***"To support a woman is to support a family, a community, a country."***

 **Catarina Furtado**



This is the motto of the organisation we have chosen to work on the actions concerning one of the poles of the project ***"Juliet - Women Open to Modern European Nations"***, the ***"Influential"*** pole.

The research carried out about one of the Portuguese public female figures, Catarina Furtado, led us to one of her projects: "Corações Com Coroa".

Corações Com Coroa (CCC) was founded in 2012 and has, since 2013, the status of Non-Governmental Organization for Development (NGDO).

It was born from the commitment of its founder, Catarina Furtado, Goodwill Ambassador of the United Nations Population Fund (UNFPA), and from the will of many people committed to promoting a culture of solidarity, gender equality and social and emotional inclusion of people in situations of vulnerability, risk or poverty.

In the interview with Dr. Helena Viegas, responsible for the Association Projects and Communication, several issues related to the social impact that the projects have had over time were addressed.

Dr. Helena Viegas answered the questions we asked her about the origin of the Association, its name, the projects developed and their importance in the empowerment of girls and women. The projects cover areas such as education, health, active and responsible citizenship, acting in defence of Human Rights, and for their effective application, with information and advocacy actions.

She also spoke to us about the Association's collaborators and what unites them: the will to work for gender equality and Human Rights, and for a fairer and more equal society.

It was also mentioned that the Association celebrates its 10th anniversary.

 Throughout these years it has offered scholarships, created a café, reached schools and helped build a maternity hospital in Guinea, among other achievements.

We thank Dr. Helena Viegas for her prompt collaboration and availability and hope that they will continue to support young women, help them grow and graduate with dignity.



