



Big Brothers Big Sisters of Russia
Старшие Братья Старшие Сестры России

Annual report

2016

Interregional
volunteer mentoring
program for
children in difficult
life situations



The executive director's address	3
Our 2016	4
About us	5
The structure of the organisation	6
The peculiarities of our work	8
How the program works	9
How we support our volunteers	10
Stories of friendship	11
Evaluation of the effectiveness of the program	14
Financial statements	16
Events	17
Special thanks	25
Our Contacts	26

The executive director's address

Dear friends,

The world is changing and our work is evolving together with it. Another year has ended, and during this year successes and achievements, growth and development went hand in hand. We have proved to be useful for new population groups; the portray of our volunteers has changed, but we are ready for these changes, ready to be responsive to them and to grow and change ourselves.

All of that is possible only thanks to our people. We have been «shooting the show» for 14 years already and hope that it will never end. We are happy to have the dream team of «actors» and «performers» who are becoming stronger and more involved year by year.

Our great specialists-psychologists study a lot and become more and more qualified every year. Many of them have been working in our organization for more than five years, and here they have developed both personally and professionally. That reflects the maturity of our organization. This year new people came to work in our team, and we are happy to see that they are real agents of changes.

We are thankful to our great partners for their sense of civic responsibility. They are able to see beyond simple targeted assistance, to think systematically. We will do our best to be worthy of the faith that our partners have in us and our program. We do understand that there are many opportunities for doing good and the fact that we have been chosen by our partners places great responsibility on us.

This year has been a year of growth for us. Before, Moscow and Saint Petersburg were watching us. Now we are being watched by the whole country. We thank Agency for Strategic Initiatives, the Ministry of Education and Science and the expert council for their massive assistance. They have really supported us and made a great contribution in our development. With them, we are bound not by money, but by ideas, deep thoughts, and pedagogical intuition.

Our mentors meet children once a week, while children's institutions' educators work with them throughout their whole life. We would not have made it without cooperation with them and



their feedback. We know how much the orphanages have changed in the last few years - and their directors and tutors have changed too. Orphanages are no longer just institutions, they have become a home for their residents.

Our volunteers are mostly young people, but it is no exaggeration to call them the «Old Guard». They are not afraid to become the closest and the most important ones in the world for one particular little human being for several years.

Our Board of Directors makes us feel as safe as behind a stonewall. I feel the directors' support in all the difficult decisions I have to make, and there was plenty of those this year.

Mentoring is not about competing. Being a mentor helps one understand that each person is needed and can be helpful for someone else. This «someone» needs not the cleverest, the strongest, or the fastest man in the world, but an ordinary person who is ready to become the most important for him or her.

And we are going to do great things together!

Yours truly,
Alexandra Telitsyna

Our 2016

4

WE OPENED NEW OFFICES IN:

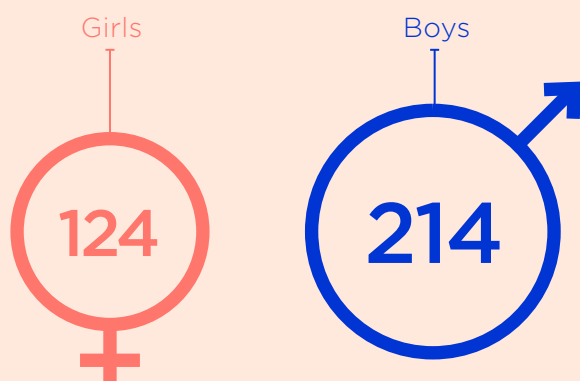
- * Tula Region
- * Reutov
- * Orekhovo-Zuevo
- * Lubertsy

The project of our program 'Mentors: not near, but together' was approved by Russian President V.V.Putin on the Strategic Initiatives Forum on 21 July in 2016. The project is being carried out with the support of Agency for Strategic Initiatives.

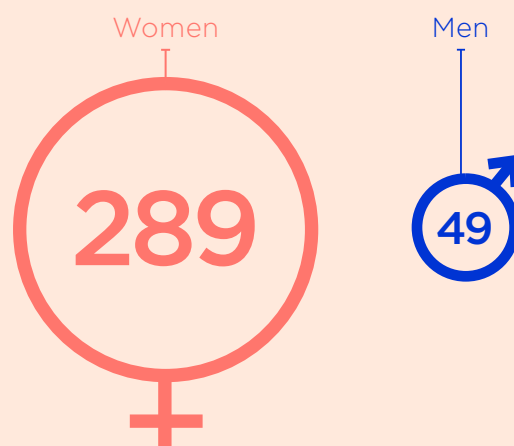
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'BIG-LITTLE' PAIRS TOOK PART IN THE PROGRAM IN 2016

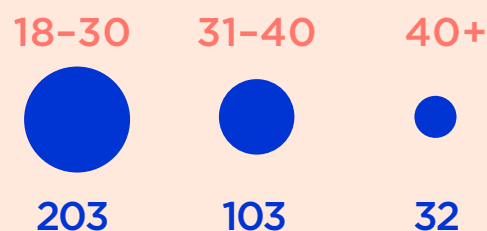
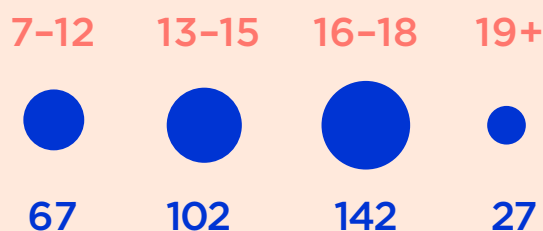
CHILDREN



VOLUNTEERS



Age



Amount of

119

NEW MATCHES



38 | 7

ORPHANAGE GRADUATES

Moscow
30 decided to continue participating in the program
8 ceased to participate

Saint Petersburg
7 decided to continue participating in the program



WHO WE ARE

We are a volunteer-based mentoring program. The mission of Big Brothers Big Sisters mentoring program is to help children facing adversity (⟨Littles⟩) achieve their full potential through professionally organised one-to-one relationships with adult volunteer mentors (⟨Bigs⟩). The program gives children a chance to feel greater confidence, adapt to society, and fully participate in public life.

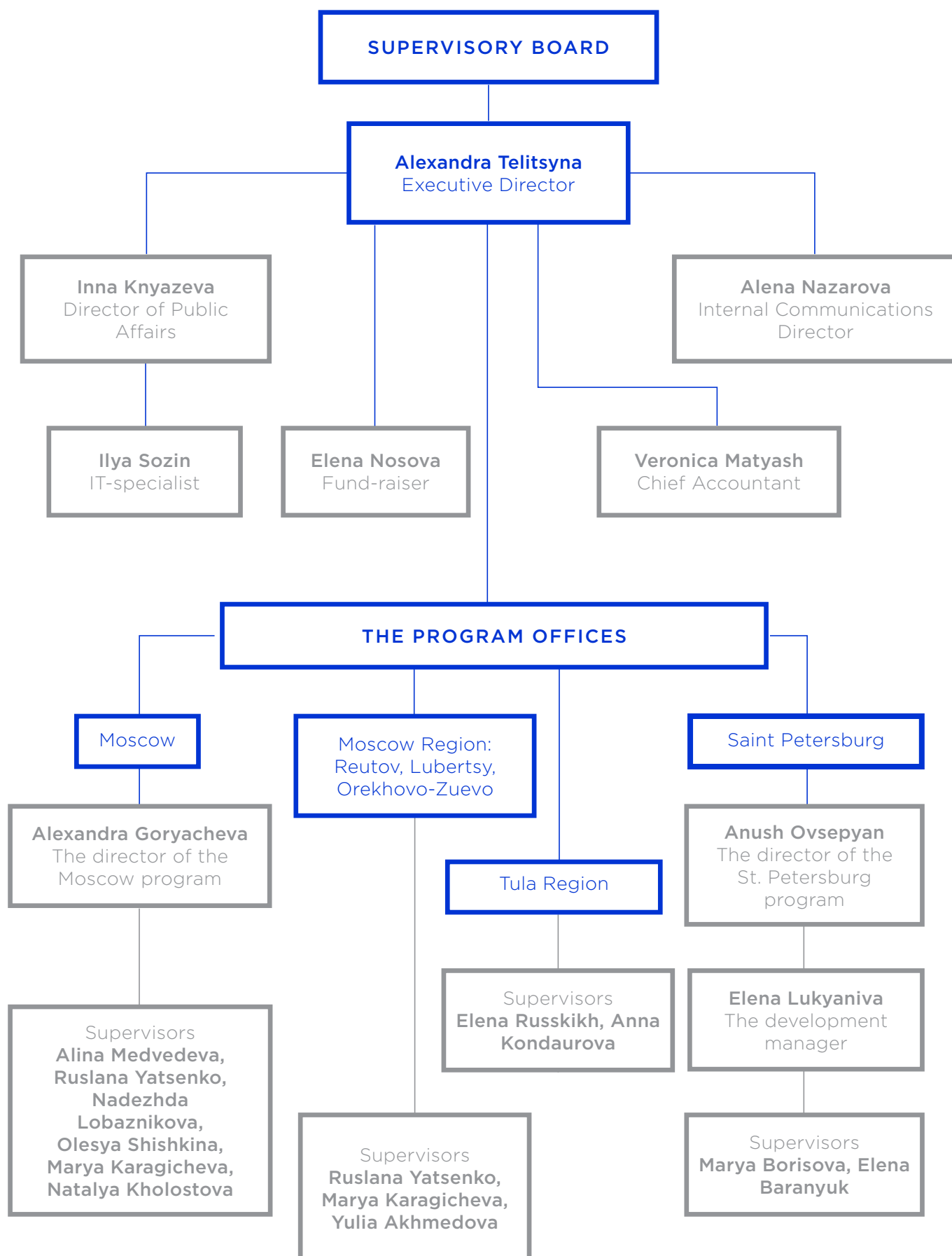
WHERE WE OPERATE

- * Moscow,
- * Moscow region (Reutov, Lubertsi, and Orekhovo-Zuyevo),
- * Saint Petersburg,
- * Tula region.

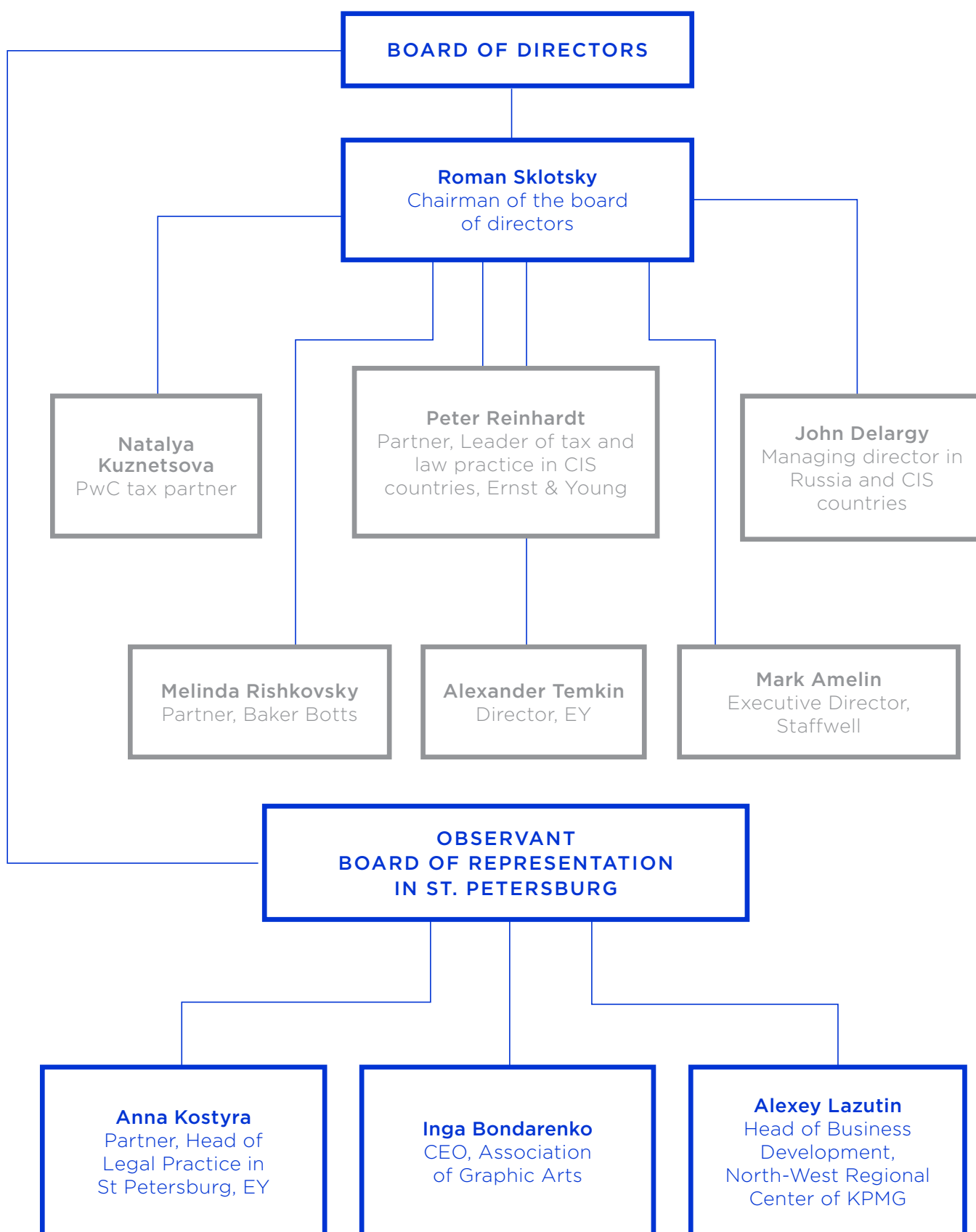
WHOM WE HELP

- * orphans
- * children living in families in need of additional support (for example, children experiencing lack of communication or having learning difficulties and/or behavioral disorders)
- * former residents of orphanages (18-23 years old), the ⟨Littles⟩ of Big Brothers Big Sisters mentoring program who decided to continue to participate in the program after coming of age

The structure of the organisation



The structure of the organisation



The peculiarities of our work

Every 'Little—Big' pair is supported by a professional psychologist who holds supervision meetings with children and volunteers



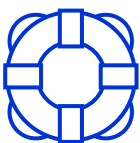
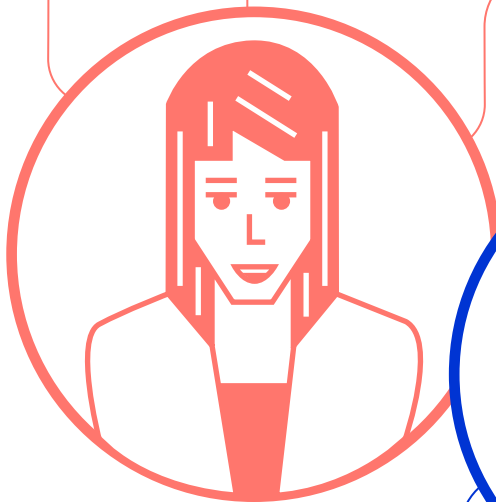
Future volunteers of the program pass a selection procedure and go through obligatory training



A volunteer becomes a 'senior friend' for his or her mentee, his or her role model and source of support, attention, and care



A volunteer visits one particular child at least once a week for a year, which lets them create a relationship of trust with each other



A volunteer helps and supports his or her mentee emotionally



A mentee becomes more self-confident, emotionally stable and sociable



The communication with his mentor helps a child develop his or her domestic and social skills

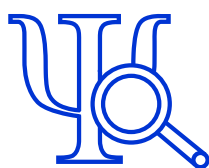
How the program works

We find adult volunteers and train them for one-to-one communication with a child facing adversity

TO BECOME A PARTICIPANT OF OUR PROGRAM VOLUNTEERS HAVE TO PASS:



1 an interview



2 psychological testing



3 provide all the documents required



4 provide all the recommendations required



5 go through a 16-hour-long training

After that program specialists will find a child in need of individual support who fits the volunteer best and introduce them to each other. Thus, a «Little—Big» match is created. Volunteers visit their «Littles» once a week.

The key point of the program is that we not only find volunteers, but also train them and assist them if necessary throughout the whole period of their participation.

The specialists of Big Brothers Big Sisters mentoring program are qualified psychologists who support both «Littles» and «Bigs», give them recommendations and advice, and help them create strong and enduring friendship pleasant for both sides.

How we support our volunteers

10

1

TRAINING PRIOR TO ENTERING THE PROGRAM

The training is held by the Big Brothers Big Sisters specialists on a free basis and is designed for volunteers entering the program. Going through it is obligatory for all the future volunteer-mentors. The training is focused on such themes as child psychology, safety rules, and ways of spending time with a child. The training helps volunteers prepare for communicating with their «Little» and interacting with his or her parents or orphanage.



2

SUPPORTING TRAININGS FOR VOLUNTEERS

A specially designed training is held for volunteers who participate in the program for more than a year.

3

EVENTS FOR CHILDREN AND VOLUNTEERS

We also organize cognitive events and career-guidance meetings for children and volunteers



1,5
YEAR TOGETHER

BIG BROTHER GRIGORY: “When I first saw Eric in the October of 2015, he looked uptight and intimidated. He seemed to be afraid of any sudden move, constantly expecting something bad to happen. His lack of confidence was tremendous, even though during our first meetings he tried to hide it. Week after week I convinced the boy that his own opportunities were great, that he was able to study, make friends, and achieve his goals. I was lucky that he was malleable enough to let me do that. It seemed that Eric has been always waiting for someone to believe in him”.

1
YEAR TOGETHER



BIG SISTER KATYA: “My Little’s name is Sasha. He is 14 years old. I remember our first meeting. It was the 14th of January, both of us were nervous, a bit confused, and trying to get accustomed to each other. And then both of us could not wait to meet for the second time! Every time we met Sasha opened up more and more for me and I did my best not to shake his fragile trust. At first he used to ask how many «Littles» I had except for him and how long we would be together. And when I told him that he was the only child I was visiting he was more than excited!”



1,5
YEAR TOGETHER

BIG SISTER IRINA: “One of the first events Rustam and I visited together was a knight tournament. I thought that it would be an interesting experience for a boy. And it really was! Rustam enjoyed watching the battles, looking at the weapons, and trying on the armour. For boys, it is important to move a lot. And mutual affection and friendship with an adult is even more important! A boy should feel that someone needs him and is visiting him and only him. It is very touching to know how much Rustam is waiting for me to come, often even making small presents to give me. Sometimes when we are together he takes his scooter and rides away and then demands to know whether I was worried for him and why. Sometimes I bring my laptop to watch a cartoon together with Rustam and other kids. Rustam always takes the seat next to me and seems so proud of it!”

Stories of friendship

12

BIG SISTER SVETLANA: “Our main achievement is that Vova began to set his own goals and demonstrate wishes related to his interests. During our first meetings he spoke only of the stereotyped model of future that he heard of in his orphanage — getting an apartment and going to a culinary school. He never told me what he himself wanted to be or to do in the future. Now he can set his own goals even without my assistance. After winning a silver medal in the Russia Championship on Swimming in his category and getting second degree in swimming, Vova decided to become a National Class athlete. We discussed what he had to do to achieve this goal: find a good coach, keep fit, train a lot, and take part in swimming competitions. After the vacation in Crimea where he spend almost all his time with horses, Vova set himself a goal to go to college to study something related to horses. It is a difficult goal to achieve, as the college is located in Moscow and enrolling to it requires a general education certificate. Thus, my next task is to teach him how to meet greater challenges and never give up”.



2

YEARS TOGETHER



4

YEARS TOGETHER

BIG SISTER KATYA: “During the first six months it was difficult to reach mutual understanding with the child. Danya demonstrated that he was unwilling to communicate with me: he could refuse to do what I asked him to or even shout at me. It might take a while for a child to begin to trust you. I am not the first adult visiting him and most of those adults never came back. How could Danya know that I am not like the others? As time passed, Danya began to open up to me. He started telling about things he earlier refused to talk about, for example, his day, his school, his thoughts or dreams”.



6

YEARS TOGETHER

LITTLE BROTHER PETYA: “Thanks to Arik I got an opportunity to meet people who help high school students decide where to study and which profession to choose. Arik found these people and introduced me to them. When I was choosing the university to study in, Arik and his friends told me a lot of interesting things about the learning process and explained how important it is to get accepted to a university with a decent environment and excellent learning facilities. They also made me study for my exams. Arik often asked me what I was dreaming of, who I wanted to be in a few years, and what my goals were. I answered that I could not see my future until I passed my exams and got accepted to the university”.

BIG BROTHER ARIK: “Speaking of choosing the university for Petya, it went on for many years. Petya knew many of my friends who had finished a university and got a good job. He understood that with proper education one can pursue interesting career (I took him to the Yandex office to show that) and become very successful. We spend a lot of time choosing his future profession! I took him to vocational guidance courses, together we chose the university and the field of his future job. We even figured out a formula for his admission: some work+some luck=getting accepted to Moscow State Technical University n.a. N.E.Bauman!”

BIG SISTER ALINA: ‘«Friendship with a child from an orphanage makes you a better person» — for me it is more than an advertisement slogan; it is truth. Let me start from the very beginning. In a popular woman magazine I came across an article about the Big Brothers Big Sisters organisation and realised that I would love to take part in the program! I have inner strength and I’m willing to share it. I passed the interview, the test, and the training. And my wise supervisor Lena Kuznetsova found my «little sister», Marina. It was a love at the first sight! My Marina is a very kind, sensitive girl, always willing to help anyone. She lacks self-confidence, but we’re working on it. Friendship with a child helps you see the world in a new way — understand that problems that seem so serious now will be nothing in a few years. A child teaches you to enjoy the little things and look at the world with optimism. We have been friends for more than 2 years now and I hope that our friendship will last forever! As Mark Twain spoke, «The best way to cheer yourself up is to try to cheer someone else up»’



2,2

YEARS TOGETHER

Evaluation of the effectiveness of the program

The evaluation of the effectiveness of the program is based on the analysis of the questionnaires filled in by the mentors of the program. The questionnaire includes a set of indicators which children rated from 1 to 10:

1-2 points – child almost does not have this skill/quality

3-5 – child has this skill/quality partly

6-8 – the level of this skill/quality is rather high

9-10 – the level of this skill/quality is almost perfect

Mentors were supposed to evaluate the skills/qualities of their mentees, using the indicators provided. Two surveys were conducted - **in the beginning** and **in the end** of the school year. Then, the mentors' evaluation of each child's skills/qualities in the beginning and in the end were compared. Here are the indicators that have shown the most significant growth.

The desire to discover something new



The academic success



The ability to think logically



The ability to use money in a proper way



The ability to use public transport



Domestic skills



The awareness of different professions



The certainty in future profession (future field of work)



Self-confidence



The ability to express feelings



The ability to understand what other people feel



The existence of a serious hobby



Evaluation of the effectiveness of the program

Moreover, based on 62 questionnaires filled in by the mentors we defined key indicators in which most children have shown positive dynamics



% OF CHILDREN WHO HAVE SHOWN POSITIVE DYNAMICS

56

The awareness of different professions

47

The academic success

48

The ability to use public transport

The ability to express feelings

The wish to get a good education and work

44

The certainty in future profession
(future field of work)

The ability to ask for help

50

The existence of a serious hobby

52

Self-confidence

Financial statements

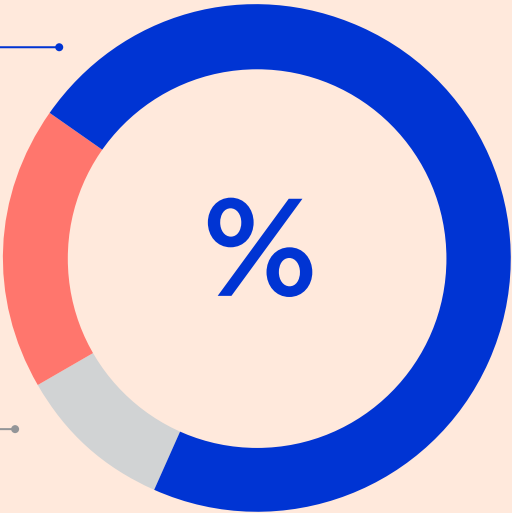
THE INCOME OF THE
ORGANISATION FOR 2016

₱ 18 970 104

72 Corporate donations

18 Grants

10 Private donations



EXPENDITURE FOR THE
ORGANISATION FOR 2016

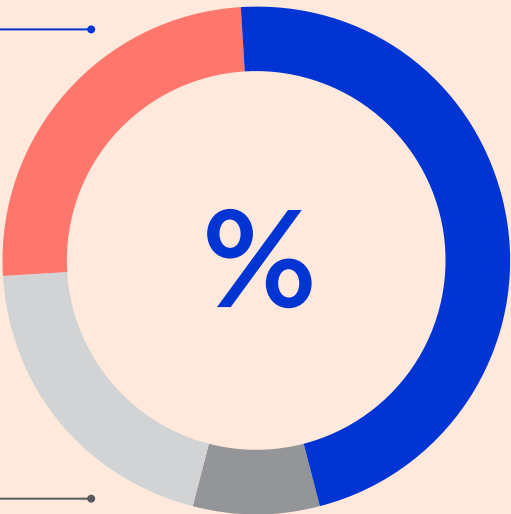
₱ 24 036 993

47 Program activity expenditure

25 Administrative activity expenditure

20 Event organisation

8 Other expenditure



Events

MOSCOW

17

FEBRUARY

Master class «Gadgets, social media and Internet security»

Employees of M.Video conducted an educational event with a view to introducing children to modern technical devices, teaching how to use these devices in practice, e.g. for studies, and Internet safety education



A training seminar for volunteers «How to discuss uncomfortable topics with kids»

Existential-analytical psychologist Julia Vorobyeva conducted an educational event for volunteer-mentors on talking to their mentees about sex education.

Realife games in the Husky Park

The team of the TMA-draft agency organised an educational event in the «Eco Husky Park» for Moscow orphans and their volunteer-mentors of Big Brothers Big Sisters program. 130 mentees and mentors got familiar with culture and traditions of Northern peoples of Russia through doing archery, drinking tundra tea, and playing with gorgeous Husky dogs.



Big Brothers Big Sisters

MARCH

A training seminar for volunteers «How to make a child interested in reading»

Employees of «Samokat» publishing house shared their recommendations for promoting interest in reading in a today's kid.



Master class «Logistics»

Employment remains one of the most relevant themes for our mentees. This educational event was focused on logistics. Children were able to learn more about the specialities, fields of activity, and interesting features of this profession.

APRIL

Supporting training for volunteers «Preventing the emotional burnout»

Volunteers learnt how to establish communication with their mentee, where to find resources for maintaining and developing friendship, how to set goals effectively and give positive feedback. The training was designed for volunteers who had been in the program for a year or more.

Master class on employment

A vocational guidance event for teenage mentees aimed at helping them figure out their future profession.

Interactive master class on jurisprudence

Educational event for children and their mentors. During the master class participants learnt who lawyers are, in what situations their help might be needed, what one needs to know about his or her rights when getting or quitting a job. Participants also had an opportunity to put their knowledge into practice through filling out some paperwork.



Creative master class for mentees

Children who took part in the master class learnt about different decorative techniques and were able to try their hand at decorating.

Volunteer clean-up in «Kahovsky Romashki» orphanage

Employees of Ehrmann cleaned up the territory of the orphanage together with its residents.



MAY

Real life games in «Master Panin» amusement park

Volunteers from the creative agency TMA Draft organised an event for our mentees to celebrate the end of the school year. Bigs and Littles went to the stuntman park «Mister Panin» where they watched the performance of professional stuntmen and took part in an interactive amusement program. It was an invaluable experience that brought children joy and pleasant emotions.

JUNE



Family festival «Berry compote»

Yearly charity festival in support of the organisation took place on the birthday of Big Brothers Big Sisters program in the Hermitage Garden. In the framework of the festival a charity fair, a concert, masterclasses, and games for children were organised. All collected money was invested in the implementation of the program.



Concert in the White Square

Summer «Stream of Whiskey» concert that has become a tradition took place in the White Square in support of Big Brothers Big Sisters program.

OCTOBER

Culinary master class for children and their mentors

Chef cooks of Radisson Blu hotel chain conducted an exciting master class in pizza making. Volunteers together with their «Littles» were able to create their own pizzas. In the end, all the participants had a chance to taste what they had cooked.



Realife games in the Museum of Illusions

Mentees spent a holiday in the most unusual Moscow Museum - the Museum of Illusions. They had a really good time!



NOVEMBER

Creative master class

Volunteers from Hasbro conducted a creative masterclass for our mentees. They learnt how to decoupage and created their own crafts in this technique.

Master class on Internet safety

Yandex conducted an excursion for our mentees in its office. After the excursion in legendary Yandex office children took part in a discussion on what rules to follow to stay safe on the Internet.

DECEMBER

Yearly award ceremony «The mentor of the year»

Yearly award ceremony «The mentor of the year» was conducted in the Oscars setting. Traditionally, all the friends of Big Brothers Big Sisters program gathered together at the celebration. All the people who make the existence and functioning of the organisation possible - our partners and volunteers - were there. The best of the best won their «Oscars» and other prizes.



Heartwarming bazaar

Our program participated in the traditional December charity fair «Heartwarming bazaar». All the visitors could take part in creative master classes conducted by our program's friends from Hasbro. Moreover, unique New Year gifts were sold at our stand. «Hedgehog mittens» were the bestseller!





FEBRUARY

Project «I will teach you to cook» with «Jamie's Italian» restaurant

In the February of 2016 we launched a very difficult, ambitious, and very interesting project together with St. Petersburg restaurant belonging to the famous British Chef Jamie Oliver. The project is an educational vocational guidance course designed for teenagers which would result in the employment of mentees who would successfully pass all the trials and get accepted to a culinary college. The course consists in theoretical and practical classes held in the specially arranged area of «Jamie's Italian», master classes by the best Chefs of St. Petersburg, motivational classes, oral and written exams. To be continued...

MARCH

Beauty lessons by Oriflame

In the March of 2016 we launched a project together with the Oriflame company — educational course for girls. Experts and partners of Oriflame introduce the participants to the basics of creating their «women's image». The course includes block sessions on personal care, hygiene, etiquette, style, and emotional components of behavior. The project is successfully running and constantly being improved.

Charity evening «I will teach you to dream»

One more time the charity evening brought together friends, partners, volunteer-mentors, business and culture representatives, heads of diplomatic missions of St. Petersburg. The exciting performance of the «Upsala Circus» artists filled the guests with warmth, positive, and belief in a miracle. Traditional charity auction featured some unique lots, such as a picture by Yury Molodkovec, photographer of the Hermitage Museum, a tea-set by the Imperial Porcelain Factory, ingenious jewellery by Mousson Atelier, a 2-week-long summer courses on campus of the international educative system United World Colleges in Dilijan, Armenia. The special guest of the evening, a violinist, an honored artist of Russia Maria Safaryants opened the charity lottery featuring the tickets to her concert as one of the prizes.



Trip to Gorki Golf Club

Our volunteers and their mentees spent another happy day at Gorki Golf Club, the friend of the program. Together we learnt how to handle a golf club and cast a golf-ball, ate some delicious ice-cream made by ourselves, and truly fell in love with golf!

«Chaif» concert

Imagine meeting one of your most favourite musicians... It was so exciting for Pasha, one of our mentees! Thanks to Vladimir Shakhurin, the lead singer of «Chaif» for giving Pasha an amazing opportunity to talk to him in private and thanks to all the «Chaif» musicians for the great concert. Dreams do come true!



Fish-fest

Big Brothers Big Sisters program was the only charity organisation participating in the June Fish Week in St. Petersburg. Master classes and games under the sea theme, an every-ticket-wins lottery and a special drawing master class «The Monster-Marvel Whale» conducted by a children's book illustrator Alexander Golubev made our participation unforgettable!



My World Making» project

Big Brothers Big Sisters collaborative project with UWC Dilijan Summer Academy in sunny Armenia became one of the highlights of the summer of 2016. We created and put into life a unique course «My World Making» focused on social responsibility and social project-making. Summer camp on campus United World College Dilijan, midsummer, fantastic Armenian nature, 42 teenagers from different cities and countries... It was not easy but together with our mentees we did it. It was an incredible experience which helped us understand something new about ourselves and our team, business and charity, receive powerful emotions, «recharge our batteries», and come up with some new creative ideas! We also managed to carry out another project, #AddColorsToDilijan, making the town brighter and greener. Some of our mentees defended their own projects which they are planning to implement in their home towns.

Adventures in Ilyichevo Park

For our mentees new school year began with an adventure! Together with their mentors children were passing rope courses of the most difficult trails in the Ilyichevo Adventure Park. And we were watching them from the ground, a bit worried but still happy and proud for them! The participants overcame all the obstacles thanks to teamwork and mutual support.



SEPTEMBER

Big Music Marathon

On the 24th of September a music marathon took place at the Spit of Basil's Island in St.Petersburg. For 24 hours piano virtuoso Petr Andreev had been performing hundreds of pieces of music in support of Big Brothers Big Sisters. The marathon opened with a midday cannon firing at the Petropavlov fortress and ended with the same cannon firing on the 25th of September. This exciting event brought people of different ages, professions, and interests together for a good beautiful cause.



Big Music
Marathon

Meeting with children's author Larisa Ivanova-Kononova and illustrator Yana Mamyrina

"Is it difficult to create fairy tales? How to illustrate children's books? Is that a job for life?"

Larisa and Yana answered these and many more questions during the meeting with our mentees from Center For Family Upbringing №11. Children found out a lot of interesting things about creating books and peculiarities of today's reading. But this was not the end of the story! Having talked to our mentees, Yana Mamyrina could not help but applied for participating in our program as a volunteer-mentor.



NOVEMBER

Photo exhibition «Friendship. What it's like»

The charity photo exhibition was the new project of Big Brothers Big Sisters of St. Petersburg and photographer Anna Asriyants. The project was a great opportunity to tell amazing stories of an adult's and a child's friendship through the magic of photography. Anna depicted moments of true, sincere pleasure which can not be replaced by expensive gifts and entertainments. However, a more global challenge facing us today is to change public attitudes towards children facing adversity and towards the very idea of charity, to tell of systematic and knowledgeable charity as an investment into future. The opening of the exhibition took place in «AnnaNova» gallery in St.Petersburg on the 14th of November.



DECEMBER



Christmas Market «Let's turn dreams into reality»

Charity Christmas market took place on the 11th of December in «Radisson Royal hotel». It was the second event organised by both Big Brothers Big Sisters program and the Consulate of France in St.Petersburg. The event was marked by great atmosphere of warmth and kindness, by children's and adults' smiles, by exciting meets. We are so happy that thanks to the event more than a thousand of St.Petersburg citizens got to know that our program exists! The program got a lot of new partners, friends, and volunteers.



«Giving Tuesday» together with «Sveza» company

Within the framework of «Giving Tuesday» our mentees were invited to see the production process of «Sveza» company, world leader in birch plywood production. Children took a great interest in the exciting excursion, plywood production process, and professions in this field.

Special Thanks

WE THANK ALL OF OUR VOLUNTEERS, FRIENDS, PARTNERS, AND FRIENDLY INSTITUTIONS FOR THEIR HELP IN THE IMPLEMENTATION OF THE PROGRAM.

AND SPECIAL THANKS TO THOSE WHO PROVIDED MATERIAL SUPPORT FOR THE PROGRAM AND HELPED US IN THE IMPLEMENTATION OF THE KEY PROJECTS IN 2016:

- * Ernst&Young
- * HSBC and personally Yulia Topolskaya, the director of the HSBC branch in St.Petersburg
- * Ehrmann
- * Hasbro
- * KPMG, St.Petersburg branch
- * Agency for Strategic Initiatives in the promotion of new projects TMA-Draft
- * Clover publishing house
- * School of running I Love Running
- * Max Brenner chocolate bar
- * Family club-restaurant Ribambelle
- * Restaurant Torro Grill
- * M.Video
- * Morgan Lewis
- * Music ensemble Enjoy Drumming
- * The association of Graphic Arts
- * Oriflame Cosmetics, St.Petersburg
- * The French Consulate General in St.Petersburg
- * Hotel Astoria, St.Petersburg
- * Raiffeisenbank
- * Restaurant Jamie's Italian
- * Charity organisation «Schools of the world»
- * International women club, St.Petersburg
- * Company Dobry Zhuk(light and sound)
- * The association of the event organisations «Authors of events»
- * Biofoodlabs
- * The ministry of education and science of Russia
- * The ministry for economic development of Russia
- * The committee on public relations, Moscow
- * Agency for Strategic Initiatives
- * CAF Russia
- * Charity organisation «United Way»
- * Charity organisation «The Key»
- * Charity organisation of Gennady and Elena Timchenko
- * Charity organisation «Absolut-Help»
- * The Union for Mental Health
- * Alexander Smirnov
- * Inga Frezen
- * Anna Asriyants
- * Alexey Malinovsky
- * Vladimir Gorbenko
- * Anastasia Krivets



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