

# Rising Minds: Volunteer

Rising Minds provides on-the-ground developmental support to small, locally founded, locally-run businesses and cooperatives. Through our efforts we aim to foster greater incentives for sustainable business practices and community involvement.

**Project:** Profile stories for ADEM V members

**Need:** Profile stories for 25 members of Asociación de Desarrollo de Mujeres. Completed interviews and profile photo.

**Objective:** ADEM V will display these profiles within their stores to provide greater context to the products they sell. Rising Minds will post the profiles on our website to generate involvement in our Workshop programs.

## Interview Questions:

### **ADMV specific:**

How long have you been a part of ADEM V'?

What sort of products do you produce?

Why did you get involved?

### **Family:**

Are you married?

Do you have kids? If so, how old are they?

### **Background:**

When did you start weaving?

How did you learn?

### **Future:**

What are your dreams for the future?

How is being involved with ADEM V supporting those dreams?

**Contact:** [RisingMinds@gmail.com](mailto:RisingMinds@gmail.com)

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Guatemala has one of the highest childhood malnutrition rates in the Western Hemisphere. To alleviate this epidemic, Rising Minds will be helping to plant school and family gardens. Teamed with nutritional education these gardens, planted and maintained by the local community, will provide fresh vegetables, herbs and medicinal plants to at-risk families in the area. By cultivating a deeper understanding of nutritional necessities and providing the sources, these community gardens will help nurture a rounded-diet and aid in lowering the malnutrition rates among indigenous children and

**Project:** Create a comprehensive system for tending to the nursery

**Need:** Create a system of caring for the nursery. Activities involve watering, weeding, working the compost and ensuring that plants are well taken care of.

**Objective:** To promote community involvement and awareness, and ensure that the nursery is well taken care of.

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**Project:** Create educational handouts for items planted in the nursery

**Need:** Create colorful and visually appealing educational handouts with information on what is planted in the nursery. Include nutritional deficiencies in the areas the nursery is serving (Panyebar, Palestina, Chacap, Chuacanac, San Juan), and how our project works to meet these deficiencies.

**Objective:** To use the nursery as an organized educational garden while we are also fighting malnutrition. These sorts of comprehensive, one-page snapshots assist greatly in our educational outreach. We will publish this handout online, distribute to travelers and volunteers, as well as use for educational events in the US.

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**Project:** Create a gardening guide for RM Ground Zero Trainings for indigenous mothers in surrounding communities on importance of improved nutrition in health, gardening, and composting

**Need:** Create a comprehensive guide on gardening in Central America. Include topics on planting, harvesting, seed saving, and transplanting.

**Objective:** The trainings (and the posters serving as a reminder) will help increase health awareness and improve nutrition – by combining nutritional trainings with the actual seeds, families will not only have the materials needed to lower their food costs and reduce malnutrition, but also be armed with the knowledge of why eating a balanced diet of fruits and vegetables is important.

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