

Resolution No. 5 /2021
of the Executive Board of the Polish Red Cross of September 25, 2021

**On the “Report on the programmatic and organisational activity of the Polish Red Cross (PCK)
in 2019”**

Acting on the basis of § 27 point 3 subpoint a) of the Statute of Polish Red Cross,
Executive Board of the Polish Red Cross

approves the “Report on the programmatic and organisational activity of the Polish Red Cross (PCK) in 2019”, which is attached to this resolution.

The resolution comes into force on the date of adoption.

Secretary of the
Executive Board of PCK

Waldemar Gołaś

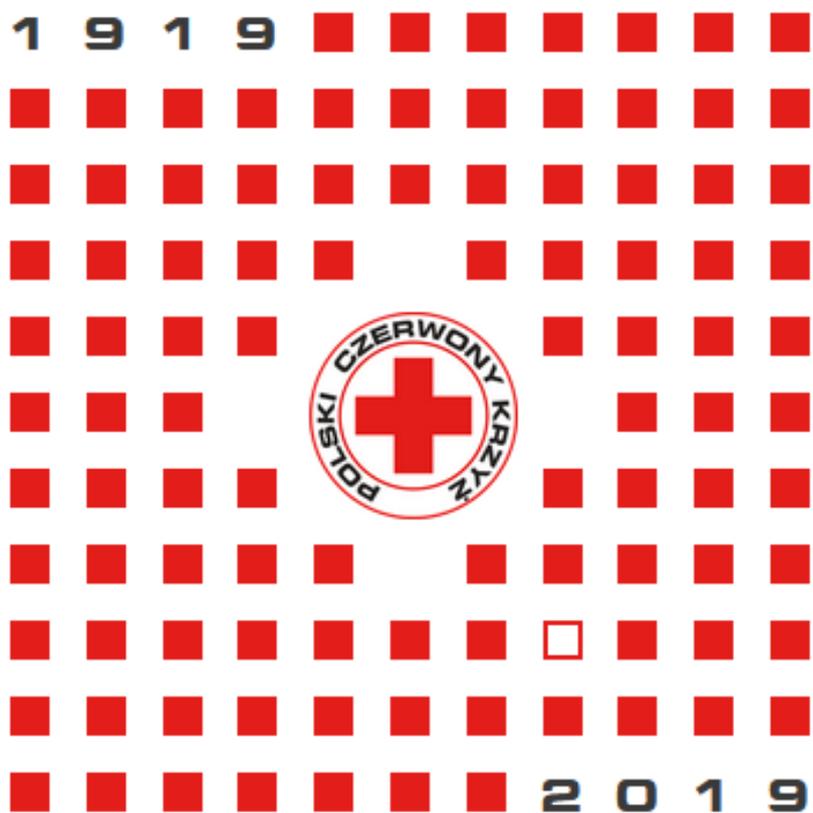


Chairman of the Meeting of the
Executive Board of PCK

Jerzy Zaborowski



**EXECUTIVE BOARD
OF THE POLISH RED CROSS**



**REPORT ON THE PROGRAMMATIC AND
ORGANISATIONAL ACTIVITY OF THE POLISH RED
CROSS (PCK) IN 2019**

Warsaw, September 2020

I BACKGROUND

The "Report on the programmatic and organisational activity of the Polish Red Cross (PCK) in 2019,, was drafted on the basis of reports of the boards of regional branches which provided relevant information and of the departments of the PCK Headquarters. According to Article 33(2)(9) of the Statute of the Polish Red Cross, the responsibilities of the PCK General Director include the presentation of the Society's activity reports to the Executive Board, which recommends the Reports to the supreme statutory body: the PCK National Assembly, which is responsible under Article 27(3)(a)-(b) of the Statute of the Polish Red Cross for the review of the Society's annual programmatic and organisational activity reports and financial reports.

Those reports provide the basis for an opinion of the National Audit Committee and a motion to the National Assembly concerning the annual vote of discharge of duties for the PCK National Board and its members under Article 34(2)(2) and Article 27(3) of the PCK Statute.

The Polish Red Cross, as a public benefit organisation, submits an annual activity report, approved by the National Assembly of the Polish Red Cross, to the Ministry of Family Affairs, Labour and Social Policy and makes it public by placing it on the website www.pck.pl.

It should be noted that the Society's activity reports are an extensive source of information concerning the activities of the organisation, the implementation of its programmatic strategy approved in a resolution of the PCK National Congress for its term of office, and a historical document summarising each year's activities of the Society which has a tradition spanning 100 years and subscribes to universal, timeless values. In this respect, it is noteworthy to note that the current reporting year - 2019, - also was the year of the 100th Anniversary of the Polish Red Cross's existence and activities, which was celebrated under the Society's common motto "For 100 years everywhere for everyone."

II Details of the public benefit organisation

1. Polski Czerwony Krzyż (Polish Red Cross), ul. Mokotowska 14, 00-561 Warsaw, Poland, entry in the court register KRS no. 0000225587, date of entry: 24 January 2005, REGON statistical identifier: 007023731.

The Polish Red Cross was established as “Polskie Towarzystwo Czerwonego Krzyża” (Polish Society of the Red Cross) on 18 January 1919, and has been known as “Polski Czerwony Krzyż” (Polish Red Cross) abbreviated to “PCK” since 1927. It was recognised by the International Committee of the Red Cross on 14 July 1919 and accepted in the League of Red Cross and Red Crescent Societies, now the International Federation of Red Cross and Red Crescent Societies, on 16 September 1919. The Polish Red Cross is a national Red Cross society within the meaning of the Geneva Conventions of 12 August 1949 (*Dziennik Ustaw – Polish Journal of Laws of 1956, No. 38, item 171*) and their Additional Protocols of 8 June 1977 (*Dziennik Ustaw – Polish Journal of Laws of 1992, No. 41, item 175*) and 9 December 2005 (*Dziennik Ustaw – Polish Journal of Laws of 2009, No. 127, item 1049*), to which Poland is a party.

Legal basis of the activity of PCK:

- Act of 16 November 1964 on Polish Red Cross (*Dziennik Ustaw – Polish Journal of Laws No 41, item 276*),
 - Statute, approved in the Regulation of the Council of Ministers of 20 September 2011 (*Dziennik Ustaw – Polish Journal of Laws of 12 October 2011, No. 217, item 1284*);
 - Resolutions of the International Conferences of the Red Cross and Red Crescent.
2. The Polish Red Cross has a legal identity. The Society is established for an indeterminate period.
 3. The emblem of the Society is a red cross on a white background, used independently or in combination with the words “Polski Czerwony Krzyż” (Polish Red Cross). The terms of use and protection of the red cross emblem are defined in the PCK Act, regulations issued by the International Red Cross and Red Crescent Movement, and applicable Polish laws and regulations.
 4. The Polish Red Cross is a voluntary organisation which supports public authorities in humanitarian activities according to the Geneva Conventions and their Additional Protocols as the only national Red Cross society authorised to operate in Poland. In its relations with public authorities, the Society remains autonomous as necessary at each time to pursue the fundamental principles of the International Red Cross and Red Crescent Movement: humanity, impartiality, neutrality, independence, voluntary service, unity, and universality.
 5. According to Article 8 of the PCK Statute, “The aim of the Polish Red Cross is to prevent

and alleviate human sufferings in all situations and at all times, impartially and without any discrimination, especially on the grounds of nationality, ethnicity, social background, race, sex, religion or political opinions”.

6. The fundamental programmatic document of the Society is the “Polish Red Cross Strategy for the Term of 2016 – 2020”, approved by Resolution 7/2016 of the PCK National Congress of 19 June 2016.
7. The fundamental units of the Society are chapters, clubs or groups of members. Units may be organised in any community, in particular at a place of residence or work, at schools, at universities, and at PCK boards. Furthermore, the Society has regional branches and district branches active across Poland. All organisational units participate in the national organisation of the Polish Red Cross. The supreme authority of the Society is the National Assembly: a reporting and electing assembly held every four years; an ordinary assembly held every year; and an extraordinary assembly held as required. The main authorities of the Society include the PCK Executive Board and its Bureau.
8. The General Board of the Polish Red Cross until June 28, 2019, operated as elected by the National Convention of the Polish Red Cross on June 19, 2016:
 - Stanisław Kracik — President (Małopolska Region),
 - Jarosław Cieszkiewicz - Vice President (Wielkopolska Region),
 - Jerzy Kornaus - Vice President (Małopolska Region),
 - Jerzy Bisek - Member (Lubelskie Region),
 - Marek Brodzki - Member (Lower Silesian Region),
 - Jolanta Chełmińska - Member (Łódzkie Region)
 - Jerzy Kotowicz - Member (Mazowieckie Region)
 - Zbigniew Misiejuk - Member (Podlaskie Region),
 - Antoni Olak - Member (Podkarpackie Region),
 - Paulina Szymańska - Member (Pomeranian Region),
 - Anna Zacharek - Member (Kujawsko-Pomorskie Region).
9. The Bureau of the PCK Executive Board as of 19 June 2016 is comprised of:
 - Stanisław Kracik - President,
 - Jarosław Cieszkiewicz - Vice President,
 - Jerzy Kornaus - Vice President,
 - Jolanta Chełmińska - Member,
 - Jerzy Kotowicz - Member.

Due to the resignation of Ms. Paulina Szymańska from the Executive Board of the Polish Red Cross, on 28 June 2019 by Resolution No. 460/2019 on completing the General Executive Board of the Polish Red Cross it was decided to co-opt Mr. Zdzisław Martyniuk to the PCK Executive Board which as of this date operates as follows:

- Stanisław Kracik - President,
- Jarosław Cieszkiewicz - Vice President (Wielkopolska Region),

- Jerzy Kornaus – Vice President (Małopolska Region),
- Jerzy Bisek - Member (Lubelskie Region),
- Marek Brodzki - Member (Lower Silesian Region),
- Jolanta Chełmińska - Member (Łódzkie Region),
- Jerzy Kotowicz - Member (Mazowieckie Region),
- Zdzisław Martyniuk — Member (Lubuskie Region),
- Zbigniew Misiejuk - Member (Podlaskie Region),
- Antoni Olak - Member (Podkarpackie Region),
- Anna Zacharek - Member (Kujawsko-Pomorskie Region).

III Statutory activities

III 1. Implementation of the Polish Red Cross Strategy

The “*Polish Red Cross Strategy 2016-2020*” approved by the PCK National Congress in June 2016 identifies the following priority areas of activity:

1. preparation for response to disasters, catastrophes and accidents as well as providing assistance to victims;
2. development of programmatic activities aimed at helping the most underprivileged social groups;
3. promotion of healthy lifestyles and development of voluntary blood donation within the Polish Red Cross;
4. dissemination of Fundamental Principles and humanitarian values of the International Red Cross and Red Crescent Movement, international humanitarian law of armed conflicts, fostering tolerance and respect for human dignity;
5. strengthening the substantive, organizational and financial potential of the Polish Red Cross in order to more effectively implement its statutory tasks.

The key areas of public benefit activity pursued by the Polish Red Cross in 2019 included:

- Social assistance excluding accommodation, including assistance to families and individuals in difficult life situations, seniors, equalizing opportunities for such families and individuals, home-based nursing care;
- protection and promotion of health and popularization of the ideal of voluntary blood donation;
- rescue operations and civil protection.

III 1.1. As part of the preparation for action in the event of disasters, catastrophes and accidents along with assistance to the injured, in 2019 the PCK Rescue System included 19 Groups (1 - Special Rescue Group, 2 - Medical Rescue Groups, 16 - Rescue Groups) consisting of **395 members** and **2 Humanitarian Aid Groups** counting **28** members.

The **Rescue Groups** participated in **security efforts covering 1.135** gatherings and events, completed 301 **training exercises**, organised **290 rescue demonstrations**, and **provided assistance to 3.439 individuals**. According to data as of the end of 2019, all the PCK Rescue Groups held the status of a cooperating unit with the State Medical Rescue System.

The statutory goals of the Polish Red Cross, which are to trace missing persons, provide assistance to victims of natural disasters or catastrophes and prepare the public how to act in the event of disasters, are pursued by the Polish Red Cross Rescue System, which performs its tasks on the basis of the Act of 16 November 1964 on the Polish Red Cross (Journal of Laws No. 41, item 276), the Polish Red Cross statute approved by the Regulation of the Council of Ministers of 20 September 2011. (Journal of Laws No. 217, item 1284) and based on the Agreement on principles of cooperation between Polish Red Cross and fire protection units, centered in the National Fire and Rescue System concluded with the Commander-in-Chief of the State Fire Service on 26 August 2013, as well as the Agreement on principles and scope of cooperation in the preparation and execution of projects to protect the population of 31 May 1996 with the Head of the National Civil Defense. For the implementation of such tasks, also helpful are the agreements of the Polish Red Cross on cooperation during the rescue and humanitarian aid with entities such as the State Fire Service (Provincial Headquarters of the State Fire Service), Police, Border Guard or Civil Defense.

The mission of the PCK Rescue System is to prevent and alleviate human suffering through civil protection and rescue actions during natural disasters, man-made and engineering catastrophes, and others, as well as by ensuring medical and logistical assistance provided by the Polish Red Cross. Rescue Groups of the Polish Red Cross fill the gap in rescue operations that standard National Medical Rescue Service units based on ambulances of type S and P cannot cover. They assist the National Rescue and Firefighting System in medical operations carried out directly on the disaster site in the event of an emergency, improve the efficiency of rescue operations, and strengthen and maintain an appropriate level of training for their members. In the event of an emergency, the Polish Red Cross provides assistance to both Polish citizens and foreigners residing in the country.

The PCK Rescue System in 2019 provided:

- 13 training courses on rescue operations in areas affected by engineering disasters. Over 300 rescuers from PCK Rescue Groups across the country attended the training courses in total. The theoretical and practical workshops covered: work safety in areas affected by engineering disasters, methods to evacuate the injured from difficult-to-access locations, task implementation in the absence of sufficient human resources and equipment, and

management of rescue operations.

- 23 trainings addressing the topic of searching for missing persons in the green area. More than 480 rescuers participated in the trainings. Theoretical and practical workshops included topics on the use of GPS devices and on-the-ground searching methods.

Training in searching for missing persons in green areas is a priority in order to develop a permanent presence of PCK Rescue Groups in search operations. The Police dispatched PCK Rescue System units for this type of action more than 72 times between January and December of 2019. The aforementioned activities are the result of the letter of intent's provisions on the desire for close cooperation in the field of cooperation and support by putting Polish Red Cross forces and resources at the disposal of police search operations, including those conducted by the Missing Persons Tracing Centre of the National Police Headquarters, of which PCK Rescue Groups are a member.

The PCK Rescue **Group "Krakow"**(GR PCK "Kraków") operates within **Małopolska District Branch of the Polish Red Cross**. GR PCK "Kraków" is a unit of the Polish Red Cross Rescue System. The group consists of 21 individuals with medical training and rescuers who have been trained in competent first aid. To ensure that members of the group maintain a high level of skill, the group organizes and participates in training sessions and field exercises, collaborating with other rescue groups (Search and Rescue Groups of the State Fire Service, Fire Brigade and Polish Red Cross Groups from other regions). The Group is registered as a unit cooperating with the State Medical Rescue system on the territory of the Małopolska region (in accordance with article 17 section 2 of the Act on State Medical Rescue).

The group conducted a number of activities, including the following:

- internal and external trainings in order to increase the rescue capacity of Rescue group;
- administrative actions;
- operational activities through support of the Police and State Fire Service in the scope of signed agreements between Małopolska District Branch PCK and Małopolska Provincial Commander of the State Fire Service and an agreement concluded by the Polish Red Cross with the Chief Commander of the State Fire Service on principles of cooperation with the units of the National Rescue and Firefighting System.
- economic activity - providing medical cover for public events - on request, as well as promotional and marketing activities.

The Group's primary activities are as follows:

- recruitment of new members;
- organisation of internal rescue exercises (5);
- participation in external exercises and manoeuvres (2);
- securing 7 events at the request of external institutions and PCK units;
- cooperation with the Małopolska Civil Search and Rescue Group - participation in

- search and rescue actions and training activities and exchanging experience;
- participation in meetings of district Crisis Management Teams;
- participation of the Group members in the organisation of the Blood Run-Kraków, PCK First Aid Championships (district and regional levels).

To ensure the group's efficiency and effectiveness, the Małopolska Regional Branch of the Polish Red Cross granted access to the intervention warehouse's resources indispensable for use in the event of natural disasters, i.e. tents, canoe-style beds, as well as a Volkswagen Caravelle equipped with a tent, blankets, field beds, and a power generator.

The PCK Rescue Group in Opole has also demonstrated significant activity. Its members worked intensively, providing medical protection at mass events, sports events, concerts and festivals. They supported and assisted the district and regional branches in carrying out the PCK's statutory tasks. They also cooperated with the Security and Crisis Management Department of the Opole Voivodeship Office.

- For improving and enhancing their qualifications in 2019, members of the PCK Civil Defense Formation in Opole received the amount of PLN 4,000.00 from the Opole Governor's budget, the funds were allocated for workshops for FOC members, for a qualified first aid course and for the organisation of PCK First Aid Championships for secondary schools.
- On January 5, 2019, members of the PCK Rescue Group participated in exercises - maneuvers in difficult areas arranged in collaboration with the Specialized Search and Rescue Teams "OPOLSAR" and the student Scientific Association of Emergency Medicine COR for members of the PCK Rescue Group.
- In July, a weekend debris training was held on actions resulting from building disasters. The training was organised in Krapkowice with the participation of the "OPOLSAR" Specialist Search and Rescue Team. The training was conducted by instructors from Gdansk - Mr. Michał Szolc and Ms. Katarzyna Wodniak.
- Between 30 August and 1 September 2019, members of the PCK Rescue Group took part in the 2nd West Pomeranian PCK Rescue Manoeuvres organised by the PCK Rescue Group in Koszalin.
- Group members - 5 people participated in the Silesian Days of Emergency Medicine. The workshop was organised by the Polish Association of Emergency Rescuers in Tychy.
- In connection with the celebration of the 101st Anniversary of Poland's Regaining of Independence on 6 November 2019, members of the Group provided medical security for the ceremony. The ceremony took place in the Hall of President Lech Kaczyński in the Opole Voivodeship Office.
- Workshops for Civil Defense Formation members were held on 6 - 8 December 2019 in Nysa, together with the Specialized Search and Rescue Teams "OPOLSAR" and the

Student Scientific Association of Emergency Medicine COR.

The PCK Rescue Group in Koszalin, which cooperated with the State Medical Rescue System, continued its activity in the **West Pomeranian District Branch of the PCK** in 2019. The group was established by Resolution 4/2005 of the District Board of the Polish Red Cross in Koszalin on 11.02.2005. The group continues to function at the Regional Branch of the Polish Red Cross in Koszalin, actively develops and promotes Red Cross ideas in the city of Koszalin and in the region. During the meeting of the members of the PCK Rescue Group in Koszalin on 17.10.2015, a senior PCK rescuer Paweł Ochim licensed paramedic - who has held his position for three terms - was elected as the Chief of the Group. The Rescue Group has its facilities together with a warehouse in a building rented by the District Branch of PCK Koszalin located at ul. Grunwaldzka 20 (I floor). The facilities are used for training the Group's volunteers and for maintaining the unit and the Group's storerooms in constant readiness for action.

In 2019, **The PCK Rescue Group in Koszalin** conducted **29 demonstrations and trainings**, as well as provided **92 medical security assurances** during sporting and recreational events, including the XI International Walrus Rally in Mielno, the XXVII Final of the Great Orchestra of Christmas Charity, the Koszalin University of Technology's Student Days, the Koszalin Cabaret Festival, Torch Campaign 2019 and 10 integration picnics for Koszalin companies, associations and NGOs.

The most significant event of 2019 was the organization of PCK Rescue Group Maneuvers and Championships. The above-mentioned event was held between 30.08.2019 and 01.09.2019. 8 PCK Rescue Groups from Poland took part in the manoeuvres, among them: PCK Rescue Groups from Bydgoszcz, Bielsko-Biala, Warsaw, Przemyśl, Wrocław, Opole, Wejherowo, and Trójmiasto, as well as one group from *DEUTSCHES ROTES KREUZ* as a guest. The project costed 10,000 PLN and was carried out in collaboration with the Marshal's Office of the Westpomeranian Voivodeship.

The PCK Rescue Group in Koszalin has been carrying out the project "Miele Bike Rescue Tours" for 12 years in the area of Mielno Commune, which lasts from 1st July to 27th August. Three two-person teams participated in securing beaches in the following towns: Mielno, Unieście, Sarbinowo, Chłopy and Mielenko and assisted lifeguards of Miele Water Volunteer Rescue Service. The task of Miele Bike Rescue Patrols was to quickly move around the Mielno municipality and provide assistance to tourists and residents of the municipality. There were **39 interventions**. To carry out this task, the PCK Rescue Group in Koszalin received a subsidy from Mielno Commune in the amount of **PLN 10,000.00** (own financial contribution: PLN 904.29).

Additionally, the organisation implemented a project titled "Safe City and Torch Campaign 2019" with the assistance of a grant from the Municipality of Koszalin. It secured 20 recreational and sporting events as part of this project. It performed 36 medical interventions throughout these events. For the implementation of this task the PCK Rescue Group in Koszalin

received the amount of **6 500,00 PLN** (own financial contribution: 1 027,93 PLN, own personal contribution 6 000,00). Additionally, for activities, including own contributions to the above mentioned public tasks and equipment (purchase of 2 trailers - total cost: 7500,00 PLN) the PCK Rescue Group in Koszalin, as part of its economic activities (medical security), obtained approximately **45 000,00 PLN**.

In the Świętokrzyskie District Branch of PCK in the reporting year there were 3 PCK Rescue Groups, with a total of 48 members and 20 volunteers, registered in the Register of Units Cooperating with the State Medical Rescue System. These groups secured a total of 119 events and gatherings, during which they provided assistance to 58 people. They also organised 55 training courses and demonstrations, including:

- **PCK Rescue Group in Kielce** in 2019 medically secured 34 events, at which it provided assistance to 3. people and conducted 6 first aid demonstrations.
- **PCK Rescue Group in Ostrowiec Świętokrzyski** during 2019 medically secured 33 mass events, at which it provided assistance to 35. people and conducted 15 first aid demonstrations.
- **PCK Rescue Group in Sandomierz** medically secured 52 mass sporting events in Sandomierz and the district, where it provided assistance to 20 people and conducted 15 first aid demonstrations.

Among the most noteworthy initiatives undertaken by the PCK Rescue Groups of the Świętokrzyskie District Branch of the Polish Red Cross, it is worth mentioning the provision of medical security for such events as: the Ultra Ck Marathon, the 27th finale of the Great Orchestra of Christmas Charity, the 67th Sports Poll, the Young Gentlemen's Cabaret, the Women's Run "We don't give a damn about cancer", the European Safety Centre - medical security for the "Numbers of your friends 998-912 AT MASFERN", Centermed, Juwenalia 2019, The Championship of Małopolska Horses in Opatowiec, the 12th Winter Triathlon, the Tropem Wilczym Run, the 12th Papal Memorial, the Cross Run - Stalowa Wola, the Festival of Bread, Wine and Cheese, the 12th Triathlon of the Sandomierz Region, the 22nd All-Polish Independence Street Run, the 12th Great Fire Festival, Bałtów Roadlessness, the 10th Sandomierz Papal Rally and many others.

The Humanitarian Aid Groups (from Opole and Podkarpackie Branches) participated in 30 operations with their equipment and skills, organised 15 first aid demonstrations and 52 "other activities"; provided aid to 65 individuals.

Opole Humanitarian Aid Group consists of twelve members. The head of the group is a doctor Paweł Janoszka.

Members of the group conducted training in first aid. They co-organized the PCK First Aid Championships, assisted in the implementation of an aid programme for Opole's poorest residents, and held educational programmes for children and young adults. The group's

primary operations included the following:

- preparation of district and regional first aid championships for secondary schools,
- implementing the "First Aid" educational programme,
- assistance in the implementation of the "I can save someone's life" educational programme,
- assistance in securing the Piast Festival at the Opole University of Technology and the University of Opole,
- assistance in organising the 5th Easter Breakfast for the residents of Opole,
- assistance during the celebration of the 100th anniversary of the Polish Red Cross, e.g., medical protection and organisation of the first aid point at Wolności Square during the festivities on the occasion of the PCK's anniversary.

In preparation for disasters, the Society maintained **12 regional warehouses and 9 district warehouses equipped to aid 7,908 individuals**. Aid was provided to 826 individuals.

The key objectives of the Strategy and the priorities defined by the PCK Executive Board include raising public awareness of practical first aid.

In 2019, the Polish Red Cross continued to promote knowledge of first aid through many initiatives, including training (for employees of companies and institutions as well as individuals) and promotional activities – raising the awareness of the importance of learning first aid (in the mass media and online).

Training was provided according to the European Resuscitation Council Guidelines. We continued to implement the Global First Aid Reference Centre Guidelines.

Throughout the reporting year, all materials (other than materials for internal use only) were published and updated on the PCK first aid website under the relevant tabs. The ongoing project of a dedicated first aid website has undoubtedly increased the transparency of the information posted and made contact easier for those interested in receiving first aid training.

The **PCK First Aid Championship**, organised under the Rules approved in Resolution 203/2008 of the PCK Executive Board of 11 March 2008, is an important part of the efforts which promote knowledge and practical skills of first aid.

According to the Rules, the Championship took place in three steps:

- district championships, organised by the PCK district boards;
- regional championships, organised by the PCK regional boards;
- national championships, organised by the PCK Executive Board and the PCK Mazowieckie District Branch in Płock.

All over the country 511 teams of 5 participants from secondary schools joined the competition at the district championships, of which 117 qualified for the regional championships. The national finals of the 27th PCK National First Aid Championship, held on 6-

9.06.2019 in Płock, was attended by 16 teams, representing all PCK districts.

The national stage of the 27th PCK National First Aid Championship was held under the patronage of the President of the City of Plock Andrzej Nowakowski. The Championship finals this year were particularly memorable because they took place in the year of the Polish Red Cross's 100th anniversary. All Championships-related events, as well as team competitions, were made possible by the support of the City of Płock and the Executive Board of the Polish Red Cross.

On Friday (7 June), a colourful procession of Championship participants from 16 voivodeships and Guests, led by Muzenza Capoeira Płock, marched from Municipal Cultural Centre to the square in front of the Town Hall, where one hundred guitarists played "To Czerwony Krzyż nas zbrała" (It's the Red Cross that brought us together), and representatives of the Society and its supporters formed a "live" Red Cross.

At 12 p.m., following the Pock bugle call, the PCK anthem was played from the Town Hall tower. Additionally, two exhibitions illustrating the history of the Polish Red Cross were established in the ancient town of Pock (nationwide and local).

For the youngest guests, there was an educational exhibit called "Drogowe ABC" (The Road ABC), organised by the Executive Board of the Polish Red Cross and Circle K Polska, as well as a special Safety Town where children could learn about road safety laws. Since March 2019, PCK has been partnering with Circle K to deliver the educational initiative "The Road ABC," which teaches kindergarteners the basics of safe road behavior.

Project AED - the funder of the prize for the winner, a training AED - presented different models of AEDs at its stand and made it possible to practice on phantoms with the possibility of assessing the effectiveness of CPR. The AED Project also provided comic books on first aid for the youngest visitors who visited the Old Town.

A performance by the Scouting Children of Płock Song and Dance Ensemble named after professor Waclaw Milke and integrative dances integrated the participants of the Championship.

At the end of the picnic, there was a performance directed by Mariusz Pogonowski, prepared by actors from the PerSe Theatre and the Theatre Group of the Pock Centre for Culture and Arts, portraying events from the lives of Florence Nightingale and Henry Dunat, as well as the activities of the Polish Red Cross Information and Search Office, and promoting blood donation.

Wisła Płock Sports Club donated Wisła isotonic drinks to the Championships participants.

The Youth Culture Centre, the Płock Centre for Culture and Arts, and the Cooperative Culture Centre all provided support for the group's guitar playing and photographic documentation.

PCK Youth Social Instructors, Volunteers and PCK Supporters were involved in the Championships.

On Saturday (8 June), the Old Market Square, Vistula Boulevards and the Tumskie Hill were the scene of staged accidents, during which the participants of the Championships had to provide first aid to the injured. The organizers staged such scenes as: a workers' accident - a fall from a height, choking in a restaurant, first aid on the beach, treating a victim of a fire, a traffic accident involving a motorcyclist. A historical scene was prepared to mark the 100th anniversary of the Polish Red Cross. The young people travelled back in time to the war front in 1914. A field hospital was located in a specially styled tent. Each participant received a first-aid kit with equipment such as that used during World War I and had to use these materials to help wounded soldiers. The organizers of the Championships involved the uniformed services in the arrangement of individual scenes - the Police, Volunteer Fire Brigade from Radzanów and Podolszyce, Municipal Fire Brigade, National Fire Brigade and the Polish Parachutist Association - 9th Branch in Płock. Płock Public Transport provided buses to simulate the scenes.

After a day of consideration, the judges selected the best team that completed all of the tasks. The XXVII edition of the Polish Red Cross First Aid Championships were won by students from the General Secondary School No. 1 in Kępno, who represented Wielkopolska Regional Branch of PCK.

Further places were taken by:

- II - a team from the 15th Comprehensive Secondary School of Sport Championships in Bydgoszcz, from Kujawsko-Pomorskie Regional Branch of the Polish Red Cross;
- III - a team from XXV Stefan Żeromski Comprehensive Secondary School;
- IV - a team from Comprehensive Secondary School in Skawina, representing Małopolska Regional Branch of the Polish Red Cross;
- V - a team from School Complex in Suchowola, representing Podlaskie Regional Branch of the Polish Red Cross;
- VI - a team from School Complex no. 2 named after Stanisław Lem in Koszalin, representing West Pomeranian Regional Branch of the Polish Red Cross;
- VII - a team from VI Juliusz Słowacki Secondary School in Kielce, representing Świętokrzyskie Regional Branch of the Polish Red Cross;
- VIII - a team from II Secondary School in Świdnica, representing Lower Silesian Regional Branch of the Polish Red Cross;
- IX - a team from the Powiat School Complex No. 2 in Suchowola, representing Podlaskie Regional Branch of the Polish Red Cross - a team from Powiat School Complex No. 1 in Kościerzyna, representing the Pomeranian Regional Branch of the Polish Red Cross;
- X - a team from Maria Skłodowska-Curie Vocational School Complex in Płock, representing the Mazowieckie Regional Branch of the Polish Red Cross;

- XI - a team from Ignacy Łukasiewicz Naftówka Secondary School Complex No. 4 in Krosno, representing the Podkarpackie Regional Branch of the Polish Red Cross;
- XII - a team from K. Gzowski Secondary Technical and High School Complex in Opole, representing the Opolskie Regional Branch of the Polish Red Cross;
- XIII - a team from IV Mikołaja Reja Secondary School in Zabrze, representing the Śląskie Regional Branch of the Polish Red Cross;
- XIV - a team from I Liceum Ogólnokształcącego im. Adama Mickiewicza in Olsztyn representing the Warmińsko - Mazurskie Regional Branch of the Polish Red Cross;
- XV - a team from XXI Liceum Ogólnokształcące im. św. Stanisława Kostki BISKUPIAK in Lublin representing the Lubelskie Regional Branch of the Polish Red Cross;
- XVI - a team from Tadeusz Kościuszko Vocational and Continuing Education Centre No. 1 Budowlanka in Zielona Góra, representing the Lubuski Regional Branch of the Polish Red Cross

The performance of the competing teams was evaluated by PCK First Aid Instructors led by the Championship Main Referee and a Panel comprised of:

- | | |
|--|------------------|
| 1. Main Referee, Representative of the PCK Executive Board | Dr Marek Brodzki |
| 2. Technical Referee: | Michał Siemiński |
| 3. Technical Referee | Bogusław Kosim |
| 4. PCK National First Aid Coordinator | Piotr Skura |

The national finals of the 27th PCK National First Aid Championship included:

- 11 stations where the competing teams demonstrated practical first aid skills;
- a test with questions about first aid, the international humanitarian law and the International Red Cross and Red Crescent Movement;
- 4 relaxation stations.

According to the training system, regional first aid co-ordinators are active at all PCK regional branches and organise training for companies and institutions in co-operation with PCK first aid instructors. Depending on local needs and specificities, PCK regional and district branches offer regular training courses for individuals who approach PCK units to participate in first aid training.

Regional co-ordinators are also in charge of organizing instructor meetings and workshops for regional instructors. Some of the co-ordinators hold such meetings on a regular basis to ensure that instructors are kept up to date on current developments in first aid.

There were 343 first aid instructors in Poland in 2019, including 225 instructors delivering training.

PCK First Aid Instructor certificates were extended as needed. In 2019, 55 instructors' certificates were extended at the request of regional branches, while 4 certificates were not extended.

The PCK first aid instructor database and the PCK First Aid Instructor files were updated.

New instructor IDs were issued to instructors. Credit card-sized IDs include the instructor's photo, first and last name, certification number, certification date and validity date. IDs are issued to all new instructors and instructors whose certification is extended, as well as instructors who report a lost or stolen ID. IDs are distributed via the PCK regional branches.

The PCK First Aid Committee in 2019 was comprised of:

- 1) Marek Brodzki
- 2) Dawid Drożdż
- 3) Tomasz Klimczyk
- 4) Danuta Lewandowska
- 5) Magdalena Michułka - Kuraś
- 6) Michał Siemiński — chairman of the committee
- 7) Piotr Skura
- 8) Magdalena Stefańska

Certificates requested by PCK regional branches were issued regularly in 2019, including:

- 2.743 core course certificates (certified first aid),
- 6.388 elementary course certificates,
- 2.412 school student certificates, issued to PCK regional branches free of charge,
- 2.147 basic course certificates, issued to PCK regional branches free of charge,
- 1585 other general course certificates, issued to PCK regional branches free of charge.

According to reporting statistics, the following numbers of individuals were trained in first aid: 2,850 school students in 152 training courses where school student certificates were issued; 12,680 participants in 755 (five-hour) elementary courses; 3,244 participants in 260 (16-hour) basic courses; 2,089 participants in 158 other certificated courses. 48,692 participants took part in 1,112 other training sessions (no certification).

Measures were taken throughout the whole year to attract new clients – companies interested in having their employees trained in first aid.

District and regional branches of the PCK each ran their own campaigns to raise awareness of the importance of first aid in saving health and life.

In 2019, there was a significant increase in the number of First Aid courses completed by instructors from the Lubelskie Regional Branch of the Polish Red Cross. This result is due to the participation of Lubelskie Regional Branch in external tenders and the implementation of EU-funded projects. The long-term strategy implemented by this Branch, which included increasing the number of Instructors (2018) and conducting supplementary courses for Instructors, had an impact on the effectiveness of sales and course delivery. It is essential to

supplement and unify the knowledge imparted by instructors. Aside from brand awareness, one of the arguments for choosing a course from the Polish Red Cross offer is the high level of course delivery and the developed standard.

The Lubelskie Regional Branch provides first aid education to people of all ages. The organizers are confident that this knowledge can be taught successfully even in kindergartens. In addition to the courses, both Instructors and Social Youth Instructors promote premedical first aid knowledge during demonstrations. The year 2019 was a special year in the activities of the Lubelskie Regional Branch of the Polish Red Cross, whose activity was visible during many external events - such as White Sundays, neighbourhood festivals, municipal events - organized by other entities.

III 1. 2. Development of programmatic activities aiding the most underprivileged social groups

This is a priority area including two strategic goals: to improve the living standards of persons in need, and to prevent social exclusion of individuals and groups. **In 2019, the Polish Red Cross extended social aid by distributing food, clothing, cash allowances, etc., to 114,919 individuals**, including:

- 61.312 women,
- 19.561 persons with disabilities,
- 18.682 pensioners,
- 7.060 dependent persons suffering from chronic or terminal diseases,
- 4.856 homeless persons,
- 779 victims of violence,
- 9.377 unemployed persons,
- 54.020 poor persons,
- 892 addiction patients and their family members,
- 4.687 single parents,
- 18.098 children and young people, including 2.221 in communities at risk.

69,575 beneficiaries of ad-hoc assistance, including 38,578 women, used the benefits at least twice per year in 2019. The regional and district branches expensed PLN 9.593.399,70 for ad-hoc aid.

PCK operated 64 warehouses dedicated to ad-hoc aid in 2019.

The Polish Red Cross operated **82 care units in 2019**. The regional branches signed **163 agreements with local governments to provide home-based nursing care**. In total, **15.934 individuals were care beneficiaries**, including 1.321 individuals whose care was financed directly from the budget of the Society. Aid provided by neighbours covered 164 individuals

(including 158 women). Aid was provided to 15.934 mobile beneficiaries, including 11.006 women. **Care services were provided by 5.742 PCK nurses / social workers.**

It should be noted that the scope of offered care services depends on contracts won in tenders and on grants and subsidies received under contracts.

The Polish Red Cross operated 86 care facilities in 2019, offering 2.751 beds, benefiting 6.718 people during the year - 5.233 residents covered by not-for-profit activities, 1.464 covered by business activities, and 21 covered by for-profit activities.

The Polish Red Cross distributed food to families in difficult life circumstances in 2019. Meals were offered by 162 facilities (canteens, cafeterias, schools, care facilities, etc.). In total, 730.195 meals were distributed to 8.072 beneficiaries. The Polish Red Cross expensed PLN 2.887.282,20 for free-of-charge meals in 2019, including PLN 314.338,06 paid directly from the budget of the Society.

The Operational Programme Food Aid 2014-2020 continued in 2018 and 2019. The Programme is run in the framework of the Fund for European Aid to the Most Deprived (FEAD). It is operated by the Agricultural Market Agency in partnership with national and cross-regional non-governmental organisations: the Polish Red Cross, Caritas Poland, the Federation of Polish Food Banks, and the Polish Social Assistance Committee. The Ministry of Family, Labour and Social Policy is the managing body of the Programme. The mission of the Fund for European Aid to the Most Deprived is to assist beneficiaries in meeting basic needs in order to help them move out of poverty and integrate with society. The Operational Programme Food Aid supports individuals and families suffering financial deprivation who are unable to meet their nutritional needs.

The Sub-Programme 2018 implemented in 2018 and 2019 distributed food packs to those in needs, comprised of 21 different foods such as pasta, white rice, pork ham. The final beneficiaries of the Sub-Programme 2018 were mainly individuals and families suffering financial deprivation and supported by welfare centers. The end beneficiaries of the Programme were selected by local Municipal Social Welfare Centers. Only the homeless were selected as eligible for aid by the organisations participating in the programme. The Sub-Programme 2018 (open from October 2018 to June 2019) distributed food to 16 PCK warehouses in the following regions: Lower Silesian, Mazowieckie, Podkarpackie, Pomeranian, Silesian, West Pomeranian, Łódzkie, Lubelskie, and Lubuskie.

Food was distributed by:

- PCK Lower Silesian Regional Branch,
- PCK Lubelskie Regional Branch,
- PCK Lubuskie Regional Branch
- PCK Łódzkie Regional Branch,
- PCK Mazowieckie Regional Branch,
- PCK Podkarpackie Regional Branch,

- PCK Pomeranian Regional Branch,
- PCK Silesian Regional Branch,
- PCK West Pomeranian Regional Branch,

In total, the Polish Red Cross distributed PLN 20 548 424,55 worth of food in 419 792 food packs for 85 365 individuals accepted as eligible for food aid, including at least 23 008 children under 15 years of age.

The Sub-Programme 2016 included accompanying measures designed to strengthen independence and skills of households, such as:

- Culinary workshops for various age groups, with the participation of culinary experts, chefs, and nutritionists, demonstrating various ways to prepare dishes and use foodstuffs,
- diet and healthy nutrition workshops;
- education programmes introducing the principles of healthy eating and prevention of food waste;
- economic education workshops (how to draft, execute, and evaluate the household budget, how to economise at home, including all financial and non-financial family incomes and food donations).

In total, 9 017 participants took part in activities offered by PCK.

The “Yellow Plate Programme” is a good example of aid initiatives provided by the Polish Red Cross. The third edition of the “Yellow Plate Programme” ran in 23 schools for 2 044 children in 5 regions (Mazowieckie, Łódzkie, Małopolska, Opolskie i Pomeranian) from September 2018 to August 2019. During this period, 290 751 meals were served, including 246 800 hot meals and 50 388 juices squeezed from fresh fruit for a total of **PLN 1,538,038.93**.

The main objective of the project was to improve the quality and calorie content of canteen lunches. The programme provided wholesome meals prepared from appropriate ingredients in suitable proportions in accordance with the Yellow Plate product list established by researchers at the Warsaw University of Life Sciences. The weekly menu included lean beef, turkey, veal and other high-quality products. Dinners were served with salads, fresh seasonal fruit and yoghurt.

Thanks to the programme, the Schools began to pay more attention to health education among children. There were more frequent lectures and talks on healthy eating. The pupils learned what vitamins and nutrients are contained in specific products, what to eat and what to avoid.

Information encouraging the local community to participate in organised events was posted on the school website. Posters promoting school events were displayed in the school and neighbourhood areas (bus stops, notice boards) and in the partner institutions. Students prepared posters and leaflets promoting the school event. Information about school events

was posted once a month on the PCK website and Facebook.

Parental interest in healthy eating has increased noticeably. Parents have begun to make nutritious sandwiches and snacks for their children. It has been observed that in schools where the programme is implemented, children are more likely healthy snacks such as dried apples, bananas, sunflower seeds, pumpkin seeds, and so on. It has been proposed to modify current meals to meet the needs of children with specific dietary requirements. For the students' convenience, non-carbonated water dispensers were purchased.

The schools created conditions that promoted the well-being of the school community and engaged in numerous health-promoting activities. There is a good atmosphere and active and good cooperation in a school that promotes a healthy lifestyle. The desire to select which foods to purchase has grown significantly. Both children and their parents read labels and pay attention to product composition: sugar content, artificial additives, and so on. Children are more willing to play sports and participate in school-sponsored sporting events.

The nutrition improvement programme reached 2,044 children during the 2018/2019 school year. The Kulczyk Foundation's financial support enabled schools to prepare additional meals - afternoon snacks, which are a significant enrichment of the diets of children who spend the entire day at school, as well as a significant improvement in the quality of meals served at lunchtime. Children at a Warsaw day care center received a full, nutritious meal instead of a snack or a sandwich, thanks to funding from the Kulczyk Foundation. Pupils are delighted to take advantage of the meals on offer and are eager to consume the sandwiches, yoghurts, juices, fruit, and vegetables provided. Diet snacks are extremely popular. The workshops and activities raise children's and parents' awareness of the importance of healthy eating. They foster independence in the kitchen and broaden students' understanding of the origins of food products, their nutritional values, and how to prepare them in interesting and varied ways. Children are also becoming more aware of the rules of *savoir-vivre*.

Regional and district branches of PCK undertook many activities in 2019 in the field of helping the most vulnerable social groups (in addition to traditional actions such as "Easter with PCK "Gold Rush", " Layette for a Student" or "Red Cross Christmas") among which it is worth mentioning:

The Mazowieckie Regional Branch of the Polish Red Cross provided social assistance to people in particularly difficult financial situations, the homeless, the unemployed, families with many children, and families that were incomplete or dysfunctional. The work was done at the request of local governments, using offers submitted for the completion of commissioned tasks and personal funds.

The most aid was provided by the PCK Mazowieckie Regional Branch in Warsaw, which was implementing the European Food Aid Programme for the poorest people in the European Union (FEAD). This programme is being implemented by PCK Regional Branches in Grodzisk

Mazowiecki, Kozienice, and Nowy Dwór Mazowiecki. In total, over 300 tonnes of food were distributed by the facilities during the "Subprogramme 2018" (January to July 2019).

Other material goods were obtained for people in need of support and assistance through Red Cross actions and campaigns such as "Easter with PCK," "Day to Fight Hunger," and "Red Cross Christmas." A total of 27,227 people received assistance (2018 - 31,200 people).

Another form of support for people in a difficult living situation is the running of PCK preventive and educational day centers: "The Bees" - for 15 children and "The Ray" - for 28 children, which are run by the District Branch of the Polish Red Cross in Płock, which also runs the Senior+ Day Care Centre in Mała Wieś, where 15 residents benefit from its services. The aim of the facility is to improve the quality of life of the elderly, bring modern communication systems closer to senior citizens, motivate them to engage in more extensive activities, improve their physical and mental condition and engage them in self-help activities. The Regional Branch of the Polish Red Cross in Ciechanów runs a canteen, where meals are served to over 60 people - mainly those at risk of homelessness, the lonely, elderly, disabled and unemployed, from environments at risk of social exclusion. In addition, the branch runs four day-care centers for children and young people from the municipalities of Regimin, Gumowo, Sońsk and the municipality and city of Ciechanów. These are centers for families experiencing difficulties in performing care and upbringing functions, and at risk of social exclusion. The regional branch of the Polish Red Cross in Ciechanów for the fourth time took part in the programme. The fourth time PCK Regional Branch in Ciechanów took part in the "Yellow plate" programme, thanks to which 200 children from the Ciechanów county benefited from balanced nutrition throughout the whole school year. Meals were prepared by PCK Regional Branch in Ciechanów. This form of support was also used by 2 educational establishments in Warsaw - a total of approximately 400 children.

The West Pomeranian Regional Branch of the Polish Red Cross considered the Social Point (bathhouse, storerooms, waiting room/heating room) for the homeless or at risk of homelessness, run in Szczecin, to be one of the most important tasks in the field of social welfare, as well as preventive tasks in the field of health protection and promotion, which was continued in 2019. The point was run thanks to a grant awarded by the West Pomeranian Voivodeship Office and the Szczecin Municipality. The total amount of PLN 56,960.00 was obtained for the work of the Social Point with own financial contribution of PLN 4,400.00 and personal contribution valued at PLN 800.00. Thanks to the functioning of the Social Point, homeless people were able to maintain cleanliness and personal hygiene and change into clean clothes, which prevented or minimized spreading of skin and infectious diseases. It created decent conditions for the homeless and poor to function properly in society.

During the reporting year, **the Wielkopolska Regional Branch of the Polish Red Cross** focused on reducing the phenomenon of malnutrition among children and young people by subsidizing

schoolchildren's meals throughout the school year. Bread is distributed to those in need three days a week in Poznań. In 2019, 1912 people received assistance in the form of food packages. Ongoing in-kind donations were made to beneficiaries by companies that we approached for assistance.

It was also undertaken to counteract individual social exclusion by assisting the homeless and activating people who had left homelessness. The **District Branch of the Polish Red Cross in Kalisz** operated a homeless night shelter and a **warming house on Dobrzecka 2 Street**.

The District Branch of the Polish Red Cross in Konin operated a **homeless night shelter and hostel, as well as a heating facility on Ametystowa 1 Street**. The primary goal of those facilities was to assist the residents in overcoming homelessness. The night shelters offered a place to sleep, bedding, towels, cleaning and personal hygiene products, bathing facilities, and clean clothes if required. Residents of the Night Shelters were served a hot meal and were able to prepare it themselves using household appliances. Addiction therapists helped people who were struggling with alcoholism. Aid was also given in dealing with official matters, such as housing. Persons staying at the night shelter had easier access to a social worker who helped them obtain financial resources, such as a permanent, periodic, or purpose-specific allowance, and assisted them in arranging 24-hour care facilities, thanks to the collaboration with the Municipal Social Assistance Centre. The option of receiving comprehensive assistance aided the homeless in changing their current circumstances.

During the autumn and winter seasons, the Heating Facility provided shelter to anyone in need who met the shelter's statutory criteria. People staying in the facility were given one hot meal per day and could prepare another meal at their own expense if necessary. Hygienic procedures could also be carried out. Addiction therapists could help people who had alcohol problems. Aid was also given in dealing with official matters, such as housing. People staying at the Heating Centre had easy contact with a social worker who helped them obtain financial resources, such as permanent, periodic, or purpose-specific benefits, thanks to collaboration with Social Assistance Centers.

In addition, the Society received and distributed **2 transports of donations from abroad with a total weight of 472 kg, value - 3.776 PLN and 3.893.137 kg of domestic donations with a total value - 5.442.163,51 PLN**.

III 1. 3. Promotion of healthy lifestyles and development of voluntary blood donation

Promoting the principles of a healthy lifestyle and shaping pro-health attitudes in society are important programme priorities for the Polish Red Cross. Programs in this area are implemented in all environments and age groups, but primarily in the children and youth environment, where **a total of 8,028 competitions, trainings, talks, lectures, and other forms on pro-health topics were organized in 2019 with 228,347 participants. Among adults 71,067 people participated in 707 health promotion activities**

The Healthy Lifestyle Promotion Olympics, often referred to as "**Olympics of a different kind**" by its participants and tutors, has enjoyed consistent huge popularity that continues to grow since its beginning. It was held for the 27th time in 2019 and was divided into two age groups: junior high school students and the oldest classes of primary schools (younger group) and secondary schools. The competition attracted nearly 36,792 students from 1,891 schools. The majority of regional and district branches of the Polish Red Cross participated in the organization of the XXVII Olympiad, and the individual stages went off without a hitch.

The students were required to complete a test prepared by members of the Student Scientific Association of Dietetics at Warsaw Medical University, who were overseen by Aneta Czerwonogrodzka-Senczyna, Ph.D. Furthermore, for the district stage, students were required to plan one action promoting health and a healthy lifestyle in their local community. The best from the country met during the central stage of the Olympiad, which took place in Łódź.

The Olympiad final was held at the Ambassador Hotel Łódź-Chojny from May 24 to May 26, 2019, with 32 participants competing in two age categories.

The finalists spent three days together, presenting events and actions related to the theme of the Olympiad, previously implemented in local communities. They tested their knowledge and skills in nutrition, hygiene and first aid. The most popular theme of this year's pro-health entries was promoting healthy eating. The finalists emphasized the Olympics' extremely friendly atmosphere, which served the purpose of integration and establishing close relationships.

The best participants received in-kind prizes funded by Coca-Cola HBC Poland, including PLN 1,000, PLN 800, and PLN 600 vouchers to a sports shop, as well as an index of the Medical University of Łódź, with a chance to study at the Faculty of Health Sciences of their choice.

The winners of the XXVII edition of the National Olympiad for the Promotion of Healthy Lifestyles were:

Elementary school category:

1. Wiktoria Michalska (Wielkopolska Region)
2. Julia Kania (Silesian Region)
3. Zofia Stępień (Opole Region)

Secondary school category:

1. Jakub Kwiatkowski (Kujawsko-Pomorskie Region)
2. Kacper Tomaszewski (Wielkopolska Region)
3. Dawid Kozar (Podlaskie Region)

The award for the winner, Jakub Kwiatkowski, a high school student from Toruń, was presented by Prof. Małgorzata Węgrowska-Danielewicz, Dean of the Faculty of Health Sciences at the

Medical University of Łódź, Jakub Rejno from Coca-Cola HBC Poland and Jolanta Chełmińska, Member of the Executive Board of the Polish Red Cross.

For several years, Coca Cola HBC Poland has been the main partner of the Olympics, and the Scientific Association of Dietitians at the Medical University of Warsaw has been the content partner. Members of the Society prepared questions during all stages of the Olympics and sat in committees evaluating actions prepared by the students.

Honorary patrons of the Olympics were: Minister of National Education, National Sanitary Inspectorate, Food and Nutrition Institute, National AIDS Center, Medical University of Warsaw, and Medical University of Lodz.

The Polish Red Cross, as part of its health-promoting activities, puts a lot of effort into preventing the spread of various epidemic diseases. Among them special attention is paid to HIV/AIDS prevention, taking into account both the dangers resulting from insufficient knowledge of the "average Pole" in this area and the still worrying statistics.

The first case of HIV in Poland was reported in 1986. Since then, there has been a gradual increase, which is due to an increase in the number of infections as well as increased awareness, which has resulted in patients performing tests and infections being detected. WHO is already talking about an epidemic in Ukraine, Belarus, and Russia, just across our eastern borders. In 2017, Eastern Europe accounted for 130,000 of the 160,000 new infections in Europe.

Since 2010, Poland has seen an increasing number of diagnosed cases of HIV infection. This is an average of at least 1250 cases per year, in 2017 - even more than 1500. A decade earlier, the number of detected infections was half less.

Statistics of the National Institute of Hygiene as of December 2019 showed that in Poland there are 24 908 HIV-infected people, 12 382 patients are being treated, including 97 children. These are official data, taking into account only detected and registered infections, they are probably significantly underestimated, especially since statistically more than 85 percent, the vast majority of Poles believe that the problem does not concern them. However, it is estimated that out of 24 thousand people aware of the infection, at least 10 thousand more may not know about it and pass the virus on. Since the implementation of the survey in 1985 until December 31, 2019, 25,544 people have been diagnosed with HIV infection, 3,768 AIDS cases have been reported; 1,429 patients have died.

The Polish Red Cross, along with other national Red Cross and Red Crescent societies, conducts a variety of activities in this area, including trainings. **In 2019, 1,053 HIV/AIDS trainings were held across the country, involving 22,934 participants, including 1,674 adults. There were 398 elementary school trainings, 93 middle school trainings, and 173 high school trainings.**

Health and healthy lifestyle promotion programmes were delivered at summer camps for children and youth organised by PCK regional and district branches. **In 2019, 715 children and young people took part in 15 community summer camps, participants took part in one integration summer camp, 72 participants took part in three training and recreation camps, 216 participants took part in 4 other types of stationary recreation camps, and 667 children took part in 13 day summer camps.**

Recreation camps were offered free of charge to 621 participants and for a fee to 5382 participants. Day summer camps were offered free of charge to 600 participants and for a fee to 67 participants.

In 2019, the Office of the PCK Executive Board co-ordinated the following educational programmes for children and young people:

“Decent Childhood” - collections at Tesco

Since 2012, the Polish Red Cross has collaborated with TESCO Polska to organize fund-raising events for children in need as part of the Decent Childhood program. Funds raised during the collections are used to purchase items such as Christmas packages, school lunches, and holiday recreation for children in need. PCK held two fund-raising events in 2019: an Easter fund-raiser and a Christmas fund-raiser.

All fundraising events at the stores raised a total of PLN 168,541.01 in 2019, and a total of PLN 2 168,564 has been raised since the beginning of the collaboration. The funds raised in this manner enable us to provide assistance to children from low-income families. Most importantly, the funds were collected by regional and district PCK branches and are being used to help those who are in need.

“Share Your Smile”

The sixth edition of the programme was launched in 2018, with a new, altered format that did not include dental check-ups. We reached up to 100,000 elementary school students in Poland with educational classes on proper oral hygiene care! In addition, each child who participated in the programme received unique dental care kit. The campaign ran from October 8, 2018 to June 21, 2019.

The seventh edition of the "Share a Smile" programme, which will run until March 2020, was launched in the autumn of 2019. This edition intends to reach 100,000 elementary school students as well. Furthermore, schools will be able to enter the "Share Your Smile Even More" art contest, which will promote healthy lifestyles and oral hygiene principles.

„Safe Patrol Programme”

The program's partner is Nickelodeon, which provided a PLN 62,000 grant for the creation and implementation of "Safe Patrol," a new educational programme for kindergarten children whose main goal is to educate preschoolers on the issue of broadly understood safety.

In 2018, scenarios for thematic classes for children aged 3-4 and 5-6 were developed in collaboration with methodologists. The activities cover topics such as emergency phone numbers, winter safety, road safety, sports safety, and vacation safety, as well as ecology and recycling. Teachers would be given ideas for games that feature the "Dog Patrol" characters and teach safe behavior. Furthermore, children will receive gifts and specially designed for the program books to help them consolidate their newly acquired knowledge.

The first edition of the programme was held in kindergartens from October 2018 to June 2019. The classes were attended by 62,350 preschoolers. The show was accompanied by a promotional campaign on Nick Junior channel.

„The Road ABC”

Circle K, which donated PLN 65,000 to the "Drogowe ABC" (The Road ABC) programme, was also selected as a partner for educational programmes for the youngest children.

The Road ABC is a programme that primarily supports pre-school establishments in the area of road safety education. The aim of the programme is to educate pre-school children (aged 3-6) in road safety. As part of the programme, the youngest children, through a combination of learning and play, will acquire useful information on safe driving on the road, but also on safe driving in a child seat, on a bicycle or scooter, always remembering about a helmet and the need to wear seat belts. One of the primary objectives of the programme will also be to promote knowledge of emergency numbers among children and to familiarise them in a friendly manner with the basics of first aid.

From March through June 2019, the educational programme was implemented in 236 kindergartens, involving almost 25,000 kindergarteners from around Poland.

Circle K launched a coffee sales campaign in February and March 2019 at its network of fuel stations throughout Poland. Ten grams of each coffee sold will go toward subsidizing The Road ABC programme. This activity raised 100,000 zloty towards the second edition of the programme, which is scheduled to begin in spring 2020. The funds enabled the development of new educational materials for children (a workbook with colouring books and tasks concerning traffic rules). It was decided that a teddy bear named Cyril would become the face of the programme. The teddy bear Cyril became the hero of all the educational materials prepared for the second edition of the programme.

In June 2019 in Plock, as part of the finals of the PCK National First Aid Championships, we organised a stand promoting The Road ABC programme. The stand featured a teddy bear mascot who invited the participants of the Championship finals, the inhabitants of Plock, to visit The Road ABC tent. The tent offered colouring books and competitions for the youngest children. Additionally, children could visit Tomasz Kuchar's mobile Road Town.

The Road ABC was also present during the Tour de Pologne. At subsequent stages of the race, all the youngest fans could have their photo taken with the programme mascot - a teddy bear, take part in competitions and receive a reflective badge with The Road ABC character.

A tent promoting the The Road ABC program was present again in November, while promoting a new shop at the Circle K petrol station on Pulawska street in Warsaw. Visitors to the station could take part in a first aid demonstration and try their hand at artificial respiration. There were colouring books and reflectors with Cyril the Bear prepared for the youngest visitors.

Among the Polish Red Cross's programs for children and adolescents, it's worth noting the **inter-district "Growing up" project**.

The Malopolski Regional Branch of the Polish Red Cross, in collaboration with the Regional Branches of the Polish Red Cross in Lublin and Podkarpacie, and in collaboration with the Lublin, Kraków, and Rzeszow School Superintendents' Offices, implemented a pilot "Growing Up" programme. The objective is to enhance children and young people's involvement in volunteer activities in their communities. Although the project's objective is to develop volunteering within the Polish Red Cross, the project's outcomes, which include studies on how to work with students using the project method and how to organize volunteering circles in schools, are universal and can be used by other NGOs engaged in statutory activities such as social assistance. The project began in 2014 and was finished in November 2016. The project benefited 45 teachers and 750 students in 2016.

In 2019, the Society had 1,010 PCK Voluntary Blood Donation Clubs comprised of 26,750 PCK members and 41,165 volunteers, who donated 99.182,700 litres of blood representing 18,7% of all blood from voluntary donations. There were 2, 333 members and 2.094 volunteers of other PCK units (other than clubs) who were voluntary blood donors.

Promotional activities across Poland spanned a range of initiatives including 2.875 blood donation campaigns, events and other efforts, for instance:

The 16th edition of the National School and University Tournament **"Young Blood Saves Lives"** in the school year 2018/2019 collected 10 975,233 litres of blood from 14.600 school students and 5.044 university students of 193 senior high schools and 13 universities in 15 regions.

The 14^h edition of the programme **"Fire Fighters Are Voluntary Blood Donors – Fiery Rescuers – Hot Blood"** carried out in partnership with the National Headquarters of the State Fire Department and the National Board of the Society of Voluntary Fire Departments of Poland. The 14th edition of the programme brought together 11 units of the State Fire Department and 12 units of the Voluntary Fire Department. In total, 720 fire fighters donated blood and promoted the ideals of voluntary blood donation in 2019. The Programme which ran from 2 January to 14 December 2019 in 13 regions collected 2.873,901 litres of blood from fire fighters and other donors encouraged by fire fighters.

In the implementation of the task resulting from Law On Public Blood Service in the field of

awarding the Honorary Titles and Voluntary Blood Donor of Merit Badges, subsidised by the Minister of Health, 45.205 Honorary Titles and 2.176 duplicates of Honorary Titles and Voluntary Blood Donor identity cards were awarded;

During the "Days of Voluntary Blood Donation of the Polish Red Cross" which take place annually in November and other Red Cross ceremonies, the most meritorious honorary blood donors were presented with State titles, Voluntary Blood Donor of Merit for National Health Badges, PCK Honorary Badges, Cristal Hearts, Voluntary Blood Donor of Merit Badges, and other distinctions.

In 2019. The President of the Republic of Poland granted State honours of merit for social service of voluntary blood donation and for promotion of the Red Cross ideals including:

- the Knight's Cross of the Order of Polonia Restituta —26
- the Gold Cross of Merit —25
- the Silver Cross of Merit — 4
- the Bronze Cross of Merit —75

The Bureau of the National Board of Voluntary Blood Donation of the Polish Red Cross reviewed requests for the grant of Voluntary Blood Donor of Merit for National Health badges tabled by regional branches. 1.303 blood donors were recognised by the Minister of Health with Voluntary Blood Donor of Merit for National Health badges.

The Cristal Hearts Chapter reviewed 92 requests and granted Cristal Hearts to 59 voluntary blood donors.

In addition to the above-mentioned nationwide activities, the district and regional branches of the Polish Red Cross organised various promotional activities, as well as integrating the community of blood donors, e.g.:

The Silesian District Branch of the Polish Red Cross organised the 43rd edition of the Kazimierz Nowak "Red Rose" Rally of Honorary Blood Donors of the Polish Red Cross in Mikołajki in 2019. This is the oldest national event of the Honorary Blood Donors with an integration and promotional character. The rally took place from 12.06 - 16.06.2019. The organiser of the rally was the PCK Honorary Blood Donors' Club "BASIA", operating at the Mysłowice-Wesoła Coal Mine.

The rally was attended by 234 Blood Donors with their families from 18 clubs from all over Poland, as well as invited guests - the Director of the Warmia and Mazury District Branch of the Polish Red Cross in Olsztyn, Ms Dorota d'Aystetten, and the Mayor of the Town of Mikołajki, Mr Piotr Jakubowski. Blood donors participated in excursions, took part in various competitions and integration meetings.

Competition on the knowledge of the region:

I place - Lucyna Czupryńska from Ostrowiec Świętokrzyski club

II place - Adam Chorążewicz from the PCK Voluntary Blood Donor Club at MZK Koszalin

II place - Paweł Kobza, Świnice Warckie

III place - Honorata Wójtowicz, Voluntary Blood Donor Club POLAR WHIRPOOL

III place – Beata Szargawińska, PCK Voluntary Blood Donor Club at MPK Wrocław

Competition on the knowledge about the Movement of Voluntary Blood Donors PCK:

I place - FCA Poland Tychy Swachta Inez

II place - Trocki Mieczysław, PCK Voluntary Blood Donor Club in Słupsk

III place -Bogumił Stanisław, PCK Voluntary Blood Donor Club in Knurów

As part of the club competition, club chronicles were evaluated and a competition for the rally slogan was held; awards were also given to the eldest and youngest participants of the rally.

The PCK Lubuskie Regional Branch in partnership with the Lubuskie Regional Board of the PCK Voluntary Blood Donation Movement organised the 32nd edition of the PCK Voluntary Blood Donor Car Rally. The rally participants were accommodated as usual at the PCK Centre in Sława from 29. August to 01. September 2019. The rally route was from Sława to Bojadła to Klenica to Trzebiechów to Sulechów to Kalsk and to Sława, with a lot of fitness competitions, which were also held in the area of the centre. In accordance with the tradition of the rally, there were also tests on the knowledge of the Red Cross and the voluntary blood donation movement, traffic regulations, regional trivia, a hands-on test in first aid the Red Cross and the voluntary blood donation movement, traffic regulations, regional trivia and a hands-on test in first aid.

Honorary Patronage was taken by: Władysław Dajczak - Governor of Lubuskie, Waldemar Sługocki - Senator of the Republic of Poland, Cezary Sadrakuła - Mayor of Sława, Wojciech Sohys - Mayor of Sulechów, Krzysztof Gola - Head of Bojadła Commune. The media patronage was held by: Radio Zachód SA, Radio Zielona Góra and Gazeta Lubuska.

The rally was attended by 29 teams representing the following voivodships: Lubuskie, Pomeranian, West Pomeranian, Wielkopolska, Mazowieckie, Łódzkie, Silesian, Lower Silesian, Małopolska, Kujawsko-Pomorskie and Podlaskie.

In many regions of Poland, spartakiads, shooting competitions, chess championships, family picnics and fishing competitions have for years been a popular form of recreation and integration of voluntary blood donation communities. Running or marching events have also become popular.

The PCK Małopolska Regional Branch organised the Fourth Blood Run at Bulwary Czerwieńskiego in Kraków on 5 October 2019.

The key objective of the **Blood Run Kraków** is to hold a charity run promoting voluntary blood donation, to raise funds for the development of the movement, and to promote healthy lifestyles through open-air jogging. The Blood Run is not limited to professional and amateur runners and joggers, not even to those of us who chase a tram in the morning! The Blood Run is opened to everyone willing to help who understands that “where there is a will, there is a way” to save people’s lives. A total of 1,300 runners took part in the Blood Run.

III 1.4. Dissemination of fundamental principles and humanitarian values, the international humanitarian law of armed conflicts and knowledge about the International Red Cross and Red Crescent Movement has been identified as one of the most important statutory tasks of the Polish Red Cross. The implementation of the mission was pursued among others through the following projects and events:

- **Professor Remigiusz Bierzanek Competition:** Qualification for the 23rd edition of the Competition began in 2019 with the submission of theses in four categories: postgraduate, BA, MA and PhD. The Competition will be judged in 2020.
- **The Committee of International Humanitarian Law Promotion at the PCK National Board** held one meeting. The issues discussed during the Commission's deliberations were the Polish School of International Humanitarian Law in Radziejowice, the Prof. R. Bierzanek Competition, as well as the Commission's publication on humanitarian law in the Convention "We answer your questions". The Chair and staff of the department undertook the editing of the publication.
- **The Committee of Red Cross Emblem Protection** engaged in 32 interventions and several dozen internal consultations at the central level. The Chair of the Committee delivered more than a dozen lectures on the protection of the Red Cross emblem for PCK employees and students of the War Studies University and the University of Warsaw. The Commission also supported the Promotion Department in the implementation of the logo for the 100th Anniversary of the Polish Red Cross. The Commission undertook 46 cases, including 8 interventions in situations of misuse of the logo and 38 consultations. 45 were successfully concluded and only 1 required re-verification.
- **The Interministerial Committee for International Humanitarian Law – PCK** representatives took part in regular meetings of the Committee and reported compliance with humanitarian obligations. The proposals submitted to the Commission by PCK for new commitments for the next four years were also consulted. The Commission accepted all proposals. PCK's contribution to the Ministry of Foreign Affairs Report on IHL Implementation in Poland was developed. The document is a summary of the activities of Polish public administration bodies, public institutions and the Polish Red Cross in the period 2015-2018 and includes information on activities in the implementation and dissemination of IHL, as well as a discussion of changes and new undertakings undertaken by Poland in the national and international forum. PCK received 10 copies of the Report

in Polish version and 10 in English version for the needs of the IHL Library. The reports are available for lending as well as online on the Ministry's website.

- **Lectures/training/publications/promotional activities** – members of the Department took part in International Humanitarian Law classes at the Department of Law of the University of Warsaw and delivered lectures during training for soldiers and officers offered by the Military Centre for Civic Education
- **Warsaw Humanitarian Expo** – In cooperation with the Ministry of Foreign Affairs, PCK participation in humanitarian fairs was coordinated. The employees of the Programme Department, First Aid Department and Information and Search Bureau took part in preparing the PCK stand, carrying out promotional and educational activities. During the fair, a stand with information and promotional materials was made available, 5 lectures were held on the history of the Polish Red Cross, rescue operations, protection of the logo, the National Search and Information Office and humanitarian law. It was an opportunity to establish direct contact with representatives of Polish and international organisations involved in relief work. There was also a set of training courses and workshops on how to effectively participate in tenders for the provision of services and goods to international organisations, in particular covering: registration rules for suppliers; good practices; and a presentation of selected entities that have been successful in the international public procurement market.
- **The International Humanitarian Law Library** - Throughout 2019, the MPH Popularisation Centre made the MPH Library's collections available to teachers, students, schoolchildren and other passionate humanitarian enthusiasts. They used the library resources on site or borrowed books from outside. The library was modernised and, courtesy of the ICRC, the Federation and several national publishing houses, it received new publications which were donated for prizes in the Prof. R. Bierzanek competition.
- **Discovering Humanitarian Law** - a request has been made to the Ministry of National Education to increase funding for the Discovering Humanitarian Law on-line course in order to extend access to the course, update content, reinforce promotional activities and reach a larger audience. The request was rejected and the awarded grant of PLN 5,000 gross made it possible to hold two editions of the on-line course. The first edition was attended by 75 people and 10 completed it with a positive result, while the second edition was attended by 78 people, 15 of whom passed the final test.
- **Exploring Humanitarian Law:** The Ministry of Education was requested to increase its subsidy for the EHL online course, extend access to the course, update its content, expand promotional activities, and reach a bigger audience. The request was dismissed and the actual grant of PLN 5,000 gross was sufficient to conduct 2 editions of the on-line course. The first edition was attended by 75 people and 10 completed it with a positive result, while the second edition was attended by 78 people, 15 of whom passed the final test.
- **Publication** - by the courtesy and support of the Swiss Embassy and the Ministry of Foreign Affairs, it was possible to draft a publication in the form of scientific notebooks "*International Humanitarian Law - We Answer Your Questions. A Compendium for*

Students of the Polish School of International Humanitarian Law". The authors are members of the Commission for the Promotion of International Humanitarian Law and the editorial work was undertaken by Dr Marcin Marcinko together with the staff of the Department of International Cooperation. Distribution of the on-line version is envisaged, as well as attempts to raise funds for the printing of a paper version with the option of an ISBN number.

PCK regional and district branches carried out a range of local initiatives to promote international humanitarian law, including:

The XXIII edition of the District **Contest on Promotion of Knowledge on International Humanitarian Law**, which was held on 17 May 2019 at the headquarters of the Western Pomeranian District Branch of the Polish Red Cross in Szczecin as part of the celebration of "World Red Cross and Red Crescent Day" and PCK WEEK and in connection with the 100th anniversary of the Polish Red Cross celebrated under the slogan "For 100 years everywhere for everyone". The competition was attended by 7 participants (out of 8 entered), who represented 5 secondary schools from the West Pomeranian Region. As part of its cooperation in the field of International Humanitarian Law, the Western Pomeranian Regional Branch of the Polish Red Cross established contact with the army and universities so that representatives of these institutions could participate in the work of the commission assessing the contestants' efforts;

The Western Pomeranian Regional Branch of the Polish Red Cross continues cooperation in the field of dissemination of human rights protection and humanitarian law in the **West Pomeranian Voivodeship** in relation to the Letter of Intent signed on 17 April 2012 between the Western Pomeranian Regional Branch of the Polish Red Cross in Szczecin and the West Pomeranian Region - West Pomeranian Center of Teachers' Professional Development, Branch of the Institute of National Remembrance in Szczecin, Faculty of Law and Administration of Szczecin University, Association for Social and Legal Education "Ius et Ratio in Szczecin", Foundation for International Criminal Law and Human Rights in Central and Eastern Europe in Warsaw, European Law Students' Association ELSA Szczecin.

The Polish Red Cross operates the National Information and Tracing Service on behalf of the government in accordance with the Geneva Conventions. The mission of the National Information and Tracing Service is to assist victims of WWII, armed conflicts, and natural disasters. The Service carries out tracing activities on humanitarian grounds.

In the period from 01.01.2019. - 31.12.2019 r.

The Service received correspondence from the country and abroad in the amount of - **8 681**, including letters concerning **6 319** persons regarding:

- family tracing — **452**,
- issuing documents certifying war-time life stories - **1.721**,
- tracing war graves — **1.347**,
- sundry matters — **2.799**.

3 398 cases were pending

2 641 cases were closed

- tracing started, pending final result - **2 143**,
- requests for documents - **49**,
- contacts concerning tracing of war graves and exhumations — **1 206**,
- successful tracing — **171**,
- unsuccessful tracing — **511**,
- positive confirmations - **479**,
- negative confirmations - **803**,
- identified places of burial (soldiers and civil war victims) — **589**,
- unsuccessful tracing of war graves — **83**,
- messages — **5**,
- Local and international contacts in sundry matters — **1 592**.

other activities:

- **603** new named documents obtained from domestic and foreign archives were registered,
- **22 542** original personal documents concerning war victims were entered into the database,
- **22 737** documents were scanned;
- **1 348** inquiries were processed.

The National Information and Tracing Service pursued its statutory activities from 1 January 2018 to 31 December 2018 including:

- tracing persons who went missing during wars, armed conflicts, and natural disasters;
- issuing documents certifying war-time life stories based on own archives and sourced documents;
- tracing war graves in Poland and abroad;
- participation in exhumations of war victims;
- transmission of Red Cross messages (family messages) to and from persons in countries affected by armed conflicts;
- processing clients and providing detailed explanations concerning tracing of family members and certification of life stories.

The volume of letters received by the Centre has been stable.

Many handled cases concerning tracing of persons who went missing during WWII are very time-consuming due to their complexity.

Some of the cases are closed successfully through the efforts of the Service.

We continue archive searches and produce certified copies for competent authorities in connection with the national records of graves and memorial sites.

Searches are also carried out for Branch Committees of the Institute of National Remembrance (IPN) which pursue investigations concerning war crimes, and for courts and Voivodeship Offices.

The documents in the Service's archives are being gradually digitised, entered into the Q-BINF database, scanned and preserved for urgent conservation as required.

In its activities, the Service co-operated with many Polish institutions holding documents concerning victims of WWII and contemporary armed conflicts, and with national Red Cross and Red Crescent societies, the Bad Arolsen International Tracing Service, and the Central Tracing Agency of the International Committee of the Red Cross in Geneva.

The Service did not use subcontractors in its activities.

The Office faced the following problems in 2019:

- In the reporting year, the contract for the operation of the Service was signed on 29.03.2019. The Service had no funding for its public functions for more than three months. All expenses in that period were paid by the PCK Headquarters, affecting the implementation both of planned activities of the Service and statutory activities of the Society.
- The Office conducted three recruitments in 2019. In the first, we were able to hire one person; in the second, we were able to hire three people. During the third recruitment, we hired four new employees. Unfortunately, their salary is equal to the lowest in the country, which raises serious concerns that despite their strong commitment to work in the near future, these individuals will resign due to the salary. In the 2020 subsidy there is no possibility to increase it. The high turnover of staff and the constant need to train new employees unfortunately has a very large impact on the realization of submitted applications and the time beneficiaries have to wait for answers.
- In November 2019, there was a short circuit in the electrical system in one of the rooms. The situation turned out to be so serious that the repair could not be postponed until future years, when the grant for the realisation of the public task will allow to remove the fault. The renovation was made from the own funds of PCK Headquarters.
- At the end of 2019, there was a breakdown in one of the sanitary rooms. Unfortunately, the 2019 grant did not provide for expenditures for repair and construction services and the amount of the grant did not allow for the transfer of funds from other items by addendum. Keeping the grant for 2020 at the same level will also not allow for its implementation.

- The management of the National Information and Tracing Service and its staff actively participate in the activities of domestic and foreign partner institutions and undertake numerous initiatives of their own. This was also the case in the reporting year 2019.
- On 27.01.2019 the Head of the National Information and Tracing Service took part in the commemoration of the 74th anniversary of the liberation of the German Nazi camp Auschwitz.
- 6-8.02.2019 the Head and the Deputy Head of National Information and Tracing Service PCK participated in the second edition of the International Training for Database Archivists organized by Flossenbürg Memorial Education Centre.
- On 20.02.2019 the Head of the National Information and Tracing Service took part in the ceremonial opening of the exhibition of the Polish Red Cross "For 100 years everywhere for everyone", which was held in the Sejm of the Republic of Poland. The opening ceremony was attended by Beata Mazurek, Speaker of the Sejm, Marek Jakubiak, President of the Parliamentary Group of the Polish Red Cross, and Stanisław Kracik, President of the Polish Red Cross.
- On 09.04.2019 Deputy Head of National Information and Tracing Service participated in a conference entitled "Participation of women in foreign missions".
- 14-16.05.2019 the Head of National Information and Tracing Service participated in the annual conference of representatives of the Search Offices of the Red Cross and Red Crescent National Societies organized in Catania by the International Committee of the Red Cross. Representatives from the United States, Canada and Australia also participated. The meeting discussed the most important problems encountered by the national associations in their daily work.
- On 18.05.2019 within the framework of the nationwide Museums' Night and this year's celebration of the 100th anniversary of the Polish Red Cross, the Office has decided to make it possible for those interested to see the unique archival collections archives, including the original files of prisoners of concentration camps and Nazi prisons, books of insurgent hospitals and other documents relating to the Warsaw Uprising, certificates of death certificates of Poles who died during World War II in camps and prisons on German and Polish territory.
- On 28.05.2019 The Head of National Information and Tracing Service took part in ceremonies commemorating 77th anniversary of the execution of Pawiak prisoners in Magdalenka.
- On 11-12.06.2019, the work of National Information and Tracing Service PCK was exhibited at the first Warsaw Humanitarian Expo, along with other activities of the Society.

- On 19-20.06.2019 The Head of National Information and Tracing Service took part in a meeting of PERCO (Platform for European Red Cross Cooperation on Refugees, Asylum Seekers and Migrants) held in Verona.
- In September 2019, representatives of the National Information and Tracing Service took part in the burials of World War II victims, these were funerals of people exhumed in the earlier months of 2019, with the cooperation of the National Information and Tracing Service. The ceremonies took place on September 5 in Pomiechówek, September 14 in Modlin and September 15 in Lomno.
- In September 17-18, 2019 in Moscow, the Head of the National Information and Tracing Service took part in the presentation of the book titled "Killed in Kalinin, buried in Mednoye (Polish "Zabici w Kalininie, pochowani w Miednoje"). The memorial book of Polish prisoners of war - prisoners of the NKVD camp in Ostashkov, shot under the decision of the Central Committee of the Communist Party of the Soviet Union(b) of March 5, 1940".
- On 28.09.2019 representatives of National Information and Tracing Service PCK participated in a conference on the history of Fort III Pomiechówek during World War II.
- On 22.10.2019, the staff of the PCK Branch Office took part in the conference "Traces of Crime - Faces of Memory. Katyń - Łączka - Ravensbrück" organized in Warsaw by the Institute of National Remembrance devoted to the problem of searching for unknown burial places of victims of totalitarian regimes.
- On 23.10.2019 representatives of National Information and Tracing Service PCK took part in the Polish presentation of the book Killed in Kalinin, buried in Mednoye (Polish "Zabici w Kalininie, pochowani w Miednoje"). The memorial book of Polish prisoners of war - prisoners of the NKVD camp in Ostashkov, shot under the decision of the Central Committee of the Communist Party of the Soviet Union(b) of March 5, 1940",
- 3-6.11.2019 The Head and Deputy Head of the Information and Tracing Service PCK attended the annual meeting of archivists and database specialists on World War II documents.
- 15-17.11.2019 the Head of National Information and Tracing Service took part in ceremonies related to the Day of National Mourning in Berlin, which were largely dedicated to the 80th Anniversary of Hitler's Germany's attack on Poland.
- On 19-20.11.2019, the National Information and Tracing Service PCK hosted a study visit of an employee of the Search Bureau of the Belarusian Red Cross. The visit was aimed at optimizing cooperation between the two institutions in the field of search for victims of World War II, contemporary armed conflicts and search for war graves.

- On 21-22.11.2019, the Second Meeting of the Search Offices of the European National Associations of the Visegrad Group countries was held at the National Information and Tracing Service headquarters, organized by the Delegation of the International Red Cross in Belgrade. The meeting was attended by the Search Offices staff from the Czech Republic, Poland, Slovakia and Hungary. The meeting aimed to strengthen bilateral cooperation between the Associations by developing common guidelines for the search for missing persons and determining their fate within the framework of the International Committee of the Red Cross (ICRC) Strategy 2025 introduced in Geneva.
- On 26.11.2019 the Head of Information and Tracing Service participated in the meeting of the Council of the "Memory" Foundation, where issues concerning the exhumation of Wehrmacht soldiers killed on Polish territory during World War II were discussed.
- On 28.11.2019 representatives of National Information and Tracing Service PCK took part in the burial of victims of World War II - prisoners of war, soldiers of the Red Army, exhumed in March 2019, with the participation of Information and Tracing Service.
- On 03.12.2019 the Head of the National Information and Tracing Service took part in the ceremony of awarding identification notes to family members of the victims of totalitarianism organized by the Search and Identification Bureau of the IPN at the Presidential Palace.

Activities fostering humanitarian values, sensitivity to human sufferings, and respect for human dignity are a priority in the initiatives pursued by the Polish Red Cross addressed to children and young people. Projects in this area are carried out in schools, at universities, in Social Youth Instructor Groups and through them in broad local communities. **In 2019, there were:**

- **1.880 school and university chapters, 29 Social Youth Instructor Groups comprised of 37.458 members and 23.123 volunteers,**
- **663 Squirrel clubs (Polish: *Wiewiórka*) in kindergartens and early grades of primary schools, comprised of 19.554 members.**

Social Youth Instructor Groups are a natural, perspective acting "personnel forge" of our Society and ensure the possibility of introducing competent, young activists to the structures and field organs of the PCK. They operated in 10 district branches - a total of 29 Groups, uniting 794 members and volunteers.

The programs implemented by these organizational units concerned the social sphere, prevention of pathologies, broadly understood safety, ability to function in the environment, development of children and youth, as well as health and a healthy lifestyle. Through active participation in various campaigns, such as "Gold Rush", "Layette for a Student", "Easter with PCK", or "Red Cross Christmas", children and youth learned sensitivity to the needs of others,

effective help, and rules of social life. Such actions also strengthen self-esteem and give satisfaction from being needed, eliminating boredom and lack of interest. District and regional branches ran community centers and implemented local programs addressed to various age groups.

An important role in conducting activities, especially in children and youth circles, is played by leaders in local communities. Undoubtedly, this role is performed by the members of the Social Youth Instructor Groups mentioned above.

Wielkopolska Regional Branch of the Polish Red Cross organised a training and recreation camp from 20.07-02.08.2019 in Skawica near Zawoja (Małopolska Region) in the "Forest Skawica" Centre. In the beautiful landscape of Beskid Żywiecki in the Centre located 700 meters above sea level, 47 people (including the staff) rested and gained new experiences. Young people with great commitment and enthusiasm participated in camp life, actively creating it. During the camp there were numerous trainings which aimed at preparing the young people for their potential role as leaders in the Red Cross work in their area. They included the following subjects: preparation to the participation in the programs - Super Squirrel Friend of Ola and Kuba, Gold Rush, Day of Fighting Hunger, Layette for a Student, workshops on drug, alcohol and nicotine addiction, HIV/AIDS prevention, international humanitarian law and honorable blood donation. Great emphasis during this year's trainings was placed on classes in first aid with elements of National Rescue and Firefighting System.

III 1.5. Strengthening the substantive, organisational and financial capacity of the Polish Red Cross as necessary to effectively pursue the statutory mission. In this fifth priority area, the National Congress defined four strategic goals:

- to align the organisation of the Society and the functioning of its authorities with the requirements of supporting practical activities of PCK members and volunteers;
- to secure funding for the functioning and activities of PCK including the implementation of approved programmes;
- to ensure effective management and development of human resources;
- to professionalise the promotional activities of the Polish Red Cross.

As a continuing challenge to its activity, the Polish Red Cross needs to raise funding necessary to pay its expenses, including the mandatory membership fees paid to the international organisations (the Federation, the International Committee of the Red Cross EU Office). PCK has negotiated an instalment arrangement with the Federation for exiting the debt on this account, and the Office of the General Board has provided the first instalment. Assistance in the systemic resolution of this issue was initially declared by the Parliamentary Team for PCK. Activities aimed at amending the Act on PCK were continued.

In 2019, the Polish Red Cross had 16 regional branches, 181 district branches and 25 delegation offices, as well as school clubs, university clubs, Social Youth Instructor Groups,

“Squirrel” Clubs, Voluntary Blood Donor Clubs referred to elsewhere in this report, 237 chapters comprised of 5.069 adult members, including 3.079 women (company and community clubs), and 2.640 volunteers, including 1.618 women.

In total, the basic units (clubs, chapters, adult and youth groups) had **69.700 PCK members in 2019. 66.928 volunteers** worked with the Society (23.123 volunteers in children and youth clubs, 41.165 in the voluntary blood donor movement, 2.640 in adult clubs other than the voluntary blood donor movement).

Among the **181 district branches** presented in reports of PCK regional branches, **as many as 26 do not meet the requirements of Article 22(1) of the PCK Statute** (to have at least 3 basic units comprised of adult members of the Society), including **12 district branches which have no clubs or chapters**, and of the two there is no data.

In 2019, the Polish Red Cross staff included:

- 724 persons under employment agreements (including 648 women): 177 in offices of regional branches, 195 in offices of district branches and delegation offices, 67 in the PCK Headquarters, 2 in the PCK training centers, 64 in care centers (managers/acting nurses), 147 PCK nurses, 79 in PCK nursing centers, and 10 in the business activity;
- 4.967 persons under short-term contracts, including 3.929 PCK nurses, 82 at PCK nursing centers, 41 in offices of regional branches, 669 in offices of district branches and delegation offices, 6 in the PCK Headquarters, 9 in training centers, 237 in the business activity, 13 managers/acting nurses.

100 years of the Polish Red Cross

The Promotion and Revenue Raising Department in 2019 coordinated the celebration of the 100th Anniversary of the Polish Red Cross, which was inaugurated by a press conference organized on 18 January 2019 at the Bristol Hotel in Warsaw.

In 2018 and 2019, the promotion department acquired financial partners, thanks to which it will be possible to celebrate the anniversary of the Society. The wife of the President of the Republic of Poland, Mrs. Agata Kornhauser - Duda, assumed honorary patronage over the celebrations.

The promotion department prepared and developed a number of materials describing 100 years of Polish Red Cross history:

- the logo of the 100th anniversary of the Polish Red Cross and a visual identity book showing how to use the logo in various graphic forms (letterhead, roll-ups, etc.);
- the anniversary slogan "FOR 100 YEARS EVERYWHERE FOR ALL";
- image materials with the logo of 100 years of the Polish Red Cross (wall, banners, stickers, occasional folder, notebooks);
- website (www.100lat.pck.pl), where you can find 100 interesting facts about the Polish

Red Cross, developed in cooperation with the employees of individual departments of the PCK Headquarters Office;

- an outdoor exhibition presenting the history of the Polish Red Cross throughout the century;
- a commemorative postage stamp issued by the Polish Post;
- a special issue of the quarterly "Karta" with the history of the Polish Red Cross as its main topic;
- a one-day bulletin and an album "Poster in One Hundred-Year History of Polish Red Cross".

The inauguration of the jubilee took place on January 18, 2019 at the Hotel Bristol - location of the first conference of all organizations operating on Polish territory and governed by the Red Cross ideals. These organizations founded the Polish Red Cross Society during a meeting held under the auspices of Helena Paderewska, the wife of one of the hotel's proprietors at the time, Ignacy Paderewski.

Another activity the Promotion Department realized on May 8, 2019 in the framework of the World Day of the Red Cross and Red Crescent. The day included: a nationwide fundraiser, the proceeds of which were donated to help and activate senior citizens and the creation of a "live" Red Cross on Constitution Square. In May everyone interested in the history of the Polish Red Cross could take part in guided walks along Warsaw streets in the footsteps of the Polish Red Cross. A jubilee picnic was held next to the PCK Headquarters.

Thanks to involvement of Magdalena Gardecka (Organizational Department of BZG) it was possible to carry out an interesting promotional project connected with the Jubilee - Walks on the occasion of the 100th anniversary of the Polish Red Cross - 8th, 12th and 18th of May along Krakowskie Przedmieście and Nowy Świat, on 3rd of August in Powazki Military Park and on 10th of November in Powazki Cemetery.

Recalling, on the occasion of the 100th anniversary of the Association, places connected to the history of the Polish Red Cross (such as the Bristol Hotel, the hospital on Smolna Street, the Czetwertyński Palace, the hospital in Foksal Street) and outstanding personalities connected with the organisation at the turn of the years (Maria Tarnowska, Alfons Kuhn, Ludwik Darowski, Małgorzata Żmudzka and other sisters and nurses killed during the Warsaw Rising and occupation.

Meanwhile, on October 25, 2019, in parallel with the PCK Youth Day, the Pałac Kultury i Nauki in Warsaw and landmark buildings in other cities were lit up in red. On the occasion of the 100th anniversary, an exhibition of Red Cross posters will also be held at the Museum on the fence of the Łazienki Królewskie Park.

The 100th anniversary of the Polish Red Cross is reflected in the information and promotional activities of the Society's field units. An example is **the Wielkopolska Regional Branch** of the

Polish Red Cross, which has implemented a number of activities aimed at promoting the organization. On September 28, 2019, in the Session Hall of the Marshal's Office of the Wielkopolska Region, it organized a ceremonial Gala on the occasion of the 100th anniversary of the Polish Red Cross. During the ceremony, a presentation on the history of the Polish Red Cross was given, an artistic staging was presented, Distinguished members of the Polish Red Cross were honored with honors, medals and awards. The ceremony was accompanied by a concert of Masterbrass band. Also on this occasion, an exhibition "For 100 years everywhere for everyone" was displayed at Plac Wolności in Poznań from 16-30 September. October 25 at the Day of Red Cross Youth at 19.00 on Plac Wolności to celebrate this significant holiday was organized happening Fireshow. An amazing show of fire dance, lasers and sound was performed by members of the Pro-Spin Foundation. Additionally, the fountain at Plac Wolności between 7 and 8 p.m. lit up red.

For several years, the **Małopolska Regional Branch of the Polish Red Cross** has been preparing to celebrate the 100th anniversary of our organisation. It prepared many events, meetings, exhibitions, and publications. Each month of the jubilee year brought new opportunities to celebrate together with the Red Cross family in Małopolska. Throughout the whole anniversary year, numerous meetings, galas, and concerts related to the anniversary were organized by all organizational units. The jubilee of the oldest charitable organisation in the country - belonging to the biggest humanitarian movement in the world - was celebrated in a solemn and festive atmosphere, but there was also a bit of reflection during the projection of materials on the history of PCK, there was also a lot of fun, very often connected with concerts. The solemn meetings were an opportunity to award state, departmental and organisational medals and commemorative badges.

Events related to the celebration of the Jubilee at the Małopolska Regional Branch of the Polish Red Cross: January - continuation of the campaign "Help to put together our history" - we collect archives for our Permanent Historical Exhibition, beginning of the campaign "100% membership for the 100th anniversary of the Polish Red Cross", press conference and inauguration of the Jubilee year of the 100th anniversary of the Polish Red Cross, Open Day at the Małopolska Regional Branch of the Polish Red Cross, issuance of a commemorative medal for the 100th anniversary, beginning of the work of the Committee of Founders of the Banner for the Małopolska Regional Branch of the Polish Red Cross, interview with Mrs. Maria Osterwa-Czekajowa to begin the celebration of the 100th anniversary in Małopolska; February - announcement of the competition for the name of the mascot for the 100th anniversary of the Polish Red Cross, the jubilee edition of the "Gold Rush" campaign. March - creation of the Polish Red Cross 100th Anniversary Community Circle. Gala for the 100th anniversary of the Polish Red Cross, interview with Mrs. Barbara Haller de Hallenburg-IIIg - goddaughter of general Józef Haller; planting a memorial oak for dr Marian Wodzinski in Tarnow, ceremonial assembly and Appeal of the Fallen dedicated to the participants of the Scouting Post of the Polish Red Cross; interview with Scout Boleslaw Wójcik, courier of the Scouting Post of the Polish Red Cross; Open Day of the Małopolska Regional Branch of the Polish Red Cross - 8 May.

June - unveiling of a commemorative plaque dedicated to General Józef Haller, "100 Years in One Day" city game, "The Red Cross Trail through Kraków and Małopolska" - presentation of places connected to the history of the Polish Red Cross in Kraków and Małopolska (Kraków, Tarnów, Nowy Sącz, Zakopane, Rabka, Oświęcim); September - consecration and granting of a new banner (at the Wawel Royal Castle), Nowy Sącz: reconstruction of the PCK Tea Room from 1916. October – 6th Blood Run Kraków - Exceptional Run for an Exceptional Anniversary, Polish Red Cross Youth Day - Father Bernatek's Footbridge in Kraków; November - conference 'Polish Red Cross - 100 years of Service to Homeland and People'; December - formal meeting in Małopolska Voivodship Office, Christmas campaign "The Good Is in Małopolska".

1% campaign

In 2019, the 1% campaign referred to the celebration of the 100th anniversary of the PCK. The slogan of the campaign: A man is worth as much as he gives of himself to others. Help us to help! Donate 1% of your tax to those in need.

The Department of Promotion of the headquarters office of the Polish Red Cross prepared the idea for the campaign and graphic materials, which were passed on to the branches and prepared materials for our website and Facebook fanpage. Regional branches are responsible for running the campaign. Headquarters office of PCK does not have a budget for printing materials and running the information campaign in the media.

Kingfisher/Castorama

In 2018, the Promotion and Fund-raising Department continued its partnership with Kingfisher, owner of the Castorama brand.

The partnership with Kingfisher is international in scope, co-ordinated by the British Red Cross on behalf of the Red Cross.

The partnership between Kingfisher and the Red Cross Societies focuses on preparation for and response to disasters.

The first edition of the project involved **15 PCK Rescue Groups** from: Bielsko-Biała, Bydgoszcz, Czechowice-Dziedzice, Kielce, Koszalin, Olsztyn, Opole, Ostrowiec Świętokrzyski, Ostroda, Poznań, Przemyśl, Warsaw, Wejherowo, Zabrze, and the PCK Medical Rescue Group from Wrocław. Each of the units participating in the project received equipment according to their needs and in proportion to the number of rescuers.

As part of 1 stage, in 2019 we purchased:

- 97 pieces of equipment bags for rescuer's personal equipment.
- 117 pieces of specialized footwear with a puncture-proof sole for work in debris areas.
- 117 pieces of footwear with ankle stabilization for work in non-urbanized areas.
- 15 pieces of rescuer's personal lighting for work in all weather conditions.

For the 2nd edition in 2020, we plan to continue activities around the project. Be Safe, Be Prepared. The project includes the creation of a website and promotional materials, including: a flyer, graphic materials and an information campaign that will be available on social media, www.pck.pl and a website dedicated to the project. Another operation will be the creation of a central emergency warehouse in Warsaw. The inventory will include emergency kits for 200 people. In addition, each of our PCK rescue groups will receive tool boxes (wellies, torches, shovels, buckets, etc.).

The partnership is long term.

“Stay Safe”, a project in partnership with Aviva Poland

In 2018, we started an international cooperation with Aviva Global, within which we prepared the project "Stay safe".

The main goal of the project is to make the public aware of how to prepare for disasters, i.e., to know how to behave during such events, how to ensure the safety of themselves and their loved ones, how to secure their property, where to look for help, etc. As part of the project, we prepared educational materials for residents of areas most frequently affected by natural disasters. These materials include: a leaflet on how to prepare a personal disaster plan, a leaflet on insurance prepared by project partner Aviva, an ICE card dedicated to the project and an instructional video. These materials are available on the website dedicated to the project, which was created in the first quarter of 2020. The campaign is planned for autumn 2020.

In order to secure the local population, polar blankets with the PCK logo were purchased (250 items), which will be distributed to PCK Rescue Groups located in flooded areas (voivodships: Małopolskie, Świętokrzyskie, Mazowieckie, Lower Silesian, Silesian and Opolskie) and to the PCK main warehouse, from where they will be distributed directly to places affected by disasters.

The project also envisaged equipping PCK Rescue Groups with specialized equipment worth PLN 100,000, which will be used during rescue operations.

In October 2019, rescue manoeuvres were held in Malczyce (Lower Silesian Voivodeship), where 6 PCK Rescue Groups, rescuers from the Latvian Red Cross and GPR OSP Siechnice for 3 days tested their preparation to work on the rubble. The exercise organizers prepared several scenarios that had to be implemented by two rescue groups. During the exercises, rescuers used equipment purchased under the project "Stay safe" project.

SeniorON programme

735 seniors participated in the 3rd edition of SeniorON, which runs from May to December 2019. The main theme, just like last year, was e-banking.

As part of this edition, we conducted 30 workshops, 10 of which dealt with the basics of banking, security in finance and mobile banking. During the workshops, volunteers from Bank PEKAO S.A. - specialists in finance and banking, answered questions and showed how to safely use banking services.

The workshops were very popular among seniors and were a great example of the implementation of the idea of employee volunteerism. A novelty of this edition were practical workshops conducted in the bank branches. The project was implemented by 5 regional branches of the Polish Red Cross in the following regions: Lubuskie (Nowa Sól, Gorzów Wielkopolski), Świętokrzyskie (Sandomierz), Podlaskie (Białystok) and Mazowieckie (Kozienice, Poddębice).

Other activities

- On-going communication activities supporting campaigns run by other departments. The Promotion Department communicates and co-operates with the mass media, drafts information published on the website, and manages media relations.
- Monitoring of the local and national press.
- Drafting and publication of campaign image materials. Production of promotional merchandise.
- Partnership with companies, attracting new partners.
- Google Adwords — upgrade of the key words financed with a Google grant. The grant pays for promotion of the website based on key words in the Google browser.
- Managing PCK's Facebook fanpage which has over 18,000 fans.

Poland-wide aid campaigns of the Polish Red Cross

One of the main objectives of the Promotion Department of the Executive Board of the Polish Red Cross is to provide promotional support for the regular activities of District and Regional Boards. Every year, PCK organizes such campaigns as: Easter with PCK, Gold Rush, Layette for a Student, and Red Cross Christmas. Apart from cyclical actions, the Promotion Department supported actions and campaigns conducted by the Program Department: Protect Children's Smiles, First Aid Championships, or the Healthy Lifestyle Promotion Olympics.

In addition, in 2019, the Promotion Department acquired sponsors for the Tour de Pologne and provided organizational and promotional support for the entire event. The same happened with Picnics for Health, which were held in cooperation with 00 PCK.

The Department of Promotion prepares press releases on events related to a given action. Inform the media, not only about the actions themselves, but also about the events in individual Boards. We prepare materials describing the action, which are posted on the website www.pck.pl, PCK profile on Facebook and Instagram.

III 2. International co-operation

Key organisational issues:

- We participated in standard thematic surveys and contributed to the exchange of information and good practice with different components of the Red Cross Movement (approximately 15) at the request of the international organisation.
- The Department handled email and phone queries of individuals and the media (on average 8 queries per month) concerning activities of different components of the International Red Cross and Red Crescent Movement around the world and options of participation in foreign missions, including current and planned activities in the face of the migration crisis affecting a growing number of European countries.
- We drafted and published a range of materials dedicated to the activities of the Polish Red Cross and the Movement, available on the website www.pck.pl and in Federation newsletters, to promote PCK locally and internationally.
- We drafted a range of information and operational materials for the management and the Executive Board, including memos from meetings with partners, lists of cases handled by the Department in previous years, information about the organisation of the Red Cross Movement and the responsibilities of its units.
- A proposal for development of the Discovering Humanitarian Law program was prepared and submitted to the Ministry of National Education.
- Support was given to the celebration of the 100th anniversary of the Polish Red Cross by developing part of the content for initiatives such as 100 facts for the 100th anniversary of the Polish Red Cross, an interview for the Karta quarterly, an exhibition about the Polish Red Cross, the One-Day Newsletter, etc. The organization was promoted during the PCK Picnic, Warsaw Humanitarian Expo and Tour de Pologne.
- Substantive and financial settlements were made for projects implemented by the department.
- We co-ordinated 25 international visits by arranging travel, providing bookings and tickets, raising funds for partial reimbursement of expenses. A visit of foreign Erasmus students was organized during which PCK activities were presented and a tour of the Tracing Office was coordinated. A visit by the President of the Romanian Red Cross and representatives of the Romanian Embassy was conducted in cooperation with the National Information and Search Office, the Promotion Department and the Organizational Department. The General Board received delegations from the German Red Cross, the Red Cross Office to the European Union, the Federation Regional Office in Budapest and the Federation Finance Committee. All delegations were accompanied and translated into Polish by the International Relations Department. The President and the Head of the International Relations Department participated in the statutory sessions of the International Red Cross and Red Crescent Movement, during which the new 2030 Movement Strategy and humanitarian commitments and resolutions were adopted.

In addition to the actions detailed in other sections of the report, international cooperation focused on the following in 2019:

- Regular contact and participation in the work of *the European Legal Supporters Group*. In 2019, it was dedicated to the preparation of humanitarian resolutions for the Movement's statutory sessions.
- We maintained our partnership with national societies in the Anti-Trafficking Network concerning human trafficking.
- The cooperation agreement with the Ukrainian Red Cross continued. Particular emphasis was placed on the exchange of knowledge, experience and good practices in the context of crisis response, youth and volunteer work and intra-organizational relations/communication.
- The declaration to enter into an agreement on partnership, coordination and cooperation with Movement components operating in Belarus was implemented. The agreement is valid until December 31, 2021.
- On November 08, 2019, a framework agreement on cooperation with the Fire Service Head School was signed. It covers joint activities in the fields of, among others: rescue, search and education. The school has shown great interest in the IHL School, the Research Paper Competition, the activities of the IHL Library, and sign protection. Working contacts have been established, and the first project initiated is to develop and publish a joint research paper on humanitarian aid and disaster management.
- In March, thanks to a special fund for migrants transferred to PCK by the International Federation of Red Cross and Red Crescent Societies, cosmetics and personal hygiene products for refugee women from the center in Targówek were funded as part of the Multicultural Center's Women's Day campaign.
- Continued the initiative of the EDU Africa Foundation paving cooperation with the Red Cross Society of Benin. The cooperation includes educational activities for children attending day care centers in three villages in Togo and Benin. Gift packs and support for 100 children were donated.

Cooperation with individual components of the Red Cross Movement also included issues of cooperation in case of disasters:

- Outreach activities on international aid were conducted as part of the appeal for victims of conflict and natural disasters - the "aid to Australia" campaign, in cooperation with the Promotion Department. The end of the campaign is scheduled for March 2020.
- Magdalena Stefańska has become a PCK representative in the Community Civil Protection Mechanism in the framework of the High Level Coordination training, which supports the organization and conduct of these trainings 4 times a year. Monika Kolaj and Ewa Jakutajć took part in the Union Civil Protection Mechanism Introduction Course.

Among the significant responsibilities of the foreign cooperation department of the PCK Headquarters office, cooperation with the PCK's Regional Branches should be mentioned:

- The IHL Centre involves Regional Boards in the Prof. Remigiusz Bierzanek competition,

which is a promotion for the whole association. Several students are in regular contact with the Centre for substantive consultation of their bachelor's and master's theses.

- PCK Regional Branches were involved in the implementation of the programme "Discovering Humanitarian Law" in junior and senior high schools.
- The Committee for the Protection of the RC Logo supported district branches in intervening in cases of logo infringement and consulted on submitted graphic designs of logotypes. The Commission was also involved in the work related to the graphic design of the PCK's 100th anniversary celebrations.

PCK branches were also engaged in international relations, including the following activities:

In 2019, the **Polish Red Cross Lubelskie District Branch** intensified its cooperation with the American Red Cross and the United States Army Civil Affairs Team. Throughout 2019, seven Skype conferences were held with representatives from the **Polish Red Cross Lubelskie District Branch**, the American Red Cross and the United States Army. In February 2019, a project was created entitled. "Crisis and Disaster Management Cooperation Program between the Polish Red Cross Lubelskie District Branch and The American Red Cross of Massachusetts", which received funding from the United States Embassy in Warsaw. The project began in September 2019 and will continue until June 2020. As part of the project, a Conference was organized in November entitled "Humanitarian Assistance - Standards, Priorities. "Humanitarian aid - standards, priorities, challenges". The main objective of the conference was to strengthen cooperation in the area of humanitarian aid between organisations and institutions tasked with responding to a crisis or disaster in the Lubelskie Voivodeship and to exchange experiences between the Polish Red Cross, the American Red Cross and the United States Army.

The whole conference was simultaneously translated from Polish into English and from English into Polish. The first part of the conference was devoted to the national and regional situation in the context of humanitarian aid and challenges in disaster preparedness. The second part of the event was devoted to international cooperation in the context of humanitarian aid. Representatives of foreign partners shared good practices in disaster preparedness and response. The guests told us how to carry out humanitarian aid projects and actions based on their experience, how to prepare from the point of view of an institution/organisation providing aid and how to manage actions during a crisis situation.

III 3. Supreme authorities of the Polish Red Cross:

- The National Congress of the PCK in 2019 has met twice:
 - o Extraordinary in January - deliberated and elected the Full Board of the Main Audit Committee, consisting of: Józefa Pers - Małopolska District Branch PCK, Jerzy Orłowski - District Branch PCK in Lublin, Piotr Górnik - District Branch PCK in Silesia, Andrzej Jurak - District Branch PCK in Lublin and Henryk Śnieżek - District Branch PCK in Małopolska.

o The PCK National Congress (Ordinary) was held on 29 June - approved the programme, organisational and financial reports on the activities of the Society, granted a vote of approval to the PCK Executive Board, conferred the dignity of a PCK Honorary Member and selected an entity to audit and give an opinion on the PCK financial statements for 2019.

➤ **The PCK Executive Board** held 9 meetings in 2019, including three 2-day meetings, and passed 96 resolutions, both at meetings and by circular.

➤ **Board** met as needed, mainly before Board meetings to issue opinions on documents tabled to the Board. The Bureau passed 8 resolutions.

➤ **The PCK Honorary Badge Committee** held two meetings and issued 1.034 Badges to individuals and institutions for their service to the Society. In addition, 56 applications were submitted for consideration by circulation. The Committee awarded 38 Badges, while 15 applications decided to be considered in 2018. The total number of Badge of Honour awards in 2017 was 894:

- 61 - first grade badges,
- 131 - second grade badges,
- 220 - third grade badges,
- 622 - fourth grade badges.

➤ **The PCK Audit Committee** held 8 meetings and carried out three audits: in Kujawsko-Pomorskie District Branch PCK (21.10.2019), Warmińsko-Mazurskie District Branch PCK (28.10.2019) and Pomeranian District Branch PCK (13-15.11.2019).

IV Inspections

In 2019, 166 external audits of various types were carried out in the Polish Red Cross (Mazovian Voivodeship Office, City Offices, Municipalities, National Agricultural Support Centre, Education and Upbringing Superintendencies, State Sanitary Inspectorate, Social Insurance Institution, Social Assistance Centre, National Health Fund, State Labour Inspectorate, Tax Office) in 17 cases post-inspection recommendations were issued (including 5 with positive assessment). 142 inspections ended with a positive result (without recommendations). In two cases PCK Regional Branches informed about lack of post-control protocols - the controls were not completed: Kujawsko-Pomorskie and Pomorskie.

V Implementation of findings of the National Audit Board. The National Audit Board presented no findings in 2019.

VI Executive summary

The year 2019 was another year of implementation by the Polish Red Cross of the tasks set out in the "*Strategy of the Polish Red Cross for 2016-2020*", approved by Resolution No. 7/2016 of the National Convention of 19 June 2016, focusing mainly on such areas of statutory activity

as emergency aid and care for the sick at home, promotion of health and healthy lifestyle, including honorary blood donation, rescue and first aid. Such important areas of the Society's statutory activity as dissemination of the Fundamental Humanitarian Principles and values, international humanitarian law of armed conflicts and shaping the attitudes of tolerance and respect for human dignity are considered to be equally important areas of the Society's activity.

The majority of programmes and activities carried out by the Polish Red Cross in 2019 focused on promotion of health and healthy lifestyles, in particular among children and young people. Consistently for years, the "National Competition for the Promotion of Healthy Lifestyles", as well as the PCK First Aid Championships, have enjoyed great interest and become a permanent part of the calendar of activities of particular regional, district and general society branches.

Despite the fact that care activities are indicated as one of the priorities, district and regional branches made a lot of effort to acquire commissioned tasks in this area. There was a slight decrease (by 4) in the number of care points and contracts signed with local governments, while the number of PCK wards under neighbourhood care increased: by 91 people, while the number of people under the care of PCK sisters increased by 158.

A numerous group of members and volunteers of the Society are voluntary blood donors, associated in the clubs of Voluntary Blood Donors of the Polish Red Cross. District and regional branches join not only national campaigns promoting voluntary blood donation, but they also implement their own projects in this area.

Despite the decreasing number of basic units (by 7), there was a total increase in the number of basic unit members by nearly 6,000 in the reporting year. The Society continues to have a great potential of members, especially in the children and youth circles, where the increase in the number of members of school, academic chapters and groups of Youth Social Instructors reached 1.384, and in the voluntary blood donation movement, where the increase in the number of members of the Polish Red Cross Voluntary Blood Donor Clubs reached over 1.500.

Another year has not succeeded to put the structure of the Society in a definite order. There are still regions which do not meet the statutory requirements. They should be given special attention by the competent district branches as an area for intensified organisational activities. The same applies to the 25 delegations.

More and more district and regional branches of PCK apply for funds from various sources, including EU subsidies, developing very interesting projects of their own or joining partnerships.

Very interesting social marketing projects were carried out by global PR companies in partnership with the Polish Red Cross in 2019. The projects are recognised by promotion and advertising professionals, win awards, help our Society raise funds, and contribute to its positive image thanks to their original edge.

This report presents activities carried out by the Society in 2019 r. However, for obvious reasons, it cannot include all the initiatives pursued by our units across Poland on a daily basis. The details of activities taken by the different branches are presented in their reports, used as input for this document

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