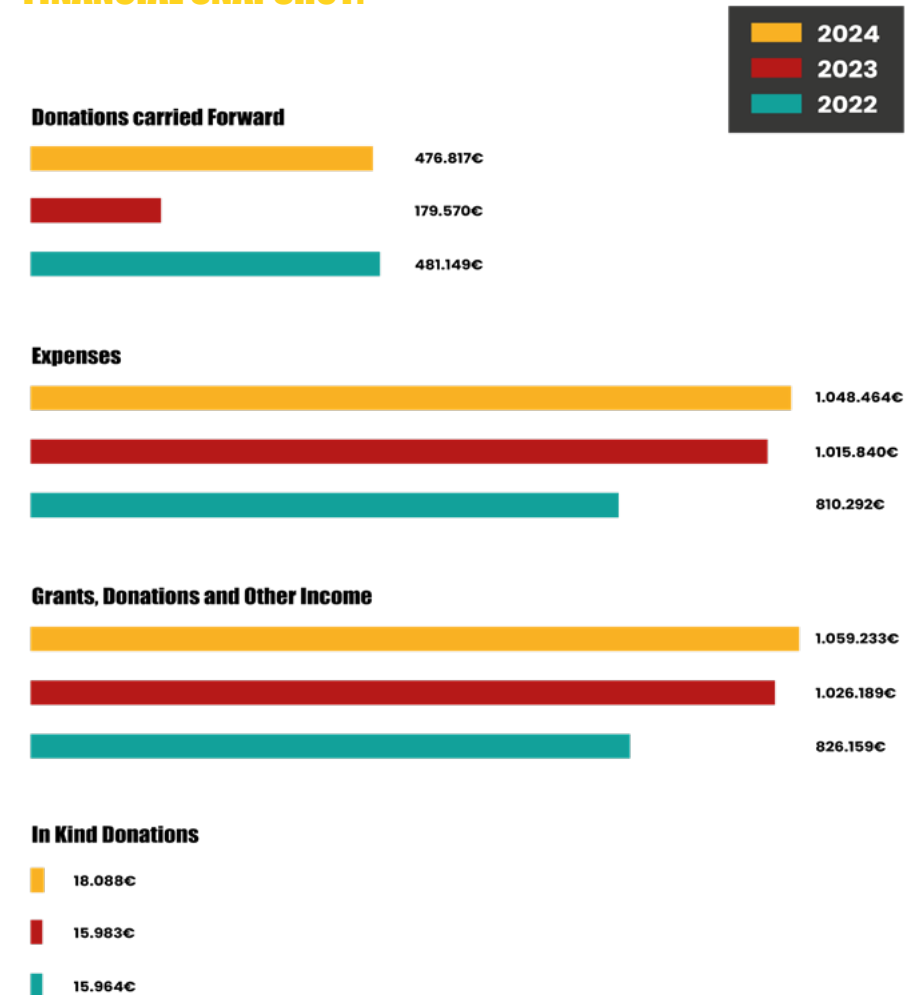
Operational revenues reached €1,077,321.86 (+3.4%), with a focus on support from MLT, PMI, and Camões, I.P. Operational expenses were €1,066,552.80, also with an increase of 3.4%, reflecting more human and material resources for the new kitchens.

Deferred revenues amounting to €476,816.60 were recorded, corresponding to subsidies that will be used in the operation of projects in 2025.

The net result for the year 2024 was €985.26 and it is proposed that this amount be transferred to Retained Earnings.

The accounts were audited by RLGM & Associates.

FINANCIAL SNAPSHOT:

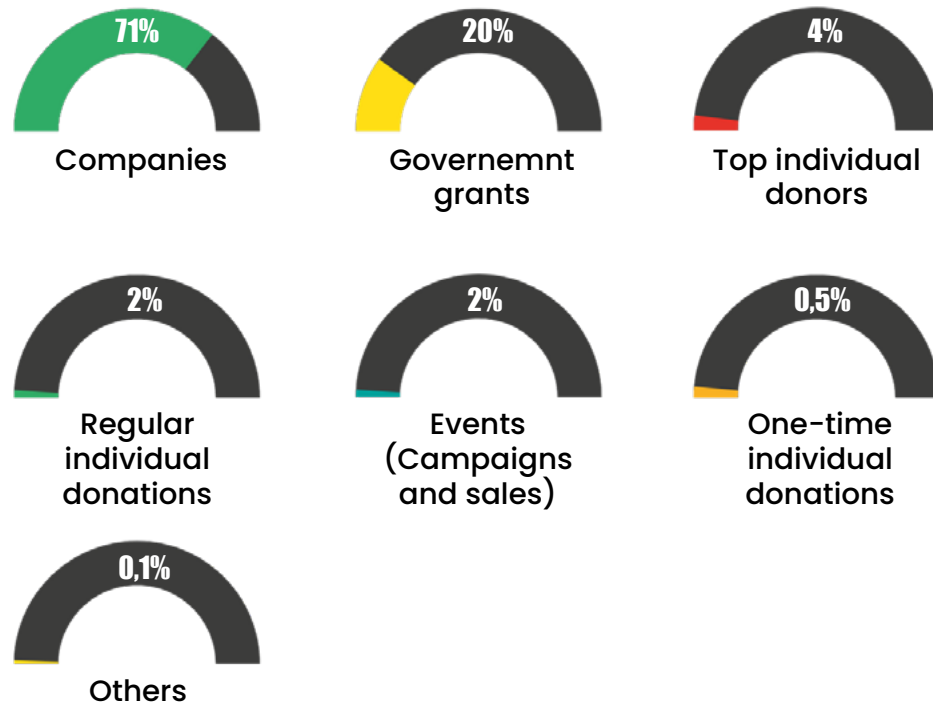


7. Financial Dashboard

ETHICAL COMMITMENT

Because each financial resource represents a new possibility for the future in Mozambique and each donation is, above all, a gesture of trust, we are committed to applying it with rigour, respect and responsibility. In 2024, we reinforced our commitment to ethical and transparent management, ensuring that every contribution has a real impact on the communities.

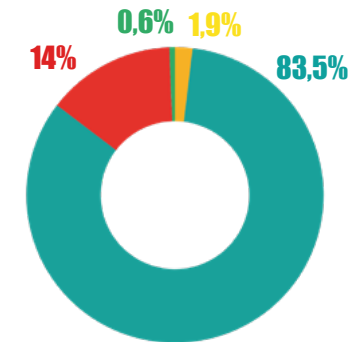
SOURCE OF OUR FUNDS



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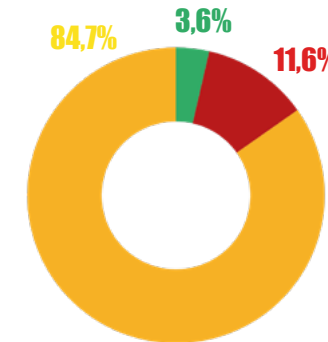
EXPENSES BY

AREA OF INTERVENTION



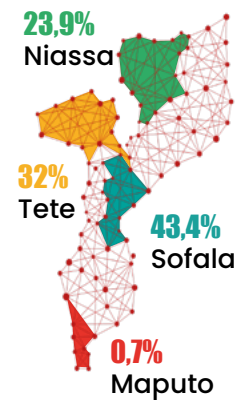
■ Nutrition and education
■ Maternal and child health
■ Education and IT Training
■ Agricultural

CATEGORY

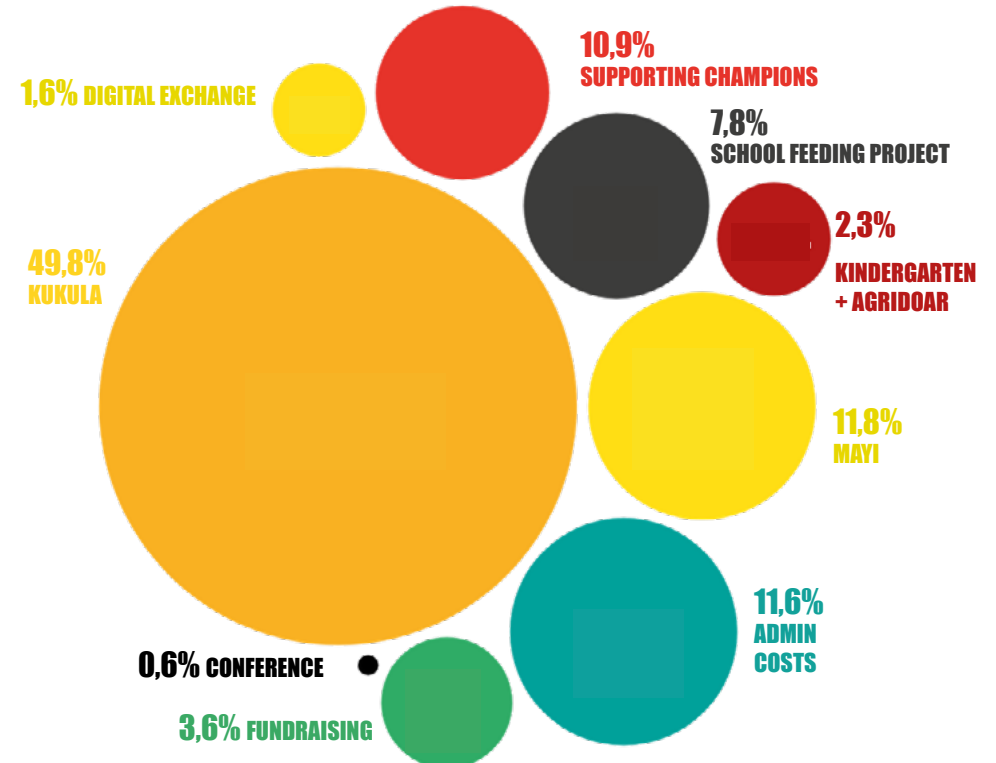


■ Projects
■ Administrative costs
■ Applications and Fundraising

PROVINCE



ACTIVITY



7. APOIAR team



PORTUGAL

Almeirim,
12 employees

Portugal + Mozambique

From Almeirim to Maputo, passing through Tete, Sofala and Niassa, our team works with dedication and a strong sense of purpose. Together we build the bridge between dreams and opportunities.



Sofala,
17 employees



Maputo,
2 employees



MOZAMBIQUE

Tete,
18 employees

Local presence, real impact

We believe in the power of a close-knit team, rooted in the communities. It is thanks to these teams — who understand the local contexts and challenges on the ground — that we are able to make a difference every day.



Niassa,
13 employees

8. Challenges and Lessons

HOW POWERFULLY CAN A LIFE BE IMPACTED

Over the years there are always difficulties, challenges and vulnerabilities. But we remain steadfast in our purpose.

In 2024, the main challenge was the need to adapt to significant changes within the team, always ensuring that our mission continued to be fulfilled.

Those who join APOIAR quickly learn that here we focus on what is being built: on what is good, what is needed, what adds value, and what transforms. And it is this perspective that we choose to maintain, focused on the strengths—the ones that drive us.

At APOIAR, we believe that every person is important and we work every day to make a difference in their lives. With the help of our donors and partners, we are able to transform lives and build a better future.

Looking at a story like Itor's reminds us that supporting generations is what truly distinguishes providing help — essential but temporary — from creating impact — lasting and empowering. Feeding stomachs is urgent; feeding dreams and the future is transformative.

It is through our daily **commitment** to our projects that we ensure each action tells a story and each gesture makes a difference in someone's real life. To Itor — and so many others like him — we say every day: you matter and we care about you.

We learn and teach that dreams can be big, even in difficult contexts — and that, with **hope** and **perseverance**, we can defy statistics and odds..

We live witnessing, side by side with our communities, learning from their **resilience** and **example** to transform each challenge into a new **purpose**.



9. Acknowledgements

In 2024, APOIAR went further. We crossed provinces, overcame challenges, reached new communities and supported thousands of children, young people and families — none of this would have been possible without all those who walk with us. Every meal served, every lesson taught, every mother supported, carries with it the strength of a collective effort.

With every step, we reinforce the certainty that no one changes the world alone. To each institutional and corporate partner, to each individual donor, to each sponsor, volunteer, staff member and friend: thank you for supporting!



64 Partners in 2024:

Agrup. Escolas Almeirim	Forno do Monte
Agrup. Escolas Alexandre	Fundação EDP
Herculano – Santarém	Fundação Manuel Violante
Agrup. Escolas Benavente	Fundação LVida
Agrup. Escolas Salvaterra de Magos	Global Imagem
Agrup. Escolas Vale Aveiras	Herdade do Esporão
AlmeirINN Padel	Intermarché Almeirim
Axians/Programa VINCI para a	Interpilhas
Cidadania	JAM
Azeite Castelo de Marvão	Joinco
BCI	Kornimprime
Beta Cabeleireiros	LMP – Liberato, Moraes & Paulo, Lda
Biblioteca Mun. Almeirim	Marromeu Safaris
Biblioteca Mun. Aveiras de Cima	MCALL
Biblioteca Mun. Salvaterra de	Merec
Magos	Ministério Ed. Desenv. Hum. (MZ)
Biblioteca Mun. de Santarém	Ministério do Género, criança e
Borrego, Leonor & Irmão, S.A	acção Social (MZ)
Brisa	Ministério Obras Públicas,
Câmara Municipal de Almeirim	Habitação e Recursos Hídricos (MZ)
Camões, I.P.	Ministério da Saúde (MZ)
Compal	MLT – Mozambique Leaf Tobacco
Cuatrecasas	Lda
Delta	Mozanuts
Dress a Girl	Plataforma Portuguesa das ONGD
Easypay	PMI – Philip Morris International
Edrington	Santa Casa da Misericórdia de
Escola Primária Completa 1º de	Almeirim
Maio	Serramel
Escola Primária Completa	Serving You
Macharote	Sociedade Agrícola Casal do
Escola Privada do Dondo	Carvalhal
Escola Prof. Salvaterra de Magos	Sofia Águas Ceramics
Escola Secundária do Dondo	TAP
Escola Secundária de Macharote	TTI
Espaço Alfa	Vénicien Pastelaria
Ergométrica	ZAP





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