

# Advent Calendar **2018**



Official Handbook



## Day 1

One dose of medicine  
for a chimpanzee in the  
Congo

## Support for the monkey orphanage

### Medical care of sick chimpanzees in the Democratic Republic of Congo

Coughs, sneezing and sore throat are affliction we humans know too well, especially in the run-up to Christmas and great apes also suffer from such ailments. In animal rescue centres, with animals living so close together, viruses can spread like wildfire. So a bout of flu can quickly affect all of them.

At the monkey orphanage J.A.C.K. (the French acronym for “Young animals that have been rescued in Katagana”) and its connected large grounds, there are currently 35 chimpanzees that are hit by an epidemic at least twice per year. Because these primates have a very vulnerable respiratory system, they need care quickly and effectively as not doing so could result in them catching pneumonia, which would be life-threatening. And this is particularly relevant to the youngest of them: Only fast intervention raises their chances of regaining their freedom.

### Background

According to the International Union for the Conservation of Nature (IUCN), chimpanzees are a highly endangered species and threatened with extinction. At the end of the 20th century there were still more than one million chimpanzees in the world, now there are less than 350,000 animals in the wild (Jane Goodall Institute, 2018). A major threat is the loss of their habitat through deforestation and human settlement. But the main cause is poaching: These strictly protected animals are hunted in large numbers for bushmeat and as a delicacy. Young animals left behind are often traded as pets – and that is also the case in the Democratic Republic of Congo.

The monkey orphanage J.A.C.K. is located in Lubumbashi, the capital of th Haut-Katanga province in the southeast of the Democratic Republic of Congo. Since the 1960s, various rebel groups have tried to fight for the independence of the Katanga region from the DRG.

### Lubumbashi, Demokratische Republik Kongo

<b>Country:</b>	Democratic Republic of Congo
<b>Capital:</b>	Kinshasa
<b>Population:</b>	81 331 050
<b>Gross domestic product in USD:</b>	796
<b>Human Development Index:</b>	Place 176 of 188
<b>Characteristics:</b>	The Democratic Republic of Congo is the second-largest country in Africa and is rich in natural resources. As a result of being in a continued state of war and the increase in population, it is still one of the least developed countries in the world.

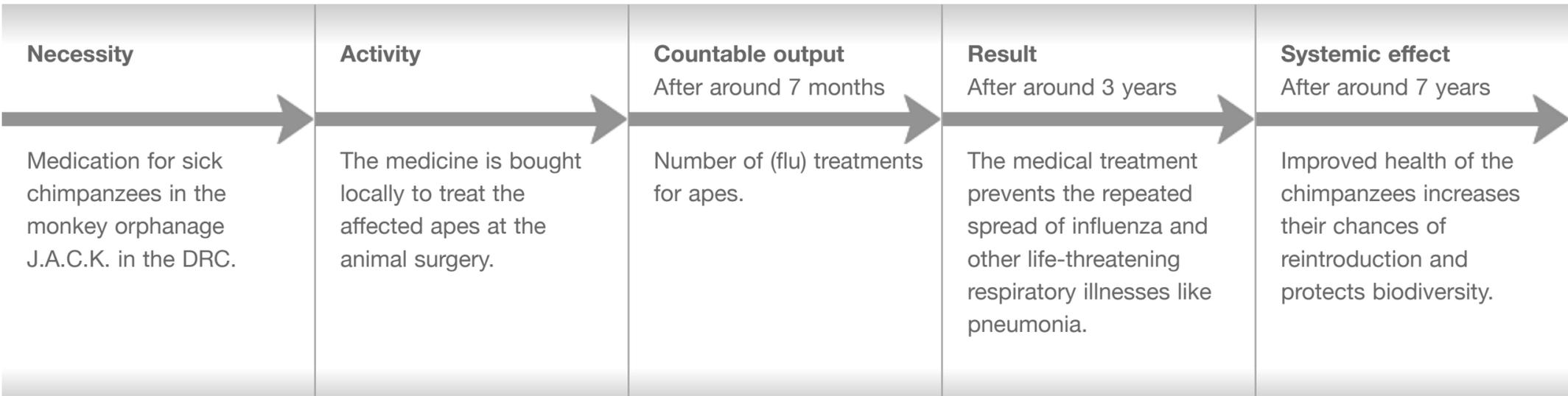
This also has to do with natural resources such as cobalt, copper, tin, radium uranium and diamonds, which are abundant in the region (WDR, 2018). The question of independence and access to natural resources has been the cause of violent conflict for decades. Due to the ongoing conflict, local and international demand, and weak monitoring of government compliance, the trade in monkey meat and monkeys as pets remains a major problem in the DRC despite international agreements and national laws forbidding it (Global Press Journal, 2017).

This is why J.A.C.K. is not only committed to caring for the animals, but also to complying with the Convention on International Trade in Endangered Species of Wild Fauna and Flora and to prosecuting the illegal trade in wild animals. Thanks to the initiatives of animal protection programmes and rescue centres, the protection of animals is improving to some extent. The authorities only take action against poaching, confiscate illegally traded chimpanzees and bring them to the rescue centres if there are enough of these and appropriate accommodation for the animals.

**The good deed**

With today's good deed, you are funding one dose of medication for a chimpanzee in the J.A.C.K. rescue centre. Due to the frequent outbreaks of respiratory infections – which sometimes can be severe or chronic – pain-relieving and antipyretic syrups (ibuprofen), cough remedies and vitamin preparations are needed.

Animal preparations are not available or unaffordable in the Democratic Republic of Congo, but primates can be treated with human products. From time to time, different medication is needed to treat other emerging diseases. Your donation makes it possible for the animals to receive medical care, to be nurtured and lovingly looked after. This is essential to increase the chances of reintroduction.



**Association** Pro Wildlife e.V.  
**Certified by** Initiative Transparente Zivilgesellschaft  
**Website** www.prowildlife.de  
**Related links** Global Press Journal, 2017. Rare Delicacy in DRC connected to wildlife trafficking.  
 IUCN, 2018. Rote Liste der gefährdeten Arten (IUCN).  
 Westdeutscher Rundfunk, 2018. Planet Wissen. Kampf um die Kongo-Schätze.  
 Wildlife Conservation Society, 2016. Status of gorillas and chimpanzees in DRC  
 Jane Goodall Institute, 2018. State of Wild chimpanzee.  
 New York Times, 2017. Smuggled, Beaten and Drugged: The Illicit Global Ape Trade.





## Day 2

1.5 days of clean water  
for a person in Ethiopia

## Clean water gives a future

### Establishing wells and sanitation in Ethiopia

Mamo has been headmaster of the Ethiopian Tsegedana School since 2007. In March 2017 the school was for the first time equipped with a well and sanitary facilities. For over 800 pupils and twelve teachers, everyday life has noticeably improved. For more than a year now, there has been running water for the children and functioning sanitary facilities.

“I notice that the children are much more committed, much more active and more eager to learn. In the past, there were many children who sat in class very tired and exhausted. This is completely different now. The classes are full!” Mamo says. He is very happy that the school is growing since then and he is full of hope that education will help the children to lead a healthy and self-determined life.

### Background

In Ethiopia, access to clean drinking water and hygienic sanitary facilities is often not assured. Every second person in the East African country has no access to clean drinking water. According to the World Health Organisation, in rural areas as much as 70% have no access to clean drinking water and 96% have no access to sanitation facilities (WHO 2017). This means a lack of the most basic necessities of life.

Women and children in particular are responsible for water sourcing. In rural areas, they walk an average of six kilometres a day, carrying a 20-litre canister. This is like about 15 laps around a sports field with two large six-carrier canisters of water. In many cases, the water sources are tainted, but there are no alternatives. In addition, it is hot, there are no roads and the trail is usually uneven. So it is an immense waste of energy, strength and time – spent every day to ensure the water supply. Children in particular then are missing this time for their school education.

Instead of going to school, life-threatening water-borne diseases and the long distances to the water sources prevent millions of children from actually being children and from getting

### Tigray, Äthiopien

<b>Country:</b>	Ethiopia
<b>Capital:</b>	Addis Abeba
<b>Population:</b>	105 350 020
<b>Gross domestic product in USD:</b>	1.719
<b>Human Development Index:</b>	Place 173 of 188
<b>Characteristics:</b>	Ethiopia is the only African country that was never colonised. The official language Amharic has its own alphabet.

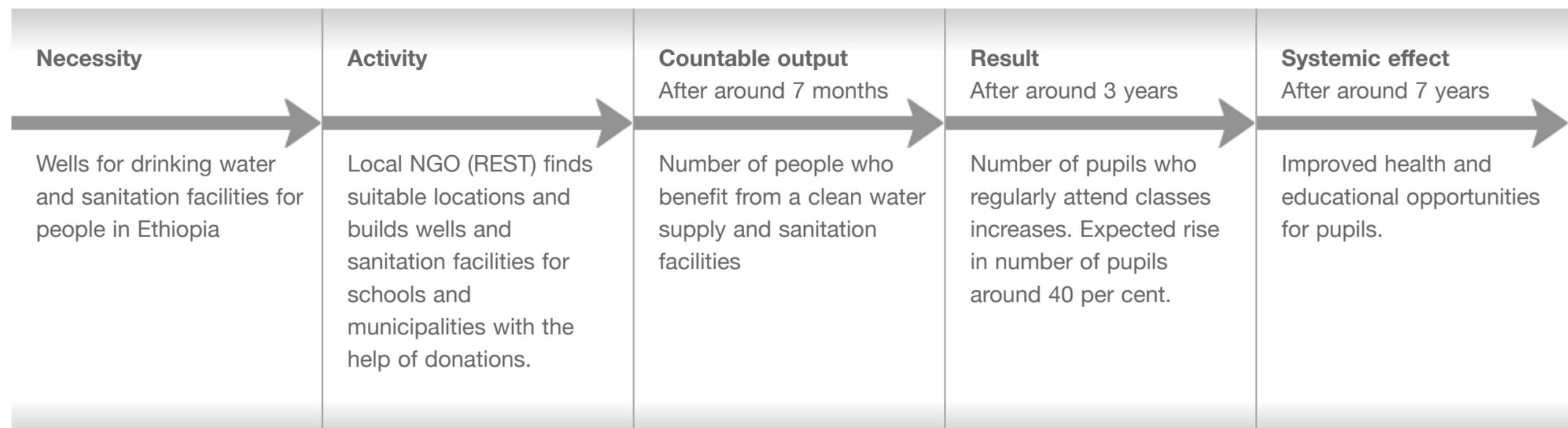


a good education. In Ethiopia, too, many children lack these basic and vital prerequisites to leading a healthy life.

## The good deed

The good deed helps to build wells and sanitary facilities in the Tigray region of Ethiopia and thus to impactfully provide perspectives for the future. The good deed is part of the overall project "100% WASH". WASH stands for water, sanitation and hygiene.

By equipping schools and communities with wells and sanitary facilities, many children and young people can healthily and permanently go to school on a daily basis. This helps to avoid illness-related absences and the exhausting and time-consuming process of obtaining water. The water supply enables Ethiopian children to concentrate better on their educational career.



### Association

Neven Subotic Stiftung

### Website

<https://nevensuboticstiftung.de/>

### Related links

WHO/UNICEF Joint Monitoring Program for Water Supply, Sanitation and Hygiene, 2017. Progress on Drinking Water, Sanitation and Hygiene.  
UN, 2018. Least Developed Country Category. Ethiopia Profile.  
Völkel, Jan Claudius (2018): Äthiopien. In: Bundeszentrale für politische Bildung: Innerstaatliche Konflikte.

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## Day 3

One tooth brush for a child in Myanmar

## Bite your way through life

### Dental hygiene for children in Myanmar

“We have everything we need,” says 18-year-old Moe Moe with a smile. In her case, everything means a happy and, above all, healthy life with her family. However, ensuring good medical care in the small villages in the Irrawaddy Delta is a great challenge. The way to the doctor or to the nearest clinic is difficult – and unaffordable for most people.

For many, the floating clinic in a boat is the only access to medical care. And this also applies to dental care. Even the youngest of them are struggling with tooth decay and other dental problems. Since the political and economic opening of the country a few years ago, sugar-rich products have also become common in Myanmar. Just like in Germany, children in the Delta have to learn how to protect their teeth and thus their health in the long term.

### Background

In the Irrawaddy Delta, the river is generally the only link between the small villages and a lifeline for millions of people. Because of these special geographical conditions, the region is less developed than the rest of the country. Many people live under difficult conditions, with low incomes and in basic shelters. In addition, there are hardly any doctors in the Delta and the few existing clinics are in a very bad condition. Apart from that, the majority of the inhabitants simply cannot afford a doctor or the travel to a clinic.

The project Irrawaddy River Doctors sends Burmese doctors and nurses to the isolated areas of the Irrawaddy Delta using a floating clinic. In the GP's and dentist's surgery, with a small laboratory, basic medicines and hygiene articles, the team treats between 50 and 150 patients a day on board of the boat. Every month, the mobile clinic spends 23 straight days on the Irrawaddy, heading for a new village every two to three days. Up to 16 villages are visited every month.

### The good deed

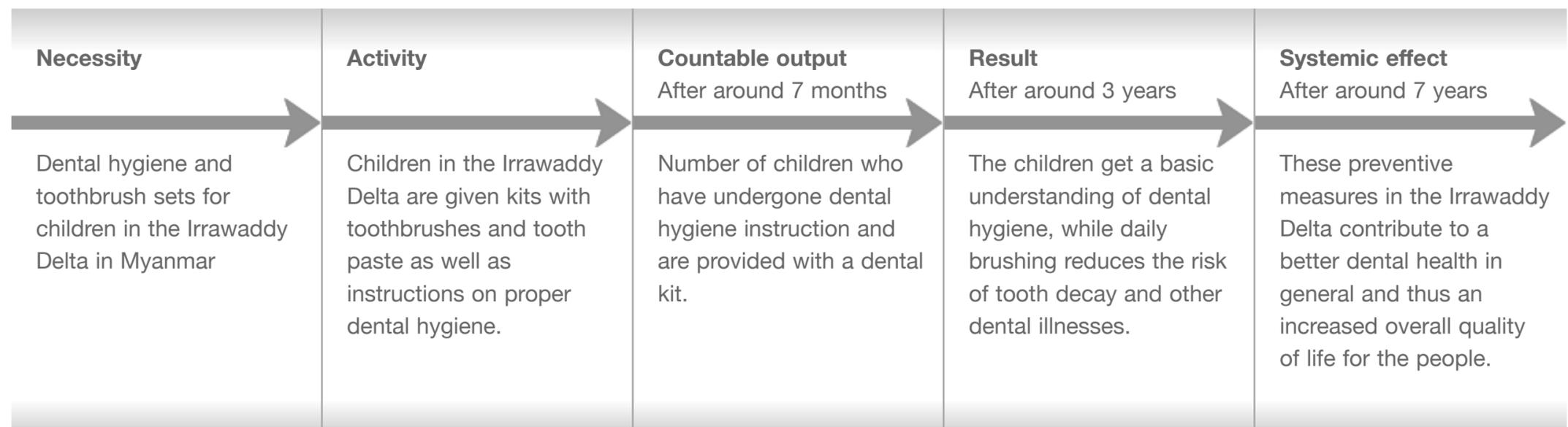
### Irrawaddy, Myanmar

<b>Country:</b>	Myanmar
<b>Capital:</b>	Naypyidaw
<b>Population:</b>	53 370 609
<b>Gross domestic product in USD:</b>	5.567
<b>Human Development Index:</b>	Place 148 of 188
<b>Characteristics:</b>	Myanmar is undergoing a political and economic transformation. Because of its geographic location, the Irrawaddy Delta benefits very little from this development.



All children examined at the Irrawaddy River Doctors floating clinic participate in the dental hygiene program. Today's good deed is an important step in establishing the programme. In addition, upon completion of the programme, each child will receive their own dental kit. They will also learn how to brush their teeth properly and keep them healthy in the long run.

Tooth brushes and tooth pastes for the children in the Delta can successfully improve bad dental condition. Through the awareness-raising and education campaign, a long-term understanding of this topic can be created, at the same time preventing diseases.



- Association**                      artemed Stiftung
- Certified by**                   Initiative Transparente Zivilgesellschaft
- Website**                        www.artemedstiftung.de
- Related links**                 Spiegel, 2015. Die schleichende Katastrophe im Irrawady Delta.



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## Day 4

One day's online tuition  
for a refugee

## Access to and success in higher education

### Equal opportunities for refugees in Germany

Many refugees in Germany dream of continuing or starting their higher education. Barriers such as language skills, missing documents or financial hurdles prevent them from reaching their full potential and immediately starting their studies. Victor is aware of this problem and has been searching for educational programmes to participate in for a long time.

During his research, he became aware of the platform Kiron. Here he can attend online courses, get to know students in a global community and is also supported during this online study programme.

Bei seiner Recherche ist er dann auf die Plattform Kiron aufmerksam geworden. Hier kann er Onlinekurse besuchen, lernt Studierende in einer globalen Gemeinschaft kennen und wird zusätzlich während des Onlinestudiums betreut.

### Background

People forced to flee and migrate worldwide face extraordinary obstacles when it comes to accessing higher education in their host or home countries. The United Nations High Commissioner for Refugees (UNHCR) sees higher education as fundamental to a self-determined life. Nevertheless, according to current statistics, less than 1% of refugees worldwide have access to higher education (UNHCR, 2018).

In this context, Kiron Open Higher Education was founded in 2015 in order to give as many refugees as possible a chance for higher education through unbureaucratic digital solutions. Nationality, gender and residence status are irrelevant. This enables refugees to use and develop their potential and skills during and after the asylum process.

### The good deed

The good deed allows a refugee to spend a day studying on the online platform. The

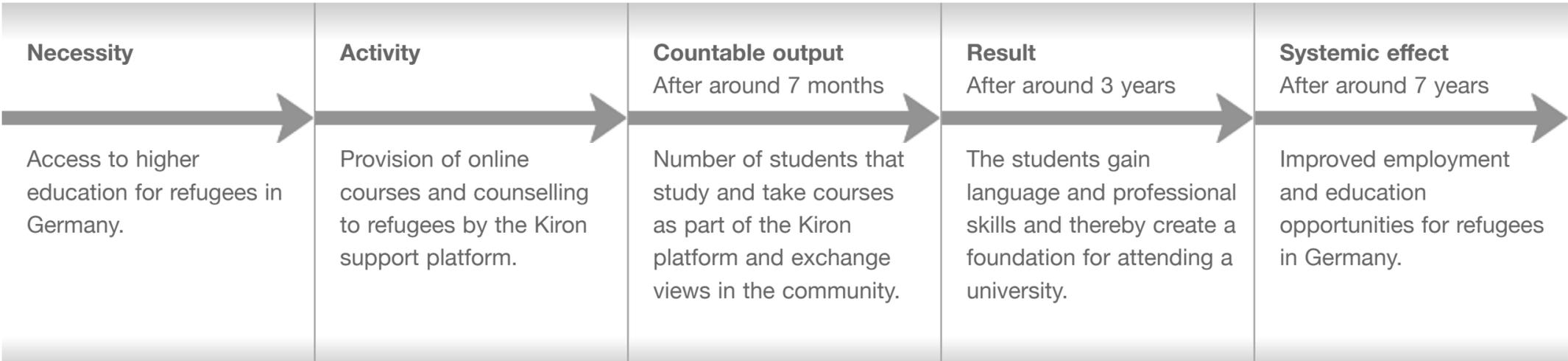
### Berlin, Deutschland

<b>Country:</b>	Germany
<b>Capital:</b>	Berlin
<b>Population:</b>	82 521 653
<b>Gross domestic product in USD:</b>	46.136
<b>Human Development Index:</b>	Place 5 of 188
<b>Characteristics:</b>	According to the UNHCR, Germany is ranked eighth when it comes to taking in the most refugees. In 2017 and during the course of 2018, the majority of people who applied for asylum have been of university age.



students complete online courses, so-called MOOCs (massive open online courses), which are provided by various partners. A total of around 3000 refugees are already studying on the platform in courses such as computer science, economics, social work, political science or engineering.

In addition, students also have the opportunity to exchange ideas in a community and improve their language skills. They also receive tutoring, have access to psychological counselling and are supported in their application to a university. Through the courses, students gain relevant knowledge in their field of study and learn the language at the same time. The good deed paves the way for the refugees to eventually study at a proper university.

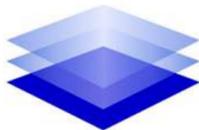


**Association** Kiron Open Higher Education

**Certified by** Initiative Transparente Zivilgesellschaft

**Website** <https://kiron.ngo/>

**Related links** UNHCR, 2018. Tertiary Education.  
 Bundeszentrale für politische Bildung, 2016: Hochschulbildung für Geflüchtete - das Beispiel Kiron



**Initiative**  
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## Day 5

2.5 square metres of blooming meadows for butterflies in Thuringia

## Of pale clouded yellows and lesser purple emperors

### Blooming meadows for endangered butterflies

How long has it been since you have last seen a pale clouded yellow butterfly flitter across a meadow? Or a lesser purple emperor with its bluely shimmering wings? The number of butterflies has declined massively in the last 30 years. Studies suggest a decline of up to 75 per cent. (Hallmann et al., 2017) And this is already having an impact on birdlife: Many birds, such as swallows or swifts need insects to survive. A wide variety small birds rely on insects especially while rearing their young.

But also our own nutrition is heavily reliant on insects: 91 of the 107 most commonly cultivated crops are pollinated by insects to a more or lesser degree. Strawberries, cherries or rape seed produce the highest yields when they are pollinated by wild bees or other insects.

### Background

In order to preserve the special biodiversity of the Windknollen, a continuation of grazing is necessary. In order to guarantee this in the long term, the NABU Foundation National Natural Heritage has negotiated the purchase of the 195 hectares at the Windknollen with the previous owner, the State Development Corporation of Thuringia. Today's good deed helps the foundation to purchase part of the area and put it under nature protection status.

Until 2021, the NABU Foundation will purchase this natural paradise. As the owner, the foundation can secure the grazing of the traditional shepherd in the long term and thus preserve the special biodiversity of the Windknollen. This will protect another piece of land that is home to a number of endangered species.

### The good deed

## Windknollen, Deutschland

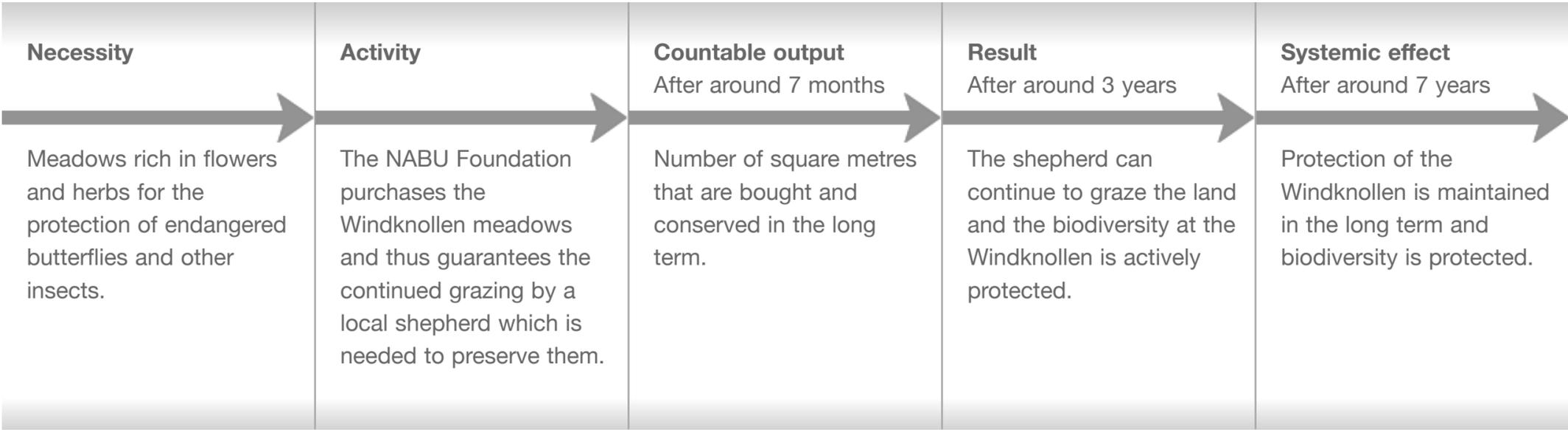
<b>Country:</b>	Germany
<b>Capital:</b>	Berlin
<b>Population:</b>	82 521 653
<b>Gross domestic product in USD:</b>	46.136
<b>Human Development Index:</b>	Place 5 of 188
<b>Characteristics:</b>	Germany is very densely populated. Much of the land is being used for agriculture. Studies show that even within nature reserves, biodiversity has decreased by 76% since 1990 (Hallmann et al., 2017).



The main reason for the loss of biodiversity among insects such as butterflies and bees is the constant intensification of agriculture and of pesticide use, overfertilisation, drainage of wet meadows and the conversion of grassland to arable land. Even in nature reserves, conventional agriculture with all its problems of pesticide use and excessive fertilisation is generally permitted. Often there is also a lack of proper management to preserve the long-term diversity of flora and fauna. Without grazing, species-rich meadows become overgrown – sensitive plants and numerous insects are suppressed in favour of just a few species.



The Thuringian nature reserve of Windknollen is threatened by precisely this phenomenon. A very high species diversity has been preserved here, as no pesticides or artificial fertilisers have been used so far. Instead, a flock of sheep has regularly grazed the wide, species-rich semi-arid grasslands over which butterflies such as the pale clouded yellow, the greater and lesser purple emperor or the Adonis blue have been fluttering. Now 195 hectares of this nature reserve are for sale by the previous owner, the State Development Corporation of Thuringia. If a new owner were to terminate the cooperation with the local shepherd, this would be the end of the immense biodiversity and the meadows would overgrown within a few years.



**Association** NABU-Stiftung Nationales Naturerbe  
**Certified by** Initiative Transparente Zivilgesellschaft  
**Website** <https://naturerbe.nabu.de/>  
**Related links**

Schöpwinkel, 2017. Metastudie (Literaturauswertung) zum Rückgang der Schmetterlinge (Tagfalter) in Deutschland (speziell Nordrhein-Westfalen)  
 Anna Gamero et al., 2016. Tracking Progress Toward EU Biodiversity Strategy Targets, in: Conservation Letters, 10/4, S. 395-402.  
 NABU, 2013. Gefährdung und Schutz. Vögel der Agrarlandschaften, Berlin  
 Hallmann et al, 2017. More than 75 percent decline over 27 years in total flying insect biomass in protected areas. PLoS ONE 12(10): e0185809.





## Day 6

One hot meal for a malnourished child in Nairobi

## We are fed up with being hungry!

### Hot meals for children in a Nairobi slum

At seven months old, Teresia only weighed 5.7 kilograms when her mother took her to the clinic for the first time. The normal weight at that age is 7.6 kilograms. The doctors immediately included her in the local food programme. At first, Teresia was fed with a highly nutritious paste made from peanut butter. Later, she and her three elder siblings got a hot meal every day at Mathare Valley's nutrition centre.

In a variety of courses, her mother learned to cook a healthy meal for her family even using cheap ingredients. But her mother also learned a lot about hygiene and health care. Now, at almost two, Teresia is at the normal weight for her age. She is a healthy as well as happy child and is well-provided for and has a chance for a vigorous life.

### Background

Eastern Africa is regularly plagued by drought periods. These often result in extreme fluctuations in the price of staple foods. International trade relations also impact local food prices. And this impact is rarely beneficial for the people living in the Mathare Valley slum and tends to result in massive variations in the price of staples. This in turn impacts the poorest people in the Kenyan capital the hardest. What little money they have is often not enough for the bare minimum such as food for the day.

In the families it is the children in particular who suffer. For them, the effects or later consequences of malnutrition are especially dramatic. Children are often stunted and are more susceptible to infections with long periods of illness. This then results in poor health later on in adult life.

### The good deed

With their support, the German Doctors seek to combat the impact of undernourishment and malnutrition in children. The youngest inhabitants of the slum are supported at the

### Nairobi, Kenya

<b>Country:</b>	Kenya
<b>Capital:</b>	Nairobi
<b>Population:</b>	46 790 758
<b>Gross domestic product in USD:</b>	2.961
<b>Human Development Index:</b>	Place 142 of 188
<b>Characteristics:</b>	Nairobi is the only city in the world that has a national park within its boundaries. It also is the home of one of the world's largest slums, Kibera.



nutrition centre according to their age and the degree of malnutrition.

Infants that are not or insufficiently breast-fed are given a milk substitute. Older children are provided with special nutritional foods under medical supervision. Even children who are just slightly undernourished or who are in danger of slipping off into malnutrition are also included in the programme to give them the chance for developing healthily. The education of mothers on a wholesome and varied diet are also an important part of the efforts to reduce the key causes of malnutrition in the long run.



**Association**

German Doctors e.V.

**Certified by**

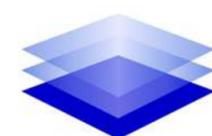
Initiative Transparente Zivilgesellschaft  
DZI-Spendensiegel

**Website**

[www.german-doctors.de](http://www.german-doctors.de)

**Related links**

Concern Worldwide, 2017. Nutrition survey conducted in the slums of Nairobi county.

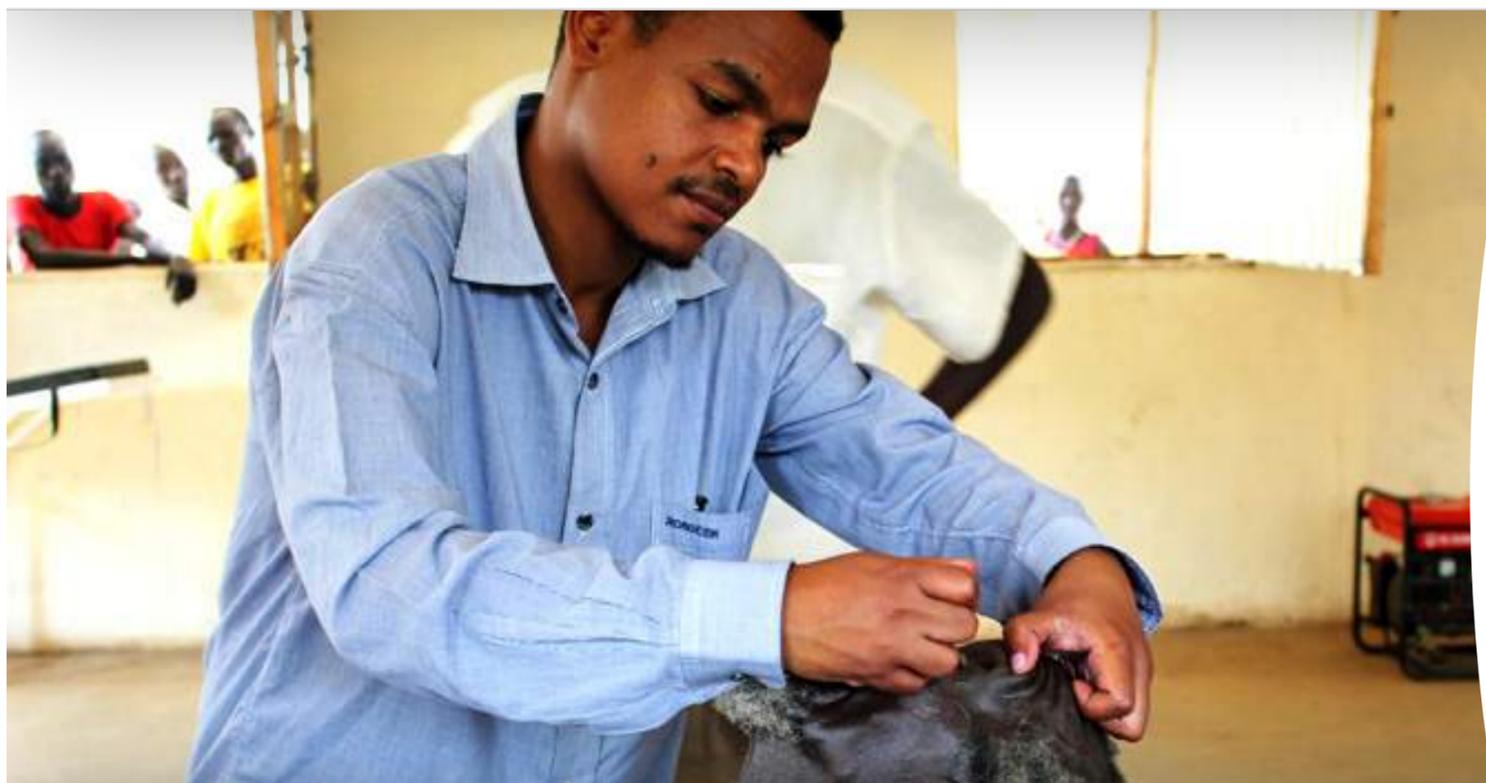


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## Day 7

One eye exam for an elderly refugee in Ethiopia

## Hopeful vision for the future

### Eye examinations for elderly refugees in Ethiopia

“When the war broke out, I came to Ethiopia together with my wife, my children and grandchildren,” 76-year-old Khor from South Sudan says. He is one of millions of people who were forced to leave their homes because of the war. The fact that he survived his flight despite of his old age is down to fierce determination to give his family a better and most of all more secure future.

Once at the Gambella refugee camp, his eyesight started to deteriorate, and even here, all he could think of was his family: “When I started to go blind I was devastated because I could no longer take care of my family. The doctors restored my eyesight. I would never have thought that was possible! Now I can once again be there for my family,” Khor says.

### Background

Since the unrest in 2011, the situation in South Sudan has remained tense. Continuing violence, extreme drought and food shortages drives many to seek refuge in neighbouring Ethiopia. According to the UNHCR, more than 880,000 refugees live in Ethiopia – more than half of them from South Sudan. Living conditions in the camps in Gambella are particularly challenging for the elderly.

One of the most prevalent age-related illnesses among refugees, in addition to chronic conditions, is impaired eyesight and eye diseases (Strong et al., 2015). More than a third of people queried in the camp repeatedly stumble or fall because they cannot see an obstacle. Almost a quarter is unable to make out the designs on a bank note.

Older people often prioritise their own concerns beneath those of their (younger) family members. This, and the fact that there is little knowledge about treatments, is why they simply accept that their eyesight will deteriorate and they might even go blind. But reduced eyesight significantly limits the abilities of the elderly. Visual impairments also massively reduce the self-assurance and self-esteem and can result in social isolation within the

### Gambella, Äthiopien

<b>Country:</b>	Ethiopia
<b>Capital:</b>	Addis Abeba
<b>Population:</b>	105 350 020
<b>Gross domestic product in USD:</b>	1.719
<b>Human Development Index:</b>	Place 173 of 188
<b>Characteristics:</b>	Ethiopia is the only country in Africa that was never colonised and the official language Amharic has its own alphabet.

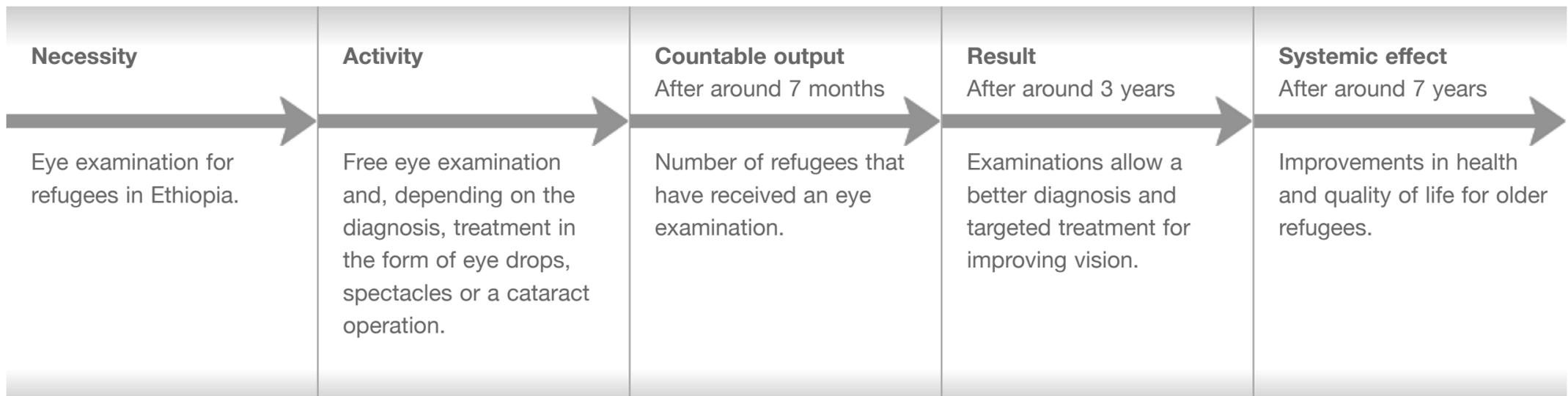


camp.

## The good deed

The good deed is explicitly intended for the elderly – a target group that tends to be underrepresented in many projects. The refugees in Ethiopia include about 45,000 older women and men, and most of them have never in their lives had an eye examination.

The donation allows older refugees in Ethiopia to have a free eye examination and, depending on the diagnosis, the appropriate treatment – be it eye drops, prescription spectacles or a cataract operation. Improving or regaining eyesight reinforces self-reliance and increases quality of life.



### Association

Help Age Deutschland e.V.

### Certified by

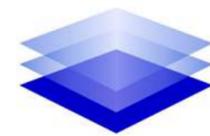
Initiative Transparente Zivilgesellschaft  
DZI-Spendensiegel

### Website

[www.helpage.de](http://www.helpage.de)

### Related links

UNHCR, 2018. Ethiopia.  
Bundeszentrale für politische Bildung, 2018. Äthiopien.  
Strong, et al., 2015. Health Status and health needs of older refugees from Syria in Lebanon.



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## Day 8

One hour of further education for a woman in Lebanon

## Strengthening of women's rights

### Further education for women in Lebanon

“Everything has changed for me.” Alaa props herself up on the railing of the counselling centre’s balcony with obvious confidence. “I have lost the fear that used to be part of my everyday life.” A few years ago, the mother of three had to get out of Syria with her children because of the war. After her arrival she was subjected to domestic violence.

The 30-year-old received assistance in a counselling centre in Lebanon, followed by a very personal liberation: Alaa obtained a divorce. Shortly after that she participated in a course for further education, allowing her to take her fortunes into her own hand and pursue her own education and career goals. And now she is the one educating women of the region on their rights and available assistance programmes as well as winning them for further education courses for women.

### Background

The United Nations High Commissioner for Refugees (UNHCR) has officially registered 995,512 Syrian refugees in Lebanon in 2018. About 80.6 percent of these are women and children. However, the Lebanese government reckons that there are about 1.5 million Syrian refugees (LCRP, 2018).

These are spread out over 1,700 places all over the country. They live under very cramped conditions and in mostly improvised housing. Female-led households in particular are faced by a variety of challenges. Compared to male-led households, these generally have less food, are more often unemployed and thus more reliant on humanitarian aid.

Furthermore, many refugee and Lebanese women are subjected to domestic violence or sexual assault. This most affects single mothers, singles or girls of ‘marriageable’ age. Because they are afraid of being isolated, many of those affected do not dare to speak out about what they have been through. Also, there are still not enough places of contact or shelters in the region.

### Beirut, Libanon

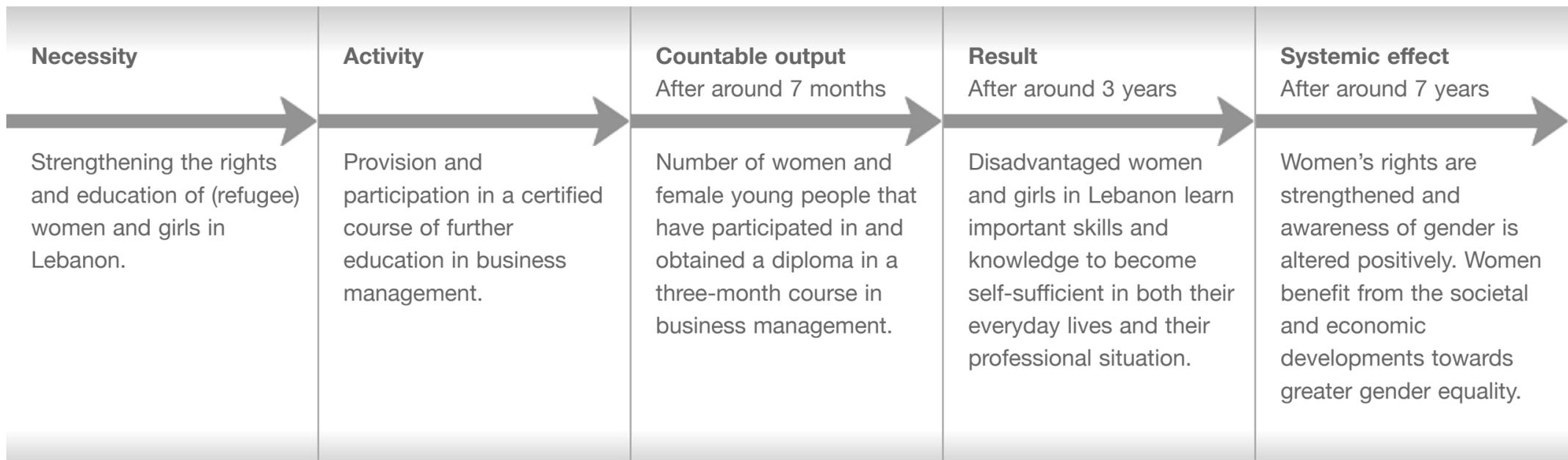
<b>Country:</b>	Lebanon
<b>Capital:</b>	Beirut
<b>Population:</b>	6 229 794
<b>Gross domestic product in USD:</b>	13.378
<b>Human Development Index:</b>	Place 80 of 188
<b>Characteristics:</b>	In Lebanon, the proportion of refugees is as high as nowhere else in the world. Approximately one in four people in the country has a refugee background.



## The good deed

The good deed is providing an education course for women on business management. The course will be offered to the women free of charge and will take place at the counselling centre in the city of Chtoura. The diploma is accepted both in Lebanon and in Syria. Further, the women have access to psychologic and social counselling, legal advice as well as other information events at the counselling centre.

Thanks to the various services at the counselling centre as well as the education courses, the women get the opportunity for capacity building and are empowered to become self-sufficient in the long run, gain economic independence and live a self-determined life.



### Association

AMICA e.V.

### Certified by

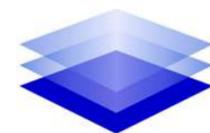
Initiative Transparente Zivilgesellschaft

### Website

[www.amica-ev.org](http://www.amica-ev.org)

### Related links

LCRP, 2018. Lebanon Crisis Response Plan 2017-2020 (2018 update). Government of Lebanon and UN. (Jan. 2018)  
 VASYR, 2017. Vulnerability Assessment of Syrian Refugees in Lebanon. WFP, UNICEF, UNHCR (Dez. 2017)  
 3RPSyria, 2017. 3RP Regional Strategic Overview 2017-2018.  
 Bundeszentrale für politische Bildung, 2018. Libanon Informationen.  
 UNHCR, 2018. Lebanon. Global Focus.



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## Day 9

One ration of feed for a rescued wild animal in Vietnam

## Wildlife conservation

### Taking care of rescued animals in Vietnam

The covering of the pangolin is unique in the animal kingdom: It is made up of large and overlapping scales of keratin – which makes them resemble a pinecone. When they feel threatened, they can roll up into a ball. Sadly, that does not protect them from poachers who are after their scales.

These scales are used in traditional Chinese medicine. Also, their meat is sold as an exotic delicacy. The strong demand from both of these sectors has resulted in the pangolin being one of the most illegally traded mammals.

### Background

Vietnam is within the most biodiverse regions of the world. But poaching and habitat loss pose a threat to the country's biodiversity. According to the World Conservation Union (IUCN), animals such as the Javan rhino, the kouprey (a species of wild cattle that lived hidden in the rain forest), the Indian hog deer and the Bengal bustard are already critically endangered (IUCN, 2018). For many other animals, stocks have depleted so far that they are in danger of suffering the same fate. In addition to the pangolin, small predators such as leopard cats and mongooses are increasingly caught in the wild in order to sell them on the black market.

If the authorities are able to catch wildlife smugglers and impound the illegally caught animals, they are then faced by the challenge of keeping them in a species-appropriate way. Generally, they cannot simply be reintroduced into the wild. It first has to be determined where these animals were caught and if they are free from diseases that they might spread into the wild populations. And so the work of the wildlife rescue centres in Vietnam is crucial to the survival of confiscated animals.

### The good deed

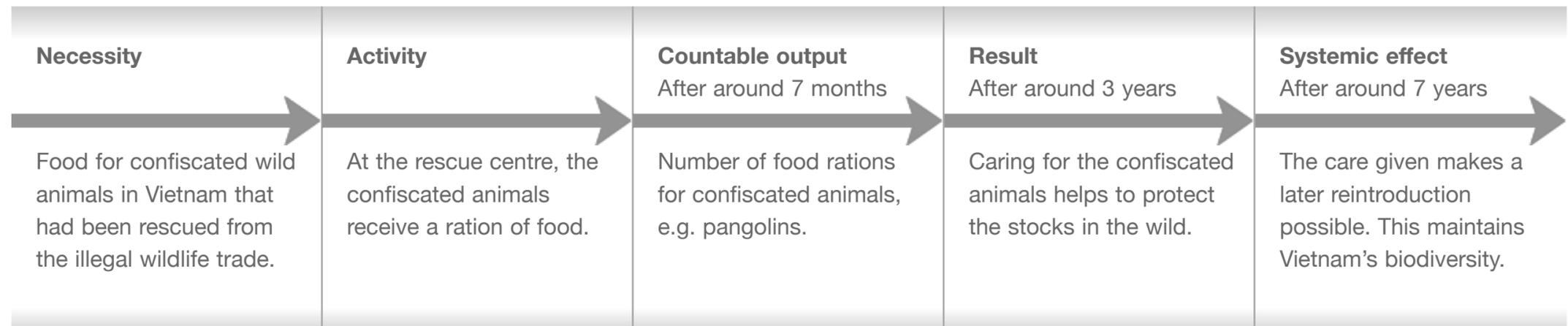
### Hanoi, Vietnam

<b>Country:</b>	Vietnam
<b>Capital:</b>	Hanoi
<b>Population:</b>	95 415 000
<b>Gross domestic product in USD:</b>	5.859
<b>Human Development Index:</b>	Place 116 of 188
<b>Characteristics:</b>	In northern and southern Vietnam there are river deltas that are linked by a areas of woodland and mountains. This is how Vietnam got the nickname 'two bamboo rice bowls connected by a bamboo pole'.



The good deed provides for the care of confiscated wild animals that had been rescued from the illegal wildlife trade. At the rescue centre, the confiscated animals are examined, receive medical care and are nursed back to health until they are fit enough to be reintroduced. In cooperation with the national park authorities, the animals are, whenever possible, reintroduced in protected areas, in order to maintain stocks of these endangered species.

Rescuing, caring for and reintroducing the wild animals is intended to maintain Vietnam's biodiversity and protecting wildlife from poachers. Getting the local population involved generates greater awareness for wildlife conservation and motivates them to a stronger involvement in favour of biodiversity.



**Association** Aktionsgemeinschaft Artenschutz (AGA) e.V.

**Certified by** Initiative Transparente Zivilgesellschaft

**Website** [www.aga-artenschutz.de](http://www.aga-artenschutz.de)

**Related links**

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Neme, L., 2016. For Pangolins, A Long Hard Road to Freedom. Huffington Post, New York

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IUCN, 2018: The red list.



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## Day 10

Three meals per day for children of female sewers in Bangladesh

## Child care instead of child labour

### Wholesome food for children of garment workers in Bangladesh

Bangladesh is ten hours by plane from us. But the country is also closer to us than most others: Every day, we wear clothing that was produced in Bangladesh. Every day, millions of women garment workers produce for us T-shirts, dresses and trousers from Bangladesh.

These days, many people also know that the majority of these garments are produced under very bad working conditions. Garment workers usually spend seven days per week and up to 12 hours per day working at the factory. Many of them have small children. But rarely does anyone think about how these children are cared for while the workers are at the factory. “Free day care for the women garment workers is a good way to prevent child labour. I myself started working in the garment industry when I was 12,” Kalpona Akter of the Bangladesh Centre for Workers Solidarity says. “Our day care centre gives the children the possibility to develop freely and to take a different path in their lives.”

### Background

In Bangladesh, four million people work in the garment industry in order to earn a living for themselves and their families. About 80 percent of the workers in the industry are women (Kampagne für saubere Kleidung, 2018). The Bangladeshi government has set a minimum salary of about 52 euros per month. However, this has not been raised in the last five years. Here in Germany, the unions regularly fight for the adjustment of salaries in collective negotiations. In Bangladesh, the unions are much less influential. The regular salary is no longer sufficient to feed a family.

In order to do that, many garment workers often have to work a lot of overtime. 100 hours of overtime per month are not uncommon. And the lack of day care facilities thus poses challenges for these working mothers and fathers. If they do not have the financial means to not work so much, that means that even very small children have to stay at home

### Dhaka, Bangladesch

<b>Country:</b>	Bangladesh
<b>Capital:</b>	Dhaka
<b>Population:</b>	164 800 000
<b>Gross domestic product in USD:</b>	3.611
<b>Human Development Index:</b>	Place 136 of 188
<b>Characteristics:</b>	After China, Bangladesh is the largest exporter of garments. More than four million workers, mostly women, have to try to make a living by working in the garment industry.

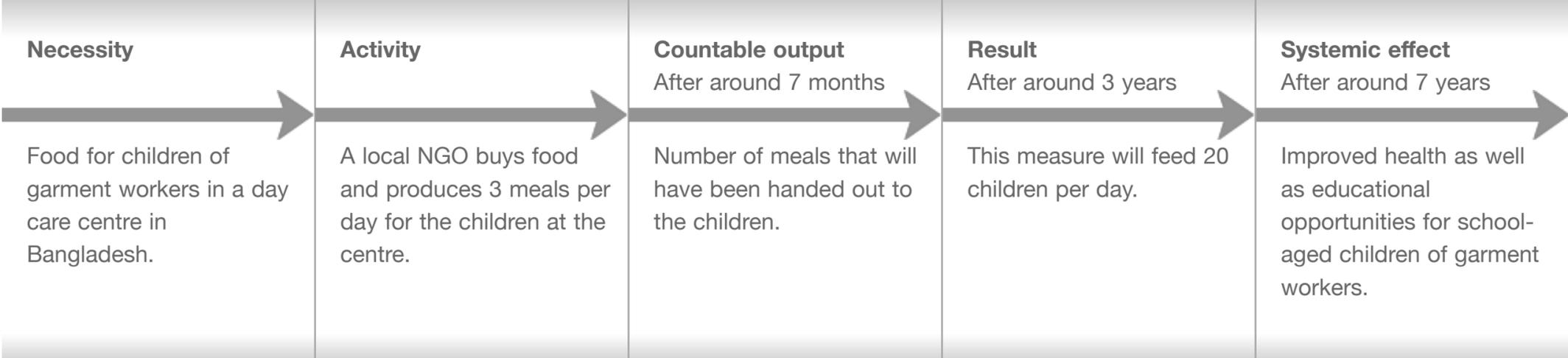


unsupervised or have to be cared for by older siblings, who in turn have to neglect their school education. If the children stay at home, they are then also roped into working from home, such as to help in sewing on sequin. That leaves them with no way to concentrate on their education.

### The good deed

To allow the children of garment workers to be taken care of in an age-appropriate way, the Bangladesh Centre for Workers Solidarity runs a free day care centre. Today’s good deed covers the care for these children. They are provided with three wholesome meals and clean drinking water. This creates the foundation for a healthy development from earliest childhood.

Primary school children also come to the day care facility after school. To be able to concentrate on learning at all, they also need the regular meals. Daily sustenance helps to improve the health of these children. This also provides relief for the working parents – both financial and from having to worry about if their children are safe and well taken care of. At the same time, FEMNET e.V. supports local labour unions and conducts campaigns to raise awareness of the issue of fair garments in Germany.



- Association** FEMNET e.V.
- Certified by** Initiative Transparente Zivilgesellschaft
- Website** [www.femnet-ev.de](http://www.femnet-ev.de)
- Related links** Kampagne für Saubere Kleidung, 2018. Bangladesch Länderinformationen. Cividep, 2015. Bedarfsanalyse über Kinderbetreuungseinrichtungen in der Bekleidungsindustrie in Bangalore, Bangalore, Indien. FEMNET, 2017. FEMNET Fact Sheet Kinderbetreuung, Bonn.



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## Day 11

One set of bicycle lessons for a woman refugee in Germany

## On your bike!

### Empowering women refugees through learning to cycle

Freiburg im Briesgau has the reputation of being one of the most bicycle-friendly cities in Germany. According to a 2016 nation-wide poll conducted by the German Cycling Federation (ADFC), the city was voted third most bike-friendly urban area (ADFC, 2016). This puts Freiburg at the forefront when it comes to using the bike as a mode of transport. But cycling can be far more than merely a means of getting around.

The American campaigner for women's rights had already pointed out the emancipatory value of the bicycle in the 19th century. She revelled in the sense of freedom it afforded. At the time, owning a bike, which we today take for granted, was still something special in the US and Europe. In Germany, most people learn to cycle and thus experience this sense of freedom when they are young children. In the bicycle-town of Freiburg women refugees that have so far not learned to ride a bike will now also be able to have that experience.

### Background

Numerous international conflicts today force more and more people worldwide to leave their homeland. Many new people have also arrived in Germany in recent years and are seeking refuge from war and persecution. According to statistics from the Federal Office for Migration and Refugees, 81,000 asylum applications were filed in the first half of 2018 - 42 percent of them by girls and women (BAMF, 2018). In order to facilitate and accompany the integration of refugees in Germany, numerous projects have been launched, including in the field of sports.

The North Rhine-Westphalia State Sports Association states that women with a migration or refugee background in particular are less likely to participate in sports clubs or take advantage of sports opportunities (Landessportbund Nordrhein-Westfalen e.V., 2017). There is a need for specific services that address the special circumstances of refugee women and break down access barriers to sports services. Cycling courses that are specifically geared to the needs of refugee women are one way of promoting the participation and

### Freiburg, Deutschland

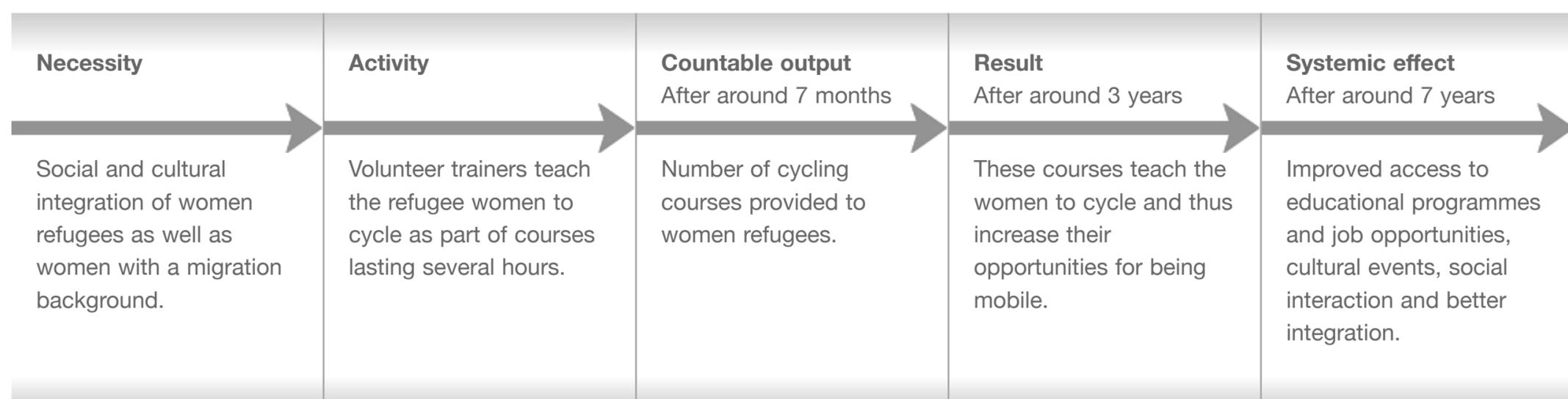
<b>Country:</b>	Germany
<b>Capital:</b>	Berlin
<b>Population:</b>	82 521 653
<b>Gross domestic product in USD:</b>	46.136
<b>Human Development Index:</b>	Place 5 of 188
<b>Characteristics:</b>	Germany is right in the heart of Europe. And with more than 82 million inhabitants, it is the most populated country in the EU. Since 2015, no other EU country has taken is so many refugees as Germany.



## The good deed

The good deed allows the carrying out of cycling courses. Over several weeks the women learn to cycle in small groups.

The bicycle enables the women to explore their new surroundings, to visit friends and family and provides inexpensive access to education, work and cultural life. This increases the social participation and mobility of refugee women. At the same time, it promotes women's health and protects the environment. The good deed thus benefits women, society and nature.



**Association** Bike Bridge e.V.

**Website** [www.bikebridge.org](http://www.bikebridge.org)

**Related links**

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## Day 12

20 minutes of  
physiotherapy for a  
child with disabilities in  
Haiti

## Opportunities for people with disabilities

### Developing ability through sports and exercise

"Where are you going with that thing?" When Christella rides a cab with her daughter, she often hears such hurtful sentences. The 'thing' is her daughter Julienne, who has been afflicted with a spastic paralysis since birth. In 2008, the first outpatient rehabilitation centre for people with disabilities was built in Haiti. This is still the only one of its kind there. Julienne is one of about 140 children who are treated and cared for there every week.

And Christella? She stopped being one of those mothers who hide away their children at home out of shame, but one who sets a good example and contributes to a society without discrimination.

### Background

Haiti is the poorest country on the American continent. The country is affected by tropical cyclones and political instability. There is hardly anyone who cares for people with disabilities. Gena Geraty of the rehabilitation centre says: "A mother usually has five or six children. If it turns out that one of them has health problems, the father often leaves the family. The financial support for Haitian families is difficult anyway due to the low employment opportunities. Often both parents have to do an odd job to keep the family afloat. Children with disabilities are often left 'at home' alone."

The prejudices which Haitian society has towards people with disabilities are predominantly religious or cultural. Children with disabilities are often seen as bewitched, people keep their distance from them and their fear quickly turns into aggression.

Because of this social exclusion, children with a physical or mental disability do not have nearly the same opportunities as children without. The entire team of the rehabilitation centre has therefore been working for years towards the goal of improving the living conditions of people with disabilities in Haiti.

### Port-au-Prince, Haiti

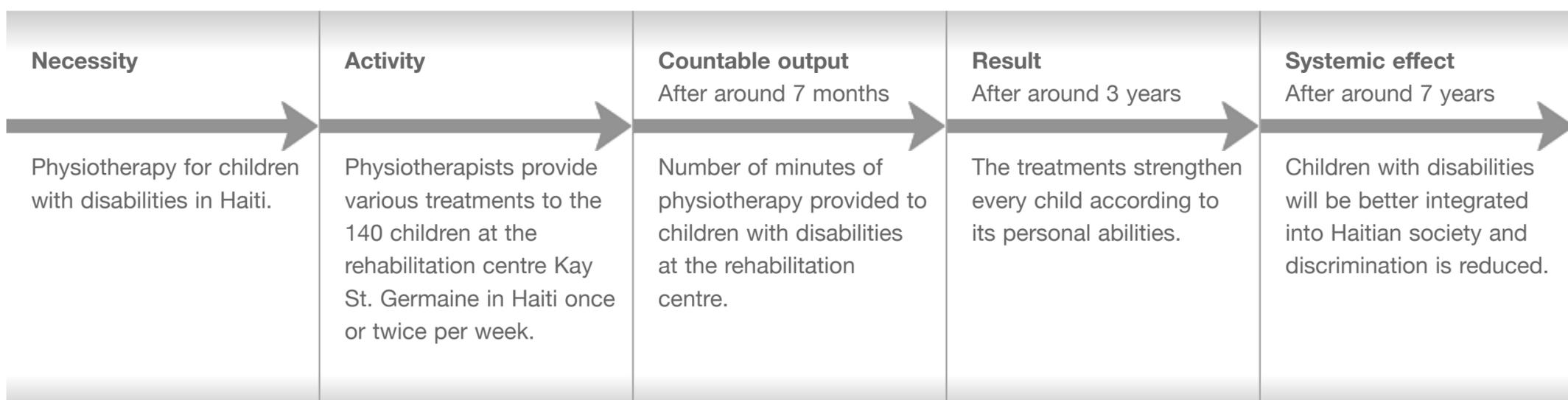
<b>Country:</b>	Haiti
<b>Capital:</b>	Port-au-Prince
<b>Population:</b>	10 711 000
<b>Gross domestic product in USD:</b>	1.665
<b>Human Development Index:</b>	Place 168 of 188
<b>Characteristics:</b>	Haiti was the first Caribbean nation to declare independence. The country struggles to develop – mainly because of natural disasters such as earthquakes or tropical hurricanes.



## The good deed

The good deed aims at supporting the 140 children at the rehabilitation centre with physiotherapy. This includes relaxation and loosening exercises as well as support in learning movements. The physiotherapeutic treatments are one of many measures to promote the individual abilities of each child and to increase their long-term potential for social participation.

The staff at the 'Kay St. Germaine' Centre for the Disabled support children with disabilities according to the philosophy that all people have equal rights and opportunities and should not be discriminated against due to their physical limitations. At the same time, they want to break down the prejudices people with disabilities face in Haiti.

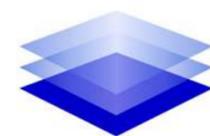


**Association**      npf Kinderhilfe Lateinamerika e.V.

**Certified by**      Initiative Transparente Zivilgesellschaft  
DZI-Spendensiegel

**Website**          www.nph-kinderhilfe.org

**Related links**      Lisa Danquah & Aude Brus, 2012. Representation and evaluation of disability in Haiti; International Centre for Evidence in Disability

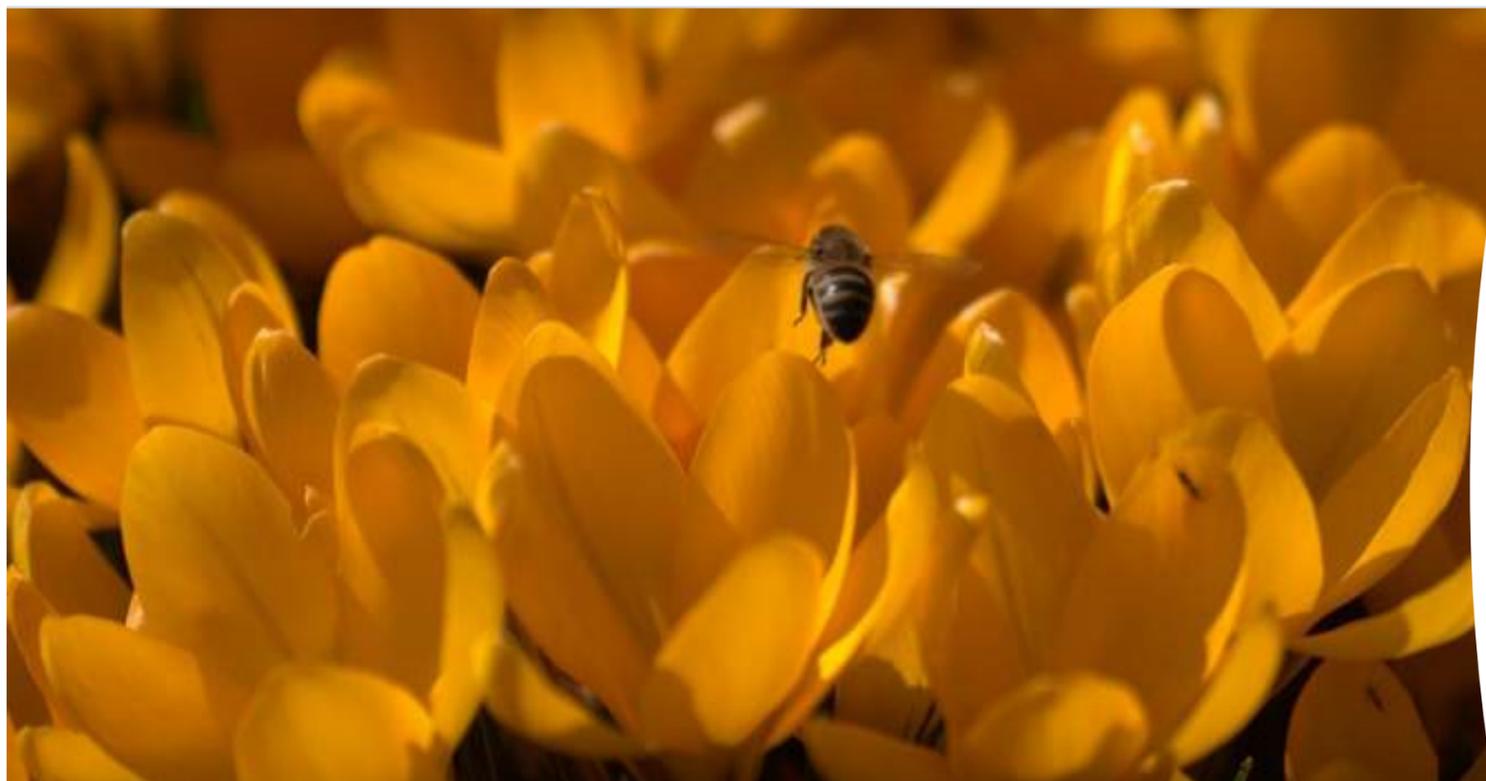


**Initiative  
Transparente  
Zivilgesellschaft**



**Geprüft + Empfohlen!**

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## Day 13

A home for 75 bees  
near meadow orchards  
in Germany

## Fight against the dying of bees

### New bee hives for the Hessian meadow orchards

The apple is said to be the Germans' favourite fruit. Supermarkets sadly offer fewer and fewer apple varieties to buy. On the other hand, orchards are home to a huge selection of fantastic apple varieties. Many of these varieties are more digestible for allergy sufferers and much healthier than the typical varieties from the supermarket.

Orchard meadows are also a place of special biodiversity. The little owl, rare butterflies and many bee colonies find a safe home here. Bees are indispensable for the preservation of the colourful diversity and their humming sweetens every beautiful spring day. The protection of orchard meadows is therefore of central importance for bees in Germany.

### Background

Albert Einstein is believed to have once said: "Once the bee disappears from the earth, man has only four years left to live". Long-term studies already show dramatic decreases of up to 75 percent in the number of insects. Many environmental toxins and ever smaller areas of retreat for these creatures are to blame for the decrease in the insect populations (Hallmann, 2017 and Sorg, 2013). Especially in Germany, large monocultures are prevalent. Such agricultural use shapes our landscape. Natural meadows are becoming a rarity today.

For bees, butterflies and bumble bees these natural meadows are very important. Colourful flowers, grasses and blossoming trees immediately provide the basis for their nutrition. Only when different plants bloom at different times, animals are able to find enough food. In the orchards, bees find exactly this variety and can flourish.

### The good deed

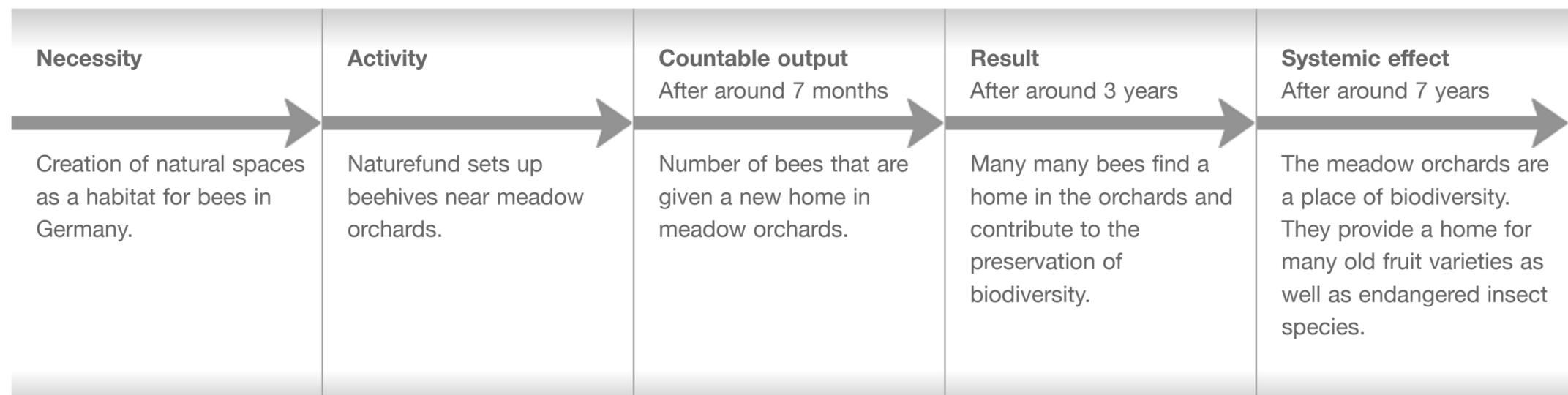
In order to promote the bee and insect prosperity in the orchards, Naturefund has set up beehives for wild bees in these protected orchards. The good deed directly supports the new bee colonies and allows them to find a new home.

### Wiesbaden, Deutschland

<b>Country:</b>	Germany
<b>Capital:</b>	Berlin
<b>Population:</b>	82 521 653
<b>Gross domestic product in USD:</b>	46.136
<b>Human Development Index:</b>	Place 5 of 188
<b>Characteristics:</b>	The favourite fruit in Germany is the apple. No other EU country consumes as many per year: 25 kilos per capita.



In addition, old fruit trees are cultivated in the orchards, mistletoe is removed and young fruit trees of old varieties are planted. The work is supported by volunteers who take care of the fruit trees. The hard work of the busy bees in the orchards is thus of great benefit to both the biodiversity and the people.



**Association** Naturefund e.V.  
**Certified by** Initiative Transparente Zivilgesellschaft  
**Website** [www.naturefund.de](http://www.naturefund.de)



**Related links**  
 NABU Artikel, 2017. Wissenschaftler bestätigen dramatisches Insektensterben.  
 BUND, 2018. Lebensraum Streuobstwiese.  
 Hallmann C. A. et al, 2017: More than 75 percent decline over 27 years in total flying insect biomass in protected areas. PLoS ONE 12(10). DOI: 10.1371/journal.pone.0185809.  
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## Day 14

Two food deliveries to a person in need in Brandenburg

## Lunch on two wheels

### Allowing the elderly to participate in town life

“I don't know where I am. What has been here? The ghost town begins – here deep in the east.” This song of the German artist Clueso is called Ghost Town. It's about forgotten places in eastern Germany that are slowly and quietly disappearing after the fall of communism. The district of Hohenstücken in Brandenburg an der Havel is such a place. Many have left, few have remained. More and more blocks of flats are disappearing and with them the people. Hohenstücke is shrinking.

But a group of long-term unemployed people and pensioners have found each other and are not willing to accept this development. They try to breathe new life into the district with a social café - the Café Miteinander. Coffee and cake and a warm lunch are served here. The older people from the quarter jointly prepare the warm lunch and then eat it together. It offers space for conversation and the people can share their concerns and find people who will listen to them.

### Background

In the 70s, the district of Hohenstücken was built to house steel workers. After the end of the GDR and the disappearance of the steel industry, the district became less attractive. Those who could afford to moved away. This left behind mainly the less mobile and the financially weak. Today, the proportion of people dependent on social benefits is just under 50%.

The population is ageing rapidly and the situation of those in need of assistance and care is also inadequate due to a shortage of nursing staff. There is a high level of poverty among the elderly. The proportion of basic security recipients over the age of 65 is three times higher than in the rest of the town (Stadt Brandenburg an der Havel, 2014). These people often lack social connection.

## Brandenburg an der Havel, Deutschland

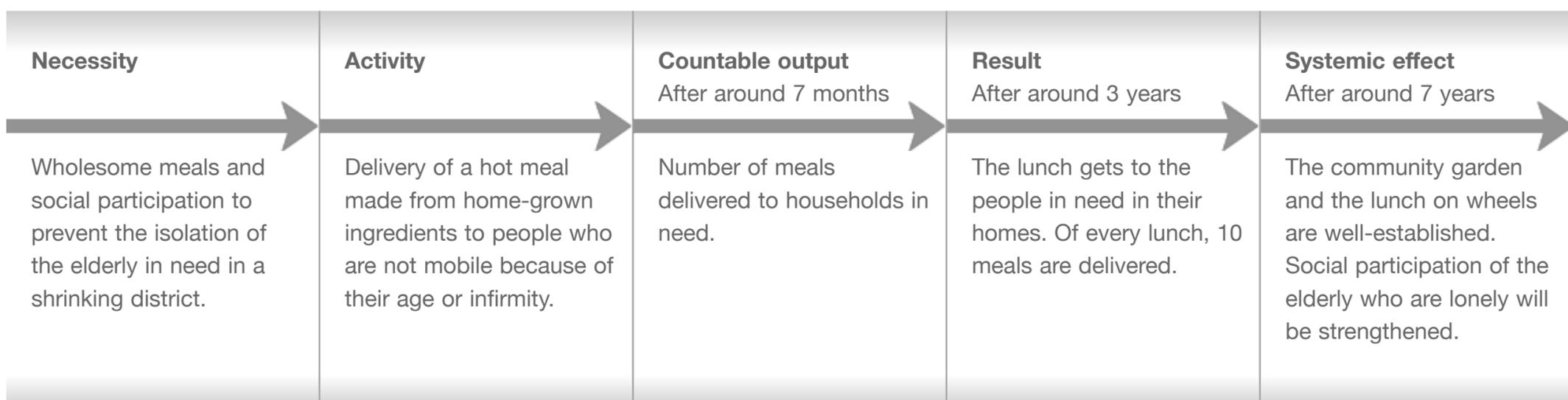
<b>Country:</b>	Germany
<b>Capital:</b>	Berlin
<b>Population:</b>	82 521 653
<b>Gross domestic product in USD:</b>	46.136
<b>Human Development Index:</b>	Place 5 of 188
<b>Characteristics:</b>	The wealth distribution in Germany is ever more unequal. Between 2003 and 2015, the number of the elderly living in poverty has doubled (Der Paritätische, 2018).



## The good deed

The donation will be used to purchase a cargo bicycle, warming boxes and serving solutions that will allow it to bring the lunches to those people who are unable to come to the café due to their age or infirmity. Volunteers then deliver the food to those in need. An important side-effect is that people are regularly visited and are asked how they are doing and whether they need further help.

In addition, the town of Brandenburg provides a garden property which is open to all residents and initiatives of the district. The AuWiHo association would like to use part of the community garden to plant a variety vegetables and fruits, which are then processed at the café for lunch. The donation of 24 good deeds will help to set up raised beds and plant seedlings. The community is strengthened and the ghost town becomes a greener, warmer and more lively place for everyone.



**Association** Arbeiten und Wohlfühlen in Hohenstücken e.V.

**Website** <https://www.quartiersbetrieb-hohenstuecken.de/neuigkeiten/2017/12/20/sqy4y15lmc9q7kem0wbyca5dymx4tg>

**Related links** Der Paritätische, 2018. Armutsbericht 2017 – Armut im Alter.  
Märkische Allgemeine Zeitung, 2014. Junges Leben in Brandenburg.

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## Day 15

15 minutes of speech therapy for a child with a cleft palate in India

## Speaking as a key to education

### Speech therapy for children with a cleft lip and palate in India

Many children in India who are born with a cleft lip and palate are hidden away by their parents out of shame and fear of exclusion. Ibrahim is 5 years old and also suffers from this malformation. He lives with his family in a slum in Hasan Nagar, south of Hyderabad. He is teased and excluded by other children because he cannot speak properly because of his cleft lip. Many children with cleft lip and palate therefore do not go to school.

Ibrahim's cleft lip has now been closed at the treatment centre in Hyderabad. This is the first step: the obvious disfigurement has been repaired. In order for Ibrahim to be able to speak correctly, an accompanying speech therapy is important. Through special exercises he learns to articulate himself comprehensibly and has a good chance of a carefree life among his friends and school mates.

### Background

A cleft lip and palate is one of the most common malformations worldwide – even in Europe. Statistically, one child per 500 births has a cleft lip and palate (Uniklinikum Jena, 2018). Between the 6th and 9th week of pregnancy, the individual areas of the face, such as the lip, jaw and palate, fuse. During this phase, cleft formation may occur. To date, no single cause for the formation of cleft lip and palate is known (Uniklinikum Jena, 2018). It is known that cleft malformations can be caused by both genetic and external factors, such as environmental pollution, particular altitudes, malnutrition or illness of the mother during pregnancy.

In Germany, treatment costs are covered by health insurance. This is not the case in many countries of the world. Many children in India who suffer from a cleft lip and palate live in families who often have to live on less than 2 euros a day. Therefore they cannot afford a treatment of their child or even a speech therapy.

### Neu-Delhi, Indien

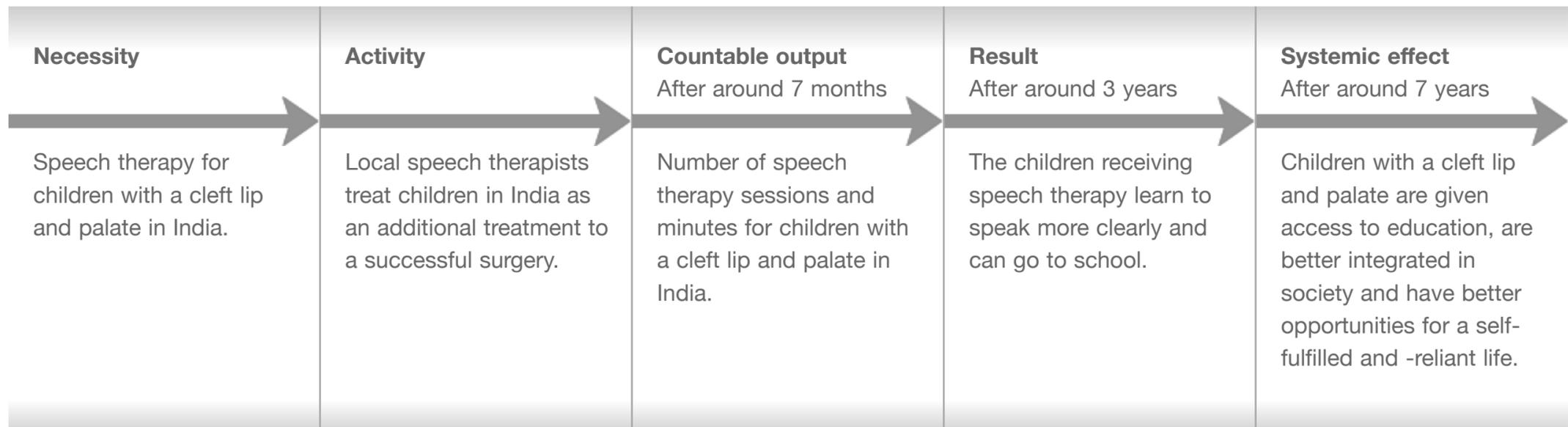
<b>Country:</b>	India
<b>Capital:</b>	New-Delhi
<b>Population:</b>	1 339 180 000
<b>Gross domestic product in USD:</b>	6.353
<b>Human Development Index:</b>	Place 130 of 188
<b>Characteristics:</b>	India is the largest democracy in the world. With about 1.3 billion inhabitants, it is estimated that there are about one million untreated children with a cleft palate and 50,000 cleft palate births per year.



## The good deed

The good deed enables the children to participate in speech therapy after a successful operation. Early speech therapy helps to promote the speech development of the affected children. The children learn to speak normally and can participate more fully in lessons.

With the good deed, these children also get the chance of a carefree life with the same possibilities and conditions as other children.



### Association

Deutsche Cleft Kinderhilfe e.V.

### Certified by

DZI-Spendensiegel

### Website

[www.spaltkinder.org](http://www.spaltkinder.org)

### Related links

Gopalakrishna,A., Agrawal, K., 2010. A status report on management of cleft lip and palate in India.(Indian Journal Plastic Surgerey, 43(1): 66-75)  
Medizinische Hochschule Hannover, 2018. Lippen-Kiefer-Gaumenspalten. Universitätsklinikum Jena, 2018). Lippen-Kiefer-Gaumenspalten.



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## Day 16

Three hours of school preparation for a child and its parents in Germany

## Learning together for school

### Reducing educational inequality in Germany

Tariq is almost 6 years old and he wants to go to school next summer. His family is from Afghanistan and his parents hardly speak German. Because of the war, his father was only able to attend school for three years. His mother wants her son to have a better life and a good education.

The doctor tells them about HIPPIY, a parent-child programme that playfully and successfully prepares Tariq for school. Tariq is as curious as his parents. Every week they receive a visit from a supporter of the HIPPIY project. She brings along children's books and exercise books for Tariq. They all practice together – reading, drawing, speaking and playing. The family has a lot of fun and they all learn together. Then it's time: Tariq passes the aptitude test and starts school. He has a huge smile on his face and his parents are also very proud.

### Background

Education is an important resource in a prosperous country like Germany. Early education is particularly important for development and equal opportunities. Some children can already write and play the piano when they start school. Other first-graders find it difficult to hold a pen or sit still. It is often in the first years of life that the later path of a child is decided.

In Germany, educational success is closely linked to the parents' social background and income, much more so than in other countries (OECD, 2018). There are parents who cannot support their children in their development without outside help. These children have no opportunities for training their fine motor skills, practicing reading or developing creativity. As a result, these children are much less likely to achieve A-Levels or any school-leaving qualification, with all the disadvantages for their personal future and for society.

### Berlin, Deutschland

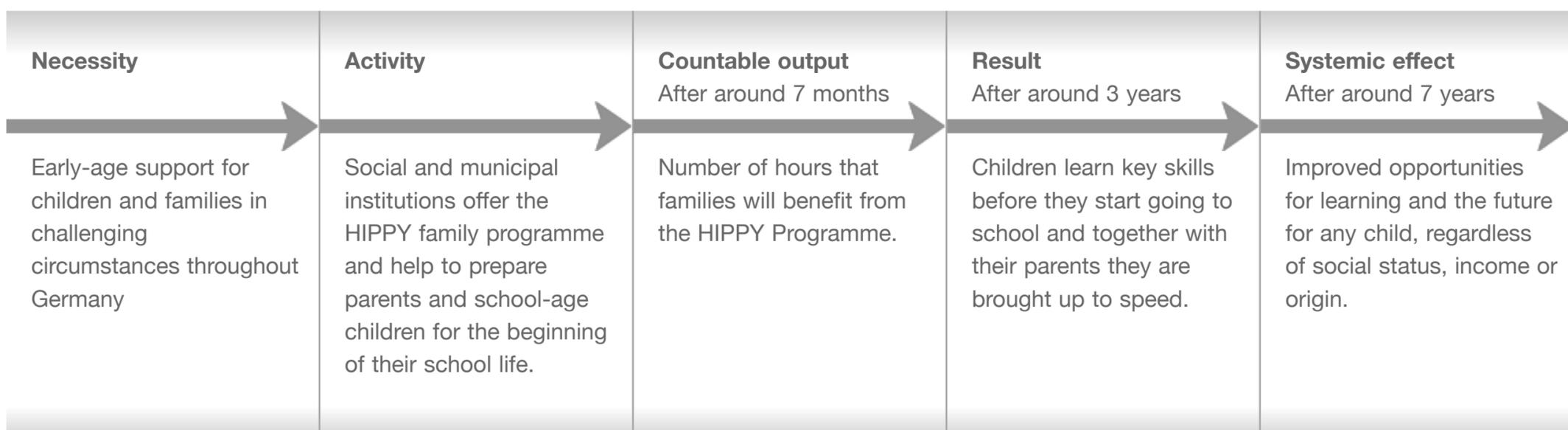
<b>Country:</b>	Germany
<b>Capital:</b>	Berlin
<b>Population:</b>	82 521 653
<b>Gross domestic product in USD:</b>	46.136
<b>Human Development Index:</b>	Place 5 of 188
<b>Characteristics:</b>	Education is a key resource in Germany. Nevertheless, spending on education is only 4.2% of GDP. This is even lower than the average of 5% for all 28 EU countries.



## The good deed

Supporters from the HIPPY programme visit families in need for several months before starting school and accompany them in the preparation and acquisition of central skills. Both parents and children benefit. The familiar environment at home, the trusting relationship with the incoming supporter and the regular practice with exciting children's books and exercises both help to promote the children's development.

Mothers and fathers are strengthened in their self-confidence and children playfully learn important skills for starting school. The HIPPY programme prepares families for the transition to primary school, eases the children's entry into their personal educational and life paths and reduces educational inequality.



**Association** IMPULS Deutschland Stiftung e.V.

**Certified by** Initiative Transparente Zivilgesellschaft  
PHINEO-wirkt Siegel

**Website** [www.impuls-familienbildung.de](http://www.impuls-familienbildung.de)

**Related links**

Spieß C. Katharina, 2013. Investitionen in Bildung: Frühkindlicher Bereich hat großes Potential, DIW Wochenbericht Nr. 26/2013, S. 40-47, Berlin

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Bundesministerium für Arbeit und Soziales (Hrsg.), 2017. Lebenslagen in Deutschland - Armuts- und Reichtumsberichterstattung der Bundesregierung

Autorengruppe Bildungsberichterstattung (Hrsg.), 2016. Bildung in Deutschland 2016

OECD, 2018. Equity in Education: Breaking Down Barriers to Social Mobility.



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## Day 17

Seeds for 1.6 hectares  
of pasture on Masai  
land in Kenya

## Feed for times of drought

### Grazing land for Maasai cattle in southern Kenya

Wide savannah, acacia trees, zebras, giraffes and lions: The typical images that people think of when they think of Kenya, and what attracts hundreds of thousands of tourists to the East African country every year. The Maasai as a population group belong to this landscape and live in the south of Kenya. Many know the Maasai for their red scarves and the strikingly colourful jewellery in the form of chains, bracelets and earrings.

What very few people know: The land on which the wild animals live, on which lodges stand and safaris happen, traditionally belongs to the Maasai and is community property. Today, huge areas of the land are designated as nature reserves. Often, foreign investors also set up private nature reserves and build accommodation on Maasai land. Due to this development and the difficult climatic conditions, it is increasingly difficult for the Maasai to live off the land.

### Background

Most Maasai still live traditionally as semi-nomadic pastoralists. The dry savanna does not permit agriculture even under the best conditions. The meat, milk and blood of their cattle provide the basis for food and income. The entire way of life of the Maasai revolves around the herds. They are extremely dependent on sufficient rainfall to grow enough grass for the animals. Today, however, every three to five years, between two and three consecutive rainy seasons will fail. The consequences of drought, overgrazing and deforestation in combination with climate change lead to progressive desertification.

While 20 years ago it was still possible for cattle herders to leave the ancestral lands and move their animals as far as Tanzania or Central Kenya to graze and in search of water sources, this is no longer possible today. The reasons for this are the privatisation of land and the expansion of industrial areas. Since the Maasai families are dependent on their animals, drought and limited habitat result in serious problems. The Maasai are no longer able to feed themselves and are increasingly becoming recipients of food aid. In addition,

### Nairobi, Kenya

<b>Country:</b>	Kenya
<b>Capital:</b>	Nairobi
<b>Population:</b>	46 790 758
<b>Gross domestic product in USD:</b>	2.961
<b>Human Development Index:</b>	Place 142 of 188
<b>Characteristics:</b>	Nairobi is the only city in the world that has a national park within its boundaries. It also is the home of one of the world's largest slums, Kibera.

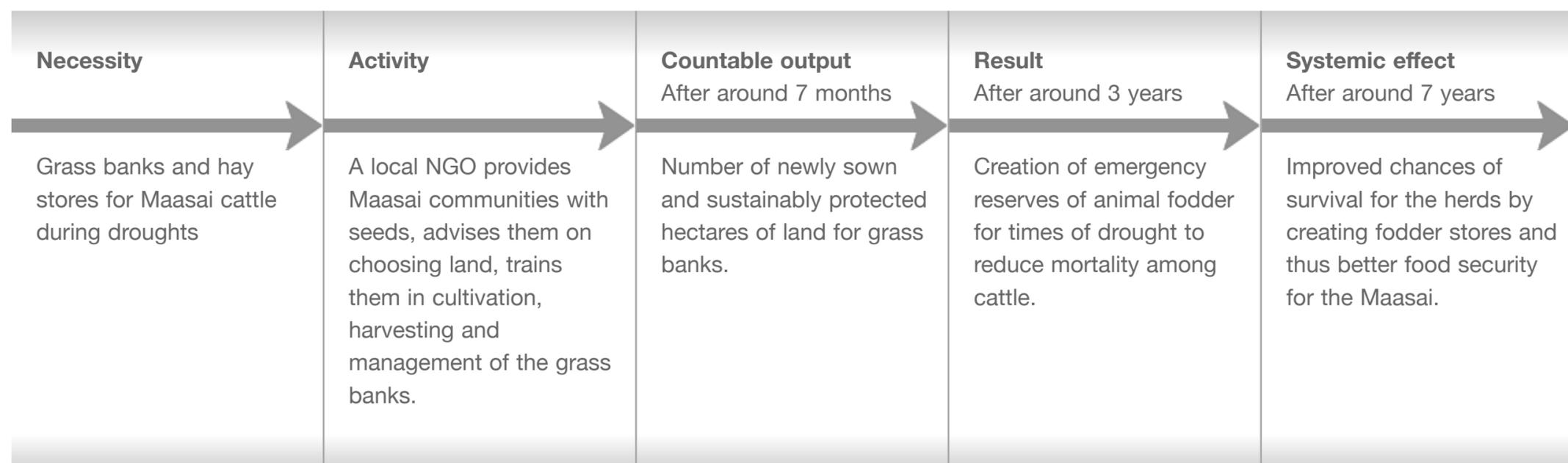


there is a lack of knowledge about management practices and tourism.

## The good deed

Grass banks will be set up on around 50,000 hectares of Maasai land to safeguard the livestock of the Maasai even in times of drought. The good deed will help to sow grass suitable for the climate in protected areas and subsequently keep the areas free of livestock. Hay will be made regularly and stored. At the same time, areas for livestock, especially dairy cows and calves, are made available if there is a lack of fodder. These grass banks will thus sustainably reduce the mortality rate of the animals.

In addition, the Maasai are trained to make better use of their existing resources. The grass banks are part of a large-scale project to develop organic farming, access to water, livestock marketing, sustainable pasture management techniques and the establishment of nature reserves.



**Association** Zukunftsstiftung Entwicklung bei der GLS Treuhand e.V.

**Certified by** Initiative Transparente Zivilgesellschaft  
DZI-Spendensiegel

**Website** <https://www.zukunftsstiftung-entwicklung.de>

**Related links** Fischer, Lars, 2017. „Warum der Hunger zurück nach Afrika kommt“, Spektrum.  
Justus Wanzala, 2016. As pastoralist land shrinks, Maasai women take livestock lead, Reuters.  
Bartholomäus Grill, 2009. Hilferufe aus aller Welt, Der Durst der Kühe, Zeit Nr. 50 2009.



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## Day 18

One vaccination of a goat by a woman in Nicaragua

## When women are strong, stomachs are full!

### Training of veterinary specialists in Nicaragua

While in Germany we are waiting for the first snow in Advent, Nicaragua sees the beginning of the annual dry season. During that time, smallholder families in rural areas are struggling to cope with increasing water shortages. The fact that people in Nicaragua have less and less water also has something to do with us: it is a consequence of global climate change. In Nicaragua of all places – the water-richest country in Central America – people and animals are suffering more and more from food and water crises.

In addition, many smallholders in Nicaragua lack knowledge about adapted cultivation methods, animal hygiene and appropriate feeding. Due to this situation and the climatic conditions, entire harvests are lost and many farm animals die an avoidable death. The 2015 drought destroyed almost 50,000 tons of maize, one million cattle suffered from malnutrition and 2,500 animals died of thirst (Zeit online, 2015). Due to this situation, many families often did not have enough to eat for themselves.

### Background

The lack of water and the resulting difficult living conditions particularly affect women in rural Nicaragua. Women are often greatly dependent on their husbands. According to United Nations statistics, 23 percent of all women in Nicaragua have experienced domestic violence at least once (UN Women, 2016). Opportunities for self-realisation are therefore limited. Added to this are the ongoing political unrest and anti-government protests, which began in April 2018. More than 500 people are said to have died in the protests (Frankfurter Allgemeine Zeitung, 2018). The country is in a deep social crisis and thousands of people have already fled to neighbouring Costa Rica.

Small farmers live mainly by goat and sheep breeding. Nevertheless, most people have little knowledge of animal husbandry. So far, they have rarely cultivated their own feed, which could be used during the dry season. Animal mortality from births and diseases is high. State or private veterinary services are not available in the communities, so there is no

### Managua, Nicaragua

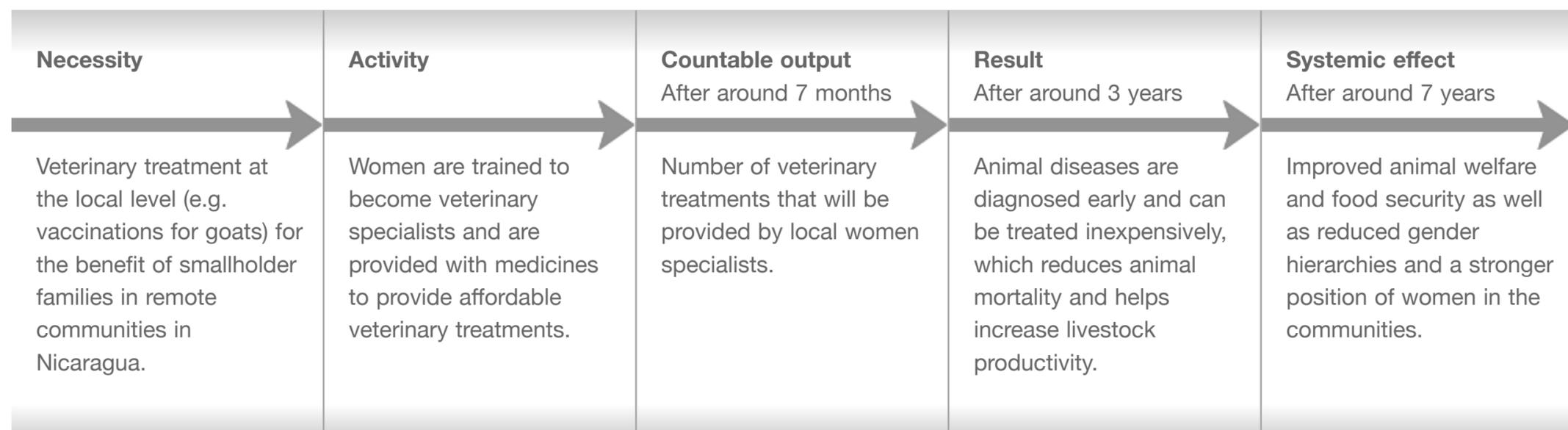
<b>Country:</b>	Nicaragua
<b>Capital:</b>	Managua
<b>Population:</b>	6 150 000
<b>Gross domestic product in USD:</b>	5.157
<b>Human Development Index:</b>	Place 124 of 188
<b>Characteristics:</b>	Lake Nicaragua is the largest lake in Central America – but water is still scarce. According to Germanwatch's 2018 Climate Risk Index, Nicaragua is fourth among the countries of the world when it comes to being threatened by climate change (Germanwatch, 2018).

possibility to treat the animals locally. In emergencies, people have to travel the long and expensive way to the district town – if they can afford it.

## The good deed

Through the good deed, women in Nicaragua are trained as veterinary specialists. They acquire the knowledge and tools to be the contact persons for around 500 animal owners in their communities. The new possibility of being able to provide animals with health care in their own communities reduces animal mortality and increases milk and meat yields. The good deed thus improves the nutritional situation of the families.

Furthermore, women are advancing into areas traditionally dominated by men and their social standing and self-confidence are growing enormously. "In the past, I hardly dared even to speak up. Thanks to the work of the Xochilt Acalt women's centre, I now know what I am capable of. I use my skills to help many people in my community when their animals are sick," says Mirna R., an animal health specialist trained in a previous project. The good deed is therefore also an important contribution to strengthening women's rights and the position of women in Nicaragua.



**Association** Inkota-netzwerk e.V.  
**Certified by** Initiative Transparente Zivilgesellschaft  
**Website** [www.inkota.de](http://www.inkota.de)



**Related links**  
 Germanwatch, 2018. Globaler Klima-Risiko-Index 2018.  
 Nicaragua-Forum Heidelberg, 2015. Nicaragua betroffen von Dürre und Klimawandel.  
 Frankfurter Allgemeine Zeitung, 2018. Nicaragua. Schon mehr als 500 Tote seit Beginn der Proteste.  
 UN Women, 2016. Global Database on Violence against Women.  
 Welt, 2014. Mittelamerika ächzt unter einer schweren Dürre.  
 Zeit Online, 2015. Zentralamerika: El Niño treibt Millionen Menschen in den Hunger.



## Day 19

Medicine for two malaria treatments for children in the Nuba Mountains

## A treatment that saves lives

### Malaria treatments for children in Sudan

For decades, Sudan has seen hostilities between the official government and rebel groups. The chief victims of the fighting have been the civilian population, who flee their home villages and seek refuge in the caves of the Nuba Mountains, which lie directly on the border with South Sudan.

However, a lack of food, low water reserves and poor medical care quickly turn life in the mountains into a struggle for survival. "The longer I am here, the more I realise that we are probably in the most abandoned place on earth," says Kathrin Baumgartner, a physician working in the Nuba Mountains.

### Background

The Nuba Mountains have long been affected by persistent war. After the independence of South Sudan, the second Sudan War broke out. The rebels of the Sudanese Liberation Army have been fighting against the national government based in the capital Khartoum and demand more co-determination rights and participation of the region and its people. The Sudanese government repeatedly bombs rebel positions and civilian facilities in the Nuba Mountains.

Medical care in the Nuba Mountains is difficult and transporting medical supplies to the contested area is a struggle. 20 years ago, a hospital was built in the mountains, which is still in operation today and has been repeatedly extended. With now six outposts within a radius of about 100 kilometres around the hospital, a medical infrastructure for the population has been established.

Even today, many people in the region still suffer from malaria. Every year, the medical staff actually see an increase in the incidents of malaria in the Nuba Mountains. Children in particular are affected by this disease. It begins with a high fever, aching limbs and chills and can, if untreated, be fatal. As a result of the long distances and the security situation,

### Nuba Berge, Sudan

<b>Country:</b>	Sudan
<b>Capital:</b>	Khartoum
<b>Population:</b>	36 729 501
<b>Gross domestic product in USD:</b>	4.119
<b>Human Development Index:</b>	Place 167 of 188
<b>Characteristics:</b>	The Nuba Mountains are a region in southern Sudan. The rock formations there provide the local people with a natural shelter from the regular air raids and allow them to seek refuge from the warring parties.

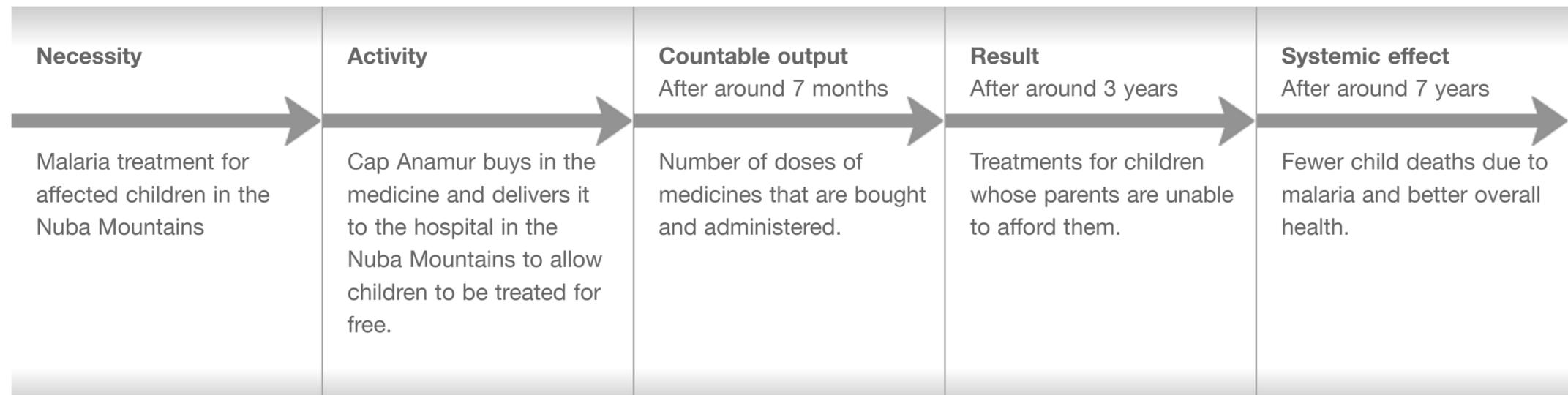


the young patients are often admitted when they are already in a life-threatening condition. Last year alone, the hospital staff treated about 74,000 children, 27,314 of whom were admitted with malaria.

## The good deed

With your donation you enable the timely administering of the urgently needed malaria treatment for the children in the Nuba Mountains. Even if the medication is not expensive, it is often unaffordable for the local population.

Your good deed enables the Cap Anamur team to continue providing children with free life-saving malaria treatments in the hospital and outposts in the Nuba Mountains. At the same time, the patients are informed about preventive measures. In this way, you will help to ensure that hopefully one day no child in the Nuba Mountains will have to die of malaria.

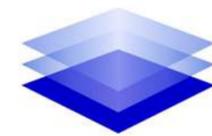


**Association** Cap Anamur/Deutsche Not-Ärzte e.V.

**Certified by** Initiative Transparente Zivilgesellschaft

**Website** [www.cap-anamur.org](http://www.cap-anamur.org)

**Related links** SHZ, 2017. Nuba Berge im Sudan: "Die Menschen sind hier konditioniert auf Krieg".  
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Zivilgesellschaft**



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## Day 20

Five minutes of job application coaching for refugees in Germany

## A chance of employment

### Access to work and education for refugees in Germany

In Syria, Walid worked as a painter to earn a living. When the war broke out in his homeland, Walid fled to Germany. Now he lives in Berlin and urgently wants to build a new life. Of course, this also includes resuming his profession as soon as possible. Walid quickly notices, however, that the job market in Germany functions quite differently. In Syria he only had to go to a suitable company, introduce himself and would get the job after a short getting-to-know period. Here, he has no idea where or how to begin.

In Germany he needs a curriculum vitae, a cover letter and has to get through a job interview. Walid also has to do this in a new language. Above all, the special requirements by the authorities are a great challenge and many companies may have reservations about him. Application trainings and special offerings are meant to give people like Walid a chance and allow him to (re-)start a professional career.

### Background

Since 2015, over 1,4 million people have fled war and persecution to Germany (BAMF, 2018). These people bring with them different skills and experiences. Most of them are highly motivated to work in Germany. However, many hurdles stand in their way. It is often unclear to both refugees and employers whether or to what extent they are permitted to work. Some are confused or deterred by the bureaucracy. In addition, there are linguistic and cultural barriers. As a result, fewer than 10 percent of those who have entered the country since 2015 have gained employment.

However, having a permanent job is particularly important in order to integrate into a new country. It enables a self-determined participation in society, can help to overcome traumas, frees people from forced inactivity and accelerates the learning of the language. On the other hand, German society also benefits when refugees are employed: It helps to counteract the shortage of skilled workers to some extent. Furthermore, the refugees bring diversity into German companies and they can thus be an enrichment at both a human and

### Berlin, Deutschland

<b>Country:</b>	Germany
<b>Capital:</b>	Berlin
<b>Population:</b>	82 521 653
<b>Gross domestic product in USD:</b>	46.136
<b>Human Development Index:</b>	Place 5 of 188
<b>Characteristics:</b>	Of all EU countries, Germany has taken in the most refugees that have come to Europe since 2015.

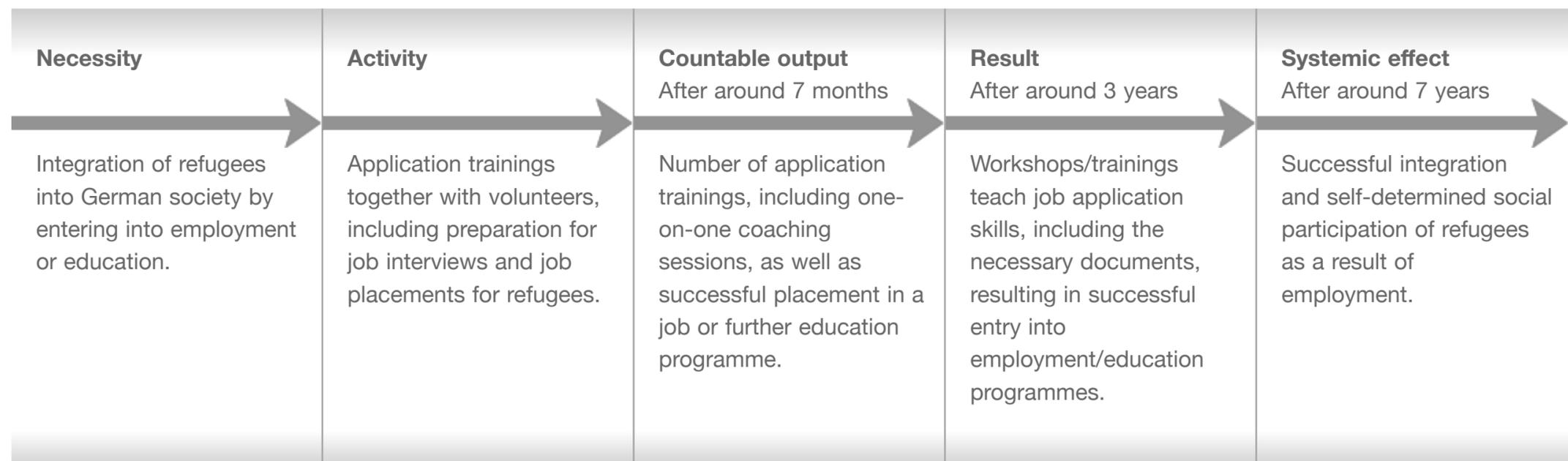


a professional level.

## The good deed

Your donation makes it possible to hold application trainings for refugees in Germany, where they create application documents in together with volunteers and send them to individually preselected potential employers.

The jobs4refugees team prepares the applicants for the subsequent job interviews. The organisation connects refugees and employers and supports both sides during the entire recruitment process as well as after the successful entry into employment. Thus Walid and many other refugees do not have to face this challenge by themselves and have a true chance finding employment in Germany.



**Association**

jobs4refugees gUG

**Certified by**

Initiative Transparente Zivilgesellschaft

**Website**

[www.jobs4refugees.org](http://www.jobs4refugees.org)

**Related links**

Bundesamt für Migration und Flüchtlinge, 2017. Das Bundesamt in Zahlen 2017.

Frankfurter Allgemeine Zeitung, 2018. Flüchtlinge in Arbeit.



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## Day 21

16 days of clean biogas  
for cooking in Nepal

## Cows and people working together against climate change

### Rebuilding small biogas plants in Nepal

Nepal is the meeting point of two huge continental plates – the Indian and the Eurasian. Together they have not only produced the largest mountain range in the world – the Himalayas – but they also repeatedly cause earthquakes. In spring 2015, there were two particularly strong earthquakes, which reached a total of 7.9 on the Richter scale. The consequences are still clearly visible today.

Rural areas in Nepal were particularly hard hit by the damage. The earthquakes also destroyed many of the existing small biogas plants in Nepalese households. They are important for providing households with clean energy, because the dung of one cow is enough to run them and to enable an entire family to cook by exclusively using biogas.

### Background

Around 64,000 houses in the Sindhupalchok region were severely damaged by the 2015 earthquake (reliefweb, 2015). Many of the smallholders had invested in a biogas plant before the severe disaster, which made them independent of the fluctuating price of firewood and supplied the household with renewable biogas.

Due to a lack of alternatives and the destruction of the plants, the local people are again forced to use collected or purchased firewood for cooking. Since then, wood has been in great demand again and therefore comes at a high price. The families often have to either spend a large part of their income on firewood or spend a lot of time collecting it. The renewed increase in wood consumption leads to deforestation in the region and the burning of wood indoors leads to harmful smoke pollution. The resulting CO<sub>2</sub> emissions contribute to global climate change. Problems that had already been solved with the privately operated biogas plants.

### Sindhupalchok, Nepal

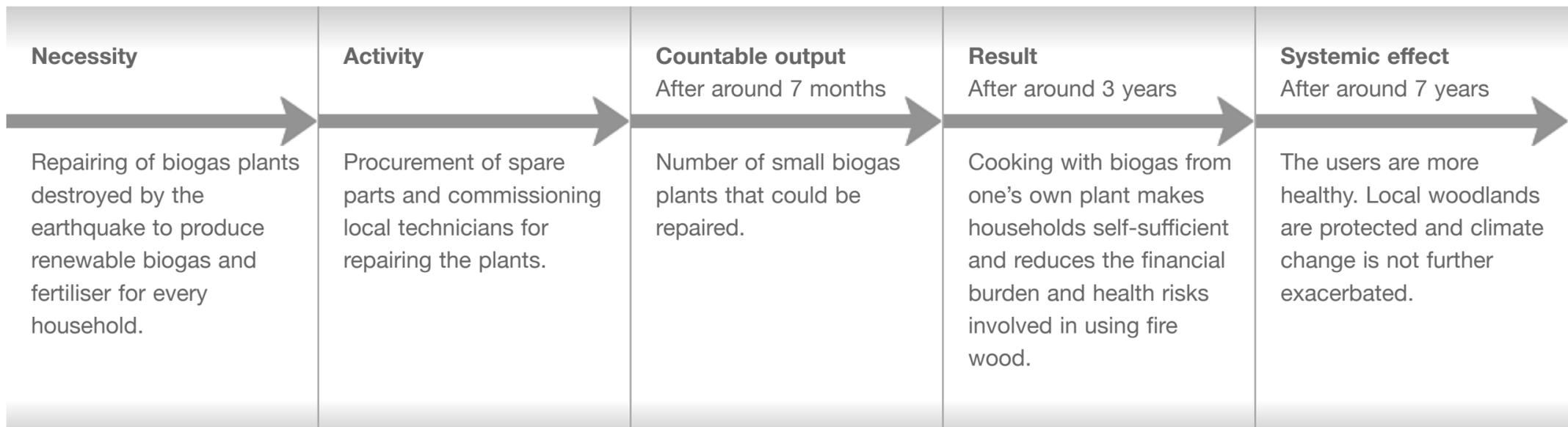
<b>Country:</b>	Nepal
<b>Capital:</b>	Kathmandu
<b>Population:</b>	29 305 000
<b>Gross domestic product in USD:</b>	2.471
<b>Human Development Index:</b>	Place 149 of 188
<b>Characteristics:</b>	In addition to Mount Everest, the highest peak on Earth, Nepal is home to seven other of the 10 highest peaks. 124 languages and dialects are spoken in the country.



## The good deed

Through this good deed, biogas plants in rural Nepal are repaired and put into operation again. The biogas plant produce methane (the biogas) from cow manure, which can be used directly in the kitchen to run a small (bio)-gas stove. The biogas plants reduce a family's need for wood and the CO<sub>2</sub> emissions that would have been produced if firewood had been burned. Taking into account the maintenance costs and the expected lifetime of the plant, the donation will allow a family to cook with clean biogas for 16 days.

Biogas is cleaner than burning firewood because it burns efficiently and without soot. This is good for the health of the user. At the end of the process, the cow manure leaves the biogas plant as digested sludge that can be used to fertilise the fields. This can thus also help to increase the production of food and feed on the farm and the earning potential of the farmers.



### Association

atmosfair gGmbH

### Certified by

Initiative Transparente Zivilgesellschaft

### Website

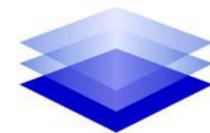
[www.atmosfair.de](http://www.atmosfair.de)

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reliefweb, 2015. Nepal Earthquake: District Profile - Sindhupalchok 08.05.2015.

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## Day 22

1,000 hours of clean solar light for a family in Costa Rica

## Protecting indigenous peoples

### Better living conditions thanks to solar energy

Deep in the rainforest, many days away from the closest road access, live the indigenous people of the Cabécar. They are the largest indigenous community in Costa Rica, live self-sufficiently off agriculture and are isolated from the rest of the country. Access to electricity and light after dusk is also very limited. But the the new solar project will change this.

A similar project has already been implemented among the indigenous Akaro community in Ecuador. One of the residents, Karina, talks about nature, her home and the challenges for the indigenous community. A situation that is similar for many indigenous groups in Latin America. "There are many people who have an interest in our forests and the underlying soil resources. The moment the oil companies arrive and want to tap the oil resources, they destroy everything: the rivers, the trees, the natural environment. We cannot allow that to happen. I am very grateful for the support of the solar project. Above all, I am grateful on behalf of my daughters and for the benefits for our entire community. With access to solar power, my daughters are able to walk safely at night and study for school," Karina says.

### Background

Costa Rica's economic development in recent decades has demonstrated that the development of a country does not have to go hand in hand with an increased rate of deforestation (Wehkamp, 2017). Forest area increased by 7.5 percent between 1990 and 2015 (FAO, 2015). At the same time, the country has enjoyed steady economic growth for more than 25 years, well above the Central American average (World Bank, 2018). Nevertheless, there are also individual regions that are not benefiting from this development trend. The region of Telire is one of these and is among the poorest of Costa Rica. The remoteness forces the locals to travel seven days each way (two weeks per trip) on foot through the mountainous jungle in order to reach the next road access and thus the nearest earning opportunities.

The lack of access to electricity in the indigenous communities of the Telire region makes

### Telire, Costa Rica

<b>Country:</b>	Costa Rica
<b>Capital:</b>	San José
<b>Population:</b>	4 947 490
<b>Gross domestic product in USD:</b>	14.636
<b>Human Development Index:</b>	Place 63 of 188
<b>Characteristics:</b>	About 27% of the country's land area is officially protected and Costa Rica disbanded its military as early as 1948.

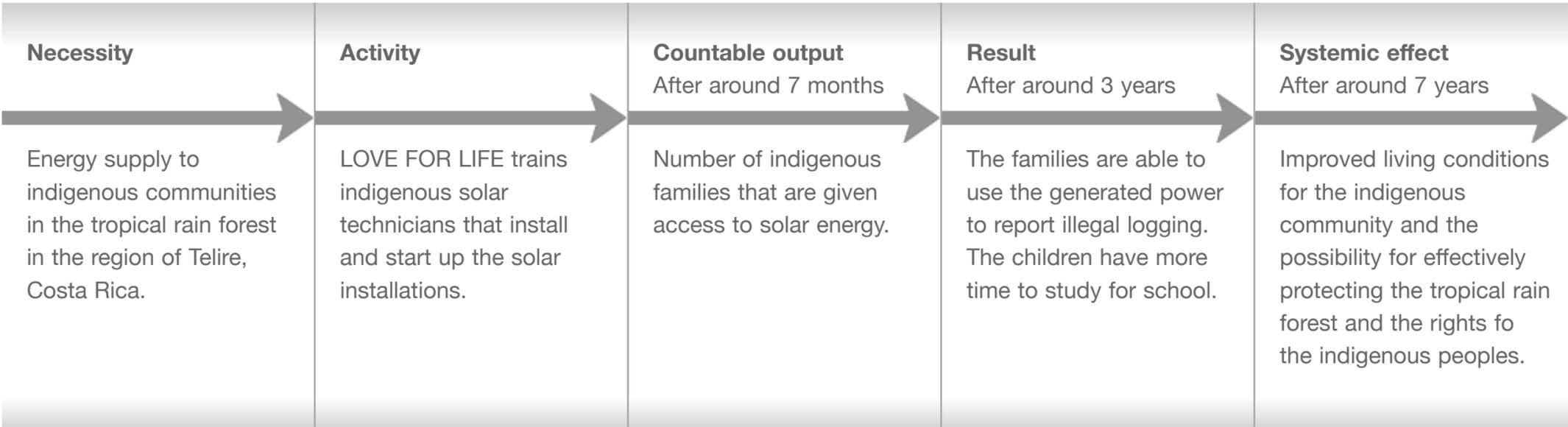


everyday life even more difficult. Food and urgently needed medicines cannot be cooled and stored without access to electricity. Without light after dark, children have little opportunity to study for school and do their homework. To strengthen the holistic and self-determined movement of the indigenous peoples would require electricity to power electronic devices such as mobile phones, computers and radios. These are important means of accessing quality education, health care and communication.

### The good deed

The good deed gives the indigenous community access to clean solar power. The project also allows them to use technical equipment such as GPS devices to survey areas, use the data collected to protect the rainforest and inform the government of illegal logging.

In addition to the use of renewable technology, the project also promotes the intensive development and strengthening of local capacities. Solar technicians will be trained on site to ensure long-term maintenance and operation of the equipment.



- Association** LOVE FOR LIFE
- Certified by** Initiative Transparente Zivilgesellschaft
- Website** <https://loveforlifeproject.org>
- Related links**
  - FAO, 2015. Evaluación de los recursos forestales mundiales. Informe Nacional. Costa Rica.
  - Lynch, D., 2018. La Iniciativa Talamanca. LEISA, Agroecology Magazine.
  - Wehkamp, J., 2017. Institutional and Fiscal Policies for Forest Conservation.
  - World Bank, 2018. The world bank in Costa Rica.



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## Day 23

A varied programme of recreation for children in rural Brandenburg

## What a circus!

### Great leaps for children in Brandenburg

Go to school in the morning – and join the circus in the afternoon. This is what Gauklerkids stand for, bringing fun and variety to the north of the state of Brandenburg. In ten towns and villages, circus training is a popular reason to come together for children and young people – especially where there are hardly any other leisure activities. Experienced acrobats and circus educators take imaginative ideas and props to places where there is usually only a playground or a football pitch.

Local and refugee children learn to unicycle, juggle, do acrobatics, theatre, trapeze acts and much more. The origin is irrelevant, because circus is international! The children communicate in many languages – but also via the glints in their eyes, by jumping through the air and by wide grins.

### Background

As a result of the weak infrastructure, the remote location and emigration, there are many socially disadvantaged families living in the north of the state of Brandenburg – far away from the big cities. For this target group, the region offers few attractive leisure activities. This is particularly problematic in the villages, where the last bus is usually directly after school and children and young people usually have no possibility to reach other places.

That is why it is all the more important to offer attractive and sustainable local alternatives and bring life to the villages. Activity and the strengthening of self-confidence of children and young people are becoming increasingly important in this day and age. Obesity in children and adolescents is on the rise, which increases the risk of illness and mobbing. According to the latest studies, around 120 million children worldwide are obese (NCD-RisC, 2017). At the circus Gauklerkids, children lose not only their pounds but also their fears. Success and failure can always happen during training – it is important to be able to deal with disappointments and breakdowns.

### Neuruppin, Deutschland

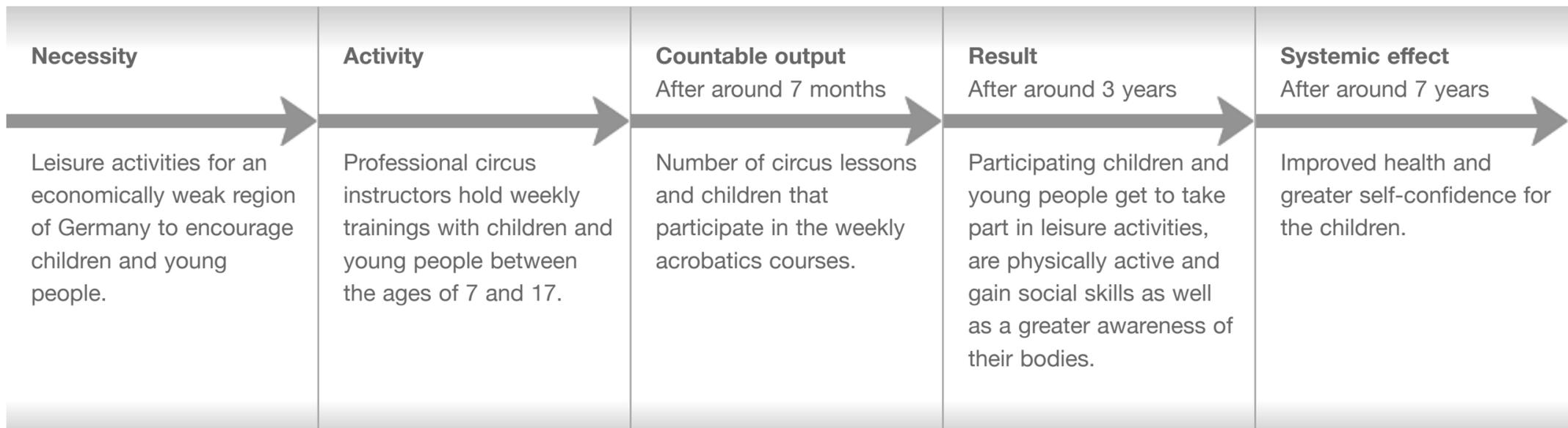
<b>Country:</b>	Germany
<b>Capital:</b>	Berlin
<b>Population:</b>	82 521 653
<b>Gross domestic product in USD:</b>	46.136
<b>Human Development Index:</b>	Place 5 of 188
<b>Characteristics:</b>	Germany is one of the richest countries in the world. Nevertheless, according to the German Child Protection League, about 4.4 million children are affected by poverty (DKSB, 2018). Their families often cannot afford extracurricular education or leisure activities..

## The good deed

This good deed will allow another acrobatics course to be offered.

With its circus education, the association promotes the individual motor, artistic and social skills of each child – regardless of language or origin. Each child finds a place in the circus where it can grow. During the performances, the children realise how much can be achieved with happiness and just a little guidance: The participants become young stars. Their self-confidence as well as mental and physical health are strengthened.

This good deed will allow another acrobatics course to be offered. With its circus education, the association promotes the individual motor, artistic and social skills of each child – regardless of language or origin. Each child finds a place in the circus where it can grow. During the performances, the children realise how much can be achieved with happiness and just a little guidance: The participants become young stars. Their self-confidence as well as mental and physical health are strengthened.



### Association

ESTAruppin e.V.

### Certified by

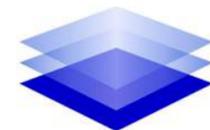
Initiative Transparente Zivilgesellschaft

### Website

[www.estaruppin.de](http://www.estaruppin.de)

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 Der Paritätische, 2018. Bericht zur Armutsentwicklung in Deutschland 2017.  
 Bertelsmann-Stiftung: Studie zur Kinderarmut in Deutschland (10/2017)  
 NCD Risk Factor Collaboration, 2017. Worldwide trends in body-mass-index, underweight, overweight, and obesity from 1975 to 2006: a pooled analysis of 2416 population-based measurement studies in 128.9 million children, adolescents, and adults.



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## Day 24

One breakfast bun for a child with cancer in Berlin

## Family breakfast at the day clinic

### Caring for children suffering from cancer in Berlin

For Mirko, who suffers from leukaemia, Tuesday is actually not a great day, because that is when he and his dad have to go back to the children's cancer day clinic at the Charité Berlin. There he has to undergo a check-up because of his chemotherapy and may be given more medication. This is a difficult day in his week and the many hours simply drag by.

However, because there now is a delicious breakfast buffet waiting for him there, the hours there are easier to bear. He especially fancies the breakfast roll with jam. His father is also happier because he can talk about his worries with the social and psychological staff.

### Background

Every year, around 180 children in the region of Berlin-Brandenburg are diagnosed with cancer. This news is a great shock for the families. From one moment to the other, everything in their lives changes. This is not only the beginning of a difficult time for the child with cancer, but the siblings and parents also suffer and are often overwhelmed with the situation. At first they often do not know who to turn to with their questions and worries.

To receive specific help in this tense situation and to be able to communicate with other relatives and affected persons is a great relief for those involved. Conversations with trained specialists in combination with good food are a small ray of hope in difficult times.

### The good deed

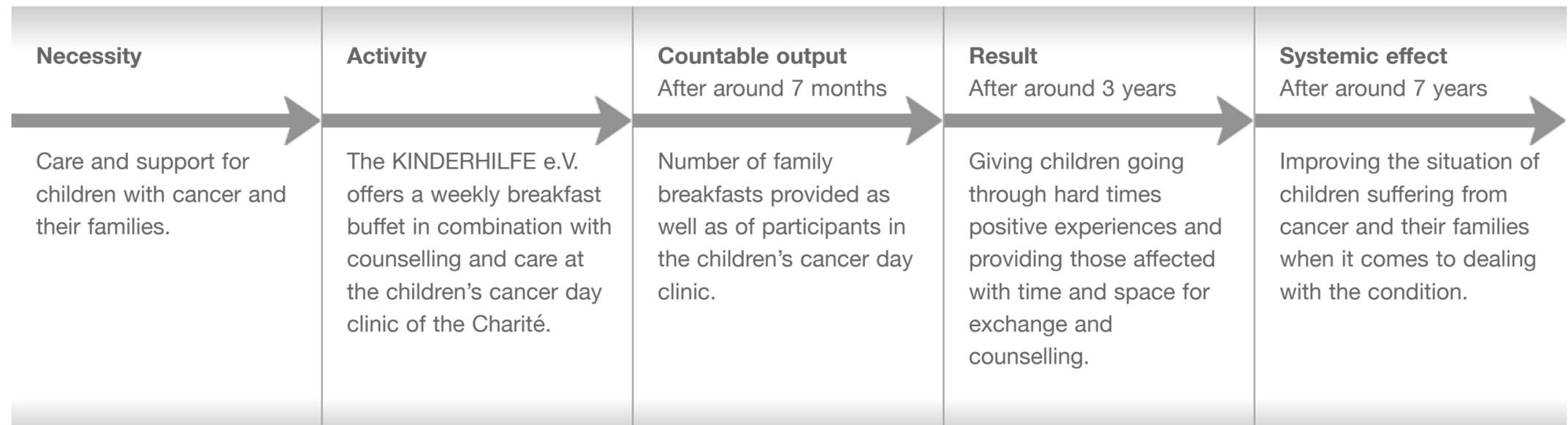
With your donation, Kinderhilfe e.V. can once a week provide the family breakfast at the children's day clinic at the Charité Berlin. The aim of the family breakfast is to improve the situation of affected families. On the one hand, the children have the opportunity to play with children of the same age and to pleasantly pass the waiting time. Parents can discuss

### Berlin, Deutschland

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<b>Capital:</b>	Berlin
<b>Population:</b>	82 521 653
<b>Gross domestic product in USD:</b>	46.136
<b>Human Development Index:</b>	Place 5 of 188
<b>Characteristics:</b>	2,100 children are diagnosed with cancer every year in Germany. The Charité is one of the largest German hospitals.



their worries and fears with the staff of Kinderhilfe, take advantage of counselling services and receive useful tips and suggestions for further courses, programmes and opportunities for exchange.



**Association** KINDERHILFE Hilfe für Krebs und schwer kranke Kinder e.V.

**Certified by** DZI-Spendensiegel

**Website** [www.kinderhilfe-ev.de](http://www.kinderhilfe-ev.de)

**Related links** Süddeutsche Zeitung, 2017. Krebs bei Kindern: "Mama, mir geht es nicht so gut."  
Deutsches Kinderkrebsregister, 2018. Das deutsche Kinderkrebsregister.



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