

DAFERO LIFE SKILLS

What is the Dafero Life Skills Program?

[Dafero Life Skills](#) is an educational app that equips vulnerable communities with the life skills needed to become self-reliant, financially empowered, and the ability to integrate into their communities and thrive daily, for themselves and their families.

Who is it for?

This app was built for people that are in a state of vulnerability, like refugees, human trafficking victims, victims of domestic violence, low-income youth, and others. However, it is open for everyone interested in improving their soft skills.

The Modules

The app currently has 4 modules:

- Financial Literacy: information on the US banking system, how to open and maintain a bank account, the types of credit, how to use a credit card, how to establish savings goals, how to prepare a budget and how to pay for daily and large life expenses (such as college, cars. etc).
- Women's Rights: background on the basics of women's rights as human rights, the importance of rights in the workplace, safety and emotional resilience tips for women who are in a dangerous situation such as domestic violence and stalking.
- Health and Hygiene: complete body hygiene, the relationship between hygiene and health, the prevention of spreadable diseases and advice for hygiene at the workplace.
- Nutrition: how to read food labels, the importance of breastfeeding, the different food groups and the importance of micronutrients.

The Vision

The following modules are in the process of development:

- Health and Hygiene developing a sub-module about women's menstrual cycles
- Early Childhood Development

Distribution

The beta version of the app was approved and we are currently working on re-launching on all platforms, including the web, Google Play, and the Apple store.

The app is intended to be distributed through direct service providers such as NGOs (IRC, ECDC, Lutheran Relief Services), international organizations (UNHCR and ILO) and government case workers, who in turn refer their clients to the app as a free resource.

The app is currently being translated in 5 other languages besides the original English format, including Spanish, Arabic, French, Albanian and Pashto. More languages are sought to be added, once the original 5 are completed.