



POMŮŽU
JAK MŮŽU.

ANNUAL REPORT 2021

We would love to create and maintain a journey through people who have more than they need and can help those who are in need.

As easily as it only can be.

Just the sum of 500 CZK feeds a child or a mother every day for a whole month.

Thank you for giving us an opportunity to share with the less fortunate and thanks to all of you that help!

Šárka Mokrá

Chairwoman of the registered association Pomůžu jak můžu

BASIC INFORMATION

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For the public:

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1. FOREWORD

Instead of introducing our own opening words, let us reiterate the words prepared by the special supporters of Pomůžu jak můžu - a group of moms who collected items of clothing in order to help the suffering people of Yemen, sold these articles of clothing and then donated the money they raised to our organization. In the introduction of the text, you will find one of the many reasons that inspired "our" moms to take on their charitable endeavors that deeply resonates with us.

"Our dear supporters and friends. We wish to unveil our motives to you, the reasons behind the formation of our very own Moms for Yemen group. One of the motifs was the book The Princess of Sarajevo by Dr. Edo Jaganjac. It had an incredible impact on all of us. The subsequent personal meetings with the doctor were among the most astonishing life moments for the three of us. He is an exceptionally kind, good and compassionate man. We are extremely grateful that he entered our in many aspects! We are likewise more than grateful that he took the time to see us again! Here is the up-to-date interview with the doctor and a personal message he shared with us (which prompted us to cry a river made up of tears of joy). Thank you Eda!"

War and life in such circumstances is a rather unimaginable situation for me as I have only ever known it from books and movies. How does one perceive it? How does an individual see this situation whilst actually realizing that he or she can't influence the conditions in any way but can only live through it all?

The war comes on its own. You're suddenly immersed in it, and there's nothing you can do. There are certainly indicating phenomena before the war starts that point directly to what will inevitably happen. When I first read Remarque (Erich Maria Remarque), it stuck with me how in his books, before World War II, people quarreled over whether a war would eventually unfold or not. It seemed incredible to me that it wasn't entirely clear to them. I am now convinced that there are hints pointing towards the strike of the inevitable - the war itself- even before it happens. After all, today's universities set out to explore the methods to provoke war! The aforementioned act is quite simple!

Where do people find the energy, hope, and the strength for living their life? How do they "stay alive" mentally? How do they prevent themselves from going crazy, and how do they force themselves to function in a normal manner?

Man lives by inertia. Your body can surprise you with its incredible will for endurance. Mortal danger empowers and encourages you. Of course, every once in a while, someone breaks down. People have the ability to change and to adapt quite quickly.

I don't blame people for not being able to keep up with such circumstances. That's human, too.

The question of how to maintain a normal state is a rather challenging one. I will answer with a quote from the Princess (the book The Princess of Sarajevo, note) : Can one get used to war? One can, of course. I'm used to it. I don't like it, but I'm used to it. I live with the need to adapt to the current conditions, I work, I think, I eat... But can a man get used to war, and stay normal? That's a much more difficult question to answer. Is it normal to be unnerved by an open space, or to never sit near a window in a room? Is it acceptable that I feel danger like a hunt-down beast ? Is it normal

that I feel panic when I find myself in an unfamiliar part of the town and that I don't know where the ubiquitous sniper is hiding? Is it normal that I automatically lie down when I hear whistling? Is that normal? It's not normal, naturally. However, would I still be alive if all this wasn't normal for me? Probably not. Definitely not. This black legionnaire with a machine gun in his hand, standing in front of us, looking at us with a suspicious look on his face. He must see it differently. Right? He wants to live too, and the Legion pays well. What's normal for him? Killing on command and for the money. Killing without ideals or feelings. It's complicated. I got used to the war and became abnormal in order to survive. The man? He must be abnormal at all times. If he weren't he wouldn't be doing what he's doing. Back to me again...! Killing is normal, haven't I learned that yet? He's normal and I was not, not until the war came. Now I am, and I wasn't until now.

Where is someone to tell me what is normal? All I want from life is to be normal. Not special, not extraordinary or remarkable. I'm desperate to be normal, and now I don't even know what that means.

It's not even that important. The important thing is to survive. Maybe not even that. You need to look ahead. Don't think. Thinking is forbidden. Look ahead!

You worked as a doctor, and as a surgeon, in a hospital in Sarajevo during the war. How different is this work from the contemporary hospital practice, in a normal situation? Of course, without taking into account the current state of affairs around the covid.

Turns out that a hospital can function without water, food, electricity, and drugs. What else can you do? It's a job that cannot be compared to the act of running of a hospital during a time of peace. The rules are different, but it works. You adapt and that's it. One of the reasons for the creation of the Sarajevo Princess was the constant flood of questions about how it could work in the first place. The answer is in the book.

Your patients at the military hospital in Sarajevo were both women and children. Looking back, would you be able to estimate the percentage these two groups represented in relation to the total number of war injuries?

There weren't many children. Sill, we all followed their fate. The death of each child affected all of us, us experienced professionals. Around 1,600 children were killed in Sarajevo and around 10,000 were wounded.

We asked to interview you for many reasons. One of them was the story of Irma and the background of all the children who found themselves living in the war conditions. How does the war affect their lives? How does it impact their lives in the moment, but also how does it affect their lives in the long run?

I think that children who haven't experienced the loss of parents or relatives have the ability to live quite normal lives. Children heal better than adults. My little girls, at the beginning of the war, were 2 and 5 years old and have no memories of the war whatsoever.

The loss of parents, of course, has a profound effect on the children's adult life. That's another topic to explore. Lastavica - an association of citizens of the former Yugoslavia in Prague, aims to help children without parents. We focus on establishing the SOS children's villages. The stories of the children that we encounter there are so horrific that sometimes it's hard to grasp them. The war is long gone, but there are still many children who have a trouble living on their own.

Our Mothers for Yemen group focuses on supporting women and children in war-decimated Yemen. How important is the overall humanitarian aid for individuals residing in these war-torn countries?

I admire you greatly, mainly because you thought of this form of help in the first place! Somehow humanitarian disasters are not a frequently brought up topic in society. I know from my own experience that humanitarian aid in war is a oftentimes a matter of life and death. Keep it up!

After reading your book, we all shared the feeling that there was no point in supporting international humanitarian organizations because there is a shortage of real forms of aid, and that a large part of the donations will be lost in the metaphorical bureaucratic machine. On the other hand, do small activities like the ones that we are committed to make sense? Does helping a few people make a difference?

In besieged Sarajevo, the situation was such that only 2% (two percent) of the aid reached the people in desperate need of it. Believe it or not, the exception was the Czech "People in Need", then with a different name, and already there was an incredible Czech hero, Simon Panek. A dedicated, hard-working, tireless, courageous and compassionate man! He was able to distinguish between what was important and what was not, and he achieved the things that no one else was capable of achieving! In Czechia you don't even realize what a phenomenal human being you have among your own ranks. The organization Man in Need left behind an incredible mark in Sarajevo and Bosnia.

I am a great supporter of your plan and your distinct way of working - the aim to help people and without any other financial charges. Recently, Lastavica organized a fundraiser to help people following the earthquake in Croatia. We sent some of our volunteers to Croatia, i.e. close to the place where the events unfolded, at their own expense. They found several severely affected families and distributed all the funds from the transparent account to those in need.

What is your experience of acquiring food resources in a war zone for the general population? Did any "food ration cards" work? What kind of food was available to buy/save and where? Was there a food-oriented black market?

There is a risk of famine without humanitarian aid in war zones. We must not forget that neither production nor transport worked. Also, without electricity, refrigerators do not work, i.e. food must be durable - flour, oil, rice, beans, canned food, salt, and sugar. Million combinations of it. No type of meat, fruit, or vegetable would work. Also, all the trees were cut down to cook and in order to ensure that we could survive the challenging Sarajevo winter... however, already during the second year of the war, tomatoes, peppers, and strawberries popped up on the windows instead of flowers...

It's not true that a hungry man can eat anything. In humanitarian aid, we received canned food that was impossible to eat. Even the dogs on the street didn't want the cans. We sent them through the WHO route for analysis and got the answer that they were microbiologically and chemically fine, but that they were not recommended for human consumption because of the smell and taste. We couldn't throw them away, so they ended up in the mass catering cauldrons. I personally had the opportunity to consume food in the hospital, but I would only eat once a day. I lost 36 kg in 6 months, and then somehow maintained that weight.

We had ration cards and flour, oil, butter, and bread were rationed according to these cards. There was a complete lack of food. However, nobody was starved to death. We also didn't have to deal with extreme behavior patterns driven by hunger, i.e. nobody ate dogs or cats. There was no food-oriented black market. There were no shops, of course, but normal markets could be found operating normally, where one liter of oil cost 80 Deutschmarks and a pack of cigarettes cost 50 Deutschmarks each. The money quickly disappeared and so one liter of oil became two packs of cigarettes and a barter trade developed.

Everything would be exchanged for something else and the bottles of alcohol were the most valuable items. This, of course, was not in the humanitarian supplies.

The markets, unfortunately, were a frequent target of Serbian mortars and snipers. We know of the bombing of the Markale market, where a few mines were enough to kill nearly 200 people.

Did you notice that at the time you were stationed in Sarajevo during the war, there were canteens set up by humanitarian organizations for those in need? In fact, the story depicted in your book, the one where soldiers were handing out tins of peas, despite knowing that snipers were targeting people, has been stuck with me for some time now. To this day, it's one of the scariest things I have

ever had to think about.

There were no canteens for the masses. No one was able to provide a regular supply of food. UNPROFOR was throwing away piles of food and had no right to even put it in the hospital because they were helping a war party?! I remember the mounds of roasted chicken that they threw away at a time when I hadn't even seen meat for at least a year. I saw the humiliating scene with the peas twice during the war in the city centre. It also happened that UNPROFOR would lure children with candy and then they threw mines at them. I remember one child who happened to survive the attack. The child was taken to a military hospital in Paris and thanks to that was the kid was able to make it out alive. UNPROFOR was very nationalistic, but the basis was the French Foreign Legion.

So may I ask, with a hint of hope in my voice, does what we do as Moms for Yemen matter?

Thank God that people like you still exist on this planet.

Among the people who follow our activities, we sometimes encounter the question:" Why don't the people living in the war zone just leave, why don't they flee?" Could you describe your experience of being able to leave the war zone, or the experiences of other people you were in contact with while in war-affected Sarajevo? How difficult is it?

The question of leaving is the most important thing that everybody thinks about in war zones! Also, almost every opportunity of this kind is taken. Only those who have to stay, whatever the reasons, stay. The problem is that it's not even allowed to be talked about! Immediately you're a suspected traitor and risk your life. It has to be done very carefully.

You left Sarajevo in 1993 for the Czech Republic and returned to Sarajevo after the end of the war in 1995, but you did not stay there. What led to the decision to leave Sarajevo permanently? And perhaps what led to your decision to start living in the Czech Republic?

If I could, I might prefer to live at home. Unfortunately, a beautiful city like Sarajevo has changed. It was my home, but I didn't want to live under a nationalist government in a country that still promotes hatred. I may be a stranger abroad, not a stranger at home. I chose a peaceful life with my family, and in the Czech Republic leading such a life is possible. Anyway, I no longer feel like a foreigner here. I have never encountered xenophobia, and I am convinced that people in the Czech Republic are friendly, compassionate, and normal.

Is it possible to find anything positive about everything you experienced during the war?

There is something positive to be found in everything. Personally, I have gained (perhaps even a rather exaggerated form of) confidence. I could survive on Mars, just give me a straw to breathe through. I also find it much easier to distinguish between right and wrong nowadays.

The war experience, where every thought process or every word equals a life or death situation, still helps me make decisions today. I ask myself one fundamental question when making decisions. My motto is humanity first and foremost.

It does not have to be fair or acceptable to all. I do not fall for the lies of demagoguery or fear. I detest selfishness... Above all, be compassionate! Being compassionate makes you happy with yourself and it is likewise the foundation for personal happiness. Be compassionate and you will be happy. It wasn't easy, but I've recovered from the war. Professionally, i.e. surgically, I went through the toughest and quite harshly put- the best training. When I add my wonderful family to the list, I think I'm a happy man after all.

In the few meetings we've had, I could not help but notice that you come across as an optimist.

What makes you happy and gives you energy in life?

Thank you for that conclusion. The source of my strength is my family. My miraculous 4 grandchildren are a breath of fresh air at home. Your intention to help people in need, even if you don't know them, is admirable and kind. You will see it will bring you joy and peace. Keep it up!

I wish you the best of luck.

Edo Jaganjac

2. ROK 2021 V ČÍSLECH A FAKTECH

2021 – set goals

The year 2021 was a breakthrough year and yet again, we gained new supporters, created a new space for further activities, published, and likewise we continued in our endeavors, mainly in Yemen. The year was marked by private initiatives. Many people from the "outside" world came and brought food to the people of Yemen through their activities.

Thank you to Mothers for Yemen, Martina Teschnar's Online Fitness, Pavla Smetana's Auction, and all the good people from the Czech Republic and also to the people from all around the world.

For the first time in 2021, we also implemented our own charity bazaar and started a public fund.

For 2021, the following goals were further fulfilled:

a) **Continuing to implement the organization's strategic plan.**

The point a) is implemented at 100%. The canteen is fully operation daily all year round, meals are prepared for 166 integrated boarders from families with children and employ 4 locals full-time. Supplies are bought from local traders and farmers

b) **Set up a plan to provide food for children and teachers in at least one functional primary school to motivate parents to send their children to school, for teachers to carry out basic tasks (even without a salary), for all to develop a sense of living a "normal life".**

In point (b), a separate project has been prepared for funding from the Ministry of Foreign Affairs of the Czech Republic to provide snacks for the students of the girls' school. The request for funding of 500,000 CZK for the whole school year was not supported. An option to implement the project based on private donor support was prepared and the project is scheduled to commence in September 2022.2022.

c) **Prepare a plan to launch an e-shop with Yemeni products to support the funding of the project, under favourable circumstances.**

The plan and launch of the charity e-shop as per point c) was not implemented due to the extremely high cost of shipping from Yemen to the Czech Republic. A plan for a humanitarian e-shop of alternative products from the Czech Republic with a Yemen theme is being prepared Jemenu.

d) **Prepare a schedule of seminars for women, to support the training of local experts (an online study program with international certificate ex. Coursera.org, Udemy.com or in cooperation with NGOs), organization of seminars led by experts on life in and after conflict in the kitchen area. Seminars will focus on child education in conflict-affected environments, Narrative Exposure Therapy, crop cultivation, health, nutrition, creativity, etc.**

Point d) is still being carried out and is ongoing.

Furthermore, in 2021 we also achieved

The Launch of the new Mothers for Yemen initiative

In December 2020, an independent initiative was launched by four women who decided to give what they can to people who have nothing and to support mothers and children in the far-away country of Yemen. The initiative proves that anyone, anywhere in the world can be of significant help. Even the smallest of endeavors can help. Originally, they intended to send clothes and food to children in Yemen. But that's not possible. The only thing that can be sent is money to buy food directly from the locals. However, it is possible to collect clothes from children and adults that may have outgrown these articles of clothing. Selling them so that they can be used by somebody else, may help, too. And that's exactly what they do. In less than 5 months, they have spread their idea among hundreds of people and raised more than 20,000 CZK for the Pomůžu jak můžu Association. How you may ask? They set up a Facebook page, invited people to send them nice clothes that they no longer wear, and by analyzing "bazaar" portals every day while also selling clothing to other people to whom these pieces may bring happiness. They have sent out 70 packages already. They have also held 4 charity auctions on Facebook. Together with everyone who has donated or purchased something, they have created a wonderful network of help established between people. The result is not only an additional sum of 20,000 CZK for the Pomůžu jak můžu fund, but most importantly, it is the fact that thanks to everyone involved, 1 mum with 2 children has been able to have a hot meal every day, for over a year now. One meal for 1 person for 1 day costs only 18 CZK. Thank you, and let's all wish that their next goal of providing for another family for a whole year will be fulfilled as soon as possible. You can find everything about Moms for Yemen here >. Write to them, ask them anything, and keep on helping others.

3. VISION, MISSION AND GOALS

Primarily, we strive to provide the essential amount of nutrition for the maximum number of people stricken by the crisis in Yemen. It means that to care for people of Sana'a for a certain period of time, we rely on crowdfunding, relevant grants, financial resources given by public collections, and sponsoring. All the resources are used for immediate and direct help. Secondly, we aim at supporting the educational system of children and women that are terribly struggling due to the war. We are also trying to spread awareness about the situation in Yemen in the Czech Republic. Our country had ties with Yemen for more than 80 years filled with mutual cooperation, and we wish to build on that tradition in order to provide people with the opportunity to help as much as they can. To provide them with a way that they can use to offer their money, skills, time, prayers, and to help people stricken by the consequences of extreme poverty and the ongoing war.

3.1 VISION

When someone finds oneself in challenging circumstances such as a war or natural catastrophe fighting for survival with no access to water, food, shelter, no financial resources, and with no support from the system, help from friends needs to come. Regardless of race, religion, or nationality. Help from a friend is crucial to those who have no security in life, who do not know when and where from will the next catastrophe strike. Those living in constant fear as they have no shelter. They have little access to medical care; hence they are dying from a disease that would be easily curable in other circumstances. They often lose their family and closest friends. They have no security. Then friends come to offer a helping hand. We want to be the friends who do not turn away but rather create an environment in which more people can gather and help. Anywhere in the world.

3.2 OUR GOALS

We aim to offer help in cooperation with our friends in Yemen. A help that is direct, effective and efficient, saving lives, lightening the burden of survival and bringing back hope. All that is based on direct contact with locals and good knowledge of the situation. We try to help in our free time without reward.

3.3 WHY HELP IN YEMEN?

We have decided to help Yemen because of our personal ties, in other words, because of our friends living there, and moreover, it definitely is a country that needs lots of humanitarian aid and also because we can – we can rely on two people to ensure the administration, communications, and donations here in Ostrava, then there is a skilled nurse that worked in Yemen for five years as a volunteer, and also, we can count on our very active member living currently in Brazil where she works for an international refugee organization.

Our friend Sabina Addailamy is the most crucial person of our group as she comes from Prague and her mother is Czech, yet her father is from Yemen, and it was this particular country where Sabina fell in love with Kdaled whom she married and now, they are raising three children in the middle of a raging war, constantly facing terror, injustice, and fear from famine. She is the heart and soul of our the project, running it from Yemen where she knows every single person the organization is helping.

We are incapable of saving millions of people, suffering because of the worst humanitarian crisis since the Second World War, however, we are eager to turn frustration over injustice and misery into direct help. All the citizens living in the capital of Yemen face the threat of starvation as the war deprived them of their homes. Especially women, children, and elderly people ended up in a hopeless situation as they are unable to earn money to pay for their food. There are hundreds of them just around Sabina's house. To these must be added local women with children, whose men, the breadwinners, have fallen into conflict, and the work they would like to support their families now is not for themselves. All these people are under immediate threat. Any person who gets help from Project I'll help any way I can, He knows Sabine personally. So, we decided to devote our time to setting up and running the project because we know who we are helping and helping simply and directly.

Our families and friends help us in all this. They donate their time, their work, what they can do, and the will to learn. Just the way they can.

Because helping is nature. And there's no need to explain why to help, but how. That's why we're here, and we're going to cook right now after Yemen. Next time it could be anywhere else in the world.

4. THE PEOPLE OF OUR ORGANIZATION

Šárka Mokrá

Šárka is a freelance manager of special projects. In this project, she is in charge of PR, communication, marketing, and creativity. Šárka is the chairwoman of Pomůžu jak můžu.

Comes from Ostrava where she currently lives as well. Šárka studied Politics and European Studies at Palacky University in Olomouc, has worked and managed projects in public administration, has been engaged in international sports projects in the Czech Republic. She has developed and expanded some of them and has always been creating some new, successful ones.

Radka Kristýna Chobotová

Radka is an independent expert on international cooperation and development. She is in charge of project development and internal processes. Radka is a founding member of Pomůžu jak můžu.

Comes from Ostrava. She studied Public Administration at the University of Leiden, Netherlands, where she specialized in asylum issues. She has worked as a project manager in several international organizations in Europe, Yemen, Egypt, and Brazil. She currently lives and works in Brazil.

Tatána Boháčová

Tatána is an experienced administrator of major projects in the field of humanitarian and charitable assistance.

In this project, she is in charge of legislation, administration, and administration of our projects. Tatána is a founding member of Pomůžu jak můžu.

Tatána lives in Ostrava. She studied at the Faculty of Health at the University of Ostrava and at the Faculty of Social Studies at Masaryk University in Brno. She has been working as a project manager in a non-profit organization for ten years. She has got valuable experience in fundraising and organizing charity and cultural events.

Sabina Addailamy

Sabina is an English teacher and a right hand in her husband's company. In this project, she is in charge of the management of the project in Sanaa. Apart from that, she is responsible for coordinating volunteers, accounting, and reporting

Pochází Sabina comes from Prague and now lives in Sanaa. Sabina graduated from high school in Prague and when she was twenty years old, she visited her fatherland. She met her husband Khalid there and decided to stay in Yemen. Together with her husband, they raise three children. Before the war, Sabina worked in her husband's company. At the moment she works as an English teacher and a jewelry maker. Previously she managed a project related to food distribution to people in need. Sabina is a member of Pomůžu jak můžu.

Khaled Addailamy

Khaled, Sabina's husband, is Yemeni and lived in the UK with his family ever since he was thirteen. He spent about twenty years in the UK where a large part of his family still resides. After his return to Yemen, he set up his own company to help foreign companies enter the Yemeni market. He represented companies from the United States, Great Britain, China, and the

Czech Republic. Together with Sabina, Khalid is responsible for the management of the kitchen. In particular, he coordinates staff, cooking, energy supplies, resources, preparation, and food distribution. Khalid is a member of Pomůžu jak můžu.

Drahomíra Kyzková

Drahomíra is a nurse that has been assisting during surgeries for most of her career, yet between the years 2005 and 2009 she worked in Yemen as a volunteer. For the local non-profit organization YDF, she managed to organize help for a poor family, she worked as a community nurse and a head nurse and mentor of caretakers in a health center. Upon her return, her job was to give advice on the help that should be executed in Yemen, employed by a company under the name of Technoexper. Because she is rather passionate about Yemen, has a vast knowledge of the country, and established various contacts in Yemen and elsewhere, she participates in the fundraising and coordination of direct help to Yemen.

Drahomíra was born in Kružberk, Vítkovsko and studied Nursing at Silesian University of Opava and Management in Health & Social Welfare at Ostrava University. She is a member of Pomůžu jak můžu, currently on maternal leave in Opava.

Vlastimil Bijota

Vlastimil is helping this project with his creativity, especially on social media. Vlastimil is a member of Pomůžu jak můžu.

We work on the project in our free time without any reward.

5. POSSESSIONS AND OBLIGATIONS

The registered association Pomůžu jak můžu neither owns any possessions nor has any obligations.

6. ECONOMIC DATA

Profit and Loss account

viz. příloha č. 1

Financial Balance sheet

viz. příloha č. 2

Service and Rewards costs

We work on the project in our free time without any reward. Minute costs are paid through the voluntary contributions of the members

Our vision, mission, and goals for 2022

2022–2023 – goals and methods of achieving them

Continuing with ongoing goals of 2020

Dle aktuální situace a možností dokončení příprav realizace projektů dle plánu 2020, body a) – d)

Means of fulfillment

Material (financial and material)

- a) To School without Hunger
- b) Donations – financial i hmotné:

individuals, companies

Personnel

- a) Organization members
- b) Volunteers

7. ACKNOWLEDGEMENTS

Dear supporters of our organization,
we would like to express our everlasting gratitude towards everybody who believed in us and helped people in Yemen. Every single donation you have sent is remarkable because, without you, we would not be able to do our jobs and bring our plans to fruition. From the bottom of our hearts, we thank everybody who reached out to us to join our cause, and together with the new cooperation, we are able capable of following the ideas of Pomůžu jak můžu – capable of walking the path through which we deliver your help to people in need.

Namely, we would love to thank those contributing with their free time:

- Pavle Smetanová – a fierce warrior for Pomůžu jak můžu – for holding her auction, for fundraising, for spreading the word about direct help aimed at Yemen not only through social media, but also among people living on the island of Corfu where she resides, and for beautiful and spot-on texts about Sabine and her work.
- Martin Kettner – our web administrator and designer who is available to us whenever we need him
- Michaela Moricová – translations, media monitoring, and communications with foreign partners and other assistance in the framework of the student's internship.
- Tomáš and Lucie Sotákovi – thank you for significant financial help, support, and valuable advice.
- „Ladies from the Bazaar“ – Martina Neuwirthová, Kateřina Bílá a Lence Jonsztová, eventually becoming the “Mothers for Yemen” initiative, which runs a charity online bazaar whose entire earnings are donated to Pomůžu jak můžu while spreading the idea of organization
- Martin Pražák – for professional help, inspiration, and continuing moral support
- Hana Volná and team ORS MZV – for willing professional consultation
- Hana Halfarová – for a beautiful article in Vlasta magazine

And what are the possible ways to join our cause in the future?

It is literally impossible to offer you a trip to Yemen due to the current political situation. Besides donating money, it is always welcome to spread the word about our organization and our goals. We would be utterly thrilled to see any creativity in terms of communication, ideas about a new project, publishing informative articles, etc. We are open to start cooperation with your company that, for example, deals with printing promotional materials, business cards, and educational materials and their distribution. If you wish to share your ideas or know people that might help, give advice, or are the target audience for a certain kind of event, reach out to us via info@pomuzujakmuzu.cz. Become a voluntary promoter of our cause, of the idea to help people from your kitchen to our kitchen, and just inform people around you. We would love to support your own projects.

Ostrava, 31. 5. 2022

Appendix 1: Profit and loss account

Balance sheet according to
Enclosure No.1 of
regulation No. 504/2002
Coll

Profit and Loss As of 31st of December 2021 (in thousands of Czech Crowns)

Business name or another
accounting unit

Pomůžu jak můžu, z.s

Office or domicile of accounting unit and place of
business if it differs from domicile

Dvořákova 1041/15
MORAVSKÁ OSTRAVA A
PŘÍVOZ
70200

Business ID
07595930

Ident	Title	Line	Main activity	Economic activity	Total
A.	Expenses	1	1137	0	1137
A.I.	Consumed purchases and purchased goods	2	1103	0	1103
A.I.1.	Consumed material energy and other unstored goods	3	537	0	537
A.I.2.	Sold goods	4	0	0	0
A.I.3.	Repairs and maintainance	5	0	0	0
A.I.4.	Travel costs	6	0	0	0
A.I.5.	Representation costs	7	0	0	0
A.I.6.	Other services	8	566	0	566
A.II.	Changes in inventories of own operations and capitalisation	9	0	0	0
A.II.7.	Change in inventories of own operations	10	0	0	0
A.II.8.	Capitalization of materials, goods and inter-organizational services	11	0	0	0
A.II.9.	Capitalisation of fixed assets	12	0	0	0
A.III	Person costs	13	0	0	0
A.III.10.	Labour costs	14	0	0	0
A.III.11.	Statutory social insurance	15	0	0	0
A.III.12.	Other forms of social insurance	16	0	0	0
A.III.13.	Statutory social costs	17	0	0	0
A.III.14.	Other forms of social costs	18	0	0	0
A.IV.	Taxes and fees	19	1	0	1
A.IV.15.	Taxes and fees	20	1	0	1
A.V.	Other costs	21	33	0	33
A.V.16.	Contractual fines, default interest, other fines and penalties	22	0	0	0
A.V.17.	Write-off of bad debts	23	0	0	0
A.V.18.	Interest expense	24	0	0	0
A.V.19.	Exchange rate losses	25	32	0	32
A.V.20.	Donations	26	0	0	0
A.V.21.	Deficits and damages	27	0	0	0
A.V.22.	Other miscellaneous costs	28	1	0	1
A.VI.	Write-offs, assets sold, creation and use of provisions and valuation allowances	29	≠0	0	0
A.VI.23	Fixed asset depreciation	30	0	0	0

A.VI.24.	Fixed assets sold	31	0	0	0
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Ident	Title	Line	Main activity	Economic activity	Total
A.VI.25	Securities and shares sold	32	0	0	0
A.VI.26.	Sold material	33	0	0	0
A.VI.27.	Creation and use of provisions and valuation allowances	34	0	0	0
A.VII.	Contributions granted	35	0	0	0
A.VII.28	Membership subscriptions and inter-organisational contributions	36	0	0	0
A.VIII.	Income tax	37	0	0	0
A.VIII.29.	Income tax	38	0	0	0
	Total expenses	39	1137	0	1137
B.	Revenue	40	1158	0	1158
B.I.	Operating subsidies	41	0	0	0
B.I.1.	Operating subsidies	42	0	0	0
B.II.	Contributions received	43	1148	0	1148
B.II.2.	Inter-organisational contributions received	44	0	0	0
B.II.3.	Contributions (donations) received	45	1148	0	1148
B.II.4.	Membership fees received	46	0	0	0
B.III.	Charges for own performance and for goods	47	0	0	0
B.IV.	Other revenues	48	10	0	10
B.IV.5.	Contractual fines, default interest, other fines and penalties	49	0	0	0
B.IV.6.	Payments for written-off receivables	50	0	0	0
B.IV.7.	Income interest	51	0	0	0
B.IV.8.	Exchange rate gains	52	10	0	10
B.IV.9.	Fund balance	53	0	0	0
B.IV.10.	Other forms of income	54	0	0	0
B.V.	Proceeds from the sale of assets	55	0	0	0
B.V.11.	Proceeds from the sale of tangible and intangible fixed assets	56	0	0	0
B.V.12.	Proceeds from the sale of securities	57	0	0	0
B.V.13.	Revenue from the sale of materials	58	0	0	0
B.V.14.	Proceeds from the sale of short-term financial assets	59	0	0	0
B.V.15.	Proceeds from the sale of short-term financial assets	60	0	0	0
	Total revenue	61	1158	0	1158
C.	Profit before tax	62	21	0	21
D.	Profit after tax	63	21	0	21

Legal form of the entity	
Subject of business or other activities	Non-profit organization

<p>The date of completion</p> <p>April 29th 2022</p> <p>06:46</p>	<p>Signature of the person responsible for the preparation of the financial statement</p>	<p>Signature record of the statutory or natural person who is the accounting entity</p>
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Appendix 2.: Balance sheet

Balance Sheet

Balance sheet according to
Enclosure No.1 of
regulation No. 504/2002
Coll

as of 31st December 2021
(in thousands of Czech
Crowns)

Business name or another
accounting unit

Pomůžu jak můžu, z.s

Office or domicile of accounting unit and place of
business if it differs from domicile

Business ID
07595930

Dvořákova 1041/15
MORAVSKÁ OSTRAVA A
PŘÍVOZ
70200

Ident	Title	Line	First day of the accounting period	Last day of the accounting period
A.B.	Total current assets	6	1014	1035
A.B.II.	Total receivables	8	0	5
A.B.III.	Total current financial assets	9	1014	1030
A	ACTIVITY TOTAL	11	1014	1035

Ident	Title	Line	First day of the accounting period	Last day of the accounting period
P.A.	Total current assets	13	1014	1035
P.A.I	Total receivables	14	385	1014
P.A.II.	Total current financial assets	15	629	21
P	PASSIVE TOTAL	21	1014	1035

Appendix 3: Appendix to the financial statement

Pomůžu jak můžu, registered association, Business ID 07595930. Dvořákova 1041/15, 702 00 Moravská Ostrava a Přívoz
Appendix to the financial statements compiled as of 31 December 2021

Appendix to the financial statements

compiled as of 31 December 2021

Pomůžu jak můžu, z.s.

Dvořákova 1041/15, 702 00 Moravská Ostrava a Přívoz
IČ 07595930

Pomůžu jak můžu, registered association, Business ID 07595930, Dvořákova 1041/15, 702 00 Moravská Ostrava a Přívoz
Appendix to the financial statements compiled as of 31 December 2021

I. Basic information

Accounting period 1. 2021 – 31. 12. 2021

Name of the organization Pomůžu jak můžu, z.s.
Organization address Dvořákova 1041/15, 702 00 Moravská Ostrava a Přívoz
Legal form limited liability company
Processing of the narrowing 29.4.2022
Accounting unit category Association
Statutory body

Chairwoman
ŠÁRKA MOKRÁ, date of birth October 3rd, 1975
Bráfova 1889/4, Moravská Ostrava, 702 00 Ostrava
Office status created: November 16th, 2018

The purpose of the association

Providing humanitarian assistance in the Czech Republic and abroad by protecting the act of meeting basic human needs and respecting fundamental human rights

Pomůžu jak můžu, registered association, Business ID 07595930, Dvořákova 1041/15, 702 00 Moravská Ostrava a Přívoz
Appendix to the financial statements compiled as of 31 December 2021

II. General accounting principles

II.1. Durable assets

No occurrence.

II.2. Securities

No occurrence.

II.3. Supplies

No occurrence.

II.4. Claims

The company recognizes the claims presented in the balance sheet

II.5. Foreign currency transactions

Converted at the daily exchange rate of the Czech National Bank

II.6. Time distinction

According to the law, there is a time distinction made between the costs and revenues

Pomůžu jak můžu, registered association, Business ID 07595930. Dvořákova 1041/15, 702 00 Moravská Ostrava a Přívoz
Appendix to the financial statements compiled as of 31 December 2021

III. Additional information concerning the statements

III.1. Durable assets

No occurrence.

III.4. Long-term liabilities

All long-term liabilities recognized by the company are presented in

III.5. Assets not included in the balance sheet

No assets present in the balance sheet

III.6. Liabilities not included in the balance sheet

No liabilities omitted from in the balance sheet

III.7. Personal costs

Average number of employees

Average number of employees in 2021

0

Members of governing bodies

Average number of managing employees in 2021

0

Personal cost for the employees, including the managing employees

2021, in thousands of Czech Crowns

Labour costs

Staff costs 0 Czech Crowns

Expenses for the governing bodies 0 Czech Crowns

III.13. Results and income tax

In 2021, the company recognizes the result prior to the tax 21 463 Czech Crowns

III.14. Occurrence of significant events between the balance sheet date and the reporting date

No occurrence.

Ostrava, 29.4.2022