

**POLISH RED CROSS
EXECUTIVE BOARD**

**REPORT ON POLISH RED CROSS ACTIVITIES
IN 2013**

Warsaw, May 2014

I FOREWORD

“The report on Polish Red Cross program and organizational activities in 2013” has been conceived on the basis of reports produced by provincial branch boards and Head Office departments. In compliance with § 33 section 2 item 9 of the PRC Statute, the Director General is responsible for submitting reports on the Society’s activities to the Executive Board, who is expected to recommend them to the supreme statutory body, i.e. the PRC National Congress. The latter, in keeping with § 27 sub-items 3 a and b of the PRC Statute is empowered to examine the Society’s yearly reports on program-related, organizational and financial matters.

The reports above mentioned provide ground for the Main Revisory Commission’s appraisal and a consequent motion to the National Congress to vote acceptance of PRC Executive Board’s members for their activities in the last year, in accordance with § 34 section 2 item 2 and § 27 item 3 of the PRC Statute.

As a public benefit entity Polish Red Cross is bound to submit, every year, to the Ministry of Labour and Social Policy a report on activities, endorsed by the Society’s National Congress and later published on the www.pck.pl website.

It is worth pointing out that reports on activities constitute not only a valuable source of information about what the Society has been doing while implementing the strategy adopted by the PRC National Congress for the current mandate, but also a set of documents covering the successive years of activities of an organization, faithful to a 95-year tradition and to universal values.

II Characteristics of the public benefit organization

1. Polish Red Cross
Mokotowska Street 14, 00-561 Warsaw
court register number 0000225587, entered on 24 January 2005, identification number: 007023731
The National Society was founded on 18 January 1919 as the Polish Red Cross Association. In 1927, it became Polish Red Cross and started using the acronym "PCK" (in English: "PRC"). Recognized by the International Committee of the Red Cross on 14 July 1919, it was admitted to the League of Red Cross Societies (now the International Federation of Red Cross and Red Crescent Societies). Polish Red Cross is a National Society, as stipulated in the Geneva Conventions for the protection of war victims of 12 August 1949 (Off.J.,1956, No. 38, doc. 171) as well as in Additional Protocols to the aforementioned Conventions, of 8 June 1977 (Off. J., 1992, No. 41, doc. 175) and of 9 December 2005 (Off. J., 2009, No. 127, doc. 1049), Poland is party of.

Legal basis of PRC activities

- Polish Red Cross Act of 16 November, 1964 (Off. J. No. 41, doc. 276)
 - the Statute - validated by the Cabinet's ordinance of 20 September 2011 (Off. J. of 12 October 2011, No. 217, doc. 1284).
2. Polish Red Cross has a legal status. The Society's duration is indeterminate.
 3. The emblem of the Polish Red Cross is an equal-armed red cross on a white background, displayed separately or together with the designation „Polski Czerwony Krzyż”. Regulations for using and protecting the red cross emblem are spelled out in the PRC Act, in rules issued by the competent bodies of the International Red Cross and Red Crescent Movement and in regulations of the Polish common law.
 4. Polish Red Cross operating on a voluntary basis is auxiliary to the public authorities in their humanitarian activities, in agreement with the Geneva Conventions and the Additional Protocols thereto, as the sole Red Cross national society empowered to deploy activities in Poland. In relation to public authorities, Polish Red Cross maintains autonomy, enabling it to act in accordance with the International Movement's Fundamental Principles, i.e.: humanity, impartiality, neutrality, independence, voluntary service, unity and universality.
 5. The goal of Polish Red Cross (set in § 8 of its Statute) is to prevent and alleviate human suffering in all times and in all circumstances, while preserving impartiality and making no discrimination, in particular as to nationality, ethnic identity, social origin, race, sex, religion or political opinions.
 6. The Society's programmatic document is "PRC Strategy and Activities for the years 2012-2016", accepted by vote 7/2012 of the PRC National Congress, on 17 June 2012.
 7. The Society's basic units are circles, clubs and other groups consisting of members. Units can be set up in any environment, in particular in work-places and places of residence, educational establishments or be affiliated to PRC

boards. At a higher level operate district and provincial units of the Society. All the above-mentioned units make up the national PRC framework, the supreme body of which is the National Congress, convened at least every four years (the reporting and the electoral), at least once a year (the ordinary) or in case of need (an extraordinary). The governing bodies are the PRC Executive Board and a Presidium emerged therefrom.

8. PRC Executive Board in 2013 consisted of:

- 1/ Stanisław Kracik – President,
- 2/ Agnieszka Dziubińska – Vice President,
- 3/ Marek Hok – Vice-President,
- 4/ Jerzy Bisek – member,
- 5/ Marek Brodzki – member,
- 6/ Jarosław Cieszkiewicz – member,
- 7/ Marzena Dobrowolska – member,
- 8/ Adam Fornal – member,
- 9/ Sławomir Kaczyński – member,
- 10/ Jerzy Kornaus – member,
- 11/ Waldemar Kowalczyk – member.

9. The PRC Executive Board's Praesidium in 2013 consisted of:

- 1/ Stanisław Kracik – President,
- 2/ Agnieszka Dziubińska – Vice-President,
- 3/ Marek Hok – Vice-President
- 4/ Marzena Dobrowolska – member,
- 5/ Waldemar Kowalczyk – member to 8 October 2013 and Adam Fornal since.

III Statutory activities

III 1. Implementation of the Polish Red Cross strategy

The PRC strategy for the years 2012-2016, adopted by the National Congress in 2012, indicates the following priority areas of activity:

1. preparing for disasters and assisting victims of disasters, catastrophes and accidents,
2. developing welfare service for the sake of the most vulnerable,
3. promoting a healthy lifestyle and developing voluntary blood-donorship,
4. disseminating Fundamental Principles and humanitarian values of the International Red Cross and Red Crescent Movement, and of international humanitarian law, shaping attitudes of tolerance and respect for human dignity,
5. strengthening the Society's core, organizational and financial capabilities, in order to make it execute statutory tasks more efficiently.

The main areas of public benefit activities carried out by PRC in 2013 were:

- welfare assistance, accommodation excepted, including relief provided for families and persons undergoing hardships, e.g. the elderly, giving them all an equal chance, care for the bed-ridden – classified PKD 88....,
- protection and promotion of health – classified PKD 86.90 E,
- rescuing and protection of population – classified PKD 85.59 E.

III 1.1. In the field of **preparation for disasters and assistance to victims of disasters, catastrophes and accidents**, in 2013 within the PRC Rescue System, **22 teams** were operating (i.e. 1 special rescue, 1 medical rescue and 20 rescue), totalling **421 persons**, as well as **5 humanitarian relief teams**, with a membership of **78 persons**. The teams secured altogether **1,580 gatherings and events**, carried out **242 training courses**, staged **570 displays of life-saving skills**, **assisted 4,098 people**. At the end of the year 2013 – 20 PRC rescue teams were recognized as entities cooperating with the State Medical Rescue System. The PRC rescue teams participated thrice in exercises of the Central Operational Detachment led by the Chief Commandant of the State Fire Service, but also of similar detachments at the level of provincial commandants and in international exercises of Urban Search and Rescue (USAR, Poland) Task Force.

In 2013 PRC representatives discussed with the Missing Persons Police Research centre about prospects for co-operation between the State Police Headquarters and PRC. A project is under consideration of the Society's participation in the missing children tracking system through a digital information platform "Child Alert".

In November 2013 PRC representatives gave a logistic assistance to delegates of the International Federation of Red Cross and Red Crescent Societies taking part in the 19th Conference of Parties to the UN Framework Convention on Climate Change.

Moreover, the PRC Head Office was involved in the consultancy debate on the tentative “Rescuing and Protection of Population project for the years 2014-2017”, worked out by the Department for Rescuing and Protection of Population of the Ministry of the Interior.

On 26 August 2013 was signed a memorandum of understanding on the cooperation between PRC and fire protection units belonging to the National Firefighting Rescue System. A working meeting took place with servicepersons of the State Fire Brigades, to discuss possibilities of setting up and preparing joint rescue teams ready to operate throughout the country and within the framework of the International Search and Rescue Advisory Group (INSARAG).

The PRC National Rescue Think Tank considered the documents determining the functioning of the PRC Rescue System. The outcome of this analysis shall be submitted for approval to the Society’s Executive Board.

PRC disaster preparedness activities consisted, i.a., in managing **15 provincial and 13 district warehouses prepared for assisting 9,599 persons.**

Another objective set in the Strategy, but also determined by the Executive Board as a priority for 2013 was raising the population’s practical first aid skills. In this respect training courses are being conducted according to the guidelines of the European Resuscitation Council and of the European Reference Centre for First Aid Education. In 2013, an assesment was conducted of the Society’s first aid trainig system and of respective dicuments at all levels of the organizational framework. Changes were introduced in the system, aimed at upgrading activities, at simplyfying procedures and at adapting the educational scheme to market conditions. Steps were also taken to improve the training program and the first aid textbook (by updating it).

In all provincial branches were active first aid coordinators, who by cooperating with PRC firs aid instructors, organized training courses for companies and instituions, as well as for individuals. Provincial coordinators were also charged with organizing meetings and workshops for subordinate instructors. Some branches conduct regular briefings to keep the instructors informed about the latest developments in teaching first aid. **One of successful events, enabling the Society to strengthen its position at the first aid education market, was the attribution of a new certificate for a 16-hour course, in accordance with European Red Cross and Red Crescent Guidelines on First Aid.**

First aid training courses are conducted for different age groups, starting from the lower primary school classes. For this purpose, dedicated programs are prepared, e.g. “**The Little Rescuer**” or “**Don’t feel unconcerned: learn first aid skills**”. The former one is addressed to grades 1st to 4th of primary schools (in 2013, in **341 establishments, involving 10.857 schoolmates**), the latter, to secondary school pupils.

In 2013, 32 first aid instructors had their competences confirmed. In one case the endorsement was refused. The reason was a lack of evidence for cooperation with

the appropriate PRC branch and the withdrawal of certificate was decided in keeping with § 5 section 1 items 3 and 5 of the First Aid Training System.

During the reporting period the **Head Office conducted 4 courses for first aid instructors** (in Zgierz, Mszana Dolna, Szczecin and Wrocław), training 32 persons altogether.

In 2013 the Head Office carried on training courses for the Polish Chamber of Persons and Property Security; in this framework **500 security guards received instruction**.

The **number of training courses organized in 2013 was 1,544, totalling 22,356 persons**, including 1,065 courses conducted under business conditions (the number of trainees was 14,247). The **trainers were 282, out of 373 certified instructors**. Provincial and district branches had the following educational equipment:

- fantoms adult-sized – 344 units
- junior fantoms – 114 units
- AED – 51 pieces
- laptops – 74 units
- multimedia projectors – 75 units

In the PRC National First Aid Championship organized according to regulations by the respective boards in three stages:

- **district branches, involving 753 teams**
- **provincial branches involving 165 teams,**
- **national level – organized by the Executive Board in Warsaw participated 16 teams representing the provincial branches,**

The winners was the team of PRC Wielkopolski Province Branch: from Kazimierz Wielki Secondary School in Koło.

District and provincial branches of the Society carried out several awareness campaigns, focused on the role of first aid in saving lives and health, e.g:

- **Kujawsko-Pomorski PRC Provincial Branch** – the Brodnica district branch organized in secondary schools a campaign “4 minutes save a life”, with 140 pupils participating. The project was co-financed by the municipality. During provincial first aid championship, the provincial board office conducted in the Focus Mall Centre in Bydgoszcz, as an associated event, a show “First aid is Simple”. Displays were accompanied by a blood collection and a blood pressure measurement action. More than 500 inhabitants took part in the event; many of them seized the opportunity to learn the essentials of first aid. Besides, on the World First Aid Day, an outdoor event on the Watermill Island in Bydgoszcz took place. Over 500 participants saw a display of first aid in different circumstances (road accident, water accident, fainting away) and were encouraged to learn basic lifesaving skills. Blood donations were also possible, as well as measurement of blood pressure and sugar level. Different contests were organized: knowledge of PRC, international humanitarian law, mountaineering). The district branch in Grudziądz arranged “Winter holidays with first aid” and a first aid competition for lower secondary schools at the district level.

- **Opolski PRC Provincial Branch**, in cooperation with the Opolski district branch was implementing a program targeting lower- and higher secondary schools: “Assistance needed asap. Hurry up!”. More than 600 schoolmates participated. The Opolski district branch conducted a campaign “Safe way to school” (consisting of a contest, a training session and a road traffic and first aid competition) for 1,461 children attending kindergartens and primary schools. The Brzeg district branch was training children and youth attending primary schools and lower secondary schools; the program covered 401 persons.
- **Świętokrzyski PRC Provincial Branch** – in 10 schools of Kielce (i.e. for some 1,000 pupils) the essentials of first aid and medical rescuing were disseminated: displays were staged and children during classes had an opportunity to learn the principles of first aid. Rescue gear was shown, including specially adapted bicycles, medical rescue instruments, and high-mountain rescue equipment. The basis of road safety and treatment of common injuries were also discussed. The viewers were encouraged to prove their capabilities by using mannikins.
- **Warmińsko-Mazurski PRC Provincial Branch** – a “Mini first aid championship” for pre-school children was organized by the Działdowo district branch. Its counterpart in Morağ conducted first aid training courses for children and youth. Some 550 schoolmates were involved, from primary and lower secondary establishments of the town, but also from the communes of Zalewo and Małdyty.
- **Wielkopolski PRC Provincial branch in Poznań** was implementing an educational program: “I know how to save a life”, covering 2,126 school-attending children and youth.
- **Zachodniopomorski PRC Provincial Branch** – the Koszalin district branch was conducting a campaign “Promoting health and voluntary blood donorship; disseminating knowledge about first aid, targeting 10,803 persons.

III 1.2. Development of program activities aimed at assisting the most vulnerable groups

Priority area, where two strategic goals have been singled out: to improve the situation of people in need and to counter social exclusion of individuals and groups.

In 2013 PRC provided welfare relief, consisting of food parcels, clothes, cash allotments etc. to 166,159 persons, including

- 86,045 women,
- 6,691 handicapped
- 13,083 persons having reached retirement age,
- 5,083 homeless,
- 21, 535 unemployed,
- 93,480 poverty-stricken,
- 3,781 overcoming addiction and their relatives,
- 7,181 single parents
- 20,922 children and youth, including 6,950 from families or communities under threat.

Among beneficiaries of off-hand assistance in 2013, 84,152, including 46,310 women, received relief at least twice. Relative expenditure of the provincial and district branches amounts to PLN 6,369,109.71.

In 2013 PRC was running 99 care centres, signed 160 agreements with district authorities on home care service. 11,300 persons were assisted, out of whom 590 benefited from a relief financed from the Society's own funds. Neighbourly assistance reached 408 persons (including 264 women); from among them, services to 40 were financed directly by PRC. Care services were performed by 4,605 health care assistants/PRC "sisters".

One should bear in mind that the extent of care assistance depends on the worth of tenders won, or of subsidies allotted, and consequently on the terms of contracts signed for rendering such services.

In 2013 PRC was managing 74 care centres of different kinds, offering 2,128 places; throughout the year, 13,473 persons were accommodated there.

From March to the end of December 2013, PRC was implementing, under agreement with the **Agricultural Market Agency**, the program of **"Providing surplus stocks of farm produce to the most deprived in the EU" (PEAD)**. Within the program, **from 18 PRC warehouses were distributed commodities, weighing 4,469,116 MT and worth EUR 3.7 million**. The termination date set at the end of the year, was extended to the end of February 2014, at the request of the participating organizations.

Talks were being held between the Ministry of Labour and Social Policy and the implementing partners, including PRC, about the reasons for setting up a Fund for European Aid to the Most Deprived (FEAD), meant to replace and enlarge the scope of PEAD.

Activities conducted and coordinated by PRC Head Office

- Continuing the campaign "Dignified childhood" (conceived and initiated by the Head Office). Funds for that purpose were raised in a nationwide public collection. The receipt amounted to PLN 342,125.05, and the breakdown was as follows:
 - contributions to sealed boxes – PLN 290,892.50 (the greatest amount, of PLN 286,361, was reached in three rounds of the TESCO supermarket chain).
 - voluntary bank transfers – PLN 15,746.38
 - payments from mobile phone companies, as a result of SMS messages sent to 7364, containing the word "POMOC" (HELP) – PLN 35,486.

The funds were used to finance a comprehensive assistance scheme aimed at supporting children and youth (nutrition supplies addressed to those attending schools and other educational establishments, and participating in recreational and rehabilitation activities; purchase of school equipment, of footwear, clothes, means of hygiene, providing to educational entities ICT appliances, furniture, office equipment, including paper; remuneration of teaching staff working in scholastic facilities and during recreational stays organized by PRC.

- "A New Year food parcel with DPD": for the eight time, PRC and the parcel delivery service DPD Poland prepared new year parcels for children attending

PRC day rooms, under care of crisis intervention homes or of daily support centers. Staff members and clients of DPD were collecting books, school utensils, board and educational games, toys, candy etc. On the Great Packaging Day **PRC volunteers and employees, as well as DPD staff members prepared 1,565 parcels, later delivered by messengers to 50 PRC establishments. Besides, the DPD Poland board funded RTV equipment for all of them.**

- “A Day of hope”- in February 2013, jointly with Saatchi & Saatchi, PRC organized such a day, for the purpose of raising concerns about the hardships of the homeless in winter. A documentary was produced featuring the life of such persons resorting regularly to night shelters run by PRC. The film was broadcast by the TVP Info channel, which also enabled the National Society to present, on 23 February 2013, the difficulties faced by the homeless and to persuade the public to support this underprivileged group. One of those under PRC care, Mr. Blasius from the night shelter and refuge for homeless people in Konin, was a one-day TV weather forecaster.
- Coordination of the program “Windows of opportunities”, financed by Velux Foundation; the implementation was scheduled from September 2013 to December 2015. The aim was to create a number of day care centers for children and youth aged 7 to 16 from deprived families, small localities, and destitute rural or urban communities, generally for minors whose working parents are unable to look after them in the afternoon. The program is implemented in four provincial branches: Lubelskie, Podkarpackie, Podlaskie and Zachodniopomorskie. The total number of day rooms is 28, for 840 children.

The Council of Ladies supporting PRC, in particular by bringing relief to children and youth from the poorest families, organized a **charity concert** on 7 May 2013, under the title: “Let’s give destitute children some holidays”. **The money raised (over PLN 100,000)** were spent on summer **recreation of 100 children from Podkarpacki and Podlaski provinces**. Moreover, before Christmas, the Council funded food parcels for children from three Kazimierz Lisiecki educational centers in Warsaw.

Provincial and district branches carried out, in 2013, numerous activities aimed at helping vulnerable communities; apart from the traditional “Easter with PRC”, “Gold rush” “Outfit for a schoolmate” or “Red Cross Christmas Eve”, should be mentioned the following:

- **Dolnośląski PRC Provincial Branch** – The Bolesławiec district branch was running, throughout the year, a 24 hour shelter for homeless men, as well as legal counseling free of charge;
- **Kujawsko-Pomorski PRC Provincial Branch** – conducted the traditional campaign „No more bare feet”, consisting in supplying footwear to children and youth from deprived families, featuring TVN announcer Olivier Janiak and coordinated with the channel’s foundation “You’re not alone”. In 2013 the sales of the calendar “The Gentlemen” and of the CD “Music from the Heart” yielded **funds enough to purchase shoes for 4,000 children**. Other campaigns

were conducted, like “To live decently” (a comprehensive scheme for assisting the homeless and families badly off) or “A bed-ridden mustn’t be a family burden” (training courses for non-professionals, e.g. volunteers being relatives, caring for the sick at home). The **Włocławek District Branch**, as a leader, together with Bydgoszcz and Pułtusk territorial offices continued to implement the project **“The Romani, rightly considered citizens of Poland, Part I”**, within the operational “Human Capital” program. The **project budget was PLN 755,273.85**. The branch applied in 2014 for more funds, to put into effect part 2 of the project, also aimed at assisting the Romani, within POKL.1.3.1. The project funding amounted to PLN 1,899,673.18, and the termination set for 1 April 2014 to June 2015. Eventually, the project has been accepted and the co-financing, as a result of negotiations, was determined at PLN 1,646,582.58. Implementers shall be: Włocławek Provincial Branch (as the leader) and territorial offices in Olsztyn, Szczecin and Płock.

- **Lubelski PRC Provincial Branch was managing 17 day rooms for 600 children**. Besides, it was carrying on the program **“Senior Fit – fitness and tourism for the seniors”**, with **178 persons** participating.
- **Łódzki PRC Provincial Branch was running two canteens (in Łowicz and Skierniewice), where meals for 220 persons daily were served** throughout the year. Apart from that, **in concert with Łódź Radio and Caritas the traditional “Charity Easter feast” was served to 450 persons**. Other campaigns were performed to mark the World Hunger Day e.g. “the Envelope” in restaurants, “Share your sandwich” or baking and selling cakes, to spend the income on feeding underprivileged children.
- **Małopolski PRC Provincial Branch was running Medicine and Rehabilitation Services and a Care and Therapy Establishment, where during the year 107 patients were treated and cared for**. Besides, within the operational “Human Capital” program, a project was being implemented, **“Creation and development of standards for social assistance and activation services”**, co-financing of which amounts to **PLN 265,329.18**, as well as a program co-financed from the budget of the Ministry of Labour and Social Policy – **“Senior activation and education social centre 60+”**; the co-financing amount was of **PLN 91,011.58**.
- **Mazowiecki PRC Provincial Branch – the district branch in Ciechanów – carried on the implementation of a two-year program financed from the European Social Fund, “Social Integration Club – your chance for a better future”**, targeting the unemployed and other persons under threat of social exclusion from the community. Part of the program are training courses aimed at upgrading their professional skills. **The Ciechanów district branch has been supplementing the diet of some 200 persons every day, mainly children**. **The Southern Warsaw district branch was putting into effect a vocational activation program for some 60 unemployed**. Members of the branch board were providing legal counseling free of charge; they also arranged feast-day gatherings for single parent families with multiple children, with an attendance of 110 people.
- **Pomorski PRC Provincial Branch – the district branch in Słupsk was implementing the program “Homelessness – a common problem”**, co-financed from both EFS and the Municipality’s funds. The project’s value is of **PLN 206,150**.

- **Śląski PRC Provincial Branch** – the Częstochowa district branch was carrying out the program “Help the poor – he/she is among us”, targeting families and persons threatened by social exclusion.
- **Warmińsko-Mazurski PRC Provincial Branch** – This Olsztyn-based branch was a partner of the project “People affected by homelessness gaining social and economic independence”, worth PLN 103,100, within the operational “Human Capital” program.
- **Wielkopolski PRC Provincial Branch, in Poznań** organized a mutual aid operation in PRC school circles. Their members managed to carry out a number of **collection campaigns: 72 of cloth, 32 of books, as many collections of school equipment and 49 of toys, for children of the poorest families; private lessons were delivered to minors facing school problems.**
- **Zachodniopomorski PRC Provincial Branch** was managing a social assistance center, consisting of two bathrooms and one clothes warehouse. Regularly some 80 homeless and badly off monthly avail themselves of these facilities. The Koszalin district branch was providing a rehabilitation equipment leasing service.

Besides, the Society received **10 consignments of donations in kind from abroad, of total weight 6,685 kg, worth PLN 93,200, and donations from inside the country: weight of 85,329,963 kg, worth PLN 2,410,068.20.**

III 1. 3. Promoting principles of a healthy lifestyle, developing voluntary (i.e. non-remunerated) blood donorship

Promoting principles of a healthy lifestyle and shaping health-oriented approaches within the population remain one of PRC statutory core activities. Programs in this field address mainly youth and children, who in 2013 were offered possibility of participating in **17,155 competitions, training courses, lectures, sessions and other health-focused events, where the number of participants attained 401,121, whereas among the adults, the respective figure was 32,866.**

Quite popular became the **Healthy Lifestyle Promotion Olympic Contest, organized in 2013 for the 21st time.** In the school stage of this competition took part **1,822 establishment, totalling 31,882 contestants, at the district level, respectively 1,633 and 2,627 and at the provincial level, 359 and 366.** The finals, at the national level were organized by the Head Office and took place in Zgierz, at the PRC Training Center, from 23 to 26 May 2013. The competitors were 30, representing 16 district branches. For the second time, **the supreme prize for the winner at the post-secondary level was the admission to a chosen curriculum of the Department of Health Sciences of the Łódź Medical University.** Also the latter’s Rector Paweł Górski prize was awarded to a representative of the PRC Opole Provincial Branch Angelika Korgel, who actually won the contest.

The 22nd Healthy Lifestyle Promotion Olympic Contest, launched in the autumn of 2013 started a new formula of the school stage: on-line participation through a web platform dedicated to the contest. What made it possible was a cooperation of PRC with Coca-Cola HBC Poland.

Within health-oriented activities extremely important is raising epidemics prevention awareness. Since a few decades AIDS has been spreading, prompted by the proliferation of HIV. More than 30 million people died in the world, contaminated by the virus. The latest evidence is showing that worldwide, the number of infected people attains almost 35.3 million. Therefore, many organizations have joined the fight against the disease, among others Red Cross and Red Crescent National Societies, as well as their International Federation, who started, in 2011 a campaign called "Getting to ZERO. Zero new HIV infections, zero discrimination, and zero AIDS-related deaths". The slogan was chosen for the 2013 activities. This points out the importance of treating HIV-infected persons. PRC, like the other National Societies has been conducting numerous training courses, workshops and other activities in this field. **Altogether, in the country 2,170 HIV/AIDS awareness raising events were carried out for 55,156 persons.**

Health and healthy lifestyle promotion programs were also being put into effect during summer recreation of children and youth, organized by PRC provincial and district boards. **In 2013 2,135 young persons participated in 44 vacation shifts socially and health motivated, as well as contact camps or training camps, and 854 persons at 21 part-time vacation shifts.** Travels were also arranged for educational and therapeutic purposes, for children from territories affected by bad weather conditions. The task, **financed by the Ministry of National Education (subsidy of PLN 277,943.10) was performed by the two PRC provincial boards: Małopolski (1 shift for 45 children), Śląski (2 shifts for 172 children) and one district board, in Ciechanów (1 shift for 90 children).**

In 2013 the PRC Head Office was coordinating several educational programs targeting children and youth:

- **"We care for health"** – concerning principles of wholesome food-making in kindergartens and lower primary school forms. The program's aim is to strengthen the educational process through an information campaign and the promotion of appropriate nourishment. **In 2013 altogether 281 establishments participated, totalling 312,518 children.**
- **"The Little Rescuer teaches you how to help"** – about the first aid education in primary school forms 1 to 4. **10,857 pupils have been trained in 341 establishments.**
- **"Don't feel unconcerned: learn first aid skills"**, the target group being lower secondary school pupils;
- **"Friendly Super Squirrel"** – the program was implemented **in 416 establishments and involved 18,322 children.**

Other programs carried on were:

- **"Let's safeguard children's smiles"** – in collaboration with Wrigley Inc., under the patronage of the Polish Dental Association, in the framework of the program, during two months, i.e. from 16 September to 15 November, mobile dental cabinets visited 25 primary schools in 5 provinces (Opolski, Warmińsko-Mazurski, Świętokrzyski, Podkarpacki and Lubelski. Have been examined children mostly in villages, but also in large towns, like Olsztyn and Opole. 5,815 young patients had a dental exam and 15 thousand benefited from dentists' preventive advice, within an educational campaign. Besides, from

September 2013 to February 2014, teachers and PRC volunteers conducted classes in primary schools, focusing on appropriate oral hygiene. The audience totalled more than 47,000 pupils.

- **Together with the joint Foundation of Kredyt Bank and Warta insurance company – a project concerning security education, entitled “Mondragon can manage”.** The aim is to increase the level of safety in the child’s environment by shaping and maintaining appropriate behavioral patterns at home, in the classroom, on the road or while playing, and consequently, to break bad habits in children and adults alike. Moreover, to raise the awareness and to enlarge the knowledge about behaviour and the ways of creating an environment favorable for the child development, by making available useful tools, by giving access to online information, to reduce the number of accidents and of unintentional injuries; on the other hand, to support the endeavours of local authorities in this respect. The program was implemented by the following provincial branches: Małopolski, Wielkopolski, Łódzki, Śląski and Dolnośląski.
- **Kujawsko-Pomorski PRC Provincial Branch** – the Toruń district branch arranged a Day of Healthy Diet, where participated 150 schoolmates, and also the 14th interscholastic tournament – “I am dexterous, I am healthy” – for the local kindergartens, wherein participated 70 kids. Włocławek district branch carried on the program “ Give AIDS no chance”, targeting the town inhabitants, pupils of lower and higher secondary schools (1,876 persons actually took part) and a preventive operation “The cigarette shortens your life”, the target group being the school-attending generation.
- **Małopolski PRC Provincial Branch** – The delegation for the Cracow district was conducting the campaign “On familiar terms with disease prevention”, concerning breast and cervical cancer and targeting female post-secondary students and generally women living in Cracow : 700 persons altogether were involved. Tarnów District Branch organized some rural territory actions aimed at promoting health, healthy lifestyle and voluntary blood donorship, as well as first aid in lower and higher secondary schools, totalling over 780 schoolmates.
- **Mazowiecki PRC Provincial Branch** – Ciechanów District Branch was carrying on the implementation of the program “No addiction during pregnancy”, dedicated not only to women gravid and of reproductive age, but also to their families, physicians and midwives. Przasnysz District Branch was implementing a health protection program addressing children aged 3 to 6. 155 were actually involved. Żyrardów District Branch staged the 4th Song Festival focused on health, with the participation of 576 children and youth from primary and secondary schools , a campaign “Always keep yourself in good shape” and “From breast self-examination to mammography” targeting girls from higher secondary establishments. The Płock District Branch was running an advisory centre for town inhabitants, where counselling for preventing drug addiction, solving alcohol abuse problems and countering domestic violence; actually 222 persons were received there from March to the end of December 2013.
- **Opolski PRC Provincial Branch** – Otmuchów District Branch was conducting healthy lifestyle promotion campaigns in the towns of Otmuchów and Paczków. Opolski District Branch was implementing, from April to the end of the year, the program “a White tooth”, to prevent caries and gum disease,

addressing children attending kindergartens. Altogether 866 were approached. Brzeg District Branch organized an “athletics meeting” called “Good for the health” – and educational and sporting event to attract handicapped children and youth attending the Special Educational School Complex in Brzeg. The Opole Provincial Branch, in cooperation with its local district counterpart, organized workshops and seminars on recognizing and opposing addictions among youth, within a larger educational and information campaign “Drugs? They don’t thrill me at all”, the target group consisting of teachers, pedagogues and school psychologists. Workshops and seminars, attended by 272 persons were focused on prevention of addictions, detection of substance abuse in youth groups and dealing with minors under the influence of stupeficient.

In 2013 1,129 PRC Voluntary Donor Clubs, totalling 23,746 members were active within the National Society. They donated altogether 135,586 litres of blood, which stands for 30% of blood in the country, received from non-remunerated donors.

A number of initiatives were taken in Poland to promote blood donorship, including 3,305 events and other actions, including:

- The 11th edition of the Nationwide School and University Tournament, “Young blood saves life”, **with the participation of 382 schools and 14 universities, i.e. of 29,593 pupils and 4,493 students who donated a total of 19,092 litres of blood.**
- 8th edition of the operation “Firemen in Voluntary Blood Donorship – Ardent Rescuer – Hot Blood”, in collaboration with the National Headquarters of the State Fire Service and with the Executive Board of the Association of Voluntary Fire Brigades in the Republic of Poland. **43 detachments of the State Fire Service and 195, of voluntary brigades took part in the project. Almost 8,000 litres of blood were collected** from firepersons and donors convinced by them.
- 7th edition of “We collect blood for Poland” campaign – together with a group of independent businesspersons, under the label “Musketees Group” (Intermarché and Bricomarché supermarket chains) – **deployed in 14 provinces, covering 151 localities. 1,500 litres of blood were donated by 3,400 persons.** During the campaign, as accompaniment served first aid demonstrations, contests for children and other events promoting health and blood donorship.
- 5th edition of the operation conducted jointly with Motorcycle Clubs, part of the Congress of Polish Motorcyclist Clubs, “Motor-Heart: blood is a gift of life”, which took place in 76 towns on 20 April and yielded 3,110 litres of blood.

In compliance with the Act on the Public Blood Service, with financial support from the Ministry of Health, the Society performs tasks resulting from the provision that empowers it to confer the “Honorary Blood Donor Medal” upon meritorious persons. Consequently, 23,304 titles and medals were awarded by the Executive Board, and 1,551 duplicates of respective certificates were issued.

Every year, in November, the Voluntary Blood Donorship Days are celebrated, when the most deserving donors receive State decorations – Honorary Blood Donor Decoration: Meritorious to National Health – but also PRC Honorary Blood Donor

Medals, “Crystal Heart”, and other decorations awarded by the National Society. In 2013 the President of the Republic of Poland bestowed State medals upon individuals for achievements in blood donorship and in disseminating the Red Cross values:

- Order of the Rebirth of Poland (Cavalier Cross) – 2 persons;
- Gold Cross of Merit – 30 persons;
- Silver Cross of Merit – 54 persons;
- Bronze Cross of Merit – 47 persons.

Besides, 292 persons were awarded, by the Minister of Health, “the Honorary Blood Donor Decoration: Meritorious to National Health “, whereas the Chapter of “Crystal Heart” bestowed this decoration upon 84 deserving voluntary blood donors.

Apart from the above mentioned activities conducted at the national level, provincial and district branches were organizing promotional actions, also aimed at integrating the community of voluntary blood donors:

- **Dolnośląski PRC Provincial Branch** – in May 2013 took place the 17th Poland Voluntary Blood Donors Chess Championship, with 213 contestants;
- **Nakło PRC District Branch** – organized for Voluntary Blood Donor Clubs a canoe rally, a mushroom picking excursion, an angling competition and a rifle contest; 200 donors participated in those events altogether.;
- **Włocławek PRC District Branch**, was implementing the program “While giving blood, you give life”, addressed to primary, secondary (lower and higher) post-secondary school children and youth, as well as to the local community, totalling 1,567 persons;
- **Lubuski PRC Provincial Branch in Zielona Góra** staged, at its level, an art contest for children and youth, focused on voluntary blood donorship. 510 compositions were sent in from 51 educational establishments. In Sława, for the 27th time, was organized a PRC Voluntary Donor Car Rally, where 37 teams went on. Blood collection service was operating at the same time. The Minister of Health, the Lubuski Province Governor and Sława Mayor took the patronage over the event, that totalled over 200 participants;
- **Małopolski PRC Provincial Branch** was conducting campaigns: “A blood donor wanted” (from May to October 2013), aimed at protecting and promoting health among Cracow city dwellers, by disseminating the idea of voluntary blood donorship; “Donors to donors. We care for health” (from March to December 2013) – in support of meritorious voluntary donors requiring special medical treatment;
- In Nysa took place the 2nd District Women’s Indoor Football Tournament, organized by Voluntary Blood Donors Clubs: one affiliated to the local police station and the other, “Vena”, to the Vocational School Complex;
- **Opolski PRC Provincial Branch** and the Regional Blood Donation and Blood Treatment Center launched the operation: “No summer vacation without a donation”. Persons giving blood, having filled in an application form, participated in a first aid training course, arranged and conducted by PRC instructors;
- **Ostrowiec Świętokrzyski PRC District Branch** prepared an art contest “By transmitting your blood, you save somebody’s health and life”, a rifle

tournament for blood-giving youth, a decathlon championship and a writing contest for secondary schoolmates;

- **Staszów PRC District Branch** organized a sport competition and an angling party for voluntary blood donors
- **Bielsko Biala PRC District Branch** convened the 9th All-Poland Peace March of Voluntary Blood Donors.

III 1.4. Disseminating Fundamental Principles and humanitarian values, international humanitarian law of armed conflicts and knowledge about the International Red Cross and Red Crescent Movement remains one of the most important statutory tasks of PRC. The following activities were performed in this respect:

- From 15 to 19 April 2013 took place in Radziejowice the 17th edition of the Polish Course of International Humanitarian Law, with the participation of 30 persons: university students, members of the armed forces, civil servants from the Ministry of the Interior and the Headquarters of the National Fire Services, and employees of territorial unities of PRC, as well as of other non-governmental organizations. Lecturers were members of the PRC International Humanitarian Law Dissemination Commission, representatives of Ministry of National Defence and of National Defence University. The course was co-organized by the ministries of National Defence, of Foreign Affairs and of Culture and National Heritage. At the closing ceremony awards were handed out to the winners of the 17th edition of Professor Remigiusz Bierzanek Memorial Contest of LL.B. and LL.M. dissertations and LL.D. theses. Out of the 21 papers sent in, 3 were selected and the prizes had been funded by the Treaties Division of the Ministry of Foreign Affairs;
- PRC representatives participated in meetings of the Foreign Affairs Ministry Think Tank on International Humanitarian Law, where they presented the Society's fulfillment of humanitarian commitments. Much attention was paid to the preparation of the project of the UN Arms Trade Treaty (ATT).
- Information was being spread following the appeal launched to help victims of the Syrian conflict in 2012-2013; 1,000 blankets, handed over by PRC, were dispatched to that country in an operation coordinated by the Polish Humanitarian Action;
- Public fund collection was launched to assist victims of typhoon in the Philippines;
- As a follow-up to humanitarian pledges made during the 30th International Red Cross and Red Crescent Conference, the Society began to work on guidelines aimed at improving the national disaster response system and the subsequent international relief management, in concert with British, Icelandic, Lithuanian and The Netherlands Red Cross societies. PRC gained the cooperation of the State Fire Service; besides, a scientist from Collegium Civitas helped the Society review Polish reception procedures for disaster relief commodities sent from abroad. The work shall be continued in 2014.

Furthermore:

- PRC, in collaboration with the International Committee of the Red Cross, the Ministry of National Education and the Centre for Education Development carried out, in 2013, two editions of the e-learning course "Exploring humanitarian law". The first totalled 581 students, the second – 308.

- The Polish Red Cross Commission for Dissemination of International Humanitarian Law affiliated to the Executive Board held two meetings in 2013. The most important topics concerned traditional PRC IHL dissemination activities, i.e. the Polish and the international schools on IHL, held in Radziejowice and the Professor Remigiusz Bierzanek Memorial Contest. Besides, implementation of the “Exploring international humanitarian law” project was discussed. One of the issues talked about, on the initiative of the Central and Eastern European Initiative for International Criminal Law and Human Rights, was a project concerning the expanding use of drones;
- The Commission for the Red Cross Emblem Protection intervened 38 times and took up 8 earlier cases of non-compliance with recommendations given in 2012, following the instances of emblem’s misuse. Consultations were held with the ICRC, concerning, i.a. the logo of Caritas Poland. Cooperation continued with the Patent Office of the Republic of Poland. In this respect, the PRC Executive Board handed over a study about possible emblem’s misuse in trademarks submitted to the Office for approval.

In November 2013 were held in Sydney (Australia) statutory sessions of the International Red Cross and Red Crescent Movement: the IFRC General Assembly and the Council of Delegates. The Assembly elected the new Federation’s Governing Board. As a result, Mr. Tadateru Konoé (Japanese Red Cross Society) remains President for the second term of office, while his deputies are Mr. Abbas Gullet (Kenya RC Society), Mr. Osvaldo Manuel Ferrero (Argentine RC), Dr. Baige Zhao (RC Society of China) and Mr. Francesco Rocca (Italian); Mrs. Annemarie Huber-Hotz (Swiss RC) is Vice-President *ex-officio*.

The Council of Delegates drafted and adopted resolutions on working towards the elimination of nuclear weapons and on the protection against consequences of development, use and proliferation of certain types of weapons, in particular of the transfer of arms of mass destruction and respective means of transport to so-called high-risk countries. Materials, including raw stuff, equipment and know-how, for civilian and military applications, also undergo proliferation.

The highlight of the Society’s life in 2013 was the 4-day visit of Mr. Tadateru Konoé, President of the International Federation of Red Cross and Red Crescent Societies. 30 years had passed since the precedent visit of such a high-ranking official. The President was accompanied by four persons: Ms. Anita Underlin, Director of IFRC Europe Zone, from Budapest, Mr. Yasuo Tanaka, advisor to the President, Mr. Kentaro Nagazumi, representative of the Japanese RC Society and Mr. Pierre Kremer, Head of Communication at IFRC Headquarters in Geneva. The delegation had talks at the ministries of Foreign Affairs and of Administration and Digitalization, and took part in an expert debate, “Humanitarian assistance from the political and social perspective”, organized by PRC. Mr. Konoé had an opportunity of getting acquainted with the Society’s grassroots activities, in particular those carried on by PRC children and youth, by paying a full-day visit to Łódź Provincial Branch. IFRC President was requested to award “SIM” medal to the most active voluntary youth instructors.

Provincial and district branches were performing a number of IHL dissemination actions, including:

- 6th contest of knowledge about the Red Cross, Polish Red Cross and international humanitarian law, for pupils of 6th form of primary school, arranged by **Lubuski PRC District Branch** (the finals took place traditionally on 8 May), and the number of participants exceeded 300.
- 9th edition of the Professor Andrzej Pankowicz Memorial Contest of knowledge about the international humanitarian law of armed conflicts – organized by Małopolski PRC Provincial Branch. In 2013 participated 10 secondary (42 pupils) and 19 post-secondary (129 pupils) schools, in three stages, from 25 March to 10 June. **Małopolski PRC Provincial Branch** patronized an international conference, “Problems of the contemporary public international public law”, organized by Jagiellonian University Academic Association of Public International Law, and an art competition “7 Principles of the International Red Cross and Red Crescent Movement”, prepared and carried out by the Tarnów PRC District Branch for the territorial entity in May 2013;
- **Opolski PRC Provincial Branch** organized an Olympic Contest of knowledge about the Red Cross (IHL, history, RC activities) for school-attending children and youth (primary, secondary, post-secondary levels) from 78 schools totalling 1,539 pupils;
- “Syria on fire”, a **photography exhibition staged by the Kielce PRC District Branch**, displayed also in Ostrowiec Świętokrzyski, Starachowice and Połaniec. On the other hand, Jędrzejów District Branch organized a conference on IHL for PRC school circle tutors, whose number attained 50.
- **Zachodniopomorski PRC Provincial Branch** organized the 17th IHL Dissemination Contest, in two stages: district and provincial, involving 73 students from 30 post-secondary schools.

Polish Red Cross, on the order of the government, runs a country Tracing Service, provided for by the Geneva Conventions. Among the main responsibilities of this unit are: activities for the victims of the Second World War, armed conflicts and natural disasters. It also conducts researches for humanitarian reasons.

In 2013 the Service received letters, concerning 9,136 persons, from the country and from abroad, out of which

- tracing and establishing the fate of family members – 3,159;
- issuing certifications of war vicissitudes – 1,313;
- searching for war graves inside and outside the country – 2,389;
- various matters from the country and from abroad – 2,275.

Throughout the year, **7,967 particular cases were settled**, and **7,907 applicants** received personally. Besides:

- 4,004 new individual documents, obtained from Polish and foreign archives, were filed;
- 35,814 genuine documents concerning victims of war were entered into the database, including photocopies of such evidence of Stutthof concentration camp prisoners;
- 22,810 genuine documents were scanned, regarding victims of the Second World War, including files relating to the Polish army servicemen from the year 1929.

During the year 2013, mail in abundance was still coming in, from inside and outside the country, concerning mainly the World War II period, among which requests from the former USSR, for locating war graves of Red Army soldiers fallen on Polish soil. On the increase was the number of applications for tracing persons who had been missing as a result of migration and for search on humanitarian grounds.

Queries are being performed regularly for numerous institutions and offices, e.g. Institute for National Remembrance, Council for the Protection of Struggle and Martyrdom Sites, Foundation "Memory". This brings about a considerable increase in workload, because reduced funding has been hindering the digitalization of most files stored.

Moreover:

- on 18 April 2013 representatives of the Service took part in a conference, organized by the Human Right Defender (Ombudsperson) on the respect for the rights of aliens in Poland;
- on 22 and 23 April 2013 at the headquarters of the Romanian Red Cross in Bucharest was held a meeting on issues related to tracing, presently conducted. Apart from representatives of the ICRC, were attending delegates from National Societies of Bulgaria, Serbia, Hungary, Romania and Poland (Head of Tracing Service);
- on 8 May and 18 September PRC TS staff members participated in the book launch event featuring freshly published volumes of "Index of the Repressed" (*Indeks Represjonowanych*, containing the names of persons killed in Katyń and those deported to Kalouga. The contents of the register had been based partly on the archival materials stored by PRC national Tracing Service;
- on 11 July 2013 PRC was represented by some staff members at the commemoration marking the 70th anniversary of Volhynia massacres. On the Volhynia Square in Warsaw a monument to the victims was unveiled;
- within a project coordinated by UNHCR Poland the Service's delegates made an inspection tour of refugee centers and jails administered by the Border Guards, informing the inmates of the possibility of approaching the PRC Tracing Service;
- on 17 September 2013 took place a conference, "70 years of struggle for the truth about the Katyn massacre" organized by the Centre for Polish-Russian Dialogue and Understanding jointly with the Federation of Katyn Families; a representative of the PRC TS was present there;
- in October 2013 in Lisbon was held the yearly meeting of tracing services of European Red Cross and Red Crescent Societies, convened by the ICRC. From other continents, representatives of the American, Canadian and New Zealand RC Societies attended. The most serious problems faced by RC Societies in their daily work were on the agenda, i.a. those in countries dealing with a massive influx of refugees from Africa and Syria. One of the topics was the European Tracing Database of EU Member States, in particular the legal aspects of personal data transmission between countries;
- on 9 and 10 December 2013 a training course for new employees of PRC territorial units was carried out, aimed at making the trainees acquainted with the tracing procedures applied, with participation in exhumations and disaster response, involving PRC rescue teams, as well as with contemporary inquiries;

- on 2 August 2013, in concert with the Mazowiecki Province Public Library, an urban game was played, called “Addressee on the front”, providing participants with the opportunity to glance over some genuine documents from PTC TS archives.

Shaping humanitarian attitudes, fostering empathy for the wronged person and respect for human dignity are activities focusing on children and youth. In this area projects are implemented in school and university PRC circles, Voluntary Youth Instructor Teams, which has effect on large local communities. In 2013 were operating:

- **2,820 school and university circles, Voluntary Youth Instructors (SIM) groups, totalling 46,285 members and 36,538 volunteers,**
- **928 “Squirrel” Clubs, set up in kindergartens and lower forms of primary schools, totalling 33,146 members.**

The programs put into effect in this age group of the Society’s members were focused on welfare assistance, countering social dysfunctions, security in a broad sense, functioning within a community, development of children and youth, and, last but not least, health and wholesome lifestyle. By getting involved in campaigns like “Gold rush” “Outfit for a schoolmate”, “Easter with PRC” or “Red Cross Christmas Eve”, young persons were learning to react to the needs of the others, to provide efficient relief and to properly behave in a community. Such operations strengthen self-esteem and bring satisfaction of being helpful, preventing boredom and apathy. Provincial and district branches were managing day rooms, but also carrying on local programs targeting different age groups. Among youth and children, local leaders always play an important role.

In 2013 much attention was paid to the functioning of PRC youth movement. The Executive Board adopted, in May 2013, a resolution on the structure and the functioning of the youth movement within the National Society, as well as on electoral principles and timetable for PRC youth councils. Eventually, elections were carried out and councils were established in 8 provincial branches. The PRC youth movement was celebrating its 50th anniversary at an All-Poland Rally of SIM groups, from 21 to 25 August 2013, in Warsaw. The event was an opportunity to learn, integrate and exchange experiences. The aim was to present alternative learning methods, with reference to artistic creation. Almost 150 persons from the whole country took part in different workshops: artist, theatre, music (vocal and instrumental), dance and visualization. A prerequisite for participation was to make a movie featuring the activities of a SIM group. The contest winner was the group from Koło. The workshops were conducted by instructors and artists invited. Apart from amusement and developmental endeavours, the participants set up a picnic for inhabitants of Wola quarter; during the event, volunteers shared their knowledge and experience and displayed creativity by inviting all to participate in different occupations they had planned. Leisure time animation for children, first aid shows, competitions were among many other activities prepared for the picnic. Furthermore, the rally members staged, on the Old Market Square, a role-playing game featuring the attitude of PRC during Warsaw Uprising.

Under the international cooperation scheme PRC youth representatives participated in the 58th International Study and Friendship Camp, organized by the Austrian Red Cross in Langenlois. The meeting’s keynote was “Youth acting on conflict by

overcoming social barriers”. On behalf of PRC, SIM groups from Warsaw and Koło took part in the event.

III 1.5. Strengthening core, organizational and financial capacities of Polish Red Cross, to perform statutory tasks more efficiently – is the fifth priority area determined by the National Congress. Within this scope, four strategic goals have been singled out by the Congress:

- to adapt the Society’s framework and functioning to the necessity of efficiently supporting the activities of its staff members and volunteers;
- to assure financial means for the functioning of PRC and its activities, including implementation of the programs accepted;
- efficient management of human resources and their development;
- professionalization of PRC promotional activities.

The greatest challenge remains raising sufficient funds to cover the cost of current operations, but also of enabling the Society to pay its contributions to international institutions (IFRC, ICRC, Red Cross EU Office). Endeavours to make the government meet those obligations have yielded an appropriate declaration of the Ministry of Administration and Digitization.

Activities meant to amend the Polish Red Cross Act were continuing.

In 2013 the PRC Head Office contributes to works aimed at amending the Public Collection Act. The outcome proved a success; indeed the new version, eventually voted by the lower house of Parliament contains provisions on liberalization in this scope. The act, already signed by the President of the Republic of Poland, shall be binding from early autumn 2014. It is worth mentioning that the task group, consisting of more than a dozen NGOs, with the participation of PRC, had been working since 2008, initially with the Ministry of the Interior and Administration, later with the Ministry of Administration and Digitization, preparing and amending the text.

In 2013 were functioning 16 provincial and 218 district boards and 22 PRC delegations. Apart from school and university circles, SIM groups, “Squirrel” clubs and Voluntary Blood Donor Clubs (mentioned earlier), there were 284 other clubs totalling 12,351 adults (in communities and work places) and 8,840 volunteers.

Altogether, in all basic units (circles, clubs, groups of adults and youth), **in 2013 the Society’s membership attained 82,482. The number of newcomers was 9,835, whereas 13,087 resigned.**

Besides, **108,018 volunteers** cooperated with PRC (i.e. 36,538 within children and youth community, 62,040 within the voluntary blood donors movement, and 8,840 other adults). 15,286 volunteers rendered services to PRC in a period not exceeding 30 days, and 6,069, in a longer period .

On the basis of reports sent in by all PRC provincial branches, it becomes obvious that out of the **216 district branches, as many as 40 do not meet the requirements of the Statute’s § 22 section 1** (to have at least 3 basic units, consisting of adult PRC members), whereas **4 from among the above-mentioned do not have any circles nor clubs.**

In 2013 in Polish Red Cross were employed:

- **789 persons** under permanent labour contracts (including 709 women), i.e. 159 persons in provincial branch offices, 178 persons in district branch offices and delegations, 75 in the Head Office, 11 in PRC training centers, 64 in care centers (female managers as acting nurses), 66 in protection facilities and 18 in business activities,
- **3,688 persons** under casual work contracts, including 2,969 RC “sisters” (care assistants), 216 in PRC protection facilities, 61 in provincial branch offices, 319 in district branch offices, 23 in the Head Office, 11 in training centers, 72 in business activities and 36 (female managers as acting nurses).

In the field of the Society’s promotion, a campaign was being run aimed at persuading tax payers to designate PRC as the beneficiary of 1% of their personal annual income. The image of a rescuer saving the life of an infant was the campaign’s highlight. Posters, booklets and book-marks were printed and distributed among provincial branches to be forwarded to local media. A dedicated webpage was created, www.pck.pl/1procent, containing information about the campaign’s developments, description of promotional items and a tax calculation software. Additionally, an information banner was put on the PRC Facebook profile.

In 2013 continued the promotion of “Dignified childhood” program. Its objective was to focus public attention on the issue of hunger among children and to advertise the SMS number, with proceeds earmarked to a comprehensive assistance scheme covering needy children. Besides, collections in TESCO hypermarket chain were conducted and together with Cheil Poland an innovative campaign was put in motion, called “Very good manners” with a logo consisting in a knife and a fork arranged into a cross on a plate finished by the diner, thus referring to the Red Cross emblem. In restaurants participating in the program clients thus made known their wish to support “Dignified childhood” by donating PLN 5, to be added by the waiter to the bill; and transferred by the restaurant to the PRC dedicated bank account. The campaign began in October 2013, and by the end of the year, 21 establishments joined in.

An interesting project was being implemented, conceived by John Pitcher Interactive and McCann Warsaw, “Needless calories”, consisting in a mobile application designed for enabling users not only to watch their weight, but also to care for the psychophysical development of children, whose families are threatened by malnutrition. The appropriate application, free of charge, encourages people wishing to slim down and needing extra motivation to get rid of bad habits. Every time the user denies him/herself a high calorie meal, this can easily be noted in the app calendar and at the same time, the respective number of symbolic calories rejected for worthy cause shall be communicated. As a feedback, a suggestion shall be received to send an SMS at the specified number of campaign. In return, the user shall get a gratitude message from one of the well-known and respected persons who support the “Needless calories”, i.a. Krystyna Janda, Dorota Wellman or Kayah.

III. 2. International cooperation

Apart from the activities mentioned in the precedent chapters, in this respect:

- in collaboration with IFRC implementation continued of the Society's certification process: the five task groups set up (communications, human resources development, organizational, financial and program) analyzed the causes of deficiencies and prospects for correcting them in their respective fields. Moreover, Magdalena Stefańska, Head of International Cooperation Department participated as an instructor in a self-assessment process initiated by IFRC in the Latvian Red Cross, and Jerzy Zaborowski, Director General took part in a meeting of National Societies implementing the process and shared PRC experiences in this scope.;
- cooperation was carried on with the Foundation for Somalia, for the purpose of raising funds to build and equip a hospital in Adado under the auspices of PRC.

Several branches were also involved in international cooperation:

- **Dolnośląski PRC Provincial Branch** and its district branches of Jelenia Góra, Środa Śląska and Zgorzelec – with German Red Cross (Aaxony, Aachen, Cloppenburg, Görlitz), concerning exchange of experiences and assistance to flood victims in Dresden;
- **Kujawsko-Pomorski PRC Provincial Branch** – with Czech and Irish Red Cross Societies, in the scope of first aid (common trainings and workshops);
- **Lubelski PRC Provincial Branch** – with Ukrainian Red Cross: putting into effect the projects: “Red Cross Voluntary Service Academy”, “Common ideas, common future” and echange of experiences;
- **Małopolski PRC Provincial Branch** – with the Croatian an Slovak Red Cross Societies: experience sharing in the field of voluntary blood donorship: sports competitions events, commemorations, donation event “Carpathian drop of blood”;
- **Mazowiecki PRC Provincial Branch** – district branches in Otwock and West Warsaw – with German Red Cross in Lennestadt and Lithuanian Red Cross: exchange of experiences, reciprocal visits, mutual in-kind support;
- **Podkarpacki PRC Provincial Branch** – distict branches in Jarosław, Krosno, Rzeszów with German Red Cross (Schönebeck, Dieburg) and Slovak Red Cross: workshops, competing in first aid championships, meetings of voluntary blood donors, exchange of experiences and of promotional items;
- **Śląski PRC Provincial Branch** – district branches in Bytom and Knurów – with Czech Red Cross Karvina branch and German Red Cross in Haimchen – partner visits;
- **Świętokrzyski PRC Provincial Branch** – Sandomierz district branch with German Red Cross in Emmendingen – study tour;
- **Warmińsko-Mazurski PRC Provincial Branch** – with German Red Cross in Mecklemburg: participation of a GRC team in First Aid Provincial Championship, of a PRC Rescue Team Ostróda in GRC First Aid Contest in Neubrandenburg, visits of GRC representatives to Poland, participation of PRC and GRC youth in summer camps respectively in Kręsk and Teterow;
- **Wielkopolski PRC Provincial Branch** – district branches in Konin and Oborniki with German Red Cross: promotion of health and summer recreation campaigns, educational meetings;

- **Zachodniopomorski PRC Provincial Branch** – Koszalin district branch with German Red Cross: cooperation in training and in experience sharing was initiated; the Koszalin branch co-worked also with Karl Martin Fossdal Foundation in order to ensure a supply of wheelchairs to the disabled;

III. 3. Polish Red Cross governing bodies

- PRC National Congress was convened in keeping with the Statute to examine the yearly descriptive and financial reports on the Society's activities in 2012 and to grant discharge to the Executive Board members, upon the motion of the Main Revisory Commission. Besides, the Congress conferred the title of RC Honorary Member, reconsidered regulations for the conduct of the National Congress, made a decision on the choice of company to perform an audit of the PRC financial report for 2013 and adopted resolutions on the above mentioned matters.

In 2013 the PRC Executive Board at 8 times, took 95 decisions, including

- 56 on granting power of attorney;
- 7 on financial issues;
- 1 on taking steps towards the sale of an immovable (located in Łódź, Krzemieniecka street);
- 6 on matters pertaining to statutory activities;
- 4 on organizational matters.

The Presidium of the Board was meeting according to needs, generally before the Board's sessions, to comment on the materials submitted for approval.

The Jury of the PRC Honorary Medal held two sessions to examine the applications sent in. 845 medals were awarded to deserving persons and institutions;

- 1st grade – 43,
- 2nd grade – 84,
- 3rd grade – 333,
- 4th grade – 404.

IV Inspections

In 2012 170 external inspections of various kinds had been carried out in the Polish Red Cross (municipality and communal authorities, Agricultural Market Agency, school superintendent offices, Chief Sanitary Inspectorate, Social Insurance Institution, municipal welfare assistance centers, National Health Fund, National Labour Inspectorate). In 28 cases, post-control recommendations were issued; all of them subsequently have been fulfilled.

V Fulfilment of the Main Revisory Commission's requests

The Main Revisory Commission, while examining the report on PRC activities in 2012, made a number of requests concerning program and organizational matters:

1. To take into account, in the activities planned for 2013, an increase of training courses for first aid instructors.
First aid instructors are being trained, taking appropriate courses, organized by the Head Office, depending on the number of requests submitted by provincial branches. 2 courses more were organized in 2013 than in the precedent year, while the number of persons trained increased by 10.
2. To operate stocktaking in PRC emergency warehouses in order to verify continued usability of supplies and to check their locations in terms of logistics.
Request accomplished: assessment of stocks is being made regularly.
3. To reactivate the Welfare Assistance and Training Commission, with a view to verifying, updating and standardizing the system of female healthcare assistant training system.
The Society did not manage to meet this request in 2013.
4. To make provision, in 2013 and later, for the promotion and rise in number of female healthcare assistant training courses.
Request unfulfilled in 2013, the priority then being first aid courses.
5. To update and amend the statute of the Council of PRC Ladies.
The council operates on the basis of voluntary service. Regulations for this body were set in 2013.
6. For all delegations of PRC representatives sent abroad, to make obligatory written reports and to share them within the Society's framework.
Implementation under way. All after-return reports are available at the International Cooperation Department of the Head Office. Besides, every yearly report on activities contains reports on visits of the PRC delegations abroad and on the reception of foreign visitors in our Society.
7. To take steps towards immediately and efficiently removing irregularities in district structures (closing down, merging branches, setting up delegations).
Request currently executed by PRC provincial branches.
8. To take measures aimed not only at hindering the rise of PRC obligations towards the International Federation of Red Cross and Red Crescent Societies, but also at paying off statutory contribution arrears, and thus improving our Society's situation within IFRC.
Statutory contribution to IFRC is a constant preoccupation of the Executive Board and of the Head Office. We are endeavouring to solve this problem by means of intense letter exchange and talks with public authorities. The Society's liabilities, however, are unlikely to decrease, since our statutory contribution shall be rising simultaneously with the country's growing wealth. Another difficulty results from the reluctance of territorial branches to get involved in cost-sharing for general purposes (e.g. IFRC contribution) and from irregular payment of obligatory charges.
9. To restore the PRC internal audit position (or department) within the Head Office, for an emergency crisis response (e.g. the case of Crisis Intervention Home – CIH – in Słupsk).
The fulfilment of this request is not envisaged in the foreseeable future, mainly because of the Head Office's financial plight. Nevertheless, inspections are being performed by a team consisting of the Office's staff members. Bearing in mind that supervising entities like CIH remains with PRC provincial branches; in financial and employee matters, with the board director.

VI Conclusion

In 2013 Polish Red Cross has been continuing to perform the tasks set in “PRC Strategy for the years 2012-2016”, adopted by the National Congress in 2012, focusing mainly on statutory work in areas such as community welfare assistance or home care for the bed-ridden, promotion of health and of healthy lifestyle, including voluntary blood donorship, rescuing and first aid. However, other important fields of activity must not be overlooked, i.e. disseminating Fundamental Principles and humanitarian values, international humanitarian law applicable in armed conflicts, as well as fostering attitudes of tolerance and respect for human dignity.

Most of the programs and operations carried out by PRC in 2013 concerned promotion of health and of healthy lifestyle, in particular among children and youth. Traditionally the “Healthy lifestyle promotion Olympic contest” and First aid Championship attracted public attention.

Caring activities are considered as a priority; therefore provincial and district branches were doing their best to compete for service contracts, nevertheless the number of care units has diminished, alongside with the number of contracts signed with local authorities. On the other hand, more persons under PRC care were benefiting from neighbour help.

In spite of organizational and financial problems faced, the Society brought relief to over 160,000 persons in need; 500,000 meals were served, i.e. 100,000 more than in the year 2012.

Voluntary blood donors, assembled in their clubs, constitute a large group of PRC members and volunteers. Provincial and district boards get involved in national campaigns, but also implement their own projects in this field. In spite of declining membership and number of basic units, the Society still has throngs of voluntary activists, in particular among children, youth and blood donors.

Again, in 2013 setting in order the Society’s framework proved a stumbling block. Still are recognized such district branches that fail to meet statutory requirements.

More provincial and district branches were applying for grants from different sources, i.e. EU funds, by drafting valuable project proposals or by entering into partnerships.

In 2013, appeared very promising social marketing projects realized by global advertising agencies, in cooperation with PRC. Highly appreciated by ad/prom professionals, these award-winning projects help our Society raise funds for activities, but also contribute to improving its image.

The report presents Polish Red Cross activities carried out in 2013. However, for understandable reasons, have been overlooked many other initiatives launched throughout the country by organizational units in their day-to-day work. More details concerning this can be found in branch reports that provided background information, often referred to in this paper.

Prepared by the Organizational and Legal Department
Polish Red Cross Head Office
Adopted by the Polish Red Cross National Congress
No 32/2014 of 28 June 2014