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Day 1

A tree will be planted for anteaters in Costa Rica

Anteater seeks wife

Loss of tropical forest in Costa Rica

Having an anteater in your front garden can be handy in Costa Rica: It deals with the problem of the countless ant trails that make their way into the houses. With its extraordinarily long tongue of up to 60 centimetres in length, an anteater can devour up to 30.000 of the little creatures. It just licks them up using its sticky saliva.

As great as the idea of such an insectivorous friend in the garden might be, the natural habitat of the anteater looks very different. The 'lesser anteater' (tamandua) that is native to the northwest of Costa Rica prefers to move about in the trees, because that is where it finds the arboreal termites that it feeds on, protection from predators and potential mates. But the migration routes through the forests of Costa Rica are increasingly cut off by pastures, agricultural land and new roads.

Background

Inspired by the American lifestyle, a strong increase in the amount of meat consumed in Costa Rica happened in the 1960s, which caused a lot of rain forest to be lost. Areas of rare dry rain forest in the Guanacaste Province had to give way to a species of African pasture grass that was specifically introduced for raising cattle. The result: A reduction in the number of anteaters, a disruption of the water cycle in the area – and as a result, a drinking water shortage. Today, years later, most of the pastures are no longer used. But the grass suppresses any other plants and thus prevents the natural re-forestation and the stabilisation of the water cycle.

The lesser anteaters lack the trees they need as sheltered spaces and corridors, and the local population in the village of Hojancha are afraid of running out of drinking water. In less than 25 years, the volume of the Rio Nosara has been shrinking by over 90 per cent and the locals fear that it might run dry altogether. Because the tree roots were no longer there, rain water no longer trickled into the ground, but ran off the surface, which caused the water table to continue to fall year on year.

In 1993, some locals initiated the formation of the Fundacion Pro Reserva Natural Monte Alto in order to counteract this development. One year later, these 924 hectares were designated as a protected forest area. The Fundacion is supported by Tropica Verde.

The good deed

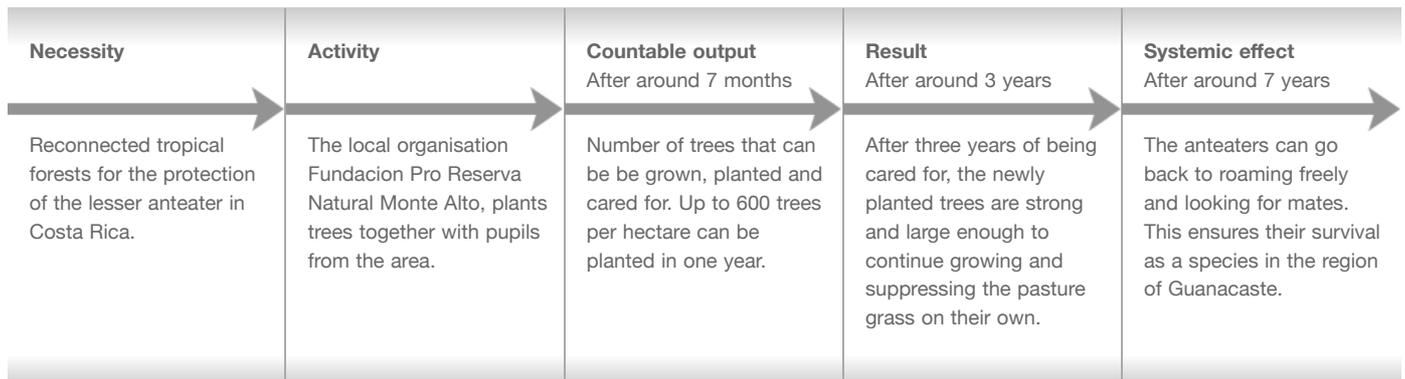
On land owned by Tropica Verde, in cooperation with the local partner Monte Alto, measures for re-forestation are taken that will reconnect existing pieces of forest. After three years the shade of the planted trees begins to suppress the pasture grass and thus

Country:	Costa Rica
Capital:	San José
Population:	4 857 300
Gross domestic product in USD:	11 835
Human Development Index:	Place 66 of 188
Characteristics:	Costa Rica is where you find 'the pure life' (pura vida): The country is home to four per cent of all the animal and plant species of the world.



encourages the natural re-forestation.

The water cycle regenerates and causes an improvement in the drinking water situation in the village of Hojancha, there is greater awareness of environmental issues among the local population and the number of poachers and illegal loggers comes down. The lesser anteater is given greater freedom of movement, which increases its chances of finding a mate and having offspring, and thus also its chance of not going extinct in the area.



Association Tropica Verde e.V.
Certified by DZI Seal-of-Approval
Website <http://www.tropica-verde.de/>
Related links INBIO, 2017. Biodiversity in Costa Rica. Instituto Nacional de Biodiversidad.



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Day 2

Four bottles of water for
refugees in distress at
sea

Flight across the Mediterranean

Sea rescue of refugees on the Mediterranean Sea

When refugees have to cross the Mediterranean, they have usually already gone through an arduous journey. And still have a long way to go. Many of them have been through harrowing experiences in their countries of origin and on their way here. For them the sea is a sign of hope of reaching the safety of Europe – but also a great danger. Many of them do not know how to swim, if the boat capsizes they drown.

If a rescue ship finds them in time, they are overjoyed to know that they will make it to Europe where they can then apply for asylum. The volunteers on the rescue ship Sea Watch are usually the first people they meet that treat them with respect, and so this deeply humane encounter in a situation of dire need is one that brings authentic joy to both sides.

Background

There are a great variety of reasons why people decide to flee. Libya mostly sees people from sub-Saharan countries that seek refuge from poverty, oppression and violence, but also Syrians on the run from the civil war there.

Also, many people from Eritrea flee to get away from torture and oppression of the country's authoritarian regime. About 80 per cent of asylum applications of people from Eritrea are approved. But there is no legal way for these people to come to Europe or apply for asylum in their own countries. That forces them to try their luck and make the dangerous journey through Libya and across the sea.

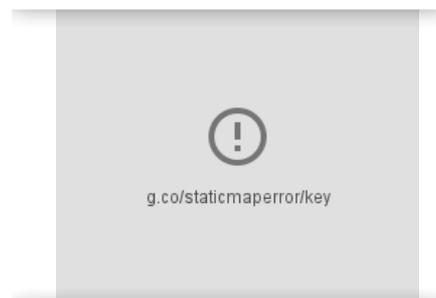
In Libya itself, these people are also subject to harsh conditions. They are often imprisoned, tortured and sold off like slaves. If they want to have a chance of a safe and humane existence, they have to get to Europe. Ever since the route through the Balkans has been cut off, the only way to go is on a boat across the Mediterranean Sea.

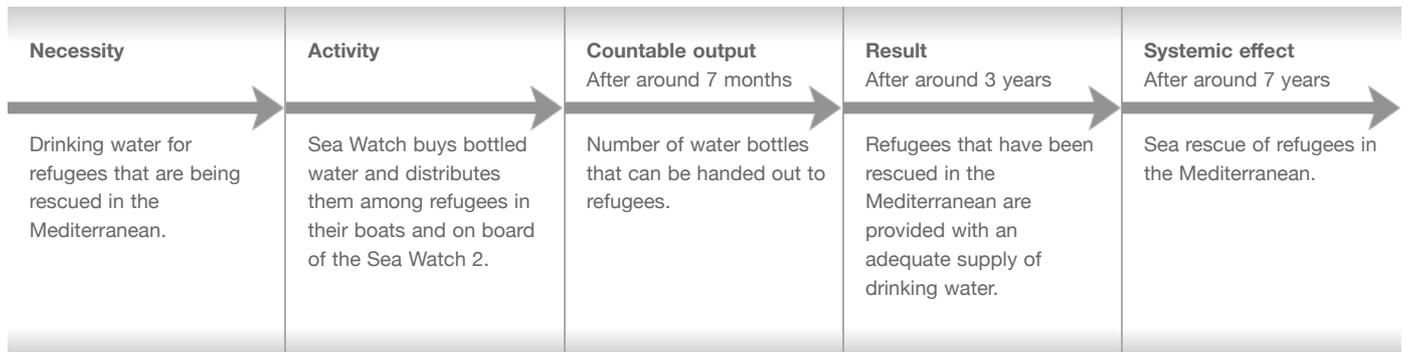
The good deed

No one should die in the process of trying to exercise their right to asylum. Sea Watch picks up refugees who are in need of rescue because of the unseaworthiness of the fishing boats and dinghies that they find themselves in.

They often drift across the sea without a means of steering and no food and very little drinking water on board. Children in particular quickly are subject to dehydration and once picked up by the Sea Watch team, are the first to be given water. This good deed thus makes a contribution to the primary care for these people.

Country:	Mediterranean Sea
Capital:	/
Population:	/
Gross domestic product in USD:	/
Human Development Index:	Place / of 188
Characteristics:	The Mediterranean extends over 2,510,000 square kilometers. At its deepest point it is 5267 meters deep.





Association

Sea-Watch e.V.

Website

<https://sea-watch.org>

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Day 3

Spare parts for a wheelchair in Burkina Faso

An independent life on three wheels

Spare parts for wheelchairs for people with disabilities in Burkina Faso

The Paralympics gold medallist from Burkina Faso, Edouard Ouedrago, was once asked in an interview what life was like with no legs. “Think about it this way,” the wheelchair-bound athlete had replied, “some people have no heart! That is a lot worse.”

For almost 20 years Edouard and his wheelchair workshop based in Ouagadougou has been getting people with disabilities up and running again. Here, people suffering from physical handicaps can apply for a three-wheeled wheelchair or repair their own wheelchairs for a small fee.

The tricycles are built very sturdily and are driven using a hand crank, and they easily maneuver over uneven ground and sandy roads.

Background

Burkina Faso does not have a comprehensive system of healthcare or health insurance. The physically handicapped often have to get through their daily lives without mobility equipment and medical care.

According to the WHO, 2.5 million people in Burkina Faso are living with some kind of disability. Almost half of these are unemployed and over 70 per cent of children with a disability have no access to education. This makes it hard for them to live an independent and self-determined life.

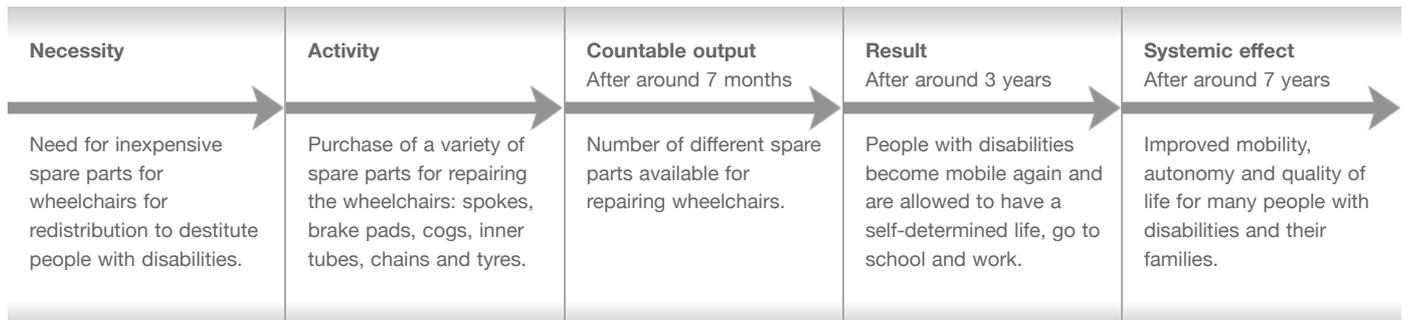
The good deed

In the wheelchair workshop, people with disabilities can apply for a wheelchair and they have the opportunity to maintain and repair their wheelchairs with professional help.

A mobile workshop will also go out to remote villages and perform repairs there. This good deed will allow the purchase of a variety of spare parts for repairing the wheelchairs: spokes, brake pads, hand pedals, cogs, inner tubes, chains and tyres.

Country:	Burkina Faso
Capital:	Ouagadougou
Population:	18 646 400
Gross domestic product in USD:	646
Human Development Index:	Place 185 of 188
Characteristics:	Burkina Faso is a country of farmers and herders. Almost half of the people are under 15 years old.



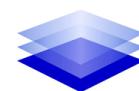


Association Sahel e.V.

Certified by DZI Seal-of-Approval
Transparency International

Website <https://www.sahel.de>

Related links World Bank and WHO, 2013. World Report on Disability.



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Tag 4

One day of school for a child in Nepal

Lessons at the highest altitudes

Education in remote mountain villages in Nepal

Namdo, a small village in the Upper Dolpo Region in the highlands of Nepal is about 4,000 metres above sea level and is one of the remotest places on Earth. It can be only be reached by long treks.

Until 1993 foreigners were not permitted to cross the 5,000 metre passes to get to this enchanted area. This political and geographical isolation preserved a very original Tibetan culture, but also stood in the way of the connection to the rest of Nepal.

Background

A major problem of the Upper Dolpo Region is a lack of presence and support from the government. While the state provides two teaching positions for the school in Namdo, this requires constant and extensive negotiations and persuasion. Hospitals do not exist. 50 per cent of the population is living below the poverty line. Only 34 per cent (20 per cent of women) is able to read and write.

Dolpo is also characterised by Tibetan Buddhism and the people are linguistically and culturally in the minority. The native language in the region is Tibetan and the people have to learn Nepalese as a second language. This poses a considerable challenge to pupils attending school, because they have to learn a completely different alphabet. But it takes solid Nepali for children to grow up to become active citizens.

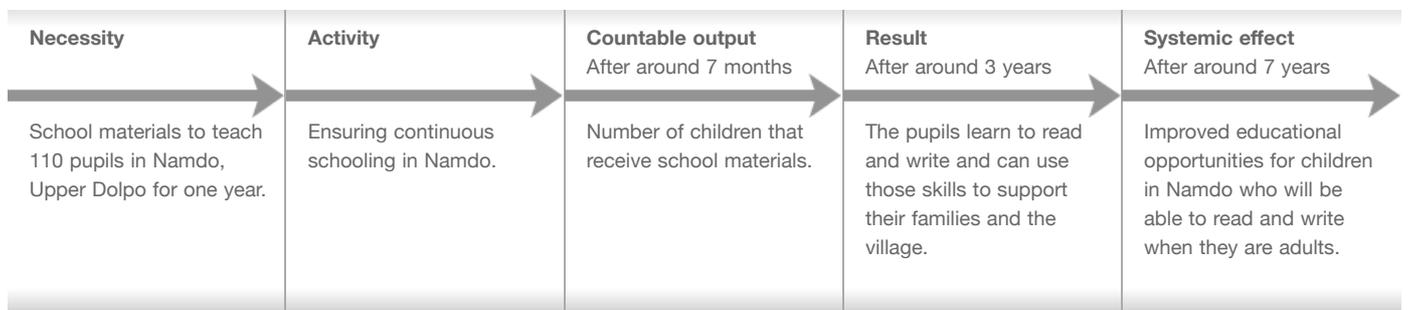
The good deed

By making the operation of the village school in Namdo possible, this good deed will reach children in the most remote areas, where aid usually does not get to.

Children and young people in these inaccessible areas cannot and do not take education for granted. But education allows these future adults to take responsibility in their region.

Country:	Nepal
Capital:	Kathmandu
Population:	28 982 800
Gross domestic product in USD:	733
Human Development Index:	Place 144 of 188
Characteristics:	The high mountains in Nepal are also called the roof of the world.





Association

Stiftung 100

Website

<http://www.stiftung100.de/>

Related links

Schulverein Lo-Manthang

K. M. Bauer, 2004. High frontiers. Dolpo and the changing world of Himalaya pastoralists. Columbia University Press, New York, USA.

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Day 5

Medical care and
release of a Borneo
orangutan

Born to be wild!

Reintroducing Borneo orangutans into the wild

Orangutan is Indonesian for 'person of the forest'. Legend has it that these were particularly clever humans who retreated to the forest in order not to have to work. These 'thinkers of the jungle' are the only great apes in Asia and have 96.5 per cent of their DNA in common with humans.

In 2016, the Borneo orangutan was upgraded on the World Conservation Union (IUCN) red list to being 'critically endangered'. According to a study (Ancrenaz et al. 2016), based on 1950s numbers, about 82 per cent of the Borneo orangutans will have disappeared by 2025.

Background

Borneo orangutans have no natural predators – other than humans. Every day, large swaths of rain forest disappear to make way for oil palm plantations. Every second product sold in a supermarket includes palm oil: in foods, cosmetics, cleaning products. In their desperate search for food, the orangutans invade the plantations or go to near villages: Often with deadly consequences.

A second reason for the extinction of the orangutans is the illegal pet trade. Many are sold on the black market to be kept as pets.

Injured and orphaned orangutans end up at the rescue station of Borneo Orangutan Survival (BOS), where they are rehabilitated in forest nurseries and schools. About 700 animals are currently living with BOS. Their goal: Introducing them back into the wild in safe areas of rain forest.

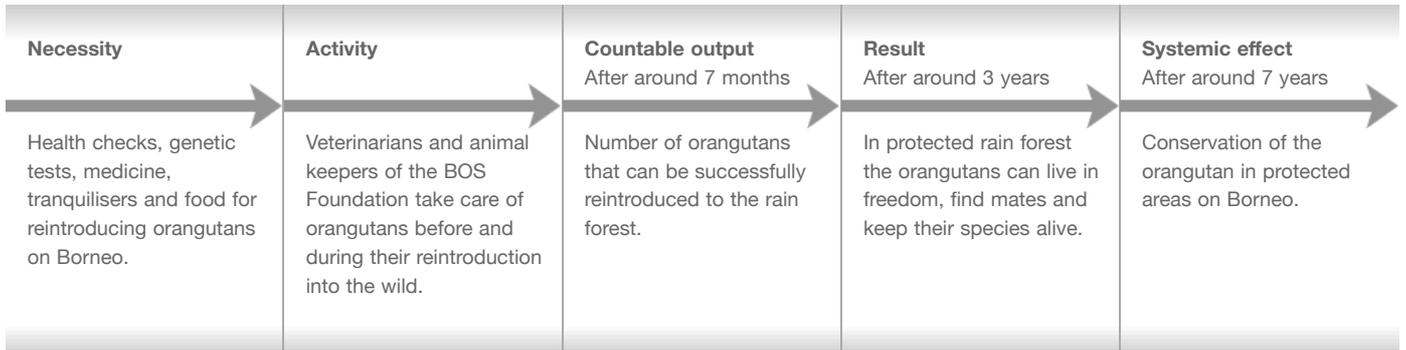
The good deed

We want to reintroduce as many orangutans back into protected forests as possible. That is the only way to ensure their survival as a species. Reintroduction is carried out under strict veterinary supervision. BOS tries to limit as much as possible the amount of stress that the animals are exposed to during transport, so that they can have a healthy start to their new life.

At our rescue station Nyaru Menteng, about 300 orangutans are awaiting reintroduction. The good deed is providing them with the necessary health checks, genetic tests, medicine, tranquilisers and food that they need to be reintroduced. They then can finally get on with their new life as a wild orangutan.

Country:	Indonesia
Capital:	Jakarta
Population:	261 115 500
Gross domestic product in USD:	3 604
Human Development Index:	Place 113 of 188
Characteristics:	Indonesia is the largest island nation and the country in the world with the fourth largest population.





Association BOS Deutschland e.V. - Borneo Orangutan Survival Deutschland

Certified by Transparency International

Website <https://www.orangutan.de/>

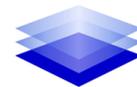
Related links

Ancrenaz, M., A. Marshall, E. Meijaard, S. Wich, und S. Husson. 2016. „Pongo pygmaeus.“ The IUCN Red List of Threatened Species. IUCN.

Pirker, J., A. Mosnier, F. Kraxner, P. Havlík, and M. Obersteiner. 2016. “What Are the Limits to Oil Palm Expansion?” Global Environmental Change 40.

White, A., A. Lanjouw, und H. Rainer. 2015. Industrial Agriculture and Ape Conservation. Cambridge University Press.

WWF. 2017. Threats to Borneo Forest.



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Day 6

A meal for an underprivileged child in Brazil

Assistance to day-care centres in the favelas

Support for children in the slums of Rio de Janeiro

Maria Clara struggles up the hill. Wherever she puts her tiny feet in the colourful flip-flops are rocks, mud and rubbish. Every weekday at just before seven her mother takes the two-year-old by the hand to make her way to the day-care centre.

Many children make that way up the hill at that hour – accompanied by their parents or elder siblings. Those that have no one to take them simply cannot go. The way is just too arduous and dangerous. Not only because they might slip and fall, but also because the day-care centre Pintinho Dourado is located in the Complexo 18, a favela in northern Rio de Janeiro.

It is not one of the pacified areas: Police and drug gangs regularly have shootouts here, as witnessed by the bullet holes in the wall of the day-care centre. In case of a gun fight, the children have to hide in the centre's pantry – the safest part of the building.

Background

Historically, income inequality and a high degree of poverty have been problems in Brazil. The country still faces the challenge of overcoming this historical legacy of social injustice. Ten per cent of the population in the state of Rio de Janeiro is living in the so called 'favelas'. Children living in the slums of Rio not only are in constant danger (from neglect, armed conflict, drug trade, violence), but they also often suffer from hunger.

Almost 700,000 families in the state of Rio de Janeiro rely on state support (known as 'bolsa família'), which is available to families with an income per head of less than 85 reales (approx. 25 euros) per month. Often, especially for single mothers, these payments are the only source of income. Without regular employment there usually not enough income to ensure a daily meal for the children.

The good deed

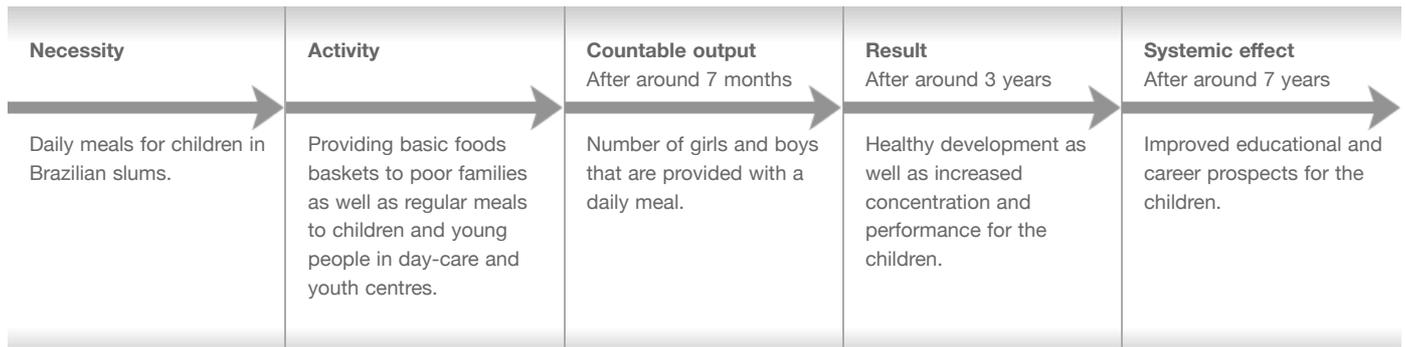
Our day-care centres offer a safe environment for children. They are provided with a healthy meal and clean drinking water every day. In spite of their difficult living conditions, this allows them to develop in a healthy way even from early childhood.

After school, primary school children attend the child and youth centres, where they take

Country:	Brazil
Capital:	Brasilia
Population:	207 652 900
Gross domestic product in USD:	8 727
Human Development Index:	Place 79 of 188
Characteristics:	Brazil is world leader when it comes to social inequality. In terms of income, the average difference between poor and rich citizens is 39.7 per cent.



advantage of extra tutoring and remedial education as well as a variety of courses. In order to even be able to focus on learning, again a daily meal is integral to the support. If girl or boys live in extreme poverty, their families are further supported with a basket of basic foods.



Association Kinder in Rio e.V.
Certified by DZI Seal-of-Approval
Website <http://www.kinderinrio.de>
Related links

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 Lustig N., Lopez-Calva L.F., Ortiz-Juarez E., 2012. Declining Inequality in Latin America in the 2000s. The Cases of Argentina, Brazil, and Mexico. World Bank. Policy Research Working Paper 6248(2012): 1-28.



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Day 7

A week of clean water for a hospital patient in the DR Congo

Water on!

Sunny outlook for a hospital in the Democratic Republic of the Congo

It is hot. Over 30 degrees centigrade every day. The dusty streets make you want a cold shower – but none is to be had. No water of any kind is available around here. The last drop has come out of the tap about two hours ago, and now all is stillness. The diesel generator that usually powers the centrifugal pump for providing water to this small hospital is silent. But the hospital itself does not stand still: Doctors and nurses are almost constantly rushing about in order to take care of all their patients.

Problems with a lack of diesel fuel to keep the water supply going is nothing new to this hospital in Adi in the Democratic Republic of the Congo. Here diesel is expensive and getting it is a lot of trouble. The effect of insufficient infrastructure is most pronounced during the rainy season – when the road is often impassable. But a hospital cannot function without access to clean water.

Background

The Democratic Republic of the Congo is almost 7 times larger than Germany. Large parts of the country are densely wooded and decades of conflict and corruption have hindered the development of working infrastructure.

Adi is situated where the borders of Uganda, South Sudan and the DRC meet. The supply of food and trade goods happens by motorbike from the Ugandan city Koboko. Adi itself is not connected to the public electricity and water supply, but there is a 152-bed mission hospital. For a long time, the water – which is essential for the trouble-free operation of the hospital – had to be carried there from a spring. That meant up to 500 canisters per day!

But now the diesel-powered centrifugal pump takes care of the water supply of the hospital. However, the cost of running it often exceed the financial means of the mission hospital, which results in a lack of water. No diesel, no water. This cycle tends to seriously trip up the smooth running of the hospital.

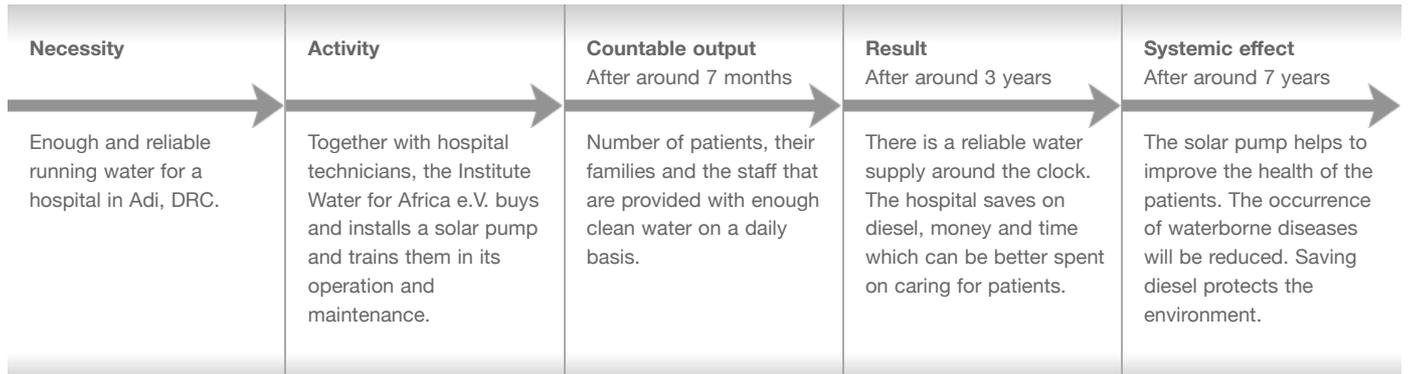
The good deed

The Institute Water for Africa will buy a solar-powered water pump in Kampala, Uganda, transport it to Adi and install it together with the hospital's technical staff. These will then be trained in how to operate and maintain the equipment. The solar pump allows a high degree of automation for the water pumping with little effort. That way the overhead water

Country:	Democratic Republic of the Congo
Capital:	Kinshasa
Population:	78 736 200
Gross domestic product in USD:	495
Human Development Index:	Place 176 of 188
Characteristics:	By area, the DRC is the second largest country in Africa. It has the most rain forest on the continent. More than 200 ethnic groups live here. The capital Kinshasa is Africa's third largest city.



tank always has sufficient water, and can in turn provide enough clean water to the hospital at all times.

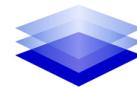


Association

Institute Water for Africa e.V.

Website

<https://www.water-for-africa.org/de/>



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Day 8

30 minutes sport for a disadvantaged child in Germany

Football meets Culture

Educational equality in Germany

School was never really Dusan's thing. He was usually just did not show up – but since then he has made it. This is not least thanks to his trainer as part of the project Football meets Culture, reached him where his motivation was greatest: his enthusiasm for football.

Like many boys, Dusan dreamed of making it big as a pro footballer. Once he realised that school would be a major part of fulfilling that dream, he changed his attitude. Today he has come as far as the under-16 team of Eintracht Frankfurt.

Dusan is one of many children and young people in Germany who are in danger of falling through the cracks of the German education system. For that reason, it is important to find different approaches to getting through to children in need of support – for instance football.

Background

Germany's latest National Report on Education has shown that the German education system is still faced with key challenges. It has still not managed to disentangle the close link between the social background and educational success. This particularly affects children from a migrant background.

They disproportionately often do not advance beyond lower secondary and special needs schools, which has an effect on their career prospects: "People who don't finish school practically have no chances when it comes to gaining access to vocational training, and a year-9 certificate opens up only a very limited range of careers," says Professor Kai Maaz (DIPF).

Young people with foreign roots are more than twice as likely to leave the educational system without a certificate than for Germans. This is also partly due to the fact that more children who are from a migrant background (55 per cent) are in high-risk situations (such as unemployed parents) than those who are not (20 per cent). The proportion of children whose parents have not finished school is also much higher among migrant families.

The good deed

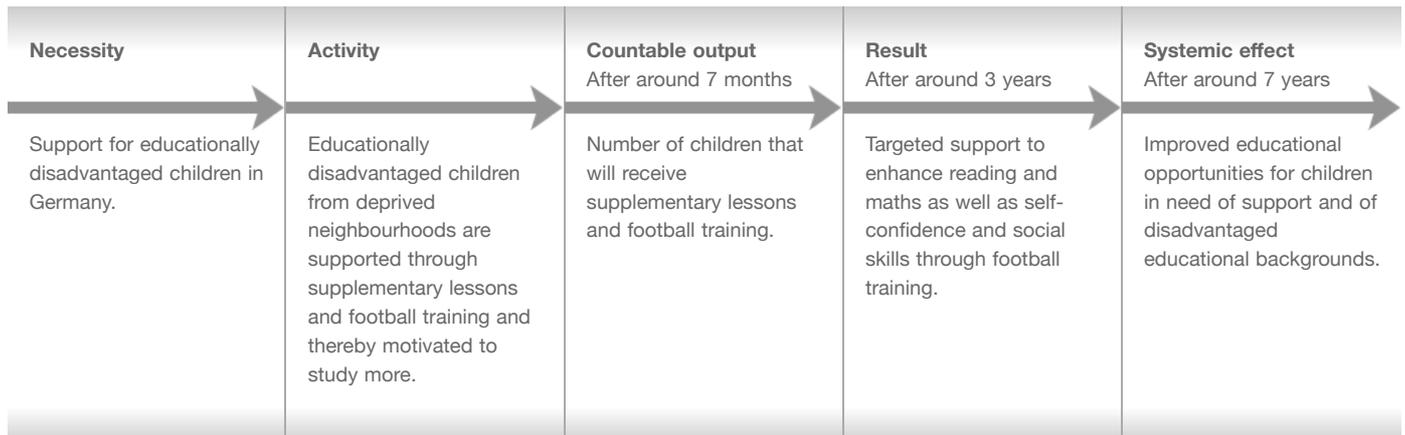
The idea behind Football meets Culture is to use football to encourage children and young people from problematic backgrounds to learn. By combining football training and supplementary lessons, the goal is to foster better social and communication skills within a

Country:	Germany
Capital:	Berlin
Population:	82 667 700
Gross domestic product in USD:	41 902
Human Development Index:	Place 4 of 188
Characteristics:	Migration has always been a part of German life. Between 1950 and 1014, 44 million people came into the country, while 32 million German and non-Germans have emigrated.



team and furthermore get the kids interested in education and culture.

Beyond the personal benefits to the children, improved performance in school, higher motivation to get involved with culture and the enhancement of social skills through sports also make a key contribution to the integration of the socially disadvantaged and migrants into our society.



Association LitCam gemeinnützige Gesellschaft mbH
Certified by Phineo
Website <http://www.litcam.de/en/>



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Day 9

Rabies vaccine to help save the Ethiopian wolf

Lone wolf

How a vaccination scheme is to save the last of the Ethiopian wolves

The undisturbed Ethiopian highlands are the habitat of one of the rarest mammals in the world: the Ethiopian wolf. Here, above the treeline between 10 000 and 15 000 feet the last of this species have been surviving. Less than 500 animals still roam the mountains. More than half of them live in the Bale Mountains National Park in southern Ethiopia. The rest of the Ethiopian wolves live in a number of isolated populations in the north of the country.

These elegant creatures with their auburn fur, pointy ears and long legs almost exclusively eat rodents, and thus do not pose a threat to people and their flocks of goats and sheep. In contrast to Europe, there is no competition between humans and wolves here. They live together peacefully.

Background

However, the wolves' habitat is gradually shrinking. With Ethiopia being highly populated, people are increasingly pushing into the highlands to use the land for agriculture. They allow their cattle to graze there and collect firewood, thereby altering the native fauna. The natural habitat of the wolves keeps being lost and the animals that they prey on decrease in number. In trying to avoid the farmers, the wolves continue to move up to higher ground.

But the greatest threat to the Ethiopian wolves' survival is invisible: The farmers bring with them their dogs, who in turn carry deadly diseases. Outbreaks of canine distemper and rabies are frequently observed, with devastating effect. These highly contagious diseases cause neurological damage, encephalitis, paralysis and end in a horrible death.

During the outbreaks in 1990, 2003, 2009, 2014 and finally in 2016, up to 75 per cent of the Ethiopian wolves perished. Such a scale of losses poses a massive threat to the long-term survival of the last remaining Ethiopian wolves. Also, the spread of rabies is dangerous to the health of the local people.

The good deed

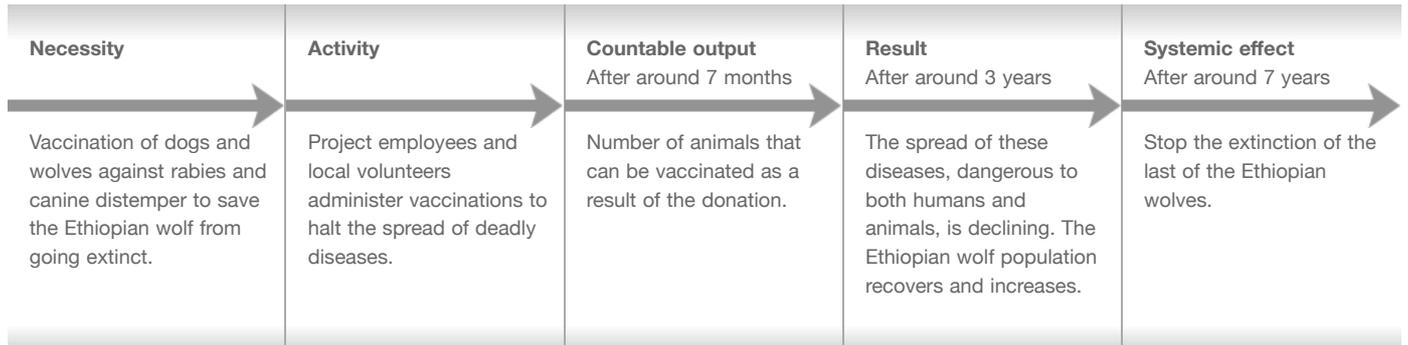
Halting the spread of these dangerous diseases urgently requires comprehensive vaccination of both dogs and wolves. A task force of project employees, veterinarians and local volunteers vaccinates several thousand animals per year (more than 5,000 in 2016) – a laborious undertaking for all involved.

In some places the villagers themselves take their dogs to be vaccinated, in others the

Country:	Ethiopia
Capital:	Addis Abeba
Population:	102 403 200
Gross domestic product in USD:	795
Human Development Index:	Place 174 of 188
Characteristics:	The history of Ethiopia goes back 3000 years and along with Liberia, it is the only African country that was never colonised. The country is characterised by a high degree of biodiversity.



project staff need to go door to door. Free-roaming or semi-feral dogs also have to be caught and vaccinated, as are the Ethiopian wolves. An oral vaccine – the least stressful and most effective alternative to conventional vaccines – is currently undergoing trials.



Association

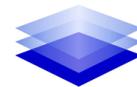
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Day 10

One meal for a schoolchild in the Gaza Strip

It is hard to learn on an empty stomach

School meals for children in the Gaza Strip are having a threefold benefit

A kitten playing with a ball of steel wire in the midst of rubble. What sounds like a bizarre dream is in fact a graffiti in the Gaza Strip by the political street artist Banksy. But why a cat? His website provides the answer: he wanted to call attention to the destruction in the Gaza Strip, but these days all people look at on the Internet is cat videos.

Another look at the reality in the Gaza Strip was to be seen in cinemas this spring. By way of an alternative to the common image of war and destruction, the film *Gaza Surf Club* showed a rarely seen part of everyday life in the Gaza Strip: surfing on the beach. In stunning images the film described how nice it could be here and that there are families living here with hopes and dreams who most of all have one wish: That their children should have a better life.

Background

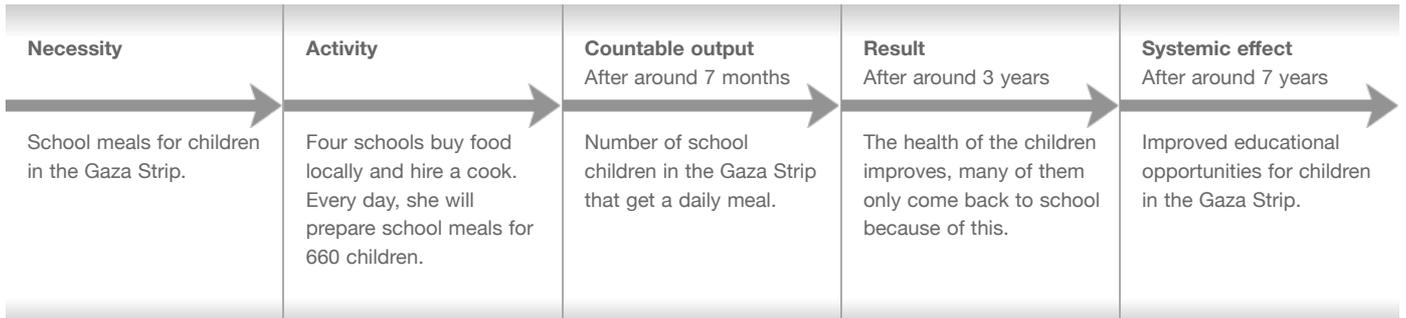
Since the last war in 2014, many families in the Gaza Strip still live in the rubble left from countless destroyed houses. They have insufficient access to water. Many have to cook on open fires in the street because of many hours of power cuts every day. Even before the last Gaza war, research has found that one third of children are underweight for their age. Also, the Gaza Strip has the world's highest unemployment rate, which results in many children having to contribute to the family income instead of going to school.

The good deed

And this is where our school meals come in: We are in cooperation with four schools run by small independent grassroots initiatives. For six days per week, the children are provided with a meal, which has a three-fold benefit: The school meals help to improve the health of the children; they can concentrate better and are more attentive to their lessons. And a third benefit is manifest: Regular school meals help to give many families one less thing to worry about: feeding their children. Thus many children are sent back to school just because of these school meals.

Country:	Palestinian Territories
Capital:	Ramallah
Population:	1 753 327
Gross domestic product in USD:	4300
Human Development Index:	Place 114 of 188
Characteristics:	The refugee camps in the Gaza Strip have the highest population density of any place on Earth. The unemployment rate of 48 per cent is also the world's highest.





Association al omri - Kinderhilfe Palästina gemeinnütziger e.V.
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Website <http://www.alomri-kinderhilfe.de>



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Efficient cookers instead of open fire

Efficient stoves keep women and children healthy

In the highlands of Guatemala, many families use an open fire in their huts to cook. The walls are woven from branches or cobbled together from simple boards. This allows the smoke to escape, but it also spreads it to every corner of the hut. This smoke has detrimental health effects, especially for the eyes and respiratory system of children.

The pediatrician Aroldo Ixcot, a member of the Maya tribe of K'iche', explains: "The child mortality rate in Guatemala is the highest in Central America. Among other factors, this is due to a high prevalence of pneumonia. Newly born babies are often placed right next to the open hearth all day to keep them warm. This exposes them to smoke for many hours, which can result in dangerous infections."

Background

The indigenous Mayas in Guatemala are especially affected by severe poverty, but although they represent about half of the population, their needs are mostly ignored by the government. Many Maya families rely on firewood as a cooking fuel, and the open fires inside their living quarters are particularly detrimental to the health of women and children.

Respiratory illnesses are the most common cause of child mortality in Guatemala: In about one third of cases, pneumonia is seen to be the cause of death. Inflammation of the eyes and burns are also very common. Furthermore, open fires are very inefficient and use up a lot of wood, which results in formerly wooded areas now being deforested.

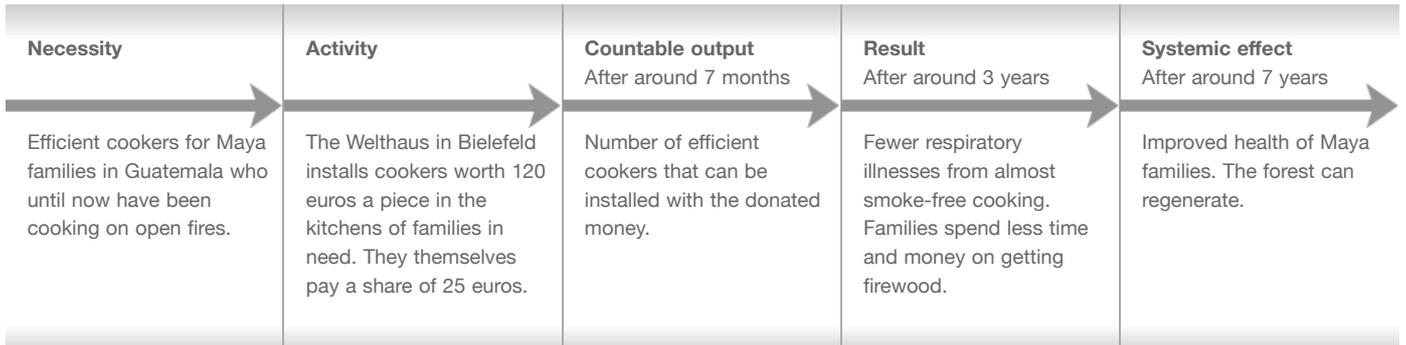
The good deed

In collaboration with the families, the Welthaus in Bielefeld installs efficient cookers inside the huts. The smoke is channeled outside the living space by a chimney, which improves air quality within them.

Also, the cookers reduce the demand for firewood by 70 per cent. That spares the forest and saves time, effort and money.

Country:	Guatemala
Capital:	Guatemala City
Population:	16 582 500
Gross domestic product in USD:	4 089
Human Development Index:	Place 125 of 188
Characteristics:	Mayas in Guatemala are often treated unfairly. They speak their own languages, so when they need to go to hospital, they tend not to be understood.





Association Welthaus Bielefeld

Website <https://www.welthaus.de/site/en/>

Related links UNICEF, 2016. Clean the air for children.

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Day 12

One hour of handicraft workshop usage for a refugee in Greece

Habibi.Works – A workshop for products and prospects

Access to education and self-determination for refugees in Greece

Mohammad, who is from Syria, rings the brass bell and for one moment all activities cease at Habibi.Works – lunch is served! In the woodworking shop where Leo from Germany is currently instructing Greeks from a nearby village and refugees in cabinetry, the saws fall silent. In the study area, Dina from America quickly answers the last questions of her English class, and in the media lab next door, Maria from Greece and Khaled from Syria frantically hit the start button on the 3D printer.

Books and humming laptops are closed, the laser cutter is switched off and the angle grinder in the metal workshop where they are busy repairing a bicycle goes quiet. The buzzing of the sewing machines in the textiles workshop subsides and Habibi.Works' space is suddenly filled with the smell of tasty food, a cacophony of voices and words from all over the world, with laughter and Arabic music.

Background

The closing of the European borders has resulted in people being stuck in Greece, left to their own devices and in a challenging situation (Pro Asyl 2017). Epirus is the economically most fragile area in Greece. As is the case in other parts of the country (UNHCR 2017), people here live either in camps or communal shelters – many have been for more than a year.

Refugee camps lack a sense of self-determination. In their day-to-day lives, people usually cannot decide when they want to eat and where and next to whom they live. Also, they cannot make live-changing decisions such as what country they want to live in or where to raise their children.

As a refugee, opportunities for education and vocational training are very rare or simply non-existent. People who at home had jobs, went to university, have gathered valuable experience in their daily lives or went to school, are now forced to put their education and professional lives on hold for the unforeseeable future.

In the northern Greek region of Epirus, the effects of the economic crisis on the local population has been most severe. They also face challenges every day. The Government does little to support the integration of refugees into Greek society. As a result, there are few opportunities for encountering one another and jointly working on innovative solutions.

Country:	Greece
Capital:	Athens
Population:	10 746 700
Gross domestic product in USD:	17 901
Human Development Index:	Place 29 of 188

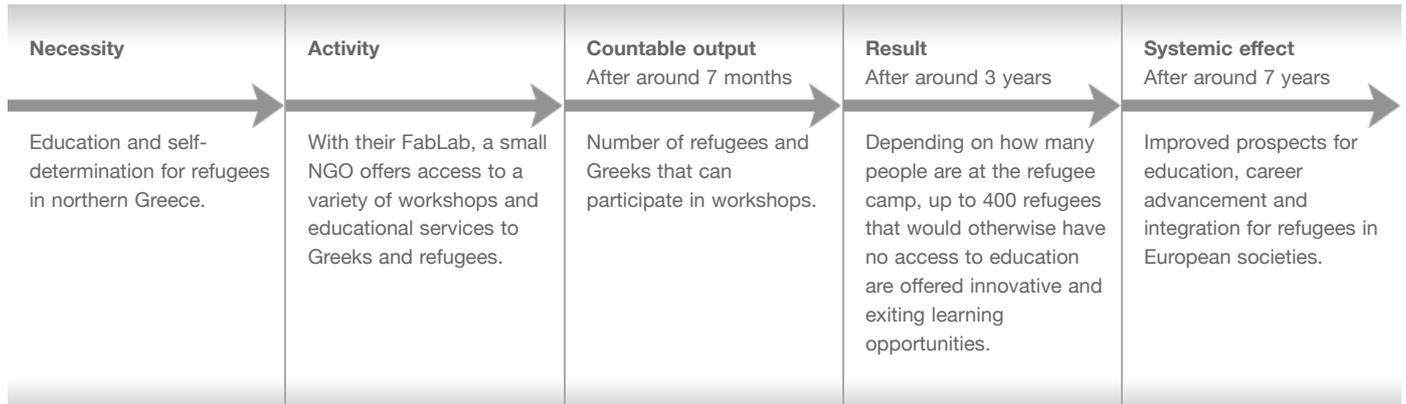
Characteristics: Because of its geographic location, Greece was frequently the first country in Europe that refugees got to in 2015 and 2016.



The good deed

At Habibi.Works people can take action, expand their skill sets, make their own decisions, implement innovative solutions and make the most of their potential. On 700 square metres of our FabLab (open workshop), we provide the platforms, materials, tools, machines and know-how to allow refugees and Greeks alike to implement their projects and follow their interests.

With the informal educational services we provide, we look at our target groups' needs and encourage them to acquire new skills as well as extend and share their knowledge.



Association

Soup and Socks e.V.

Website

<https://soupandsocks.eu/>

Related links

UNHCR, 2017. UNHCR Recommendations for Greece in 2017.
 UNHCR, 2017a. Stronger cooperation crucial to ensure sustainable refugee response in Greece.

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Day 13

Two tree seedlings to support reforestation in Peru

Smallholders turn into protectors of the rain forest

Environmental protection and improvement of living conditions in Peru

Do you know the home of Paddington Bear? The land of deep gorges? Where they have a variety of cuisines that also include Guinea pigs? The answer: Peru!

Paddington Bear was created after the Peruvian Spectacled Bear, who can be found in the Chanchamayo valley. The Peruvian Spectacled Bear, or Andean Bear, is the only bear that lives in South America.

Earlier this year, Peru mostly made the headlines because of the severe flooding, land and mudslides caused by the weather phenomenon 'El Niño'. Scientists say that such phenomena will become more frequent as a result of climate change. De-forestation further increases the risk of flooding and landslides.

Background

The landscape in the Chanchamayo valley has also been severely affected by the loss of woodlands due to de-forestation. 80 per cent of the rain forest has disappeared in the area and with it many different species of plants and animals.

The decline in rain forest can mostly be attributed to slash-and-burn practices: Farmers clear forest at regular intervals to create fertile farmland in order to feed their families. Slash-and-burn is often the only method for creating agricultural land that the locals know about.

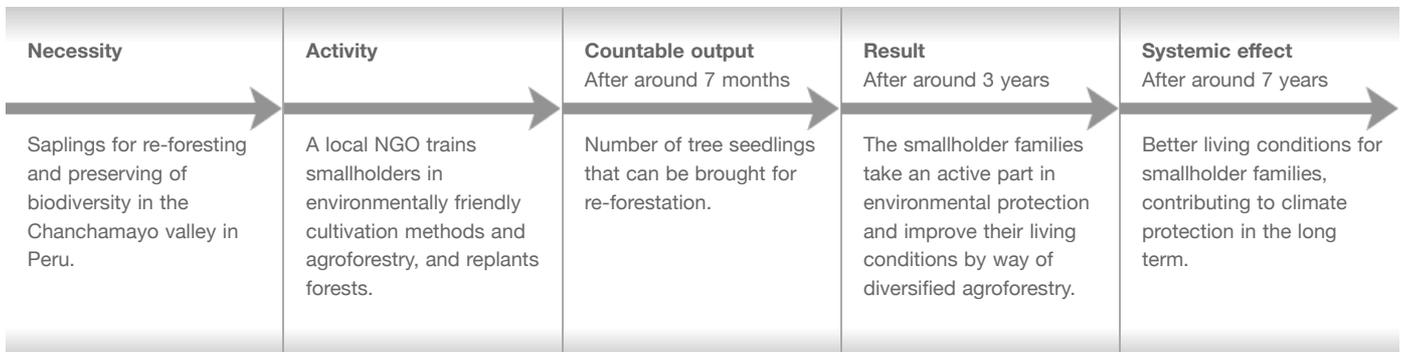
The good deed

Smallholder families will be instructed in environmentally friendly farming methods that do not require the clearing of forests. They are trained in agro-forestry of coffee and other produce, while their fields and cleared forests are re-forested with saplings from endemic tree species. This fosters local biodiversity and mitigates the effects of climate change.

The effective and diversified cultivation methods contribute to increasing the family income and giving them a balanced diet.

Country:	Peru
Capital:	Lima
Population:	31 773 800
Gross domestic product in USD:	6 199
Human Development Index:	Place 87 of 188
Characteristics:	Peru belongs to the countries that have the world's largest area of tropical rain forest.





Association Rhein-Donau-Stiftung e.V.
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 Transparency International
Website <http://www.rhedofound.de>



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Day 14

1.5 hours of training on organic agriculture for young farmers in Mexico

Four pigs do make a summer

New prospects for young farmers in Mexico

Newspaper journalist Donaciano Perdomo's income is quite low. While he is at work, his wife Esperanza Aldana Portilla takes care of their three children. The only thing they can provide their children with is a small plot of land which, however, is currently uncultivated.

Mexico is facing uncertain times, youth unemployment is high. That makes these fallow fields a new opportunity for their offspring. The son Ernesto has made the decision to become a farmer.

When he left to start his training, Mr Perdomo wrote a letter to his son: "Netito, the courageous take advantage of opportunities to grow professionally and spiritually. Imagine what you will learn and encounter in the next two years. What you will learn about our Mother Earth, how to take care and protect her from all these insatiable interests that want to make money out of everything. Sadly, they have a lot of power, but once the last fish has vanished from the rivers, they will understand that money isn't the most important thing.

Background

As in many parts of the world, violence and corruption hold sway in Mexico. Rival gangs have been battling it out for years to gain control of the drug trade. Since 2006, this has killed over 17,700 people. Almost 30,000 are still presumed missing.

Veracruz holds a sad first place in many statistics: It is in the grips of a bloody conflict between the cartels Los Zetas and Jalisco Nueva Generación. According to NGOs, almost two thirds of the missing persons cases are in Veracruz. In early March 2017, one of the largest mass graves in Mexico's history was discovered here.

The former governor of Veracruz, Javier Duarte (2010-2016) is on the run following accusations of corruption and embezzlement. 52.5 per cent of the people live below the poverty line. 26 per cent of children and young people between six and 15 years old lack primary education. Youth unemployment is high.

In the early 20th century, Veracruz was thriving because of coffee exports. But coffee and other key export products such as maize have seen a decline in prices in recent years. Smallholders are coming under pressure: Because conventional crops will barely support their livelihood, they are vulnerable to cartels offering them comparatively large amounts of money to cultivate drugs.

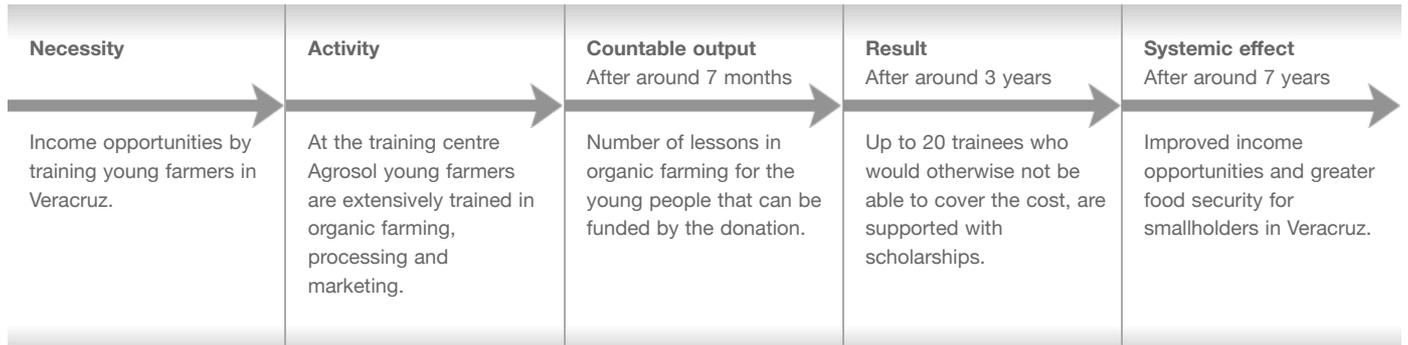
The good deed

Country:	Mexico
Capital:	Mexico-City
Population:	127 540 400
Gross domestic product in USD:	8 555
Human Development Index:	Place 77 of 188
Characteristics:	There are two sides to Mexico: A modern and globalised economy and a stable democracy on the one hand, and half the population in absolute poverty, drug wars and violence on the other.



At Agrosol, the training centre for organic farming and integrated practices, up to 20 trainees take a two-year course in organic farming, animal husbandry, processing of farming products as well as bee keeping.

The trainees are children of smallholder families or from families with small fallow plots in Veracruz. Their parents' land is a future prospect to these young people: If properly managed, it can provide a basic livelihood for the families and generate income. Properly made sausages and meat from four pigs can carry a family through one summer and make them resistant to the advances of the drug cartels.

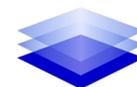


Association Zukunftsstiftung Entwicklung bei der GLS Treuhand e.V.

Certified by DZI Seal-of-Approval
Transparency International

Website <http://www.zukunftsstiftung-entwicklung.de>

Related links Agren, David, 19.10.2016. Ex_Mexico state governor Javier Duarte missing amid corruption investigations. The Guardian.



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Day 15

One minute of therapy with an interpreter for a refugee in Germany

Hal yumkinukum musa3adatuna?

Counselling and therapy for survivors of torture and war, supported by interpreters

Hal yumkinukum musa3adatuna? In English: Can you help us? This simple sentence could have been uttered by a Syrian refugee family that has come to the Therapy Centre for the Survivors of Torture and War that is run by the Medical Aid Organisation (MFH). But most of our staff would not be able to understand them. So what to do in a psychosocial centre when patients and therapists have no language in common?

Without interpreters, our work would simply be impossible. And it is about more than just understanding the language, but also about conveying the meaning of what is being said. For this reason, we work with professional cultural and language interpreters who are, if needed, able to not only translate what is being said as closely as possible, but can also put that in its proper cultural context.

Background

Before they left, many refugees have fallen victim to severe human rights violations in their countries of origin. They have been subjected to violence, persecution or war. Because of these traumatic experiences, many suffer from anxiety and depressions. The refugees' unsafe and depressing housing situation here in Germany often exacerbates their health issues: They are in urgent need of psychosocial support.

In their psychosocial centre, the MFH provides interdisciplinary support services, ranging from medical care via psychotherapy to social work. Whenever necessary, trained language and cultural interpreters are consulted during counseling and therapy sessions.

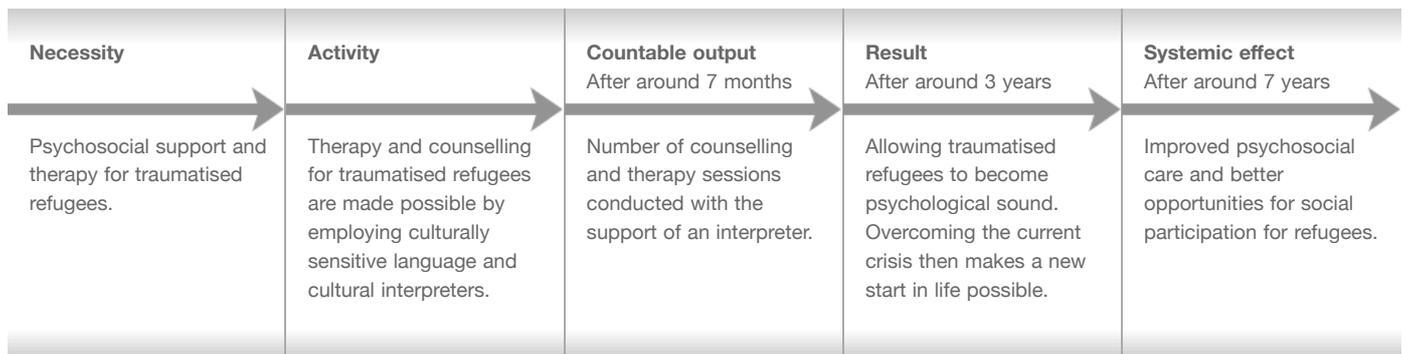
Linguistic mediation is by no means a standard procedure, either in health care or at the local authorities, mostly because of a lack of funding. While our staff are paid from public project-specific funds, this does not apply to the interpreters. Their fees are not covered by the public health insurers and generally speaking also not by the social welfare office. Public grants are far from adequate to cover our costs.

The good deed

With this good deed, the psychosocial centre can employ trained language and cultural interpreters as part of our counselling and therapy sessions and thereby better support the refugees in overcoming their war and migration trauma and find a home here in the Ruhr area.

Country:	Germany
Capital:	Berlin
Population:	82 667 700
Gross domestic product in USD:	41 902
Human Development Index:	Place 4 of 188
Characteristics:	Germany has one of the best health care and social security systems. However, refugees only have limited access to health care.





Association

Medizinische Flüchtlingshilfe Bochum e.V.

Website

<http://www.mfh-bochum.de>

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Day 16

One test tube for chemistry classes in the Philippines

Experiments for chemistry lessons

Equipment for a school lab in the Philippines

At the San Miguel National High School in Puerto Princesa, the Philippines, about 1,000 pupils used to be taught in 20 classrooms. These days, the school has around three times as many pupils.

The population of the Philippines has grown massively: New classrooms need to be added and equipped every year. That often means that there is a lack of funds for adequate technical equipment for the laboratories.

The chemistry teachers at the high school have taken the initiative and tiled one lab and laid a water pipe. Otherwise, this lab looks little different from a normal classroom: There is no equipment such as Bunsen burners, test tubes, chemicals and so on. But without doing experiments, the pupils can only study chemistry based on book learning.

Background

By global standards, the Philippines have a high literacy rate. 96.3 per cent of the over-15s can read and write (CIA World Factbook 2015). However, the standard of education varies considerably. While private schools are well equipped and usually have just 20 pupils per class, state-run schools are often insufficiently equipped and have large classes with often 50 to 60 children in one classroom.

When pupils from a state school such as the San Miguel National High School later want to go on to apply for a university degree, they are at a clear disadvantage.

Many graduates of the San Miguel National High School do not meet the admission requirements for a study course in the natural sciences and cannot pass their entrance exams. Only graduates from private schools tend to be successful. This clearly shows that the social background is a deciding factor when it comes to educational opportunities and career choices.

The good deed

This good deed brings experimentation to chemistry lessons at the San Miguel National High School. The aim is to fully equip two chemistry labs. This will involve buying test tubes as well as Bunsen burners, chemicals, safe storage cupboards, glass stirring rods, measuring cylinders, microscopes etc.

All materials will be bought locally where spare parts will be easily available. With this technical equipment, pupils will be allowed to actively engage in experimentation for the

Country:	Philippines
Capital:	Manila
Population:	103 320 200
Gross domestic product in USD:	2 924
Human Development Index:	Place 116 of 188
Characteristics:	The Philippines are an island nation with 7107 islands and more than 100 languages.



first time.

Necessity	Activity	Countable output After around 7 months	Result After around 3 years	Systemic effect After around 7 years
Lab equipment for a chemistry classroom at the San Miguel National High School in the Philippines.	The school buys enough of various lab materials such as test tubes, Bunsen burners and chemicals to teach 2,700 pupils.	Amount of lab materials that can be bought for teaching chemistry.	For the first time, 2,700 pupils will be able to do their own experiments. The pupils gain a deeper understanding of chemistry and they have a better chance of passing the admittance examination for studying university courses in the natural sciences.	The standard of education at state schools goes up. There is less of a difference between private and state schools.

Association

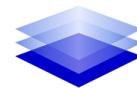
Carpus e.V.

Certified by

Transparency International

Website

<http://www.carpus.org>



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Day 17

Daily fruit ration for two woolly monkeys in Peru

Rescuing orphaned young monkeys in Peru

Monkey conservation in South America

Peru is one of the countries with the highest biodiversity. At least 36 species of monkey are native to the country, including the rare Rio Mayo titi and the yellow-tailed woolly monkey, of which only about 250 animals survive and which is therefore critically endangered.

The most severe threat to the monkeys is deforestation: Day by day their habitat continues to shrink because of encroaching agriculture, mining and logging into the rain forest. And these industries bring poachers. Just like in the rest of the Amazon, monkeys in Peru are hunted intensively. Especially the larger species have very little chance of escape from the modern weaponry that poachers are now able to bring even to the remotest corners of their habitats.

Younger animals are often left to fend for themselves or kept as pets. While bush meat used to be hunted just for self-sufficiency, hunting for monkeys is now a commercial venture – with the corresponding kill rates. There are areas of forest, where monkeys have disappeared altogether.

Background

In 1999, Helene and Carlos Palomino founded the monkey rescue centre Ikamaperu in the northern Amazon, in order to care for orphaned and sick woolly and spider monkeys, and reintroduce them into the wild.

All around the rescue centre, hectares of land were purchased, reforested and reconnected to existing forests to allow the monkeys and other wild animals to move between different areas. In the land restoration, mostly fruit trees were planted to provide food for the animals.

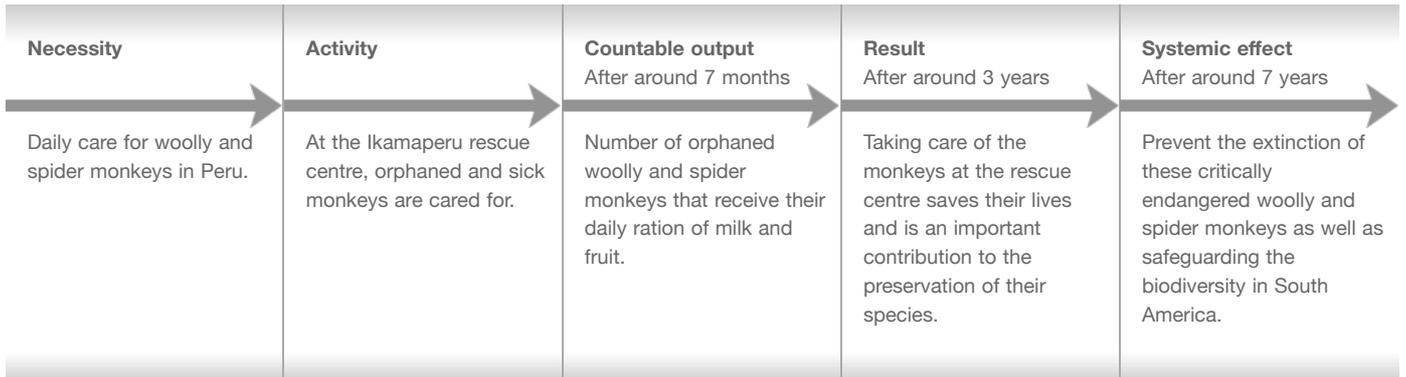
The orphans raised in the rescue station are then reintroduced to these areas and help to keep the natural environment intact – which is important not only for the monkeys.

The good deed

The good deed ensures a daily ration of fresh fruit and milk for the monkeys held at the rescue centre. The goal of the centre is to reintroduce their charges back into the wild after a period of rehabilitation. In the long run, this will ensure their survival as a species.

Country:	Peru
Capital:	Lima
Population:	31 773 800
Gross domestic product in USD:	6 199
Human Development Index:	Place 87 of 188
Characteristics:	Peru is said to be the country with the greatest number of bird species in the world: more than 1,800 (more than Europe and North America combined).





Association

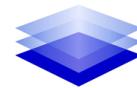
Pro Wildlife

Certified by

Transparency International

Website

<https://www.prowildlife.de/>



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Day 18

Three healthy meals for
a child in India

With healthy food to a school diploma

School lunches for children in India

Ten year old Manjula's father died early in her life and she has been living with her mother and her 19 year old brother (who is disabled) on the outskirts of the village of Rangavvanahalli in Karnataka, India. While her mother was working as a day-labourer, both children were often left to their own devices and could not go to school.

When a social worker of the organisation Vikasana heard of her story, she offered to have Manjula enrolled and cared for in the school in Vikasana. The school gives children from poor families all-round care, with the aim of getting them integrated in a regular school. That gives them a chance for a better future.

Today, Manjula is happy to live among 34 other children at the school. Because of the regular and nutritious meals she is receiving, she is thriving and has become a good pupil. English is her favourite subject.

Background

The Indian government has been promoting basic education for children for about a decade now. However, it is still very common for children in rural areas whose parents are poor to drop out of school after less than eight years. These children are often required to work to contribute to the family income. Being labourers, their parents often earn less than 20 euros per month.

As a result, the children of disadvantaged families have no access to education. And being deprived of a sufficient and balanced diet can also cause cognitive impairments. This is where the Karl Kübel Foundation and their partner comes in: Providing disadvantaged children with a safe home, regular and healthy meals and access to education, and thereby giving them the chance of a self-determined future without poverty.

The good deed

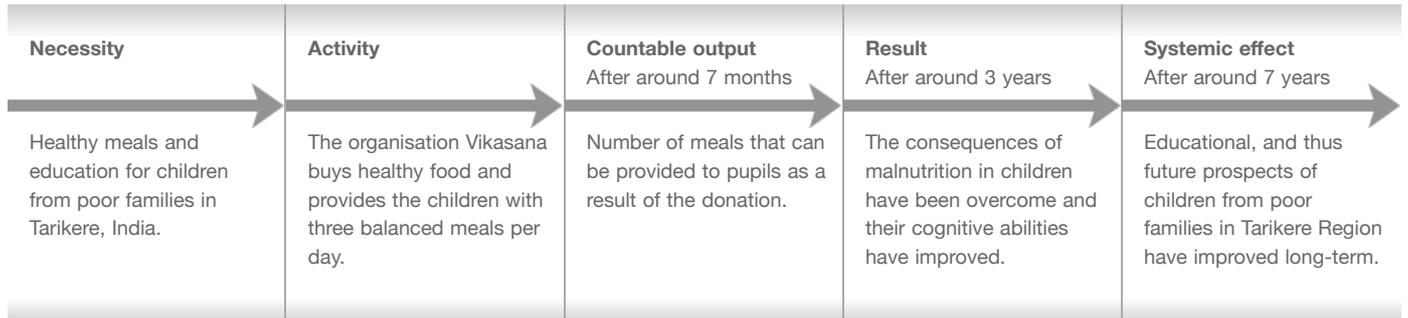
35 children from extremely poor and socially deprived families currently live and are educated at the school in Vikasana. They are given full support, attend school regularly and have the time and space to play and discover their own talents.

Country:	India
Capital:	Delhi
Population:	1 324 171 400
Gross domestic product in USD:	1723
Human Development Index:	Place 131 of 188

Characteristics: In spite of rapid economic growth, many people in India live under conditions of absolute poverty. India also has the most child labourers in the world.



Their physical welfare is taken care of through nutritious and varied meals as well as medical care.

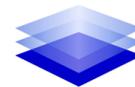


Association

Karl Kübel Stiftung für Kind und Familie

Website

<https://www.kkstiftung.de/de/index.htm>



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Day 19

One hour of computer or English courses for a woman in Libya

Learning for a better life

Empowerment of women and girls in the civil war-torn country of Libya

Sometimes it takes time for dreams to come true. Such as the dream of Nadine from Tripoli: As a child, she used to love going to school, maths was her favourite subject. She dreamed of becoming a lawyer and fighting for disadvantaged people. But things turned out differently. She was married off at age 13, had her first baby and had to leave school. But she brought up her daughters to become successful and confident women.

Nadine's time came when the revolution in 2011 brought change to Libya. She started centres in the capital where disadvantaged women threatened by violence could find shelter, advice and support. It is the opportunities for further education that are dearest to Nadine: Free classes in English and computer literacy. "Education is the key to a self-determined life," she is certain.

Today she is 65. She never became a lawyer, but she did fulfill her childhood dream of helping the weak and disenfranchised – through her tenacity and courage.

Background

Since the 2011 revolution, Libya has been in a process of transformation, which in May 2014 culminated in civil war when violence erupted once more. Currently, about 1 million people are affected by hostilities and 1,3 million people depend on humanitarian aid (Ocha, 2016).

The war brought about a massive increase in everyday violence. According to the UNDP, 89 per cent of families in Libya are affected. The situation is particularly severe for those having to leave their homes. The majority of refugees concentrate in the cities of Benghazi and Tripoli, where families live crammed together in shelters set up in schools and factory buildings. There is no place to retreat to or safeguards.

In Libya, violence towards women and girls is an absolute taboo. The state has almost no assisting facilities. Therefore, both of AMICA e.V.'s partner organisations are pioneering in what they do. They have instituted the first emergency help line for women, are visiting displaced families and women in prison, have hired therapists, social workers and lawyers, and are running a campaign to get young men to stop taking up arms and joining the militias.

The good deed

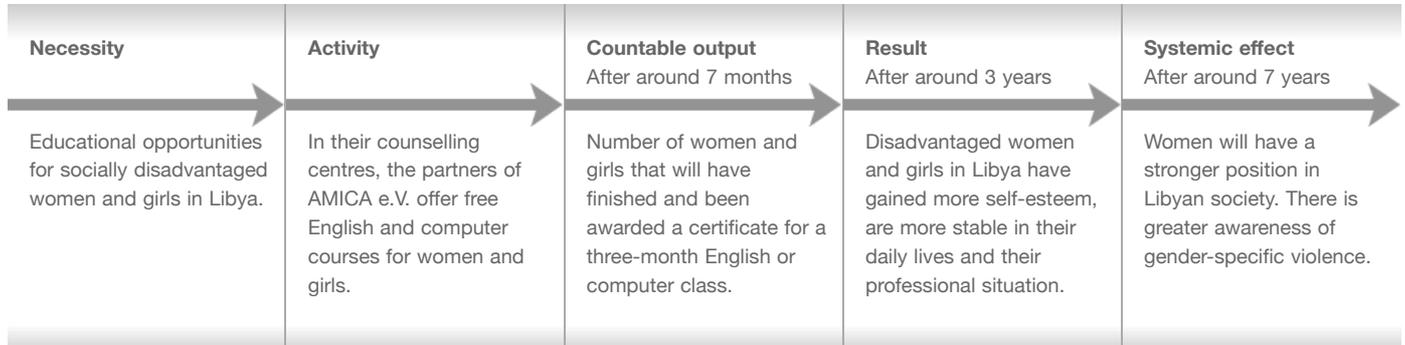
Country:	Libya
Capital:	Tripoli
Population:	6 293 300
Gross domestic product in USD:	5 193
Human Development Index:	Place 102 of 188
Characteristics:	Libya is the fourth largest country in Africa. The Libyan desert has the highest temperatures in the world.



By taking part in English and computer classes, women and girls learn about the counseling centres. This level of trust is important for them to feel good about taking advantage of the support from social workers, therapists and lawyers when they need them.

The services give stability to their everyday life and strengthen their self-esteem. "I feel like I can fly. Now there is hope for me again," is how one visitor from Benghazi describes her feelings. The classes are certified by the Libyan ministry of education.

By taking part, these women are empowered in their career choices and increase their chances of being hired by a local company, a state institution or a non-governmental organisation.



Association

AMICA e.V.

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Website

http://www.amica-ev.org/en?set_language=en



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Day 20

One physiotherapy session for a disabled child in Nepal

Physio against cerebral palsy

Physiotherapy for Nepalese children

Ram lives in a mountain village in Nepal. Ever since he was born, he could hardly move his legs and had difficulty speaking, swallowing and eating. He suffers from infantile cerebral palsy.

When his parents heard of a therapy centre in Kathmandu, his father walked there over mountains for five days, carrying him on his back. There he is told that Ram's treatment can be paid for by donations. They build a wheelchair from an old garden chair and show Ram exercises that help against the pain.

His disability will never entirely go away, but thanks to the wheelchair, Ram will not have to spend all day lying down and every four weeks a physiotherapist will attend to him at home.

Background

It is estimated that there are about 60,000 to 80,000 people suffering from infantile cerebral palsy in Nepal. Cerebral palsy is a form of brain damage in young infants. It can be caused by a lack of oxygen before, during and after birth. Other causes can be infectious diseases, proscriptio drugs or alcohol.

Those affected suffer from neural and muscular damage, which can bring about mental and physical impairments.

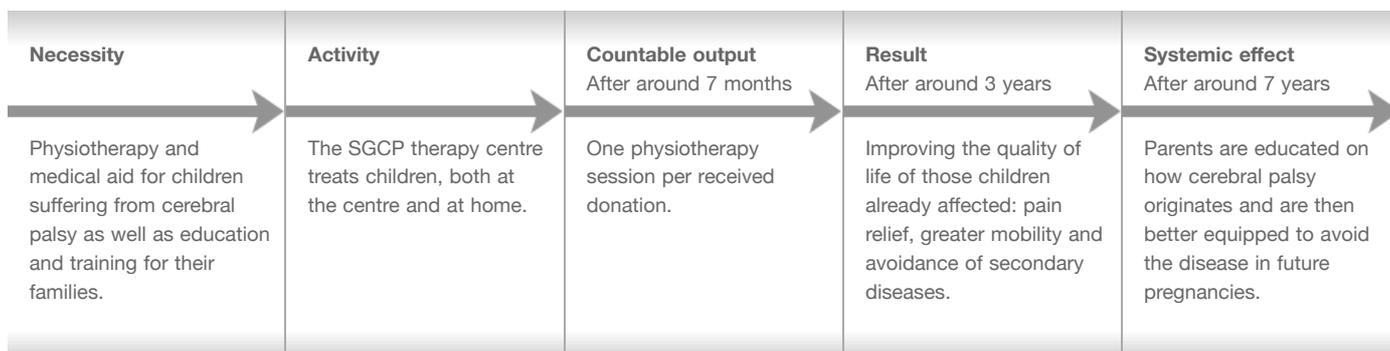
The good deed

The organisation SGCP (Self-help Group for Cerebral Palsy) has been treating affected children with physiotherapy and speech therapy in their therapy centres and at home for 25 years. Trained physiotherapists visit affected families in their homes, treat the children and teach the parents on what they can do to support their children.

Furthermore, the families are provided with implements, information brochures and by establishing local points of contact. SGCP's educational work, for instance at schools, also helps to prevent a further spread of cerebral palsy.

Country:	Nepal
Capital:	Kathmandu
Population:	28 982 800
Gross domestic product in USD:	733
Human Development Index:	Place 144 of 188
Characteristics:	In addition to Mount Everest, the highest mountain on Earth, Nepal has seven other peaks above 8,000 metres.





Association

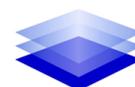
Sahaya - Hilfe für Nepal

Website

<http://www.sahaya.de>

Related links

<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Hope-Through-Research/Cerebral-Palsy-Hope-Through-Research>
 SGCP, Description of the On-Going Programmes of SGCP
 Stuti Sharma, 14. October 2011, A drop in the ocean, Nepali Times
 Chapter 13 in Stone, E. (ed.) 1999: Disability and Development: Learning from action and research ..., Leeds: The Disability Press pp. 210-227
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<http://www.who.int/gho/countries/npl.pdf?ua=1>
 WHO, 2014, Global atlas of medical devices



**Initiative
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Zivilgesellschaft**

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Day 21

One hour of environmental education for a schoolchild in Nicaragua

Experiencing conservation first hand while hiking

Environmental education of school children in Nicaragua

Nicaragua, the country of lakes and volcanoes, is one of the bio diverse areas anywhere on Earth. Such natural beauty is also the subject of the famous writer and poet Ernesto Cardenal. But he also cautions of the consequences of poverty, population growth and the abuse of power. And, that forests as well as soil and water are being ruined.

The Nicaraguan organisation La Cuculmecca has been active against this trend for many years – making it a point to focus on the younger generation. Aracely, one of the guides says about herself: “Looking at the trees and living in the forest calms me down. And at the same time it gives me the energy to keep doing my work. You only conserve what you care about.”

Background

Nicaragua is already one of the world's most environmentally threatened regions. Climate change and related extreme events negatively impact the development of the country. In the last 30 years, average temperatures along the Pacific coast and in the north of Nicaragua have risen by between 0.2 and 0.9 degrees, while precipitation for the same region as fallen by six to ten per cent.

In recent years, the weather phenomenon ‘El Niño’, which causes severe droughts in the country has been more and more pronounced. On the other hand, poverty, short-term-profit mentality and a lack of environmental awareness have also contributed to Nicaragua having the highest deforestation rates in the world. Between 1990 and 2015, the forest cover has decreased by about one third (FAO, 2015).

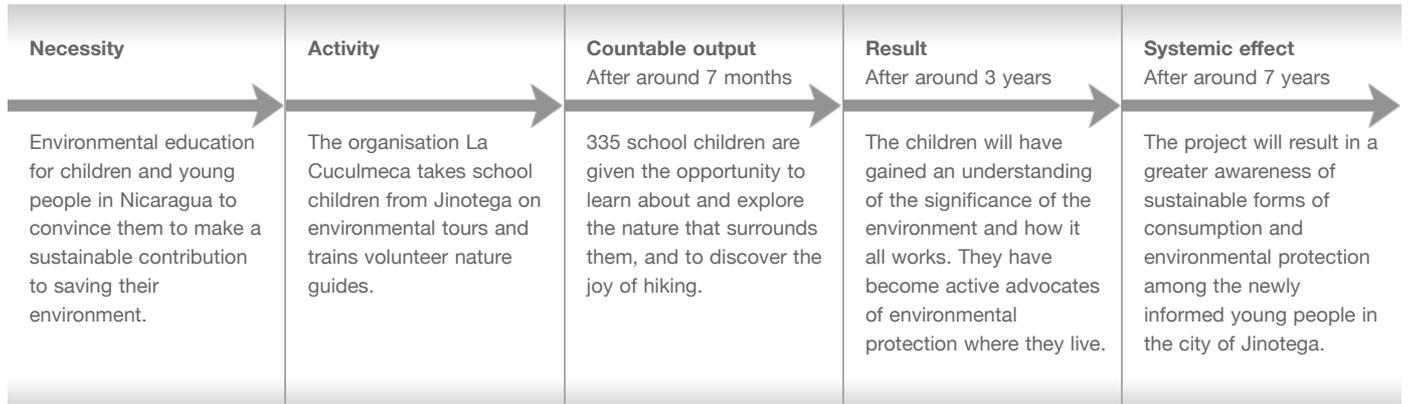
The good deed

You have to know about a thing to cherish and conserve it. The good deed focuses on children and young people to give them an awareness of the environment and sustainable development. The good deed funds the training of volunteer nature guides and the creation of hiking trails that can be explored together with school children.

Country:	Nicaragua
Capital:	Managua
Population:	6 149 900
Gross domestic product in USD:	2 120
Human Development Index:	Place 124 of 188
Characteristics:	Nicaragua, the country of lakes and volcanoes, is characterised by its wild and tropical nature. It is among the 23 most bio diverse regions in the world.



During these nature walks, school children learn more about their environment in a playful manner, they are taught to imitate bird song, count flowers and trees or examine water sources. This is meant to bring forth a new generation of conservationists.



Association

Förderverein Städtefreundschaft mit Jinotega e. V.

Website

<http://cuculmeca.org/>

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Day 22

A mangrove seedling is planted on Kenya's coast

Mangroves: Habitat between land and the sea

Protection and replanting of mangrove forests along Kenya's coast

Mangrove forests are a unique ecosystem along tropical shores. For millennia they have been providing valuable ecosystem services to people and the environment. They stabilise the coast, purify the water and are a refuge and habitat for countless animal species.

Mussels and barnacles stick to their branching fringes, fish lay their eggs between their roots, marine snakes and crocodiles lie in ambush for their prey, sea turtles find shelter and food in the undergrowth below the water. But also above the water line, branches, twigs and leaves of the mangroves provide a habitat and food for many animals, such as birds, climbing crabs and insects.

The local people also profit from them: Mangrove forests are nurseries for edible fish, provide natural water filtration and are most of all a valuable defence against flooding and coastal erosion.

Background

Mangrove forests have continued to be lost over recent decades. The trees are cut down for fire wood, they have to make way for houses and resorts for tourists.

The mangroves are also effected by the pollution of the water with oil and pesticides. Both biodiversity and the local population increasingly suffer from the consequences. Protecting the existing mangrove forests and their long-term replanting are urgently needed to preserve these valuable habitats.

The good deed

This good deed makes it possible to plant mangrove seedlings in Mida Creek, a mangrove swamp within the nature and bird sanctuary Watamu in Kenya. Mida Creek is home to seven of the nine native Kenyan mangrove species. The seeds of the plants are collected and cultivated into seedlings in the project's own nursery, in order to reforest the mangroves as close to their original state as possible. At regular intervals, project staff conduct 'mangrove planting days' together with local school children.

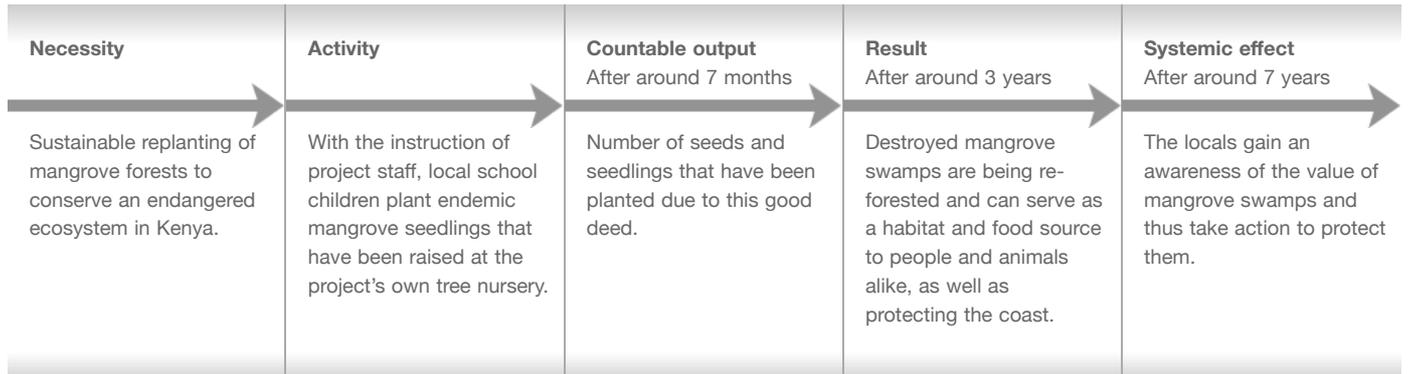
Depending on the species and the local conditions, rather than seedlings, seeds are also

Country:	Kenia
Capital:	Nairobi
Population:	48 461 600
Gross domestic product in USD:	1 516
Human Development Index:	Place 146 of 188

Characteristics: In March 2017, the Kenyan government decided on a total ban on plastic bags. This puts Kenya in the vanguard of combating the contamination of the environment with plastic litter.



planted directly. By getting the locals involved, this good deed will also help to educate them on the value of the mangrove forests and motivate the people on the ground to actively protect them.



Association

Aktionsgemeinschaft Artenschutz (AGA) e.V.

Website

<http://www.aga-artenschutz.de/>

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Day 23

One bowl of warm soup
for a homeless person
in Berlin

Give some warmth in winter

Assistance for freezing homeless people in Berlin

There is at least a plate of hot soup when the winter homeless shelter in Berlin opens up its doors every evening. And every Wednesday a former occupant helps out as well. We got to know Christoph, 42, last autumn when we picked him up off the street and treated him in our mobile doctor's clinic. He was living on the street and just at the beginning of the season on November 1st he came to our shelter.

Christoph is very talkative, likes to complain about all the adversities that life has thrown at him. With our assistance he contacted a counseling centre for homeless people, looking for assistance. By Christmas he was able to move into his own room in a Berlin homeless shelter. But not every story comes out so well. Most people that take advantage of our cold assistance to stay the night, have gone through hell and look into the future with trepidation.

Background

An estimated 11.000 people are homeless in Berlin. The reasons why people lose their homes and end up on the street vary considerably. Increasing poverty and housing shortage as well as higher rents are usually quoted as the key reasons for homelessness.

In Berlin, the Caritas takes care of the homeless throughout the year: with a shelter, a walk-in clinic at Zoo Station and a mobile doctor's surgery. During the winter, there is also overnight accommodation and a warm room, because this is the perilous time for the homeless: When it gets cold, they can no longer sleep outdoors.

We want to prevent people from freezing to death and protect them from frostbite or hypothermia and contagious diseases. Almost as important as a place to sleep, a shower and a hot meal are understanding conversations – our volunteers always have an open heart for guests.

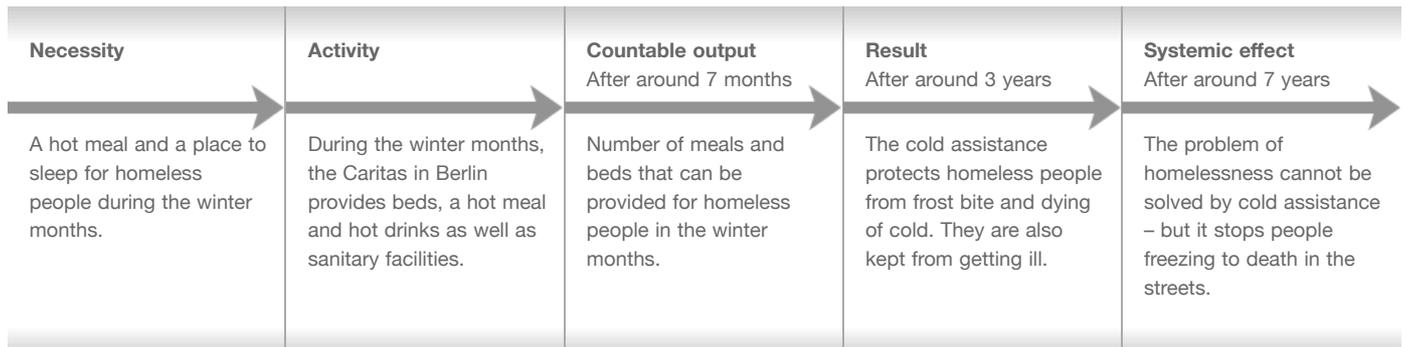
The good deed

Between the months of October and March we provide 25 men with a plate of hot soup and a place to sleep in our shelter. No one should have to freeze to death in Berlin's streets!

The men that we support are safe from dying from cold, from frost bite or cold-related illnesses. In addition to a bed, a hot meal and hot drinks, the staff and volunteers of the Caritas have an 'open heart' for the problems and difficulties faced by the overnight guests. Hot showers are also provided. Where applicable, we will of course also give further assistance.

Country:	Germany
Capital:	Berlin
Population:	82 667 700
Gross domestic product in USD:	41 902
Human Development Index:	Place 4 of 188
Characteristics:	Germany is one of the richest countries on Earth – nevertheless, there is a lot of poverty. In the last six years, the number of homeless people has risen by 35 per cent.





Association Caritasverband für das Erzbistum Berlin e.V.

Certified by DZI Seal-of-Approval
Transparency International

Website <https://www.caritas-berlin.de/>



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Day 24

One minute of hospital clown show for sick children in Germany

Laughing children in the children's and youth hospice Balthasar

Care for terminally ill children and young people and their families

The corridor of the children's hospice resounds to laughter and the hubbub of voices. Something crashes to the floor, children squeal with laughter, someone starts singing a song. The group of visitors in the corridor exchanges surprised looks: What is going on here? The hospital clowns are on the loose!

Once a week, clown Micha and his colleague Lulu visit the children's hospice Balthasar to give the terminally ill children, their siblings and their parents a few hours of joy, hilarity and forgetfulness. Balthasar is the first children's hospice to employ professional hospital clowns. Professional in the sense that Micha and Lulu have learned their trade in a number of seminars, rather than just putting on a red nose. Although, it is just that red nose that 'breaks the ice' and builds up the initial trust between them and the children. Prior to every visit, they ask specific questions about the children that will be present and their illnesses: Can they be wild and boisterous, or would it better to be more quiet?

Background

A part of their terminal illnesses is that children often gradually lose abilities. Realising, that certain things are suddenly no longer possible disconcerts, frightens and sometimes drives them to furious anger. The clowns give them an escape to a phantasy world where their illness is irrelevant. When Micha and Lulu are around, the grownups act like children and that consoles the kids and gives them hope.

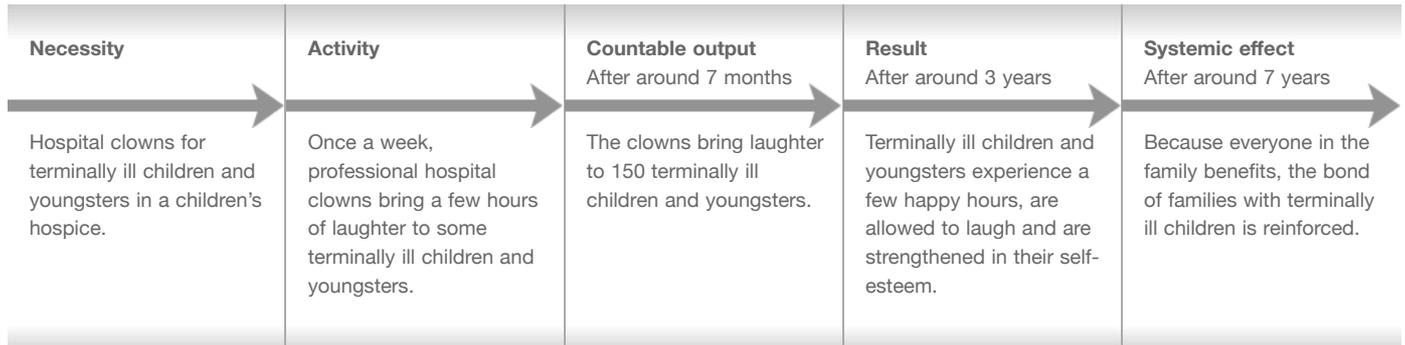
One mother says: "Here suddenly is someone, a grownup, who is timid and clumsy; who jumps aside in fear when my son's electrified wheelchair suddenly moves as if by magic. That makes my son laugh. Normally Lukas is the clumsy one who sometimes has a hard time manoeuvring in his wheelchair." Micha has leapt behind the red armchair and chatters his teeth. "A magic chair! An invisible ghost has moved the magic chair!" he bellows as Lulu squats down next to him. Lukas clearly enjoys chasing the two of them around a little, until he then shrugs with a magnanimous grin: "It's just my wheelchair." First Micha and then Lulu reluctantly come out of hiding and then allow Lukas to explain to them how his wheelchair actually works. This way the guests in the hospice not only have an enjoyable morning and a fun time, but they also regain a considerable amount of strength and optimism.

The good deed

Country:	Germany
Capital:	Berlin
Population:	82 667 700
Gross domestic product in USD:	41 902
Human Development Index:	Place 4 of 188
Characteristics:	According to its gross domestic product, Germany is the largest economy in Europe and the fourth largest in the world. Nevertheless, there is no adequate funding for children's hospices.



The work of the hospital clowns is funded exclusively by donations. These mornings with the clowns are a godsend for the families who in their everyday lives have to cope with the stress of caring and worrying about the future, which is usually short on moments of hilarity. Micha and Lulu have a talent for producing these little moments of happiness that anyone can have. The happiness of the children is always their greatest reward. This good deed reminds these families that it is okay to laugh and that it is possible to have moments of joy – despite a diagnosis of ‘terminally ill’. That reinforces their family bond and the ill children gain new strength and even self-confidence. For a few hours they can forget the misery of their everyday lives.



Association Kinder- und Jugendhospizstiftung Balthasar
Certified by DZI Seal-of-Approval
Website <https://www.kinderhospiz-balthasar.de/stiftung.html>



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