



Initiatives of Change Foundations for Freedom

F4F Board 2021

Dear Foundations for Freedom community,

We have the pleasure to introduce you to the new F4F Board for 2021, elected by F4F members at the Annual General Meeting on 20th February 2021 and entrusted to give F4F new energy, structure and development. One of our top priorities is establishing regular communication with you, the members, to keep you updated and to explore ways all of us can make F4F a useful, evolving and inspiring organisation.

Stay tuned for more updates and get in touch with us if you'd like to know more or have some ideas you'd like to explore.

So, please, meet the new board!

Head of the Board: Sofiia-Yuliia Sydorenko



Current place of residence: Lviv, Ukraine

Three interesting facts (two true and one false):

1. Once I fell from the 8m mountain and had no scratch.
2. When I was 7 months old I was drowning and was saved by my neighbor.
3. I watched all 10 seasons of Friends more than 5 times.

Current or most recent job:

Shop, Zero Waste Lviv, Zero Waste Lviv, Zero Waste Alliance Ukraine - owner, manager, coordinator.

Ideal job: the one which brings good impact on people and environment (and a good paycheck 😊)

What do you enjoy doing in your spare time:

Read, run, swim, travel, watch movies, walk with my dog.

Ideas you'd like to develop in F4F:

Strong community which implements activities together, has connections with the international community, and is able to support itself.

Current place of residence:

Poltava, Ukraine

Three interesting facts (two true and one false):

1. I have a car
2. I'm a vegetarian
3. I don't drink alcohol

Current or most recent job:

Executive director of the Association for the participatory development of communities



Ideal job:

Writer or Top manager

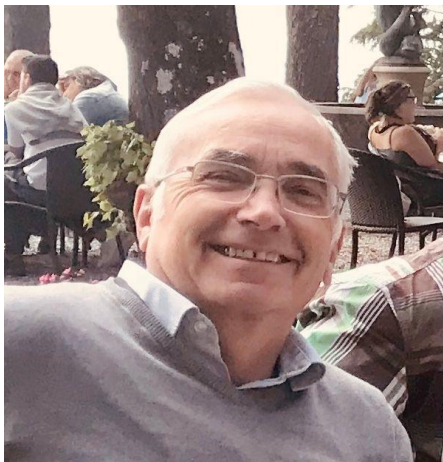
What do you enjoy doing in your spare time:

I watch videos on YouTube

Ideas you'd like to develop in F4F:

Building trust through a participatory budget
Conducting leadership courses for participation practitioners
Communicating with the Indian team to set up a training centre

Claude Bourdin



Current place of residence:

La Forêt Le Roi - France (50kms South of Paris)

Three interesting facts (two true and one false):

- 1- I like to complete big puzzles.
- 2- I am Swiss by origin.
- 3- I speak Polish.

Current or most recent job:

Retired - IA Hub Team convener and Farmers' Dialogue coordinator

Ideal job:

Gardening

What do you enjoy doing in your spare time:

Jogging - sudoku - gardening

Ideas you'd like to develop in F4F:

The use of quiet time - Caring for each other and the communi

Lidiia Zamaraieva

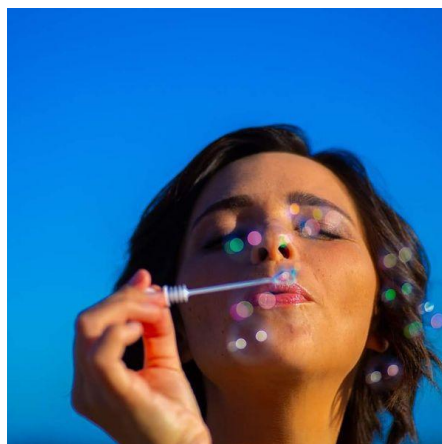
Current place of residence: USA

Three interesting facts (two true and one false):

1. Not knowing and intending to do so I actually lived Eat Pray Love story. I went to the same Ashram and met the same guru as Elisabeth Gilbert, and my life brought me to live in Bali, Italy and Travel to India.

2. Since last summer I joined a local running team and am preparing myself to run a half marathon this summer.

3. My grandparents wanted to adopt a child from Cuba.



Ideal job:

Make a valuable impact in making the world a better place for generations to come.

What do you enjoy doing in your spare time:

Swim, read books, look at the sunsets.

Ideas you'd like to develop in F4F:

Work on institutional improvements to ensure the presence of new leaders in the management team after each election.

Liudmyla Levcheniuk



Current place of residence:

Lviv, Ukraine

Three interesting facts (two true and one false):

1. I organized a few concert programs for my peers when I was 6 years old.

2. We have been friends for more than 30 years with one of my best friends.

3. I've been to Caux several times.

Current or most recent job:

Curator of educational programs (the most recent).

Ideal job:

To implement the vocation that gives you pleasure during the process and brings results for you and others - for soul, mind and well-being.

What do you enjoy doing in your spare time:

To have quality conversations with my friends, to develop myself via study, traveling, listening/watching/reading useful info; to serve people I feel I can serve (for example, my volunteer activity is gathering books and visiting with several people at a military hospital where we are giving books for the wounded Ukrainian soldiers).

Ideas you'd like to develop in F4F:

Make an input in the strategic and organisational development: develop an image of the organisation via gathering and analysing the information, brand storytelling, initiating or/and participating in organising activities which strengthen F4F identity inside the community and outside.

Mikheili Aslikian Aleksandre

Current place of residence:

Georgia

Three interesting facts (two true and one false):

1. I've been bitten by a snake.
2. I launched an NGO called "The left-handed people association".
3. I speak seven languages.



Current or most recent job:

Micro business

Ideal job:

Every job is ideal if you love it...

What do you enjoy doing in your spare time:

Traveling, meeting new people, exploring new places.

Ideas you'd like to develop in F4F:

To bring Foundation for Freedom to Georgia for Young and progressive people. To develop a european culture in Georgia for stability and sustainability.

Nataliia Makaruk



Current place of residence:

Bonn, Germany

Three interesting facts (two true and one false):

1. I speak 7 languages.
2. I did 10 days of silent meditation.
3. I eat meat.

Current or most recent job:

Next week I will start a disaster risk assessment officer position in Ukraine

Ideal job:

Run the center of holistic well-being in the Alps mountains.

What do you enjoy doing in your spare time:

Do sport (jogging), hiking, roller skating, walk in the nature, play the piano, read

Ideas you'd like to develop in F4F:

I would like to create mini Caux (CPLP) in the Carpathian mountains, online peace academy for Ukrainian youth.

Suggested topics for our meeting:

Online education from F4F involving lofC experts

Olga Merezhuk

Current place of residence:

Szczecin, Poland

Three interesting facts (two true and one false):

1. One of my passion areas is anti-money laundering;
2. I wanted to go to circus school after finishing my Master's Degree;
3. I have finished musical school and play the piano.

Current or most recent job:

Partnership and Project Coordinator at lofC International

Ideal job:

Human centred organisation, diverse colleagues, caring leadership, impactful actions, clear strategy, vision and action plan.



What do you enjoy doing in your spare time:

Long walks; Aerial silks; Dancing; Jam sessions; Learning and trying new things (even if I am very scared/embarrassed to start);

Ideas you'd like to develop in F4F:

Collaboration with IofC International, collaboration with other IofC bodies and programmes: COP, T4CM, GAIN, TBP etc.

Rob Lancaster



Current place of residence:

Juba, South Sudan

Three interesting facts (two true and one false):

1. The first time I was working in South Sudan, I was kicked out of the country
2. Before arriving in Caux in 2017, I went on a walk for 600km
3. I went ice skating for the first time ever in Ukraine

Current or most recent job:

Program Manager for the Peacebuilding Opportunities Fund in South Sudan

Ideal job:

I don't know about 'ideal', but I often dream of having a multi-purpose cafe that is also a kind of community hub

What do you enjoy doing in your spare time:

Camping and hiking... but it happens all too rarely

Ideas you'd like to develop in F4F:

Sharing experiences and insights with other IofC groups working on similar themes (for example, in South Sudan!)

Vladislav Oleatovschi

Current place of residence:

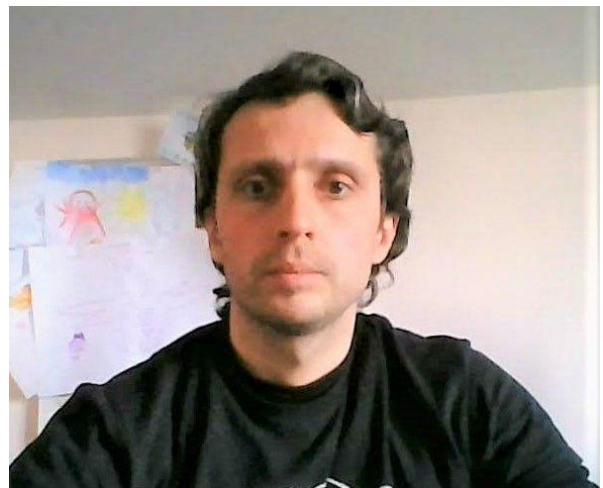
Chisinau, Moldova

Three interesting facts (two true and one false):

1. I've spent half a year in India;
2. I enjoy riding a bicycle;
3. I am full of energy

Current or most recent job:

Child protection specialist.



Ideal job:

Freelance. Work with/for children.

What do you enjoy doing in your spare time:

Hike. Sleep. Meet friends.

Alex Azarov**Current place of residence:**

Odesa, Ukraine

Three interesting facts (two true and one false):

1. I've visited 51 countries.
2. I've worked as a lawyer.
3. I'm a ninja.

Current or most recent job:

Peacebuilding and dialogue consultant for forumZFD (German NGO).

Ideal job:

Travelling to different countries and supporting conflict resolution there.

What do you enjoy doing in your spare time:

Playing chess, playing guitar, swimming at the beach, jogging, meditation, watching stupid YouTube videos.

Ideas you'd like to develop in F4F:

Cabinet of F4F Ministers!

Research and publish history of F4F.

Develop various community-building activities: e.g. F4F chess tournament; empathic support sessions and iListen sessions; some kind of 'speed dating' format to let people get to know each other better and maybe unite for some common goals/ideas; help to revive and strengthen contact with old/new F4F members in other Eastern European countries.

Develop project infrastructure (more long-term): monitoring grants, collecting ideas, helping people write proposals and fundraise; support implementation/monitoring/evaluation; support publication of results and success stories.

Explore the topic of healthy/toxic masculinity: men's circles etc.

F4F app for communication/networking/games!