Objective: To expand the ancestral knowledge of environmental protection and conservation, with emphasis on the recovery of its sacred spaces in Mother Earth.

Description: CC Quinaroa seeks to raise awareness about the importance of living in harmony with a healthy and protected environment for every citizen. The members of CC Quinaroa are dedicated to teaching workshops on formation and transmission of ancestral knowledge, knowledge of the flora and, revitalization of the cultural manifestations of the indigenous peoples (Quinaroes, who make life in Lagunillas, merida of the state)

Participants members of CC SONRIO:
Yelitza
Valyloret
Angela

Participating members of the URIALC Lead Team:
Global Advisors. -
Rosa Delia Quispe
Salette Aquino
Francisco Morales

Regional Coordination. -
Enoé Texier
Adriana Reyes
A very pleasant, moving and inspiring meeting...

Here, each of the members of CC QUINAROES witnessed their experiences. The meeting was recorded and the Regional Office was responsible for developing a special edition of the connections bulletin to disseminate the impact of this circular economy and resilience project.

It is important to highlight that the experience told during this session shows the achievements and projection that the sum of knowledge of ancestral cultures represented by the practices of the native Quinaroa of the Venezuelan Andes, the scientific and technical knowledge provided by the areas of Biology and Pharmacy, and the seed of financial support of URI have on the communities.

Achievement:

- The use of traditional medicinal plants for the manufacture of a medicine called "Totumo syrup" for the recovery of respiratory conditions, which is especially useful today in the sequelae caused by COVID 19.

- The development of creams commonly used to cure dermatitis, and other skin diseases, which have proven to benefit many people because they are offered at affordable prices and these products have become so expensive that they are impossible to acquire today.

- The production of soaps and shampoos with natural elements that, being cheap, favor household savings, but maintain quality.

- The artisans of the community incorporated knowledge for the elaboration of soaps, shampoos and topical creams, in this way, they managed to overcome their economic helplessness because the difficult situation of the country linked to the pandemic, negatively impacted their traditional work of selling their handicrafts.

- The children of the community were taught in these times of pandemic, to work with agriculture.

- Demonstration and placement of products in pharmacies of the area, it was another of the activities that incorporated some members of the community in their work experiences, which meant one more income, to learning how to present each of the products and their kindness, reinforcing their self-esteem and performance.
- The continuity in the manufacture and sale of products allows generating long-term revenue.

- The first representative of CC QUINAROES: Yelitza Rangel expressed her interest and willingness to disseminate this experience, sharing and expanding knowledge to other indigenous CCs of the Region, through Workshops to train other women in the art of fabrication of these products.

**Questions and Answers from the CC QUINAROES envelope Ihs STEP Experience:**

**How many products were manufactured?**

In creams of 750 units. Totumo syrups have also been developed to strengthen the immune system and control the respiratory part in COVID patients.

In soaps 1600 soaps, between hotel soaps and sulfur soaps.

**Who participated in the development?**

In principle, two pharmacists and me. So we gave workshops to a group of five women who were in charge of making the creams and soaps.

**How many CC members participated in tailoring and/or distribution?**

We have 20 active members with 15 were in the cream manufacturing and 5 in distribution

**How many were distributed?**

320 units

**Observations**

- Not only has it allowed us to know other products that benefit people, but it also allows us to develop relationships with pharmacies in the region that, in the long run, will increase the benefit for people because they will always have cash incoming thanks to the sales of the products.

- This allowed people to find another way to take care of people and also generate long-term profits, because with sales they can continue to make money, because the pharmaceutical industry is one of the companies that has not closed and always requires certain products.

- Our artisans did not know what to do because the craft was no longer being sold, so they decided to try another knowledge that thanks to the team we formed in Trujillo we managed to find a way out of this crisis caused by COVID, we still have a long way to go, but thanks to teamwork and the desire to learn new things we gave an increasing in our economy.
Objective: To monitor the emotional state of patients and health professionals to support them in the practice of care, such as hospital clowns. From it and with games we transform the hospital environment and create bridges of love. We help also following projects such as CSE (comprehensive sex education) campaigns and awareness campaigns to prevent STDs (sexually transmitted diseases).

Description: CC SonRio attends the public hospital twice a week and visits old people, adult hospitalization and adult surgery to share a moment of laughter, music and games that allows them to relieve their physical pain.

CC SONRÍO Participating members:

Susana
Leonardo
Cecilia
Lya
Nadia

Participants members of the URIALC Team:

Global Advisors.-
Rosa Delia Quispe
Salette Aquino
Francisco Morales

Regional Coordination. -
Enoé Texier
Adriana Reyes
Ágata Brito
A wonderful and emotional encounter ...

Each of the members of CC SONRIO witnessed their experiences as clowns in hospitals and with old people, as well as presentations at Elementary and High Schools to do comprehensive sessions of sex education. The meeting was recorded and the Regional Office was responsible for producing a video that collects such testimonials accompanied by some photos and images of their work, in order to put on the global website of URI and URIALC and on the networks to inspire other CCs.

Phrases collected during the meeting:

We're artists, magicians, musicians, clowns. We are also accompanied by psychologists and therapists.

In hospitals or with old people we interact with everyone, besides the sick or elderly, with safety, health, with security personnel. We play with who shows up, like children, let go and make them letting go too.

We transform and they transform us too. Enthusiasm is mutual. We think we're going to help and we end up being helped.

Sometimes it's a sacrifice to go to some presentation, because we go from a long way since home. Sometimes we have to take the bus and make long waits, sometimes you don't have the incentive, but we arm ourselves with courage and we go. And it turns out we left happy and converted.

At first we did not like the idea of putting on the masks, but the experience was good because having the URI logo and the SONRIO logo gave us identity, made us recognize the unity. Seeing it written, we realized that sonrio says OIRNOS backwards.

We were able to work via ZOOM and also in two or three face-to-face experiences: gender violence day and an elderly day.

This year we have the challenge of expanding our work because with COVID 19 we can say that the convalescent is social, it is a challenge to be able to return the joy of sociability to the many people who have been affected by this pandemic. We rehearse in outdoor parks. We also want to continue work in hospitals, with the elderly and in schools with the ESI.

We had the meeting we have annually with all the clowns in the hospital, this time it was virtual, but it was like a therapy group because of what we are living in the pandemic.
How many masks were made?
So far 50 masks

Who participated in the confection of the masks?
We ship to a company specializing in customization

How many CC members participated in tailoring and/or distribution?
Ten of the twelve members involved in the distribution.

How many were distributed?
So far, we have distributed 30 at events for guests at Du-Rand Hospital on the occasion of Gender Nonviolence Day. In a Home of the Elderly we visited and at the bolsón festival.

How many people have you benefited from?
30 people benefited from the masks.

There were other elements where PAS was used?
We bought by our own, alcohol in gel and ethyl alcohol, disposable gloves, disposable scarves, lavender, disinfectant, disposable masks to use under the mask.

Observations
At each event is mentioned the URI work and we count on the values with which it works and we publicly appreciate the contribution that it has given to us and this helps us a lot in our work in hospitals, with elderly, schools.