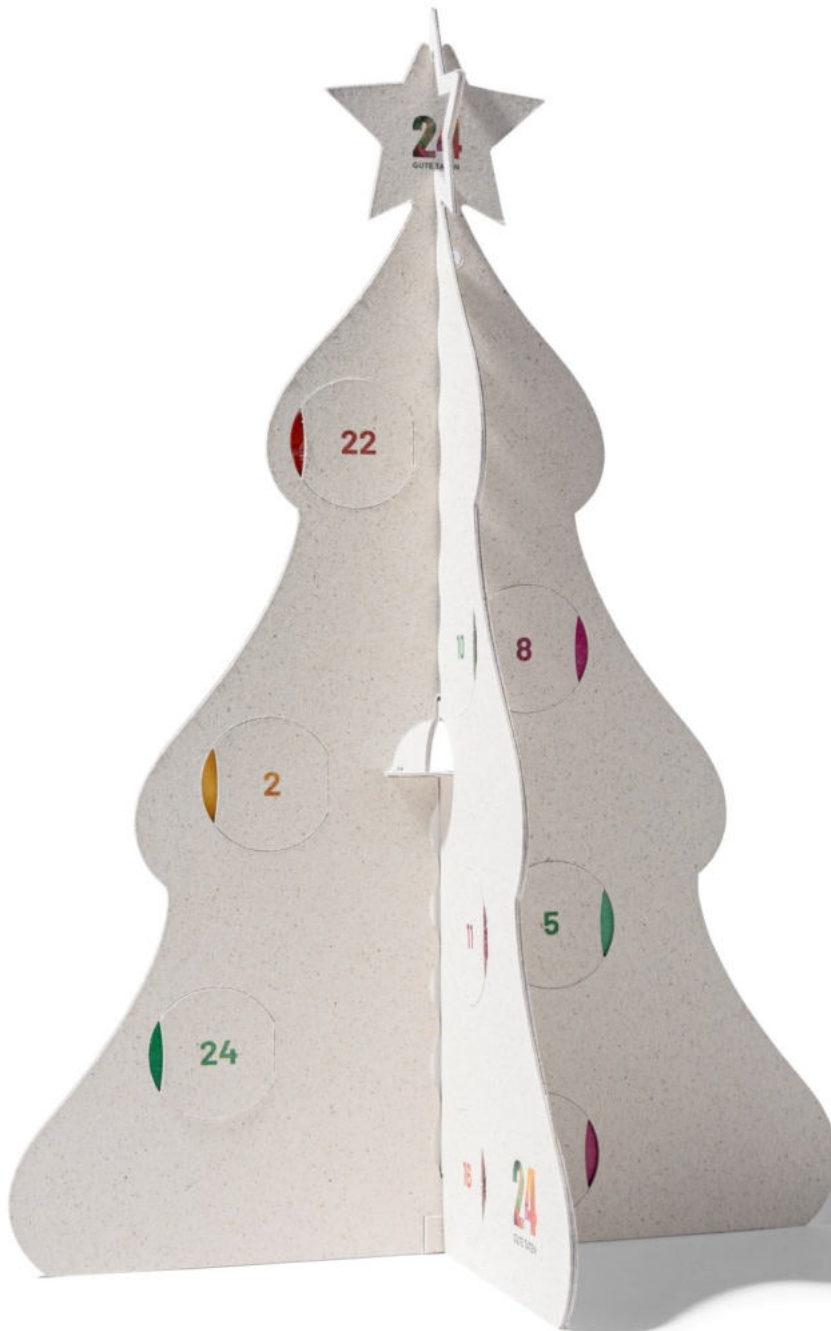


24GoodDeeds Advent Calendar

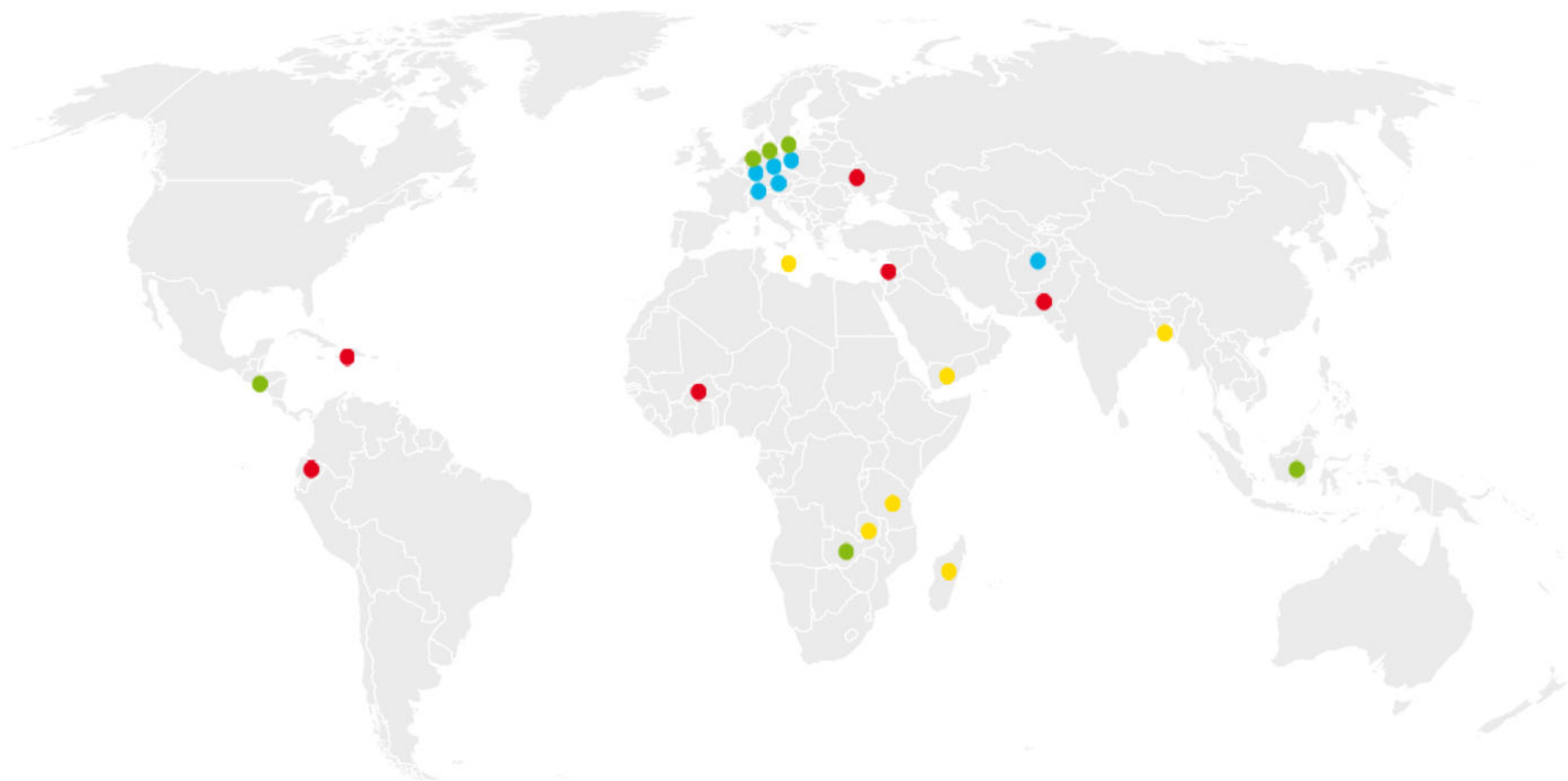
2019



Official Handbook

The advent calendar that makes the world a better place

24 projects – 16 countries





Day 1

Half a kilo of plastic waste collected from German rivers

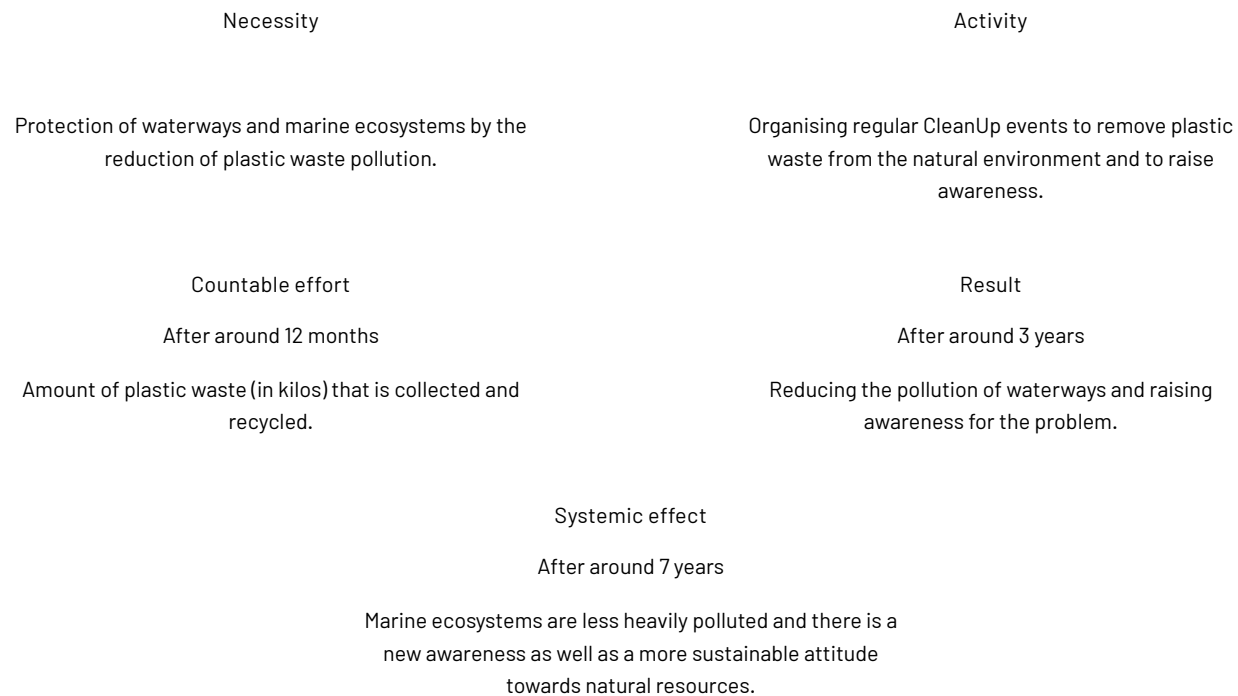


CANOEING FOR CLEAN RIVERS AND OCEANS!

Reducing plastic waste in German waters

The salty air, the waves, the endless blue. We humans are fascinated by the sea and by the secrets it holds. We spend dream vacations on the beach, eat local fish and in some countries enjoy the colourful biodiversity under water. But this idyll is threatened. Every year, around eight million tons of plastic waste end up in our oceans (World Economic Forum, 2016). This corresponds to one truckload per minute. The health of seabirds, whales and many other large and small marine creatures is threatened by litter pollution, especially if the animals try to feed on, injure themselves or get entangled in such waste. This is particularly the case

with fishing nets, the so-called ghost nets, which aimlessly float in the deep sea. Many animals lose their lives as a result of human garbage. If nothing happens, our oceans could soon become seas of plastic, since many products take several hundred years to degrade. But not only marine organisms are affected by this enormous pollution. Initial studies show that so-called microplastics can already be detected in the human body. Only by acting quickly will we be able to reduce pollution and secure the future of our oceans.



Background

In 2016, some 335 million tonnes of plastics were produced worldwide, 60 million tonnes in the EU (Plastics Europe, 2017). Plastic is considered as the material of the 21st century and is a versatile material due to its many properties. But it also has its disadvantages: If plastic gets into the natural environment, it becomes a danger to animals, plants and presumably also to humans. Our oceans and inland waters are particularly affected, as this is where most of the waste that is not properly disposed of ends up. According to the Ellen MacArthur Foundation, by 2050 there will be more plastic in the oceans than fish (World Economic Forum/Ellen Mac Arthur Foundation, 2016). Plastic fragments can already be detected in the stomach contents

of over 90 per cent of seabirds today. Approximately one million of them die each year as a result of plastic ingestion or entanglement in flotsam. The same applies to around 100,000 marine mammals and over 800 other species (Wilcox, 2015). In addition to shipping and fishing as the polluters, around 80 per cent of the waste reaches the seas via rivers. In the Danube alone, for example, up to 1,500 tonnes of plastic waste are transported to the Black Sea each year (Lebtron et al., 2017). A large part of this is carelessly discarded packaging and disposable products. In addition to the targeted reduction of pollution, there needs to be a transition in awareness towards greater sustainability and a more responsible use of resources.

The good deed

Today's good deed will help fund CleanUp events happening throughout Germany on a regular basis. During such events the Clean River Projects team and volunteers go canoeing and actively remove plastic waste from stretches of river. The pollution existing in nature is thus removed by hand. Most volunteers are surprised how much rubbish they find. Afterwards, the found objects are transformed into photographic works of art, which are presented in

exhibitions all over Germany. The aim is to raise general awareness of the problem of waste pollution in society, companies and among policy-makers, and to sensitise people to a more conscious approach to waste. In addition, these events offer the opportunity to get involved in environmental protection. By actively cleaning up, educating and sensitising, a long-term transformation can be achieved, leading to positive changes.



About Germany



Berlin

Capital



82,100,000

Number of inhabitants



46,136

Gross domestic product
per capita per year



Placed 5 of 189

Human Development Index

- ① With 24.5 per cent of total consumption, Germany is the largest consumer of plastics in the EU (Platics Europe, 2017). Many rivers as well as the North and Baltic Seas are polluted with plastic waste and numerous waterways contain detectable amounts of micro plastics.

About the organization and further information

Association

Clean River Project e.V.

Website

<https://cleanriverproject.de> (<https://cleanriverproject.de>)

Certified by

Further information and source

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Day 2

Three days of drinking water for a family in Bangladesh

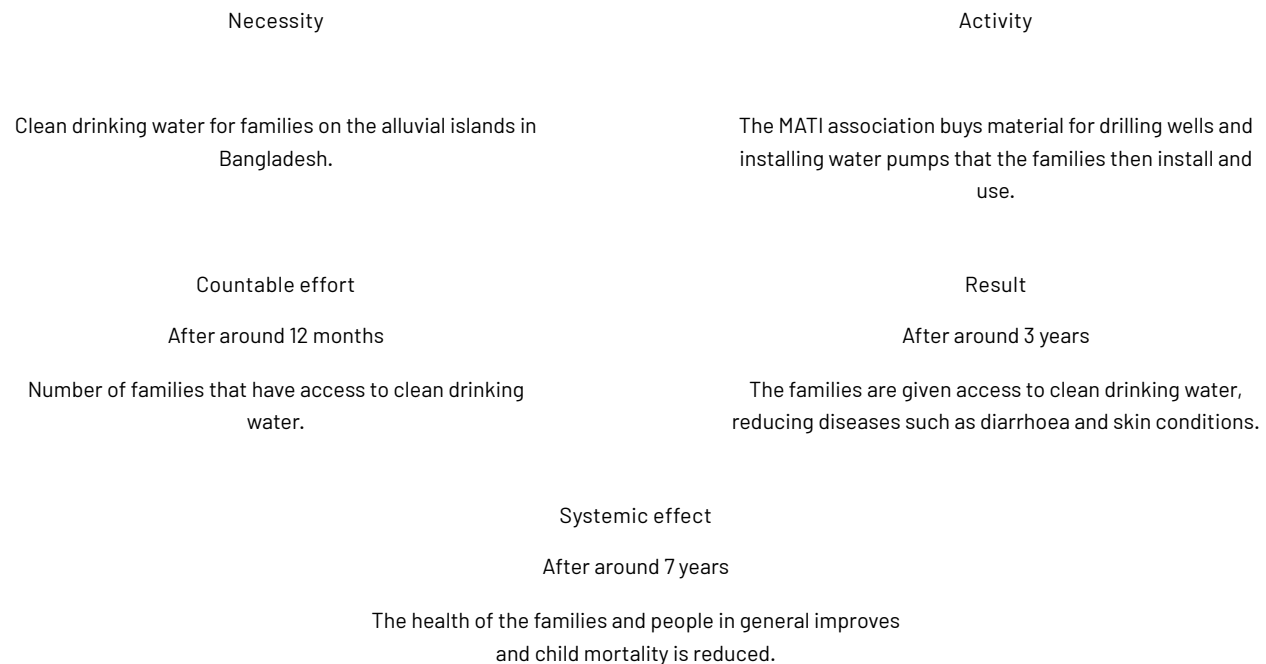


SPARKLING LIFE - INDISPENSABLE

Access to clean drinking water

Flying to the capital Dhaka during the rainy season, you would not think that Bangladesh could suffer from a lack of water. The flooded rice fields start right next to the runway. When it comes to water, the country can claim a number of superlatives. For example, it has the largest river delta in the world, the Ganges delta, into which the muddy waters of the three largest rivers on the Indian subcontinent flow. For 3 to 4 months of the year, 60 per cent of the country's

surface area is flooded. Then the monsoon rains swell the rivers and roll through the land in streams that are sometimes kilometres wide. Valuable sediments are deposited in the soil, giving the country three harvests a year. Nevertheless, the people who live in the rivers on the alluvial islands often have little access to clean drinking water.



Background

Surrounded by water - and still without clean drinking water. This situation is the reality of the families settling in the Brahmaputra Char basin on the alluvial islands. The population pressure in Bangladesh is enormous. 157 million people live in an area less than half the size of Germany. This forces above all the poor population to erect their huts where no one else claims the land - in the riverbed. According to the World Bank (2016), 51 per cent of the population in the Mymensingh district live below the poverty line, while surveys conducted by the organisation MATI e.V. show that over 80 per cent of the population live in the

alluvial region. The income that these families can earn is very low. Especially in those cases when the river reclaims the space and there is no harvest. Many families have to live with two meals a day. The families then fetch the drinking water from ponds or from the river, where they also shower, wash their clothes, dishes and cows, and often also defecate. The results are diarrhoea and a very high rate of typhoid fever and cholera infections. If one compares the health data with those of families who have a water pump, one quickly sees that clean water is crucial for good health.

The good deed

Your good deed provides access to clean drinking water for families on the alluvial islands. They receive water pumps that are shared among neighbouring families. As part of the good deed, the MATI association will provide the material for the families: pipes, iron pump heads and bamboo poles. Under guidance and training, the villagers will install the pumps manually. Traditionally, several related families share

a courtyard. These community courtyards have therefore come to an excellent agreement to build pumps for several families. One pump can supply at least 15 people with clean drinking water. The families become members of a savings group and set aside 0.50 euros per family for repairs to the pump. Thus the drinking water supply is also secured in the long term.



About Bangladesh



Dhaka
Capital



164,700,000
Number of inhabitants



3,677
Gross domestic product
per capita per year



Placed 136 of
189
Human Development Index

- ① About 80 per cent of rain in Bangladesh falls during the monsoon from May to the middle of October. Bangladesh is home to the largest contiguous mangrove forest in the world.

About the organization and further information

Association

MATI e.V.

Website

<http://www.mati-net.de> (<http://www.mati-net.de>)

Certified by

Initiative Transparente Zivilgesellschaft



Further information and source

Saurer, 2019. Der tägliche Kampf um das Wasser. Badische Zeitung vom 22.03.2019, S.10 (<https://www.badische-zeitung.de/zwei-milliarden-menschen-haben-keinen-zugang-zu-sicherem-trinkwasser--168953581.html>)

Weltbank, 2016. Bangladesh Interactive Poverty Maps. (<http://www.worldbank.org/en/data/interactive/2016/11/10/bangladesh-poverty-maps>)

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Day 3

One bottle of special milk for a baby elephant in Zambia

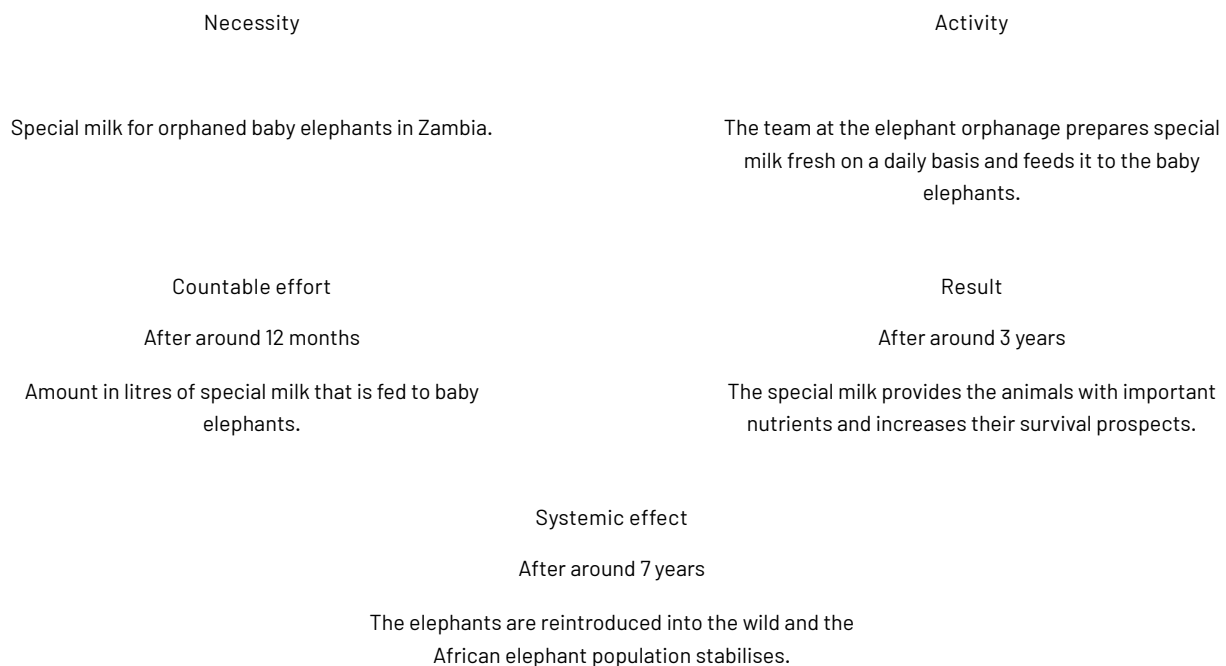


GETTING BACK ON YOUR FEET WITH MILK

Help for baby elephants in Zambia

In December 2018 an infant elephant, who was later named Lani, came to the elephant orphanage. Her poor state of health suggested that she had been wandering the area alone for some time. The sad story behind it: it is assumed that her family was killed by poachers. The worldwide trade in the precious ivory continues. Many poachers are

targeting the tusks of elephants. Like Lani, many baby elephants in Zambia lose their herd and are left to fend for themselves. In the orphanage of the Game Rangers International (GRI), Lani was taken in, given medical care and fed with special milk. If all goes well, she can be re-released into the wild in a few years.



Background

Until about 100 years ago elephants were widespread on the entire African continent. Today they are in acute danger of extinction. Every year about 20,000 elephants are killed. The poachers are targeting the elephants for their tusks. The population was reduced by 30 per cent in only seven years by the hunt for ivory (Great Elephant Census, 2019). In addition, human activities such as agriculture, settlement, deforestation and the mining of minerals and resources are further reducing the habitat of these animals. The dramatic consequences of these developments are that elephants are now either rare or no longer found in many African countries and the African elephant (*Loxodonta africana*) is classified as endangered on the Red List of Endangered Species (IUCN, 2019). In 1989, the Washington Convention on International Trade in Endangered Species of Wild Fauna

and Flora (CITES) banned international trade in ivory. This decision was then the subject of heated debate. In 1999 and 2008, the trade of stocked or stored tusks was again permitted. Various international rulings call on all states to close their ivory markets. These include resolutions of the European Parliament, the World Conservation Congress of the World Conservation Union (IUCN), the World Species Conference (CITES) and the United Nations. But ivory continues to be traded in Asia and Europe. For example, the EU allows trade in ivory acquired before 1990 (Der Spiegel, 2018). However, checks on the age of ivory are often not possible and certificates are routinely falsified. Ivory is often issued and sold as antique. The survival of African elephants remains in danger.

The good deed

With today's good deed, you are providing an orphaned elephant with a portion of special milk. The special milk is particularly important for the development of the young animals, in order to increase their chances of survival and to enable the African elephants to survive. In the orphanage, every single animal is cared for and prepared for reintroduction into the wild. In addition to the orphanage that rescues young animals, the GRI team runs various

projects for the long-term protection of elephants. These include measures to secure habitats and educational projects for the local population. In addition, action is being taken against the trade in animals and ivory, in close cooperation with the authorities and the population. All projects have one long-term goal: to stabilise the elephant population in order to prevent the extinction of the world's largest land animal.



About Zambia



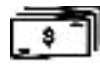
Lusaka

Capital



17,100,000

Number of inhabitants



3,577

Gross domestic product
per capita per year



Placed 144 of

189

Human Development Index

- ① Zambia is a landlocked country in southern Central Africa. The Kafue National Park is not only the oldest and largest in the country, but also the second largest national park in the world.

About the organization and further information

Association

Pro Wildlife e.V.

Website

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

Certified by

Initiative Transparente Zivilgesellschaft



Further information and source

IUCN, 2019. Rote Liste der gefährdeten Arten. (<https://www.iucnredlist.org/species/12392/3339343>)

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Day 4

One meningitis vaccine for a child in Burkina Faso

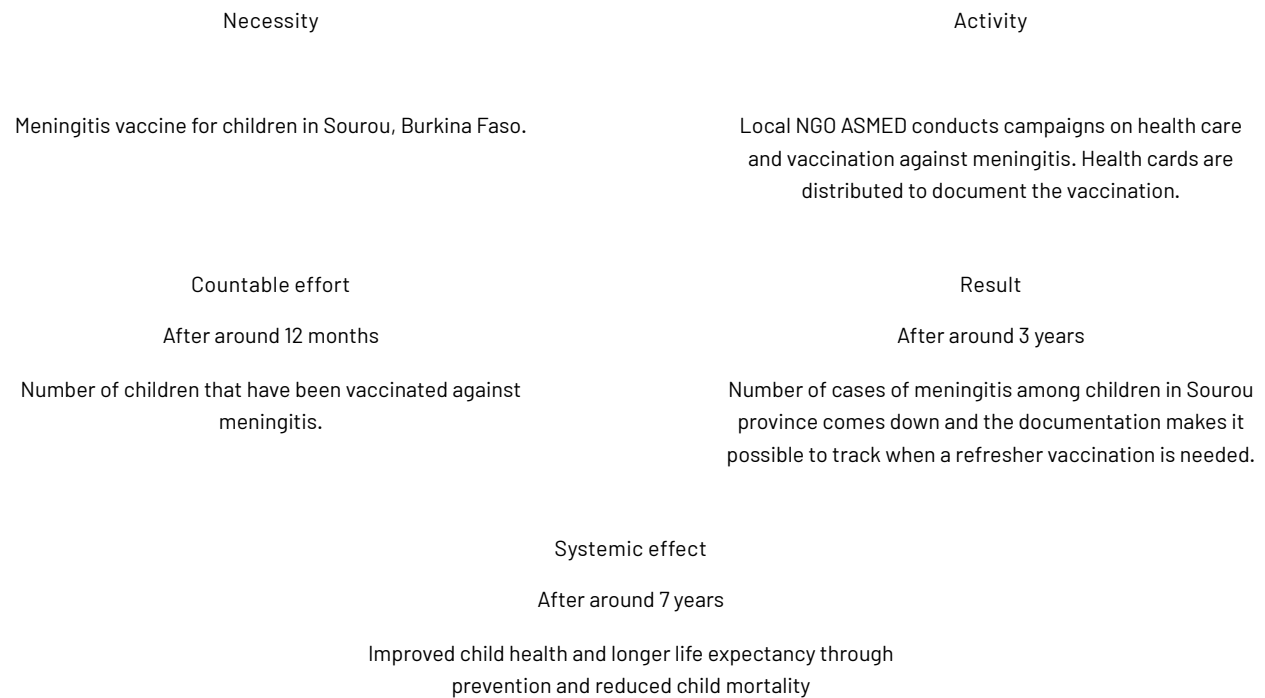


ONE DOSE OF MENINGITIS VACCINE FOR A CHILD IN BURKINA FASO

Health care in Burkina Faso

In the remote province of Sourou in north-western Burkina Faso, unpaved sandy tracks connect one place with another. In the rainy season they are flooded and in the dry season they are dotted with potholes. The region is structurally weak. Most people live from agriculture. Sourou borders the neighbouring country of Mali. In addition to the widespread poverty and the risk of terrorism from nearby Mali, there is another problem: Sourou is located in the so-called 'meningitis belt'. The meningitis belt is the region south of the Sahara in which there is an increased risk of meningitis infection between December and June. The

region is repeatedly affected by the disease, claiming many lives. Many people face up to the often adverse circumstances in Sourou province and try to find ways to reduce poverty and high infant mortality in the region. It is not for nothing that Burkina Faso is also known as the 'land of the righteous'. Brave women have joined forces here to campaign for more education and health care for children. With plenty of passion and patience they are committed to improving the living conditions of their children and to ending meningitis.



Background

Meningitis is a life-threatening infectious disease. Meningitis causes inflammation of the meninges of the brain or spinal cord, i.e. the membrane around the central nervous system. The disease can be caused by viruses, bacteria or other microorganisms. In the Sourou region, the disease is commonly caused by a bacterium (*Neisseria meningitidis*). Similar to a flu virus, it is spread by human contact (droplet infection). In other words, sneezing, saliva or other bodily fluids of a sick person are sufficient to cause infection. Within a few days people experience severe head ache, neck pain, fever, diarrhoea, vomiting and drowsiness. Without medical treatment, meningitis can lead to severe brain damage within a few hours and can be fatal. According to the World Health Organisation (WHO, 2018), around

30,000 people per year contract meningitis in the meningitis belt. Especially the presence of dust and wind during the dry season and the fact that many people live together in confined spaces under poor hygienic conditions lead to a rapid spread of the disease. In 2010, Burkina Faso launched a major vaccination campaign in which 12 million people were vaccinated against meningitis. According to a recent study, refresher vaccinations are required after 8 years, but have not yet been implemented. Especially children who were born after 2010 or were under 4 years old at that time have not been vaccinated and are therefore at risk of contracting the disease. Often the state does not have the necessary financial resources and structures to carry out these refreshers.

The good deed

Your good deed today will provide a child in Burkina Faso with a meningitis vaccination. As part of a children's health care campaign, Health Cards (similar to the International Yellow Card) will be distributed and vaccinations against meningitis carried out in 38 health centres in Sourou province. The health cards should enable parents and medical staff to track when vaccinations were given, what they were given against and when they need to be refreshed. The campaign aims to inform families about

important preventive medical check-ups for their children and to show them that prevention can help avert serious illness and even premature death from their children. To this end, SAIDA works together with the local clinics in the medical districts and with the women's organisation ASMED (Association pour le Soutien aux Mères et Enfants Déshérités), which has been active in child welfare since 2004 and is campaigning against female genital mutilation.



About Burkina Faso



Ouagadougou

Capital



19,200,000

Number of inhabitants



1,650

Gross domestic product
per capita per year



Place 183 of 189

Human Development Index

- ❶ To the Mossi, the largest ethnic group in Burkina Faso, crocodiles are sacred because they are considered to be bringers of good luck. There is a crocodile the 1,000-franc coin.

About the organization and further information

Association

SAIDA International e.V.

Website

<https://saida.de> (<https://saida.de>)

Certified by

Initiative Transparente Zivilgesellschaft



Initiative
Transparente
Zivilgesellschaft

Further information and source

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Day 5

One square metre of protected nature for otters in Germany

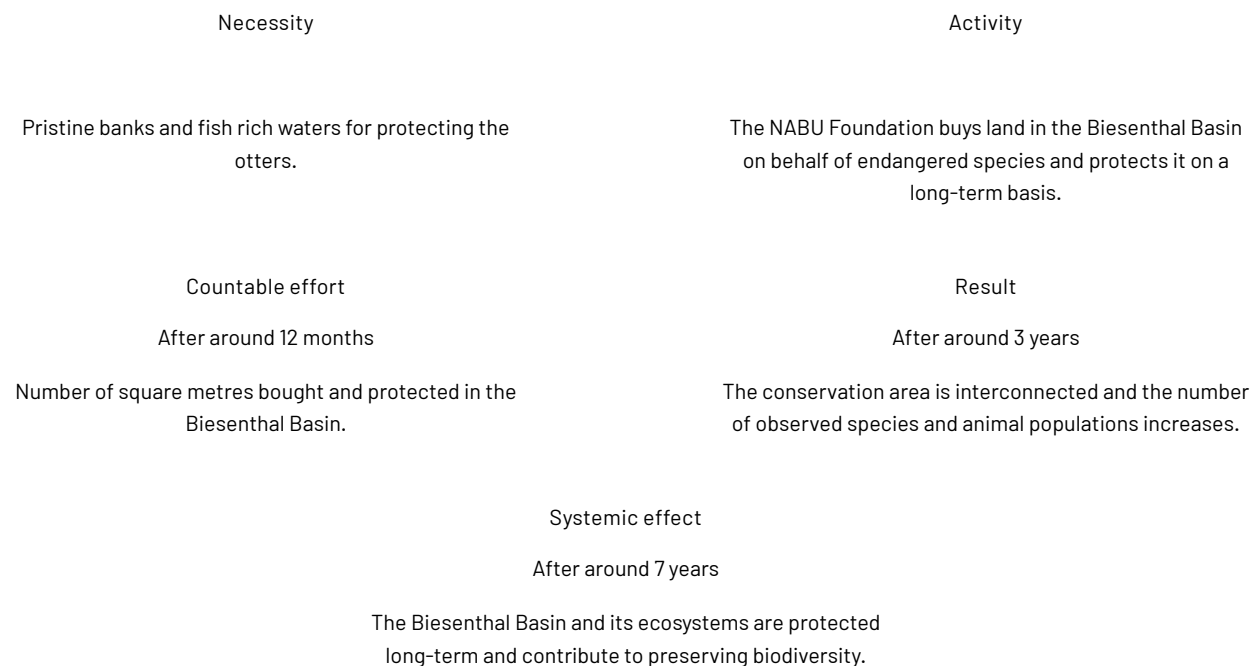


A HOME FOR THE EURASIAN OTTER

Together against the destruction of natural habitats

The Eurasian otter is one of the best swimmers among the predators that mostly live on land. But to swim and survive, it needs vast, clean waters rich in fish, with intact banks. A habitat that is becoming increasingly rare. As a result, the otter has been threatened with extinction in Germany in recent decades. Recently, stocks have recovered through targeted measures to protect otters. In Mecklenburg-Vorpommern, Brandenburg and Saxony in particular, it is

increasingly re-establishing itself in a suitable habitat: It feels particularly at home in shallow rivers with overgrown banks, where it can hide and dig a den. Also, clean waters rich in fish are important so that the otters stay healthy and find enough food to feed their young. In Germany the otters are still listed on the Red List as an endangered species in spite of previous conservation efforts.



Background

Urban sprawl and intensive agriculture with artificial fertilisers and pesticides are two of the main causes of the massive decline in animal and plant species in Germany in recent decades. Even in nature conservation areas, the specific usage rules generally permit intensive agriculture, forestry and fishing, resulting in negative consequences for species diversity. As a result of the lack of contiguous habitats, the dangers of road traffic and fishing, the otter was threatened with extinction. Massive conservation

measures, especially in the eastern German federal states, have led to an increase in the population in these areas. The Biesenthal Basin is one of these natural habitats of the otter and, as part of the Barnim Nature Park, makes an important contribution to the conservation of this endangered species as well as many others. The permanent conservation of the Biesenthal Basin is therefore of great importance for protecting the otter.

The good deed

With today's good deed you make it possible to buy land in the Biesenthal Basin that is permanently protected. In this way a large, protected and contiguous natural environment can be created for endangered species such as the otter. The otters particularly benefit from the water-related measures implemented on the land: The banks of the water bodies remain undeveloped and unused. This allows trees to

grow and their roots to provide solid banks and a natural home for otters. In addition, still waters, streams and bogs are preserved and, if necessary, restored and interconnected. In this way, wet meadows, water bodies and bogs in the area are also protected and larger contiguous areas are created, providing the otter with a larger habitat.



About Germany



Berlin

Capital



82,100,000

Number of inhabitants



46,136

Gross domestic product
per capita per year



Placed 5 of 189

Human Development Index

- ① The fur of Eurasian otters is very dense. They have about 50,000 hairs per square centimetre, while we humans only have 120.

About the organization and further information

Association

NABU-Stiftung Nationales Naturerbe

Website

<https://naturerbe.nabu.de> (<https://naturerbe.nabu.de>)

Certified by

Initiative Transparente Zivilgesellschaft



Further information and source

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Day 6

One flight minute to look for people in distress at sea

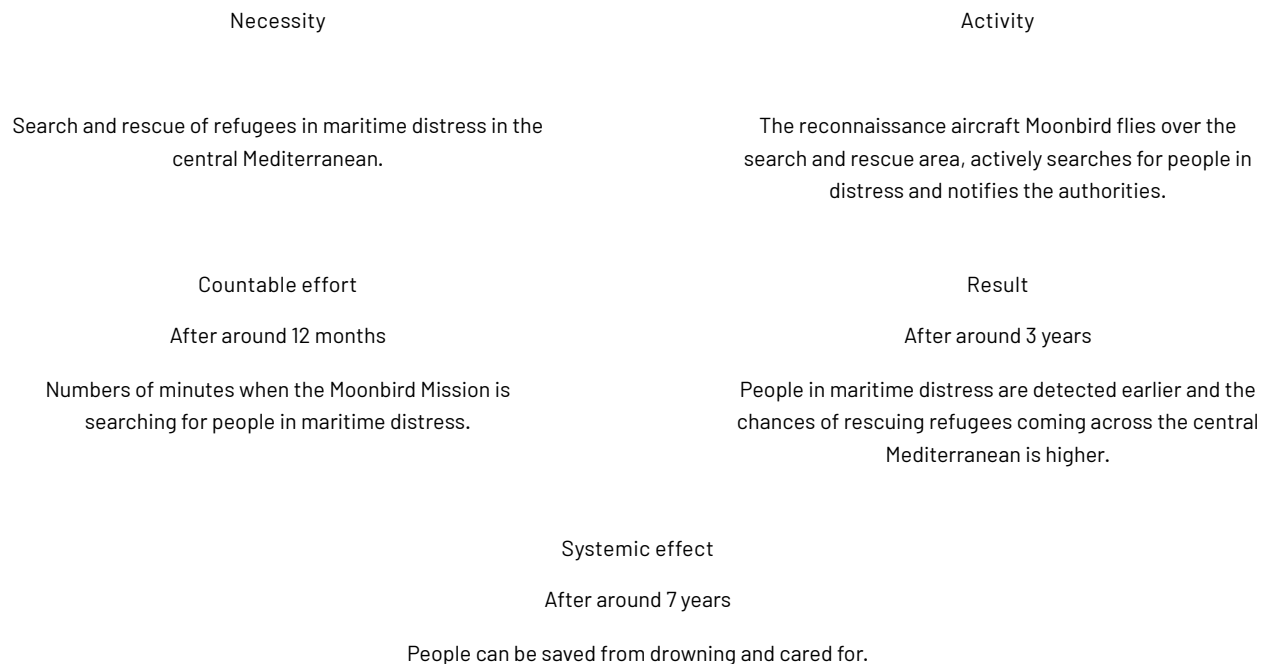


MISSION MOONBIRD – RESCUING PEOPLE FROM THE AIR

Reconnaissance flights over the Mediterranean

When refugees cross the Mediterranean, they often already have a long and arduous flight behind them. Many of them have experienced terrible things in their home countries and on the way. For the refugees, the Mediterranean means hope of reaching mainland Europe. At the same time, however, the sea is also a great danger. Many people on board of these boats cannot swim. If a boat sinks, they are

at great risk of drowning. Since 2014, European media have repeated the headline that people have drowned on their way to Europe. Many aid organisations are active in the Mediterranean to detect maritime distress cases in time. The boats receive support primarily from one reconnaissance plane, which regularly fly missions to coordinate rapid rescue operations.



Background

The reasons why people around the world seek refuge are many and varied. Libya mostly receives people from African countries who seek protection from poverty, oppression and violence, but also people from Syria who have fled the civil war. People who have escaped report again and again on the traumatising things they experienced during their flight and on the harsh living conditions in Libya. For these people there is usually no possibility to apply for asylum from abroad and so they make their way to Europe by sea.

But even in 2019, the Mediterranean is considered to be the most life-threatening sea route in the world. According to the United Nations Refugee Agency, well over 18,000 people have drowned in the Mediterranean in the past five years (UNO, 2019). For many of these people, however, the crossing of the Mediterranean remains the only way out of the difficult situation in Libya and the only hope for a better life.

The good deed

With today's good deed, you make it possible for the Moonbird reconnaissance plane to search for fugitives for one minute. This way you support the active search for people in need in the search and rescue area north of the Libyan coast. Your donation thus contributes to the early detection and rescue of people in distress at sea. Without air reconnaissance, maritime emergencies would often be

detected much later or in the worst case too late or not at all. At the same time, the reconnaissance flights help in documenting the current situation in the central Mediterranean from the air. By making it public, it informs the world and the political stakeholders about the current situation, raises awareness and keeps the issue relevant.



About Central Mediterranean



Capital



Number of inhabitants



Gross domestic product
per capita per year



Human Development Index

- ① The search and rescue area in the central Mediterranean 24 miles north of the Libyan coast has for years been the most dangerous sea route in the world.

About the organization and further information

Association

Sea Watch e.V.

Website

<https://sea-watch.org/>(<https://sea-watch.org/>)

Certified by

Further information and source

[Sea-Watch e.V., 2019. Moonbird.](https://sea-watch.org/das-projekt/moonbird/)(<https://sea-watch.org/das-projekt/moonbird/>)

[Sea-Watch e.V., 2019. FAQ – Häufige Fragen.](https://sea-watch.org/das-projekt/faq/)(<https://sea-watch.org/das-projekt/faq/>)

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[United Nations Organization \(UNO\), 2019. Neuer UNHCR-Bericht zur Lage im Mittelmeer. Jeden Tag 6 Tote im Mittelmeer.](https://www.uno-fluechtlingshilfe.de/fluechtlinge/zahlen-fakten/zahlen-mittelmeer-2018/)(<https://www.uno-fluechtlingshilfe.de/fluechtlinge/zahlen-fakten/zahlen-mittelmeer-2018/>)



Day 7

One day of medical care for nine children in Haiti

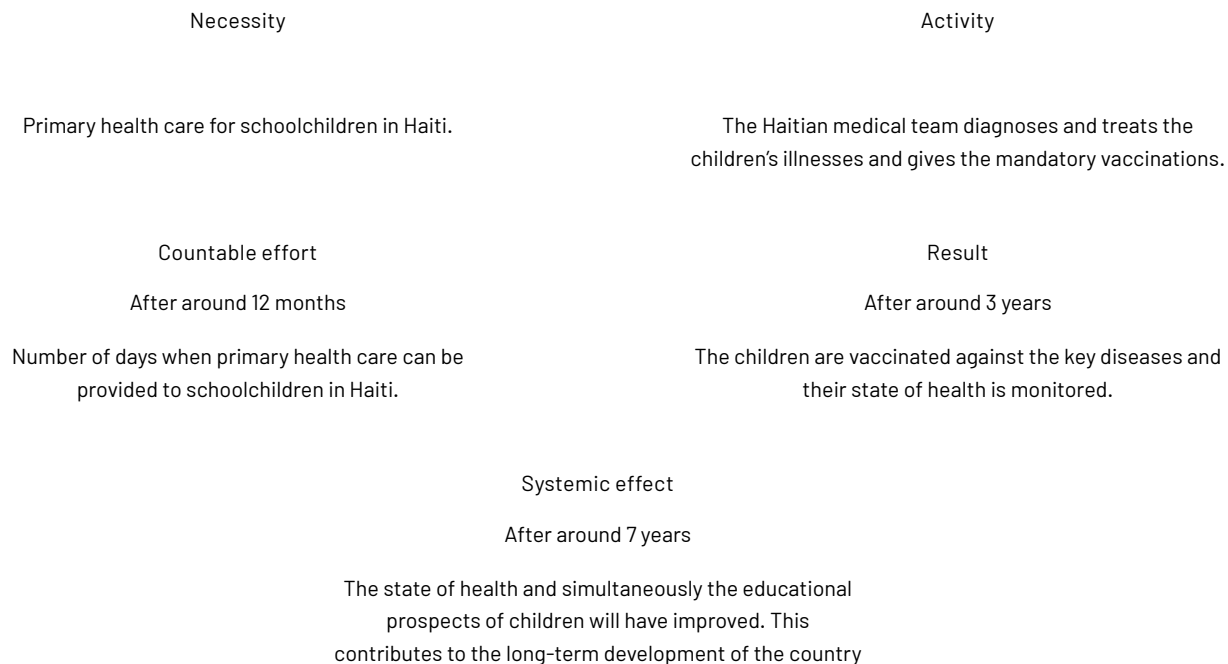


HEALTHY LEARNING FOR A BRIGHTER FUTURE

Primary health care for school children in Haiti

Lolo (11) and Nicolas (10) love their home country Haiti very much. At the same time, the schoolchildren know that there are problems where they live. Lolo also knows that Haiti is a developing country. She knows the word from her geography book. Lolo and Nicolas live in the Cité Soleil district in Port-au-Prince, the capital of Haiti. The risk of contracting tropical diseases such as typhoid fever or cholera is particularly high here. Families often do not have reliable access to clean drinking water. There is only an

insufficient sewage system, so that diseases spread quickly. At school, many children are not vaccinated against the diseases that are highly infectious in this environment. Therefore, the risk of infection is quite high. For children like Lolo and Nicolas to realise their dreams, they need a healthy environment and basic medical care. Lolo later wants to become a tailor, and Nicolas a doctor. When he is older, he wants to help people who are ill.



Background

Together with around 600 other children, Lolo and Nicolas attend the free St. Emma and St. Nicolas primary schools in the poorest district of Port-au-Prince. More than three quarters of the residents here have to live on less than 2 euros per day. In addition to the poverty, health care is very poor throughout the country. The Haitian government spends an average of only 12 euros per person per year on the health of its citizens. In the neighbouring Dominican Republic this figure is 160 euros, and in Germany about 4,400 euros (World Bank Group, 2017). While there are 268 inhabitants per doctor in Germany, there are 3570 inhabitants in Haiti (World in Figures, 2019). Vaccination

campaigns carried out by the state or international organisations reach only a small proportion of children. Since Haiti has only a small number of medical facilities, the costs are correspondingly high. Only a few families can afford vaccination there. Access to medical care is extremely difficult and many families are largely excluded from it. For Lolo, Nicolas and other children, this unfortunately also means that it is often difficult for them to attend school because they are too often absent due to acute illnesses. In addition, many children in Haiti still die of respiratory infections or diarrhoea, even though treating them would not be difficult.

The good deed

Through today's good deed, you enable the more than 600 children in St. Emma and St. Nicolas to receive regular health care. A medical team visits the schools at least twice a year, examines the children and treats the sick, vaccinates the children against acute diseases and provides them with medication. In addition, there are information services for the parents of the children. For many of the children, this means that, for the first time in

their lives, they receive a thorough medical examination and treatment. In addition, the team creates a patient file for each child, in which the history, examination results and treatments are recorded. In this way, the development can be monitored and serious illnesses can be detected earlier. The health of the children improves and with it also the chance for a good educational outcome and a better future.



About Haiti



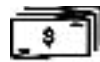
Port-au-Prince

Capital



11,000,000

Number of inhabitants



1,665

Gross domestic product
per capita per year



Placed 168 of

189

Human Development Index

- ① Haiti was the only country on Earth that gained its independence as a result of a slave revolt – as early as 1804. Natural disasters such as earthquakes and hurricanes repeatedly impact the country.

About the organization and further information

Association

PEN PAPER PEACE e.V.

Website

<https://pen-paper-peace.org>([https://pen-paper-](https://pen-paper-peace.org)[peace.org](https://pen-paper-peace.org))

Certified by

Initiative Transparente Zivilgesellschaft



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Day 8

Seven minutes of tutoring for a child in Germany

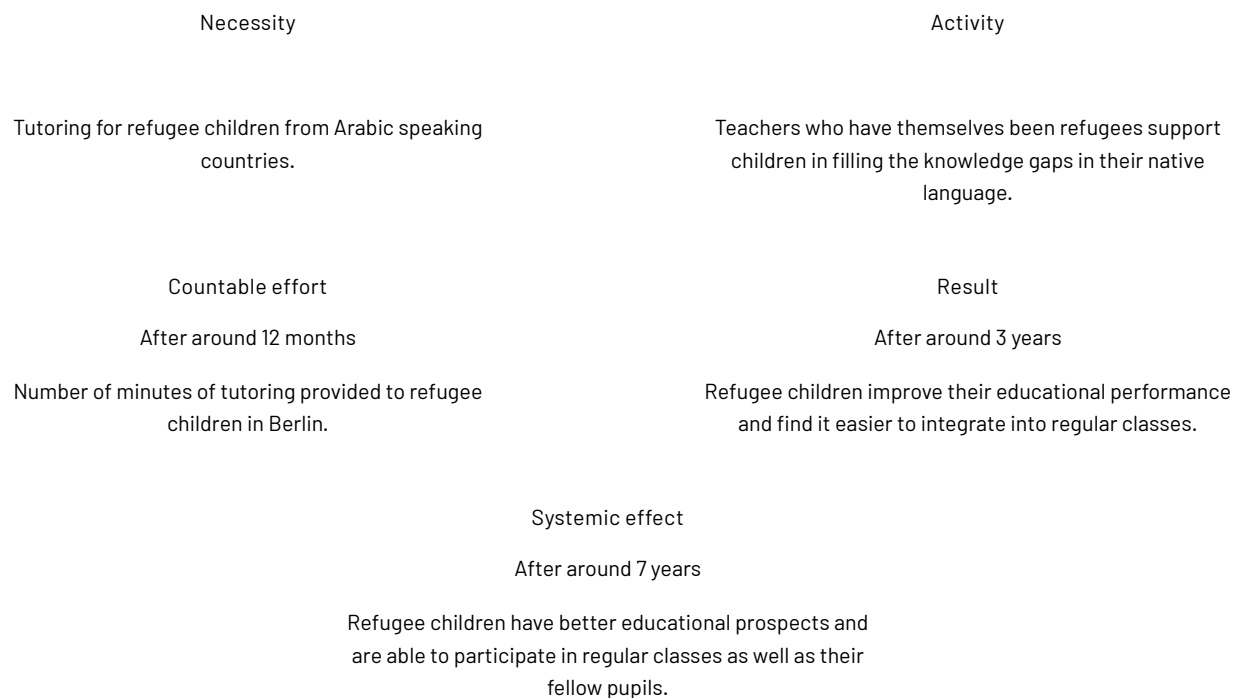


MATHS IS EASIER IN ARABIC

Tutoring for refugee children

11-year-old Zeina comes home excited and falls into her mother's arms. "Mama, I did it. I got a B in maths." The family has been longing for this sentence since Zeina went back to school in Germany. She had always been the best in maths at home in Syria and homework was easy for her. After a two-year break, she is now also able to achieve good grades in Germany. After arriving in Berlin, Zeina initially had no prospect of learning her favourite subject. In the integration

class, German was always the first priority. With her Arabic-speaking tutors, she can now catch up every Saturday afternoon with what she has missed in mathematics class in the last two years. The support she receives in her native language not only makes a lot of things easier, but also gives Zeina back some self-confidence. So school is fun again and Zeina sometimes even helps the other children with their maths.



Background

Since the beginning of the armed conflict in Syria in 2011, 770,000 Syrians have come to Germany to apply for asylum (Hochmann, Weick, 2019). Among them are many families with children. Child refugees in Germany are also subject to mandatory schooling, as are all other children. This begins at the age of six and amounts to nine years of full-time schooling. According to estimates, 130,000 refugees entered the German school system between January 2015 and March 2018 (SVR, 2018). This means that the children either directly attend regular classes or first learn German in so-called integration classes. As a result of the migration, some Syrian and Iraqi children were unable to attend school for years. After seven years of being a refugee and displaced, there are now 14-year-olds who can neither read

nor write or who have only little basic education. Moreover, some children in Germany are struggling with learning difficulties caused by trauma or stress as a result of living in institutions and emergency shelters. In integration classes the children learn German, but the transition to regular classes often causes problems. In large classes it is difficult to assess the individual educational situation of the children, to address it appropriately and to support them. Many teachers see the reasons for this in the lack of facilities in schools to deal individually with the children's educational histories. For the children, this situation means additional stress and frustration, which in turn further prevents them from learning.

The good deed

With your donation today, a refugee child is supported in working out a tricky maths problem. They have the chance to fill the gaps in their knowledge that have arisen through war and flight, either in their native language or in German. If the child has already caught up with the mathematics material, the mentors support them in other subjects in which there is a need. In this way, the children regain self-confidence and can participate more easily in normal

school lessons. The good deed includes the support by Arabic-speaking teachers who are themselves refugees and can therefore easily relate to the children's situation. The project helps the children to better cope with the German education system. This contributes to ensuring that all children have the same chances of a good education and that refugee children have access to good educational prospects.



About Germany



Berlin

Capital



82,100,000

Number of inhabitants



46,136

Gross domestic product
per capita per year



Placed 5 of 189

Human Development Index

- ① Germany has taken in the most refugees in Europe. The majority of these are under 30 years old.

About the organization and further information

Association

Back on Track Syria e.V.

Website

<https://backontracksyria.org/>(<https://backontracksyria.org/>)

Certified by

Phineo Wirkt Siegel



Further information and source

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Day 9

One bicycle part for a schoolchild in Zambia

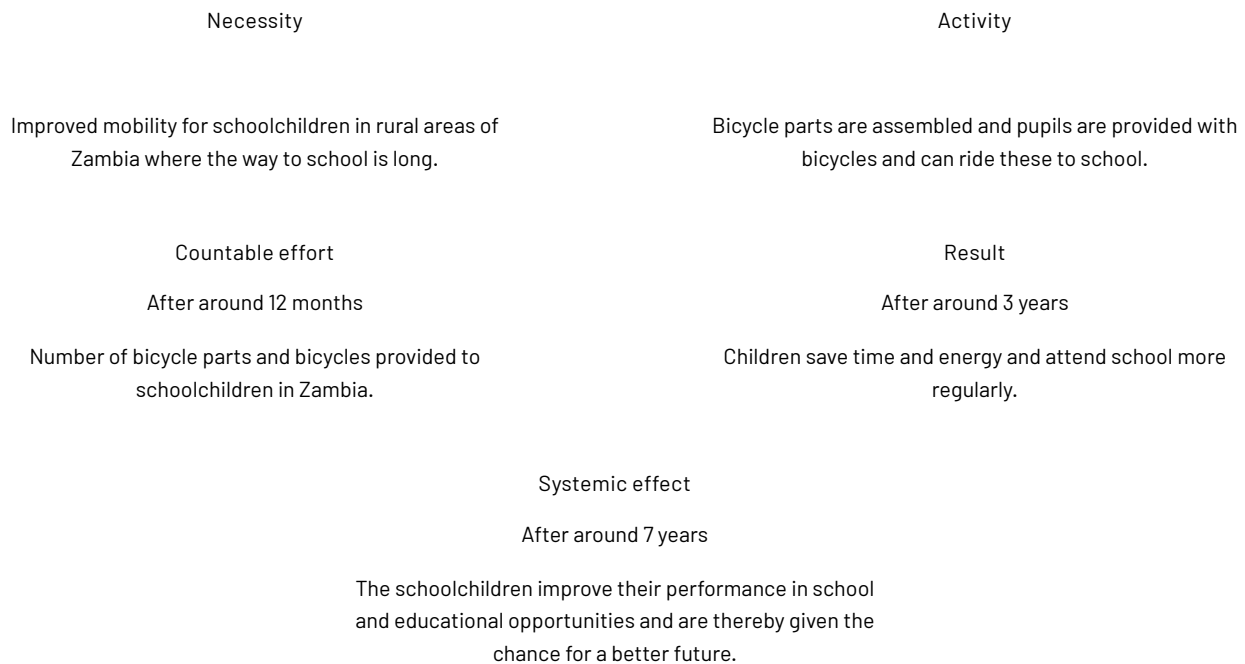


FULL SPEED AHEAD!

Bicycles for children in Zambia

At dawn, 13-year-old Lizzie – like most girls her age in Zambia – has been on her feet for a long time. She has a lot to do: Every morning she begins her day by walking two-and-a-half kilometres to the well to fetch water for her family. She sits on the ground in front of the hut and washes the dishes in a bucket before making fire and boiling drinking water. Before she had a bicycle, Lizzie carried the

20 litres of water for her family on her head every morning. Now she can ride her bike to the well and safely carry the water on her luggage rack. On school days, things are still hectic for Lizzie after breakfast as well. In front of her are four-and-a-half kilometres to school. Not only is she much faster on her bike, she also saves valuable energy for her day. Lizzie dreams of becoming a nurse.



Background

According to the World Bank, more than 450 million people in rural Africa do not have access to jobs, education and health care due to a lack of modes of transport (Global Roadmap of Action Toward Sustainable Mobility, 2019). This is also the case in Zambia. Far away from the capital Lusaka in the countryside there are no school buses, no paved roads and no highways. The majority of the people live in houses without electricity and running water. The nearest water source or school, the closest health centre or market can be far away and often only reached by trails of more

than 10 kilometres (Schmid D. et al., 2013). Many women and girls worldwide spend 200 million hours per day fetching water (Wallace R. A., 2016). The long distances mean that the children have to walk up to four hours to get to the next school. The majority of pupils are therefore often late or absent from school. This has an impact on performance and it is not uncommon for pupils to drop out of school prematurely. This affects girls in particular who, due to their cultural backgrounds, are subject to a double burden of having to also perform household chores.

The good deed

With today's good deed you are donating a bicycle part to a schoolchild in Zambia. Through your donation and the donations of many other people, children in Zambia can ride their bicycles to school instead of walking. With the Buffalo bike of the organisation World Bicycle Relief they can cover the long distances to school four times faster. This bicycle is particularly suitable for the bumpy roads in rural Zambia.

It has a very sturdy luggage rack for transporting water or food. This saves the children an average of three hours of time and gives them much more energy for doing their homework. As a result, the children attend classes more often and perform better at school. For the children and their families, the bicycle makes everyday life easier and improves their educational opportunities.



About Zambia



Lusaka

Capital



17,100,000

Number of inhabitants



3,577

Gross domestic product
per capita per year



Placed 144 of

189

Human Development Index

- ① 45 per cent of Zambia's population is under 15 years old. The country is sparsely populated: On average, Zambia has 23 people per square kilometre (By comparison, Germany has 232 people per square kilometre).

About the organization and further information

Association

World Bicycle Relief e.V.

Website

<https://worldbicyclerelief.org>

(<https://worldbicyclerelief.org>)

Certified by

Further information and source

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Day 10

Three square metres of flower meadows to protect bees in Germany

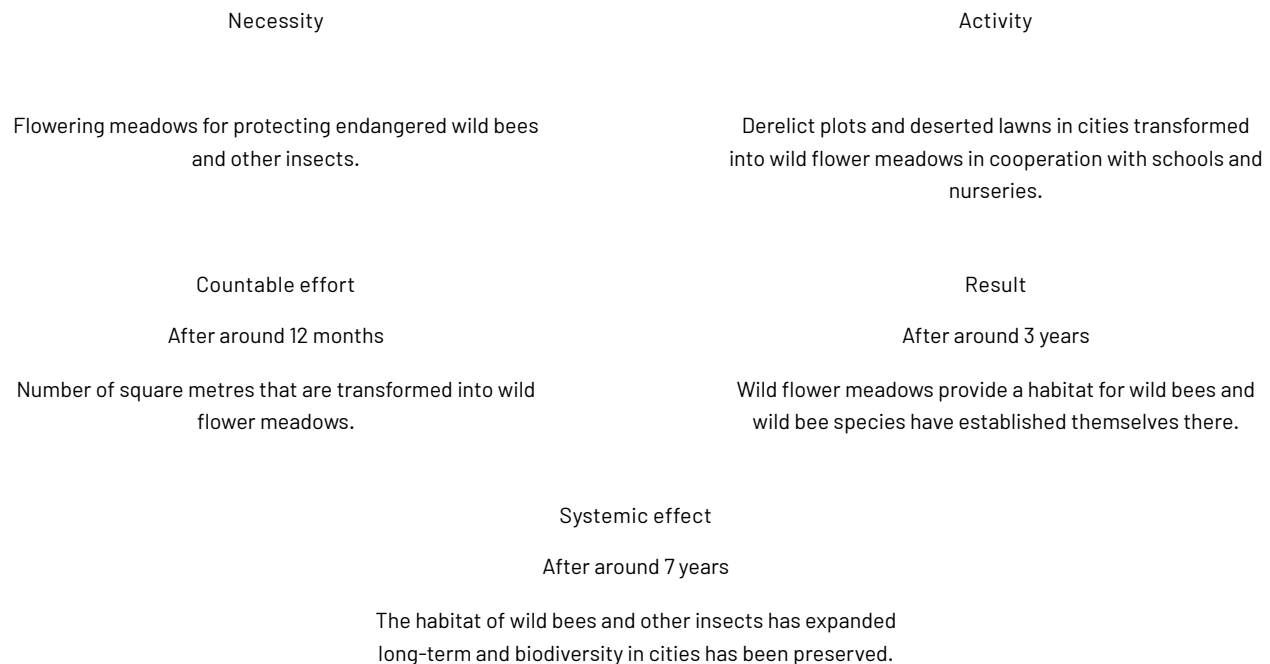


URBAN ISLANDS OF BLOSSOMS

Meadows of wild flowers for bees

"So, all we need now is a watering can full of water," kindergarten teacher Jens explains to the 12 preschool children of the Frankfurt nursery. In the last four weeks the kids have been involved with bees and flowers. Today they went to work on a previously unused plot of land right next to the nursery. A 20 square metre flower meadow for bees and other insects is being created here. Six-year-old Julia is allowed to tie the sign to the fence with some sturdy string.

There it is, for all to see: a little paradise for bees and humans! 'Just a week ago this spot was a place where passers-by carelessly dropped their litter and the city didn't care,' says the teacher. 'Now the children have transformed it into a hopefully soon to flower meadow for wild bees.' Jens and the children are already looking forward to observing the wild bees on the new meadow in summer.



Background

Bees and insects in Germany are under threat: Since 1989, the number of insects has fallen by around 80 per cent (NABU, 2019). The number and diversity of bees, bumble bees and other pollinators has also fallen dramatically. More than half of all bee species in Germany are already listed on the so-called 'Red List' of endangered animal species. More than 30 species are even threatened with extinction (BUND, 2019). In Germany, many natural habitats of bees are affected and partially destroyed by industrial agriculture

and urban development. On farmland there is often only a single crop and in cities more and more natural habitats such as wildflower meadows are disappearing. For bees and many other insects, however, natural wildflower meadows are of great importance. They serve as a major source of food. Also, bees pollinate around 80 per cent of all fruits and vegetables (BMU; 2019). To preserve biodiversity in the cities and create a habitat for the bees, it is therefore necessary to create many such small green spaces.

The good deed

With today's good deed you are supporting the Initiative Bienenretter which, together with nurseries, schools and committed citizens, is transforming derelict land and unused fields into ecologically valuable wildflower meadows. To this end, sets of seeds containing bee-friendly wildflowers and educational materials are provided. Educators and teachers can incorporate the seed campaign

into their lessons or project week. Children learn in a playful way how important the pollination by bees is for nature. Every good deed, creates up to three square metres of species-rich wildflower meadow which combine to form an urban network of green spaces. The cities bloom, the quality of life for humans is improved and the habitat for endangered bees is protected.



About Germany



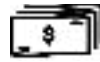
Berlin

Capital



82,100,000

Number of inhabitants



46,136

Gross domestic product
per capita per year



Placed 5 of 189

Human Development Index

- ① Intensive agriculture and the rise in urban density are displacing insect habitats. About 300 of the 560 species of wild bee and a third of wild plants are currently on the Red List of Threatened Species.

About the organization and further information

Association

FINE Frankfurter Institut für nachhaltige Entwicklung e.V.

Website

<https://www.fine-institut.de> (<https://www.fine-institut.de>)

Certified by

Initiative Transparente Zivilgesellschaft



Further information and source

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Day 11

Three minutes IT classes for a child in Afghanistan

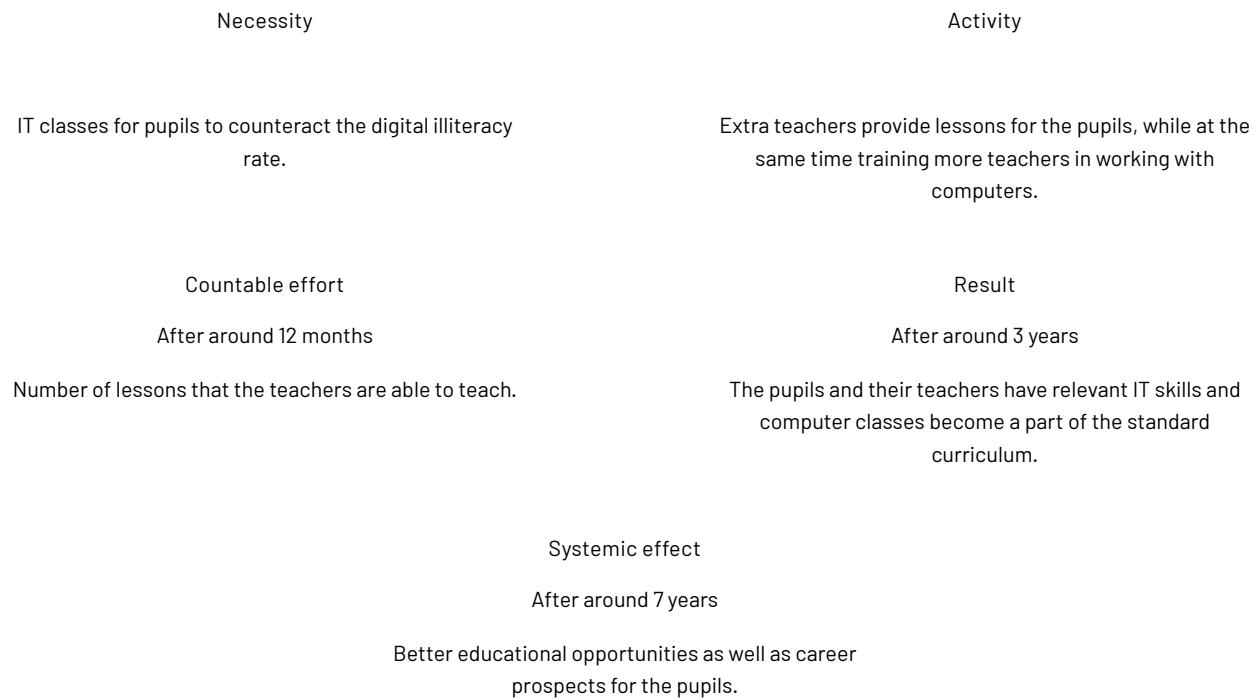


POWER ON AT THE SCHOOLS OF KABUL

Computer classes for pupils in Afghanistan

"What do you want most for your school?" Aria has been asking many of her pupils. "A computer" is the answer she often gets. Although the Khwaja Boghra School is extremely short on classrooms, so that some classes have to take place outside even when it is hot and cold, this is the greatest wish of many pupils. This is not at all surprising, because in Afghanistan, as in Germany, computer skills are usually a prerequisite for attending a secondary school, university and many vocational training courses. The school

is located in one of the poorest districts of Kabul. It is a furnished makeshift school and many subjects in the curriculum cannot be taught because of a lack of rooms and teaching materials. As a result, there is no computer science class. Even after finishing school, relatively few of the pupils have any computer skills. This is a major obstacle for them, as it makes it much more difficult to access higher learning opportunities.



Background

Afghanistan used to be known in many countries for its many landmarks and attracted tourists from all over the world in the 1960s and 1970s. This development came to an end in 1978, when the Communist Party of Afghanistan took over the country. This led to riots among the population and the interference of the Soviet Union in the conflict. The Soviet Union supported the establishment of a new Communist leadership, while other major powers such as the United States supported anti-Soviet resistance groups in Afghanistan. The resistance parties grouped around Islamists and other religious leaders. After the withdrawal of the Soviets from Afghanistan, a civil war broke out in 1992, which led to the Taliban taking control of the country and turning Afghanistan into an Islamist emirate. In the fall of 2001, the Taliban government of Afghanistan was overthrown by a US-led military operation. A new government was established and Taliban supporters fled to Pakistan. From there, the Taliban continue to wage an armed conflict with the new Afghan government. Due to the prolonged fighting, political unrest and destruction, the

country is still in an unstable situation 40 years after the beginning of the war. The poverty rate is very high. According to the United Nations, 98.2 per cent of the population has less than 3 euros per day (UNDP, 2018). Approximately 70 per cent of schools were destroyed by war, and despite mandatory schooling, only about 30 per cent of children between the ages of seven and 13 attend school. Consequently, the illiteracy rate is above 70 per cent (LiPortal, 2019). If pupils are privileged to go to school despite their everyday challenges, learning is made more difficult by the lack of basic facilities. This inadequate educational situation reduces the children's chances of escaping their precarious situation in the long term. Due to many recent terrorist attacks, the promotion of the education sector has receded into the background as a political priority. Nevertheless, the country and especially the children need support right now in order to be able to rebuild the country as soon as the political situation has truly become stable.

The good deed

Your donation today will provide computer courses for students of the Khwaja Boghra Primary and Secondary School in Kabul. The courses will be a part of the normal curriculum and thus help to counteract the 'digital illiteracy rate'. The courses teach pupils computer skills as an important key qualification. Two additional teachers each give a computer course of two hours per day. All 9th year

pupils will thus acquire basic IT knowledge in practical computer lessons on a weekly basis. At the same time, future teachers will be present and learn computer skills at the same time. In the following years, they will then take a step-by-step approach to actively designing their own computer lessons.



About Afghanistan



Kabul

Capital



35,500,000

Number of inhabitants



1,824

Gross domestic product
per capita per year



Placed 168 of

189

Human Development Index

- i** Afghanistan is in the bottom third of developing countries. In spite of mandatory schooling, only about 30 per cent of children between seven and 13 years old go to school.

About the organization and further information

Association

Visions for Children e.V.

Website

<https://www.visions4children.org>

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Certified by

Initiative Transparente Zivilgesellschaft

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Day 12

A tree sapling for reforestation near springs in El Salvador



WATER IS LIFE!

Planting trees to protect water sources

Without water there can be no life. This applies to nature as much as it does to people. El Salvador is a small Central American country with much more rainfall than Germany. But the water only reaches a few people. Those living in rural areas often suffer from a lack of water. For many years people have therefore been organising their own water supply: They build wells, water tanks and retention basins. That way they have at least some drinking water. But the

home-made water systems are often inadequate: The shortage of water is currently increasing and is being exacerbated by climate change in particular. However, there is a very old and proven technique for increasing the water content in the soil: planting trees. In places with trees, the soil can better absorb rainwater and the water table can rise again. This is how to counteract the anticipated shortage of water.



Background

El Salvador has an average annual rainfall of 70 inches (FAO, 2015). It is relatively a lot. But water is still a scarce resource in El Salvador. Not only does precipitation fall unevenly over the months, it is also distributed unevenly across the various regions of the country. At the same time, many trees are cut down to produce firewood. Due to the high rate of deforestation, less and less water is absorbed by the soil. This has several negative consequences: the water table drops, the natural water sources dwindle or, in the

worst case, dry up completely. The problem is exacerbated by advancing climate change. In order to protect water sources, civil society organisations introduced a bill in 2006 aimed at sustainable water use and its fair distribution. However, the bill and other updated versions have not yet been passed by parliament. Currently, there is even a danger of an increasing privatisation of water in El Salvador. This would make the long-term protection of water sources even more difficult.

The good deed

Your donation and support will help reforest the headwaters of seven El Salvador counties, where local councils have established independent water systems to supply the population. The planting of 30,000 local and indigenous tree seedlings makes an important contribution to the reforestation and protection of these natural water sources. Since most of these are located in hilly or

mountainous areas, the trees make a major contribution to ensuring that much more rainwater can be retained in the soil. As a result, the water table rises and the springs grow in strength. The reforestation benefits more than 40,000 people and at the same time contributes to the protection of the environment and forests.



About El Salvador



San Salvador

Capital



6,400,000

Number of inhabitants



6,868

Gross domestic product
per capita per year



Placed 121 of

189

Human Development Index

- ❶ In terms of size, El Salvador is the smallest country in Central America. On the other hand, it is the most densely populated and least forested.

About the organization and further information

Association

INKOTA-netzwerk e.V.

Website

<https://www.inkota.de> (<https://www.inkota.de>)

Certified by

Initiative Transparente Zivilgesellschaft DZI Spendensiegel



Initiative
Transparente
Zivilgesellschaft

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Day 13

Three school meals for a child in Madagascar

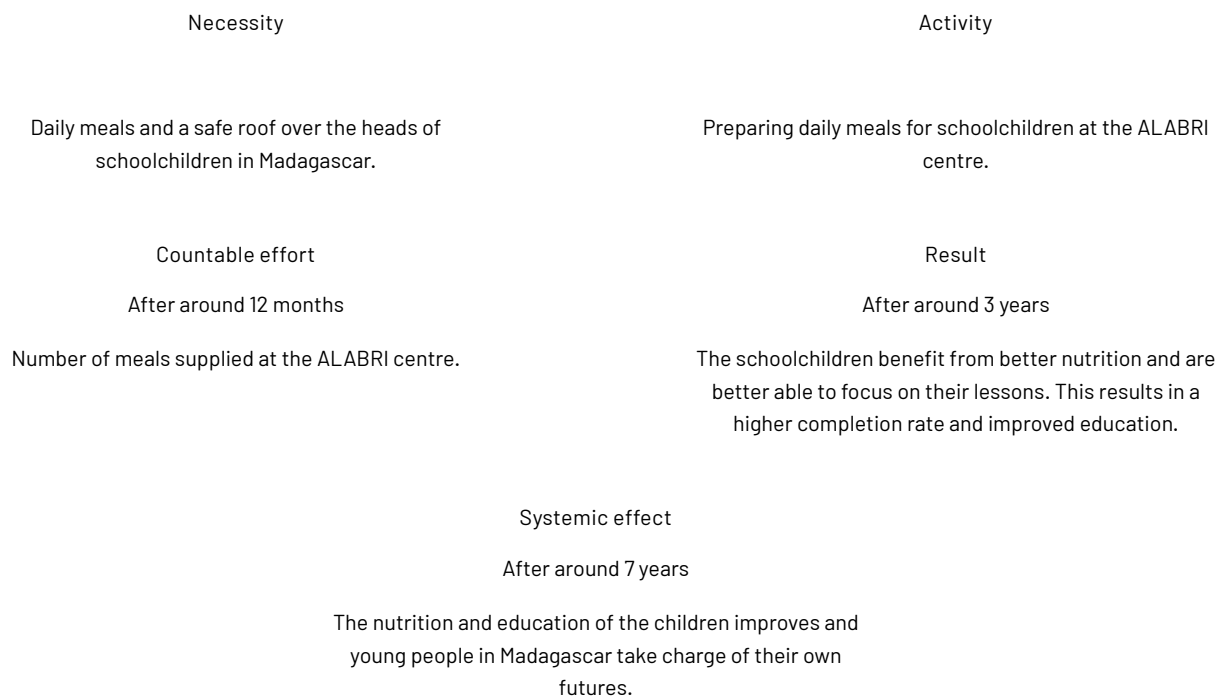


EDUCATION IS BETTER ON A FULL STOMACH

Meals for pupils in rural Madagascar

Have you ever wanted to “spice up your life”? Then you can look forward to a visit in Madagascar. Beyond the party-happy lemurs from the animated film “Madagascar”, many people know little about the former French colony and the fourth largest island in the world. In Madagascar, 18 different ethnic groups live together peacefully, making the island a bridge between Africa and Asia. With its enormous

natural and mineral resources, it is also known as the island of spices. Nevertheless, over 80 per cent of Malagasy people live below the poverty line (UNDP, 2018). Two out of every three children in rural Madagascar have no chance of a school education beyond primary school (UNDP, 2018). Many children would have to leave their families and move to the city. Only very few of them can afford this.



Background

Almost half of the approximately 26 million Malagasies are minors (UNDP, 2018). Education therefore plays a central role in the country's development. However, 65 per cent of children drop out of primary school before they complete it (ETVA, 2015). The most frequent reasons are that they have to help out in the fields at home and that they lack the money to attend school. Secondary education is therefore only open to a small number of children and the path is full

of obstacles. The children often have to leave their parents at an early age and look for an affordable place to sleep in cities such as Miarinarivo. They are entirely responsible for themselves and their own needs. Inadequate financial resources, lack of medical care and having no one to ask for advice are challenges that these pupils must face on a regular basis.

The good deed

Your donation today will be used to finance three balanced meals for one schoolchild in the ALABRI centre. The meals and the boarding house ensure the basic needs of the children. In addition to the balanced meals, children get a roof over their heads and access to medical care. Also,

there are extracurricular activities such as homework supervision, language development, sports, culture, vocational counselling and the sustainable cultivation of food that help to bring pupils together and prepare them for their future daily lives.



About Madagascar



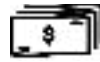
Antananarivo

Capital



25,600,000

Number of inhabitants



1,358

Gross domestic product
per capita per year



Placed 161 of

189

Human Development Index

- ❶ The world's largest exporter of vanilla. Because of its singular diversity of animals and plants, it is often referred to as a mini continent.

About the organization and further information

Association

Ny Hary Deutschland Verein zur Förderung der

Jugendbildung auf Madagaskar e.V.

Website

<https://www.ny-hary.de> (<https://www.ny-hary.de>)

Certified by

Initiative Transparente Zivilgesellschaft



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Day 14

One minute of medical care for a person in Ukraine

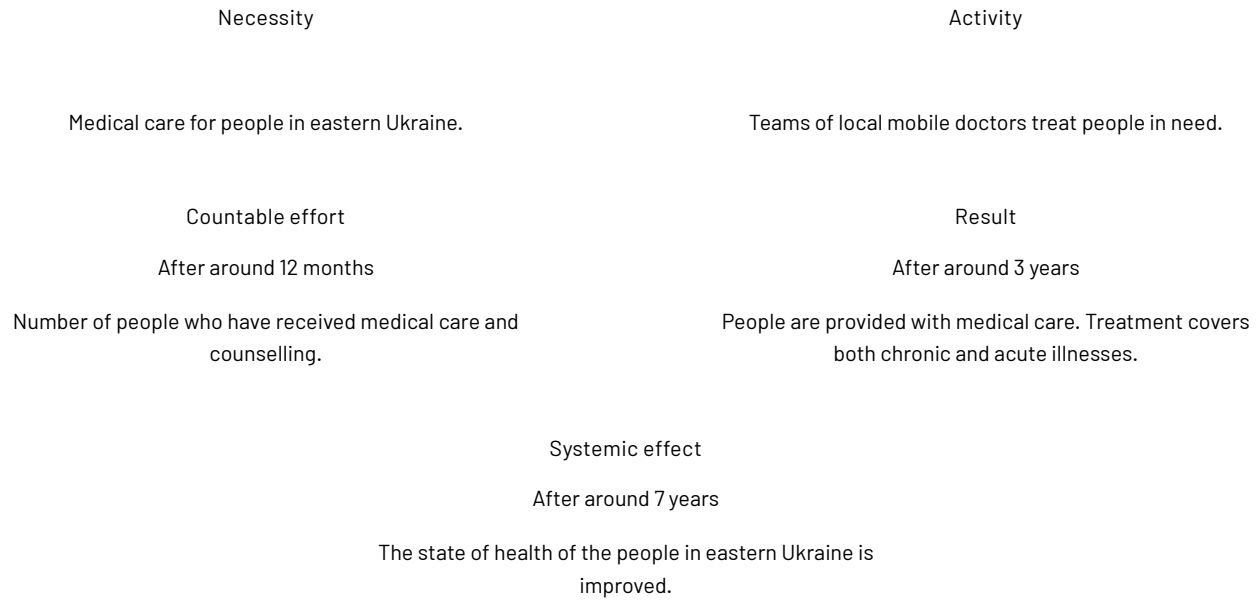


WHEN GOING TO THE DOCTOR IS A SECURITY RISK

Medical care for those affected by the war in Ukraine

For more than five years there has been an armed conflict in Eastern Ukraine. From Germany, it would take about a 24 hours' drive across Europe to get there. Along the line of contact, as the frontline between the pro-Russian armed forces and the Ukrainian army is called, there are about 40 armed engagements per day. Since the beginning of the political and military crisis, the situation in the two

provinces of Donesk and Luhansk in the Donbass region has been alarming. The vast majority of the 5.2 million inhabitants suffer from rapidly deteriorating living conditions. Poverty, disease and mental illness are the consequences of this war for the people on either side of the line of contact.



Background

In 2013 and 2014, several hundred thousand people in Kiev took to the streets to protest against the government. They demonstrated because the Ukrainian government surprisingly announced that it would not sign the association agreement with the European Union. But the protests were also directed against President Viktor Yanukovich. The people accused him of corruption and demanded his resignation. After Yanukovich escaped, Russian soldiers occupied the Crimean peninsula, which was annexed by Russia shortly afterwards. At the same time, separatists supported by the Russian government proclaimed the self-proclaimed Donetsk and Luhansk republics in the eastern regions. In this context, there were ongoing armed conflicts. At the same time, there were increasingly armed clashes in the eastern regions of Ukraine. Separatists fought for the secession of the two self-proclaimed People's Republics Donetsk and Luhansk from Ukraine. Despite various attempts at settling the dispute, peace has not yet been restored in eastern

Ukraine. It is the civilian population in particular that is suffering from the conflict and the unstable security situation. Many houses are damaged and the electricity and gas supply in the regions is unreliable. In general, health care in many parts of Ukraine is actually quite good, but in eastern Ukraine there are not enough doctors to ensure the health care system. Today, more than three million people are still dependent on humanitarian aid. Older people with disabilities are particularly affected by the conflict and the lack of care. Almost 50 per cent of patients in the region's health centres are over 60 years old and the majority are women (Doctors of the World, 2018). For many, the distance to the nearest health facility and thus access to emergency care is an insurmountable obstacle. The majority of the older population suffers from at least one chronic disease. Many cannot afford the necessary medication. In addition to general medical care, many people also need psychological help.

The good deed

Your good deed enables the medical treatment of one person in the province of Luhansk. Volunteers of the organisation Doctors of the World and medical professionals treat the people locally in 20 different health facilities in two mobile teams of doctors. They receive both general medical and psychological treatment. In addition, teams provide sex education, as violence against women is a recurring problem in the conflict region. If necessary,

those affected are also referred to hospitals. If the patients cannot afford this, the organisation Doctors of the World also covers the resulting costs. Prices for medication, in particular, are rising in the region, so that the teams also supply people with medicines. The aim is to improve medical care and help for as many people in need as possible until the armed conflict comes to an end.



About Ukraine



Kiev

Capital



44,200,000

Number of inhabitants



8,130

Gross domestic product
per capita per year



Placed 88 of

189

Human Development Index

- ❗ Because of the conflict waging since 2014, Ukraine is the only country in Europe that has seen war in the 21st century.

About the organization and further information

Association

Ärzte der Welt e.V.

Website

<https://www.aerztederwelt.org>

(<https://www.aerztederwelt.org>)

Certified by

Initiative Transparente Zivilgesellschaft DZI Spendensiegel



Initiative
Transparente
Zivilgesellschaft

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Day 15

30 minutes of language class & child care for a family in Germany



LEARNING GERMAN MADE EASY

Participation through education

Being able to speak the language is the basis for participation in society. Sharam from Iran would agree: Without German language skills he cannot find a training position, a job or an opportunity to actively participate in everyday life. His experience with potential employers reflects this: Despite his 8 years work experience as a carpenter in Iran, it seems that he does not have a chance for a job or a vocational training in Germany as long as he

does not have sufficient knowledge of German. He knows that he now has the chance to learn German very well and to find a job. Fortunately, there are many opportunities in Germany to attend language courses. But that alone is not enough. After all, he cannot just leave his young son alone at home. In order for him to learn German quickly, he needs childcare for the time he spends attending language courses. Without a job, of course, he cannot afford this.



Background

Many people are forced to leave their home to seek refuge in other countries. This is particularly the case when war is raging in their countries of origin, or when governments do not respect people's civil rights and freedoms or when they are politically persecuted. In 2018, there were 1.1 million refugees in Germany alone who received protection (Integration Research News, 2019). With the Geneva Convention, an international agreement was created after the Second World War that offers those seeking asylum in times of war the opportunity to be admitted to other countries. At present, 196 countries have acceded to the Geneva Conventions. But there are also many people who have to leave their country for reasons that are not, or at least not clearly, covered by the Geneva Convention, or who have not yet been officially recognised as entitled to asylum. These people have an unclear residence status. People with an unclear residence status and little chance of being able to stay in Germany in the long term have restricted access to free educational opportunities such as

language courses. This especially affects people from Afghanistan and West-African countries. The residence status reflects whether a person is still undergoing the process of seeking asylum (temporary residence permit) or the expulsion is stopped temporarily (toleration). In the district of Breisgau-Hochschwarzwald, 1,590 people live with a temporary residence permit and 585 with a toleration (Landesamt Breisgau-Hochschwarzwald, 2019). Due to their unclear residence status, these people also have greater difficulties in finding a language course that they can pay for with their often limited financial resources. In addition, there are often not enough courses in rural areas or attending a language course is difficult to reconcile with looking after children. However, adequate language skills are particularly important for successful education and further training and pave the way for self-reliance in a new country. In order to enable such people to participate in society, Bildung für alle e.V. creates access to education where it has been lacking up to now.

The good deed

Your good deed today means that free German courses from basic literacy to B2 level will be run by volunteer teachers. In particular, they are intended to give adult refugees with unclear residence status and children, and thus difficult access to free language courses, the opportunity to improve their German skills. At the same time, childcare is provided to make it easier for families to

participate and to actively involve their children in the programme. This allows participants to concentrate completely on language learning while their children are being looked after. The good deed helps to counteract the social isolation of people and brings people from different cultural backgrounds together.



About Germany



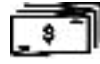
Berlin

Capital



82,100,000

Number of inhabitants



46,136

Gross domestic product
per capita per year



Placed 5 of 189

Human Development Index

- ❶ With about 82 million inhabitants, Germany is the most populated country in the EU. 1.1 million people are recognised as refugees.

About the organization and further information

Association

Bildung für alle e.V.

Website

<https://bfa-freiburg.de> (<https://bfa-freiburg.de>)

Certified by

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Day 16

One worm treatment for a schoolchild in Ecuador

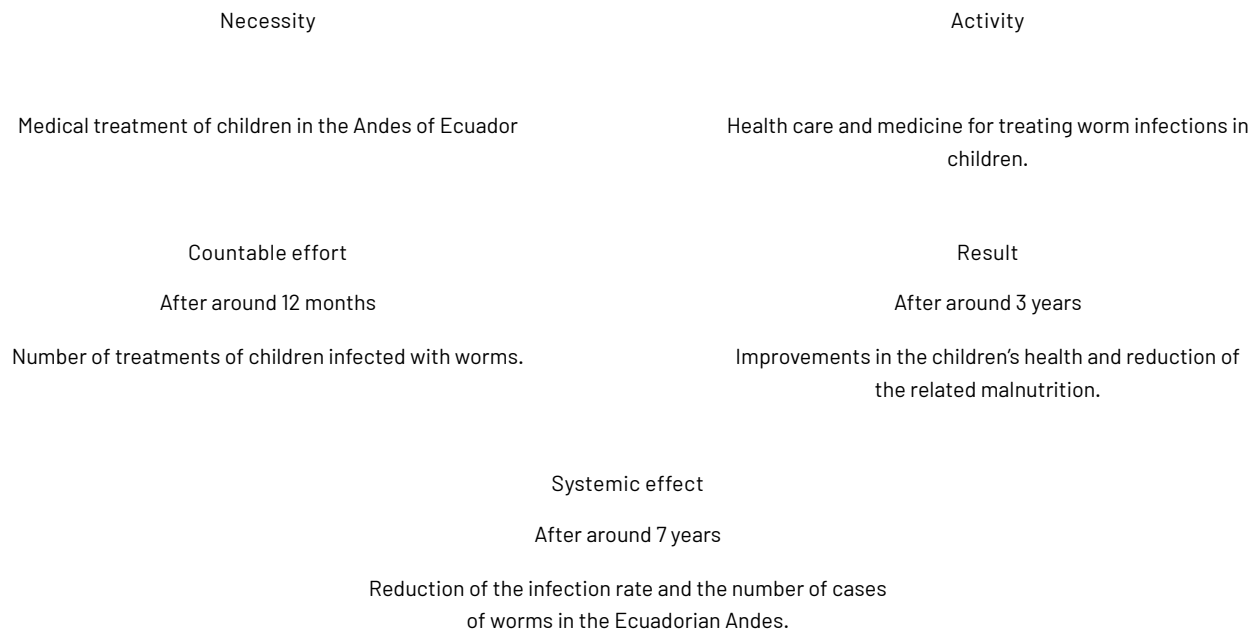


CONTROL WORMS - SAVE LIVES

Medical treatment of schoolchildren in the Andes

In countries such as Germany, worm infections are rather rare, although even in this country children are still most frequently affected. A good health care system makes it possible to treat and eliminate worms quickly. But especially in tropical countries, where medical care is not as effective as in Germany, worms are not uncommon among children. This is also the case in the Andes of Ecuador. People in the mountains usually live spread out in

small villages and the way to the next health clinic is often very long. This often means that children are not treated and worm infections lead to severe malnutrition, which has a negative effect on the development and education of the children. The aim of this good deed is to rid children of the worms living in their intestines and to prevent them from spreading.



Background

It is estimated that more than 1.5 billion people worldwide are affected by intestinal worms (WHO, 2019). These are transmitted via contact with human faeces. The risk of infection is particularly high in tropical areas such as Ecuador and in regions without well-functioning sanitation. A study of Ecuador's rural areas showed that about 30 per cent of all children were infected with intestinal worms (Cartelle Gastal, 2015). Of these, about half suffered from malnutrition as a result. Further consequences could be

anaemia, iron deficiency and abnormal growth. Worm infections thus have an extreme impact on child development, especially in tropical countries. In addition to drug therapy, better prevention through better sanitary conditions is needed to combat this situation. Another problem is that many people in the Andean regions live far away from medical centres. Getting there is therefore often associated with high costs.

The good deed

Your donation supports a mobile clinic that will provide free basic medical care to the communities of the Andes. The main focus is on the treatment of children, elderly and poor patients. In Ecuador, these groups in particular have difficulty accessing state health care because most medical centres are located in the cities. Every calendar

donation today finances a dose of deworming for a child in Ecuador with the aim of reducing the infection rate in these communities. In this way, fewer people in general will suffer from worm infections and this will have a long-term positive effect on the nutritional and educational situation of these children.



About Ecuador



Quito

Capital



16,600,000

Number of inhabitants



10,347

Gross domestic product
per capita per year



Placed 86 of

189

Human Development Index

- ❶ Ecuador is home to a great variety of this world's ecosystems within one country: ranging from the Amazon via the Andean highlands and the Pacific coast to the Galapagos Islands.

About the organization and further information

Association

Klinikpartnerschaften@UnifiedForHealth e.V.

Website

<http://unifiedforhealth.org>(<http://unifiedforhealth.org>)

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Initiative Transparente Zivilgesellschaft



Further information and source

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Day 17

One year of access to school sanitation for a child in Tanzania

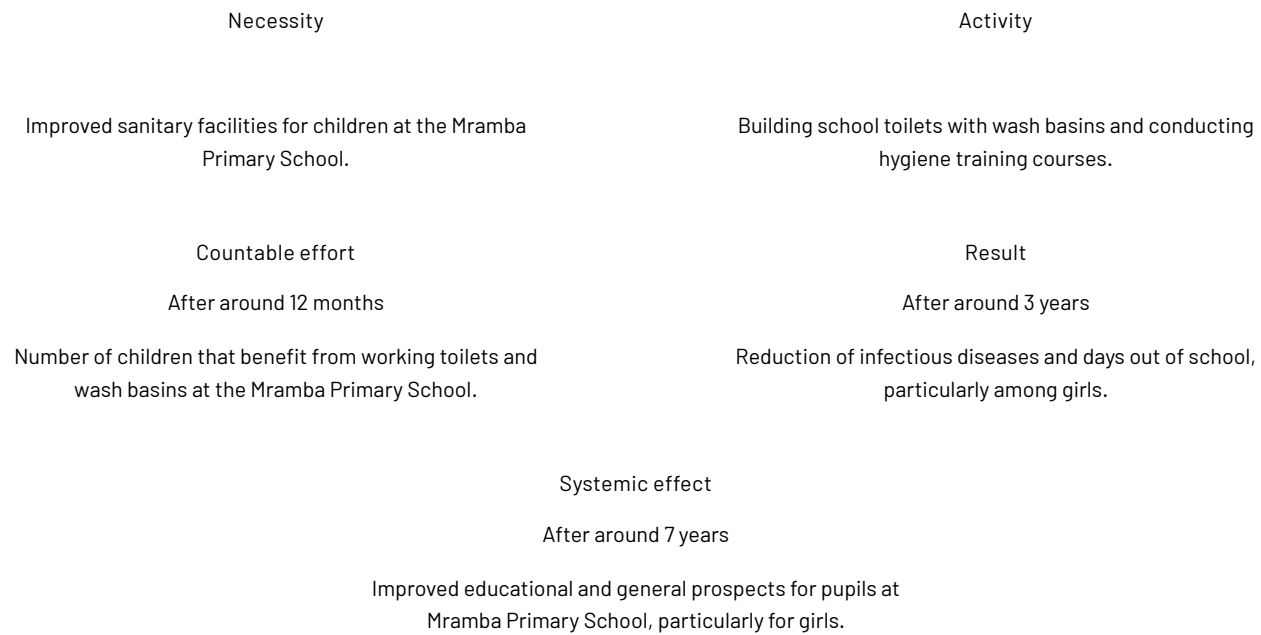


SCHOOL TOILETS PROVIDE A FUTURE

Improving sanitation at schools

Faith likes going to school. Learning is easy for her and every morning she looks forward to meeting her friends in class. But since she has her period, the 13-year-old has been staying at home a few days each month. Without functioning school toilets, she has no idea how she would make it through the long school day without risking unpleasant situations. Many girls in Tanzania are like Faith.

The lack of toilets and washing facilities at school prevents many girls from attending classes regularly. This has an impact on their success at school and thus on their chances of achieving a good level of education. School toilets are therefore an important key to a better future for many girls, as they enable them to attend school longer and more regularly.



Background

Compared to the neighbouring countries of Kenya, Uganda and Rwanda, the sanitation situation in Tanzania, especially in rural areas, is significantly worse. According to UNICEF (2018), fewer than every tenth household in rural areas has its own sanitation facilities. Even at most schools there are not enough toilets and the few existing ones often do not even meet minimal requirements. For example, more than half of the schools have no doors at the girls' toilets and 84 per cent of the Tanzanian schools, according to UNICEF reports, have no functioning hand washing facilities. This is also the case at Mramba Primary School. The public primary school is located in Mwanga, a rural, dry area at the foot of

the Pare Mountains in north-eastern Tanzania. It is one of the few schools in the East African country that has a section for deaf children. The few existing toilets at the school are in a very dilapidated condition. Here also, doors and hand washing facilities are missing. A further challenge is that often neither the children nor the teachers are aware of how important it is for their health to observe basic hygiene rules. As a result, many children still die from infectious diseases that can actually be avoided. According to UNICEF (2018), for example, improving sanitation and applying simple hygiene rules could prevent almost half of all cases of diarrhoea worldwide.

The good deed

With today's good deed you are contributing to the construction of new school toilets and washing facilities at Mramba Primary School. A hygiene training course for all pupils and teachers will also raise awareness of basic hygiene rules. Information boards with illustrated instructions on how to wash hands properly will remind

students of the importance of hand hygiene at school and help reduce infectious diseases. Healthy development contributes to the educational success of these children. Last but not least, access to school toilets offers girls better prospects for the future. Faith can again go to school every day.



About Tanzania



Dodoma

Capital



57,300,000

Number of inhabitants



2,655

Gross domestic product
per capita per year



Placed 154 of

189

Human Development Index

- ❶ With its impressive wildlife, the islands of Zanzibar and the snow-capped peak of Kilimanjaro, Tanzania is one of the countries in Africa with the most tourists. Mount Kilimanjaro is the highest mountain in Africa.

About the organization and further information

Association

PROBONO Schulpartnerschaften für Eine Welt e.V.

Website

<https://www.probono-oneworld.de> (<https://www.probono-oneworld.de>)

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Initiative Transparente Zivilgesellschaft



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Day 18

Seven minutes of environmental education for a child in Germany

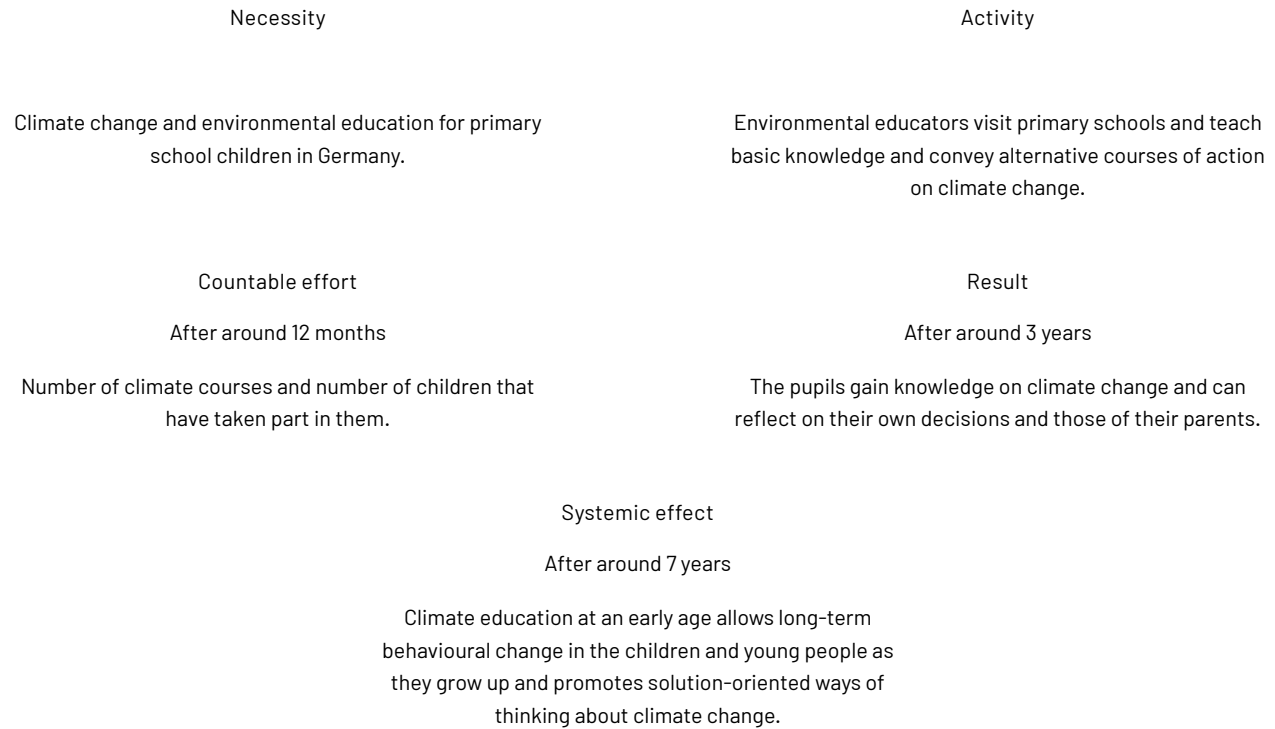


CLIMATE CHANGE IN THE CLASS ROOM

Age-appropriate environmental education for primary school pupils

With the demonstrations of the Fridays for Future movement, children and young people all over the world have been reminding people of their responsibility to the planet. These protests have also brought a lot of momentum to the political debates on climate change. It was only thanks to the protests that many people realised how important climate protection is for the preservation of the livelihoods of future generations. At the same time, however, the demands on teachers to be able to answer all of their students' questions are increasing. Why is climate

change happening? What is the greenhouse effect and what does it have to do with rising temperatures? What can we do about climate change? Why is just driving less not enough? Why do we also need political solutions? Which political solutions could work? These are not always easy discussions for teachers, because they range from understanding the physical principles of climate science to the social, economic and political questions associated with combating climate change and its consequences.



Background

The climate on Earth has always been changing. But as a result of humans and our actions on Earth, the climate is changing faster and more drastically than ever before. Transport, agriculture, the production of goods, deforestation and many other activities emit greenhouse gases such as carbon dioxide (CO₂) or methane (CH₄). This increases the greenhouse effect and the global average temperature rises. According to climate researchers, the global average temperature is likely to rise to 5.4°C if no action is taken and greenhouse gas emissions keep rising annually (IPCC, 2018). This can result in weather extremes, floods, droughts or hurricanes, with negative consequences for humans, animals and plants. With the Paris Climate Agreement of 2015, the global community has therefore set itself the goal of limiting the rise in the global mean temperature to 1.5 degrees Celsius. Over the past four years, global greenhouse gas emissions have continued to

rise, and so has the annual global temperature. In Germany, too, avoiding greenhouse gas emissions is a major challenge. In all probability, Germany will not achieve its target of reducing greenhouse gas emissions by 40 per cent by 2020 compared to 1990. In 2018, greenhouse gas emissions in Germany were 865.6 million tonnes, according to a recent estimate by the Federal Environment Agency (2019). Compared to the previous year they have declined but not to the extent as the German government had intended. Climate change has become a challenge for society as a whole, to which political and economic as well as cultural solutions must be developed. To this end, it is important that the topic is embedded in school curricula so that children and young people can at an early age find answers to their questions and develop solution-oriented thinking and climate-aware behaviour in all areas of life.

The good deed

With your donation today, primary school children in Germany can take part in a course on climate change. In 90 minutes, the children work out together in which areas of life greenhouse gases such as carbon dioxide are emitted. In a playful way, the lessons convey basic knowledge about climate change as well as solutions and options for action in the areas of mobility, nutrition, heating and consumption. The lessons are held by specially trained environmental educators, who visit the participating schools and teach the

respective courses. The contents are coordinated with the school curriculum and thus complement the lessons in general knowledge. A workbook accompanies the lessons and also offers the opportunity to deepen the topic at school later on and to discuss it with parents at home. As a result, primary school children deal with climate protection issues at an early age and learn to make environmentally sound decisions.



About Germany



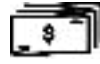
Berlin

Capital



82,100,000

Number of inhabitants



46,136

Gross domestic product
per capita per year



Placed 5 of 189

Human Development Index

- ❗ As one of the richest countries on earth, Germany has one of the largest carbon footprints. Per person per year, 11 tonnes of carbon dioxide were emitted in 2016. That is more than five times than the ecological acceptable level (Federal Environment Agency, 2018).

About the organization and further information

Association

atmosfair gGmbH

Website

<https://www.atmosfair.de> (<https://www.atmosfair.de>)

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Initiative Transparente Zivilgesellschaft



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Day 19

One hour of psychological care for one child in Lebanon

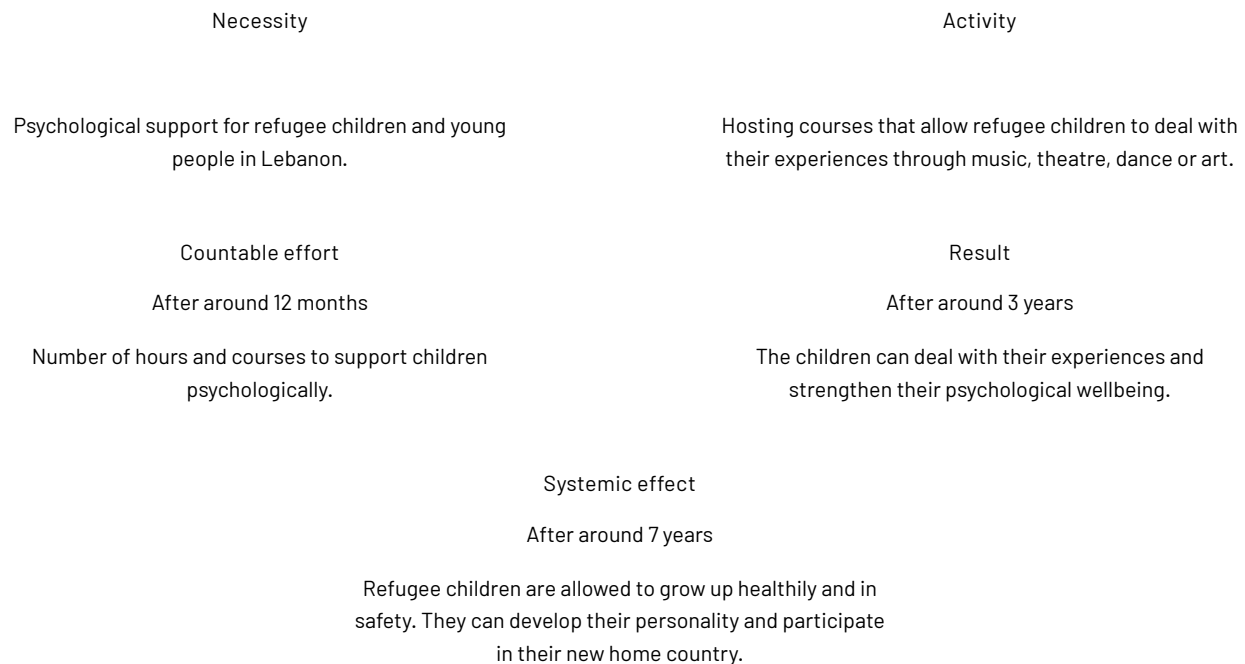


PLAY, LAUGHTER, JUST BEING A CHILD

Help for refugee children in Lebanon

Many refugee children and young people have found a new home in Lebanon – including the nine-year-old Lulu, who fled from Syria to Lebanon a few years ago. However, the negative experiences of war and escape deeply affect many children. Her mother remembers: "The most difficult thing about the flight was that my daughter came to me and told me that she was afraid, and that there was absolutely nothing I could do about it." Lulu's arrival in Lebanon was

difficult. At first she did not like to play outside and it was hard for her to find new friends and to integrate into her new surroundings. But through the creative courses in dance, music and art offered to children with a migration background in Lebanon, she met other children who experienced similar things to her. She particularly likes the painting course and comes back every week full of anticipation.



Background

In 2011, protests against the autocratic government of Bashar al-Assad arose everywhere in Syria. The people demanded democracy and the resignation of their president. Since then, Syria has been in a state of civil war with ongoing armed conflicts. In the confusion of the war, the Islamic State terrorist group also spread to Syria for some time. International powers such as Russia and the US interfered in the war. The participation of different foreign powers such as Russia, the US or Turkey made it more difficult to end the conflict. According to the High Commissioner for Refugees (UNHCR), 5.6 million Syrians have fled abroad and 6.1 million have been internally displaced since the beginning of the civil war in Syria. With Syria having a population of around 21 million, this means that more than half the population has fled since the beginning of the conflict. From the beginning of the Syrian

war, Lebanon has taken in the most refugees of any country the world in relation to the total population (European Commission, 2019). But taking in the refugees is a major challenge for a small country like Lebanon (with only about 6 million inhabitants). Even before the arrival of the refugees from Syria, for example, there was already a shortage of available school places. Furthermore, wage levels have fallen in recent years and competition for jobs has intensified. Thus, conflicts and tensions among the population are constantly arising. It is therefore not easy for many refugees from Syria to start a new life in Lebanon. Children in particular are suffering from the situation. Many have experienced terrible things during the war and suffer from these traumatic experiences. In fact, they urgently need comprehensive care.

The good deed

With today's good deed you enable a refugee child in Lebanon to take part in courses in music, theatre, dance or art. Here they can process their experiences in a playful and creative way, get in touch with other children and confide in people. Trained staff supervises the courses and supports children and young people psychologically. A part of these courses is to check whether the children suffer from

psychological stress and how severe it is. If children are already suffering from mental illnesses such as depression or anxiety disorders, psychotherapists will be involved and the children will receive additional treatment. The creative courses bring together Lebanese and refugee children. Reducing prejudices and peaceful coexistence is thus also an essential part of these courses.



About Lebanon



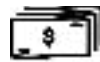
Beirut

Capital



6,100,000

Number of inhabitants



13,378

Gross domestic product
per capita per year



Placed 80 of

189

Human Development Index

- ① Relative to its population, Lebanon has taken in more refugees than any other country in the world (European Commission, 2019). 70 per cent of them live below the poverty line.

About the organization and further information

Association

War Child Deutschland gGmbH

Website

<https://www.warchild.de> (<https://www.warchild.de>)

Certified by

Further information and source

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Day 20

One story read and told to a child in Germany



HAVE YOU EVER PUT SUGAR ON YOUR CHIPS?

Reading aloud for a successful start of school in Germany

Have you ever put sugar on your chips? Can marmots whistle? Are all chickens afraid? And what does being afraid even feel like? These and thousands of other questions arise when children are read to at an early age. Creative questions are followed by creative answers and funny conversations. There is both laughter and wonder. Can you remember what it was like when you were being read to?

The tone of the voice as you listened? The surprising twist in your favourite story that you liked to listen to over and over again? When parents regularly read to their children after birth and talk to them about the stories, they do something very important: Children acquire new vocabulary, learn to express thoughts and feelings and it stimulates their imagination.



Background

While many children in Germany are read to every day, there is also a large proportion of small children who are not familiar with this situation. According to the Stiftung Lesen (Reading Foundation), every fifth child old enough to be read to actually is – either by their mother or by their father (Stiftung Lesen, 2013). These are families who are often affected by child poverty. This is not only about the lack of clothing or a holiday programme, but above all about the lack of daily and age-appropriate education and development opportunities. Studies show that families who

have to cut back on their finances perceive their everyday life as stressful and often fail to support their children in their personal development due to the overwhelming pressure on them. The most obvious signs of child poverty are when children learn to speak much more slowly than others and that they do not develop a joy of learning and are reluctant to go to school. Many of these families therefore need support in order to be able to sufficiently support their children in their development.

The good deed

Your donation today is helping to read a story to a child in Germany. For this purpose, the organisation Librileo creates cosy places for children and families to read aloud in different German cities. The children ask curious questions, experience appreciative community and discover the joy of books. They learn new words and make new friends. The

time spent together with other children also strengthens their social competence and self-confidence. The reading events and the access to books are important steps to successfully enter school at a later stage – confident in their language skills and thirsty for learning.



About Germany



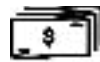
Berlin

Capital



82,100,000

Number of inhabitants



46,136

Gross domestic product
per capita per year



Placed 5 of 189

Human Development Index

- ① With more than 25 million copies sold, *The Very Hungry Caterpillar* by Eric Carle is the best-selling picture book in Germany.

About the organization and further information

Association

Librileo gemeinnützige UG

Website

<https://librileo-gemeinnuetzig.de> ([https://librileo-](https://librileo-gemeinnuetzig.de)[gemeinnuetzig.de](https://librileo-gemeinnuetzig.de))

Certified by

Initiative Transparente Zivilgesellschaft



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Day 21

One month of filtered water for a family in Yemen

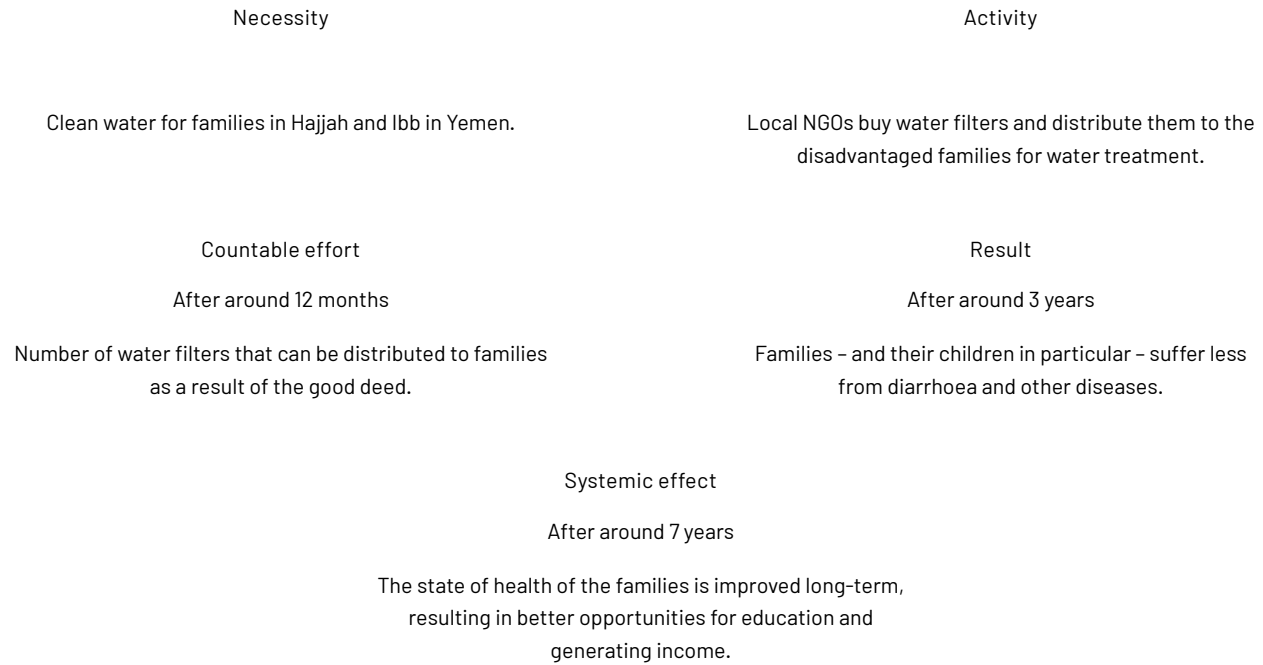


HEALTHY LIVING BECAUSE OF CLEAN WATER!

Avoiding diseases in Yemen through filtered water

The views of the landscape in the mountainous north of Yemen are impressive. Steep mountains full of terraced fields alternate with deep gorges and valleys. Impressive but also challenging for the local population – especially in terms of water supply. From the courtyard of the small village school, groups of women walk in single file along the narrow, stony paths in all directions, up to their houses in the villages. They have to arrive at home before dusk and cross a gorge – known locally as the Wadi – to get there.

That means first 600 metres down, then through the stony valley and finally 700 metres up again. Today, however, each of these metres is particularly worthwhile because they carry a colourful cardboard box on their heads. Inside is their new water filter. As filters were being handed out, the women listened attentively to the instructions on how to install them. They were clearly delighted, because the water filter will save their families from much illness in the future and give them a clean supply of drinking water.



Background

In 2015, a civil war began in Yemen, which continues to this day. The original trigger for the violent clashes was that the people living in the northwest of the country, who mainly belong to the Huthi tribe, took control over the capital of Sana'a and further parts of the country. Reform processes that started during the "Arab Spring" have stopped. A regional military alliance, led by Saudi Arabia, interfered in the conflict with air attacks and a sea blockade in order to support president Hadi against the rebels. According to reports on Deutschlandfunk radio (2019), the war has reached a dead end. A peace agreement negotiated in Stockholm in 2018 called for a ceasefire, the support of humanitarian aid by all parties and the exchange of prisoners. However, only a few months after the agreement was signed, international observers (Guardian 2019) reported that the agreement was not being complied with. Human rights organisations report regular human rights violations and war crimes on both sides. The humanitarian situation in Yemen has been catastrophic for several years. In 2017, a cholera epidemic broke out that infected around one million people. Around 80 per cent of the population is dependent on humanitarian aid (Clarke G. et al., 2019). The

supply of drinking water is essential to ensure the survival of the rural population. Polluted water is a major risk and can cause serious diseases. Diarrhoea in particular is one of the most frequent causes of death among children under the age of five, which can be caused by drinking polluted water. Every day, more than 700 children worldwide die of diarrhoea related to polluted drinking water and lack of sanitation (UN Water, 2019). Conversely, according to UN-OCHA, improving water supply and water quality is an effective way of containing epidemics such as cholera in Yemen and improving the nutritional situation. In rural Yemen, only 22 per cent of the population are connected to the water supply (Clarke G. et al, 2018). The majority have to fetch water from springs, wells and rainwater collection basins in the surrounding area and carry it to their homes in canisters. It is almost impossible to avoid contamination of the water during filling and transport. This is also evident from the incidence of diarrhoea and recurrent cholera epidemics. Many families do not have the financial means to invest in improving their own situation. About 80 per cent of Yemenis live on less than two US dollars per day and thus below the poverty line (Clarke G. et al., 2018).

The good deed

With your donation today, families in need in Hajjah and Ibb get access to clean and filtered drinking water. With domestic water filters that are robust, easy to use and do not incur running costs, the supply of clean water can be significantly improved. The filter allows families to treat the

water so that family members, especially children, are less likely to become ill. In particular, water-related diseases and epidemics such as cholera are contained. This measure improves the quality of life and reduces illness-related absences at school and at work.



About Yemen



Sana'a

Capital



28,300,000

Number of inhabitants



1,239

Gross domestic product
per capita per year



Placed 178 of

189

Human Development Index

- ❶ In the 16th century, Yemen was the only country exporting coffee. It came to be known by the name of the major port city: Mocha.

About the organization and further information

Association

Tearfund Deutschland e.V.

Website

<https://www.tearfund.de> (<https://www.tearfund.de>)

Certified by

Initiative Transparente Zivilgesellschaft DZI Spendensiegel



Initiative
Transparente
Zivilgesellschaft

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Day 22

Fitting one prosthesis for an elderly person in Pakistan

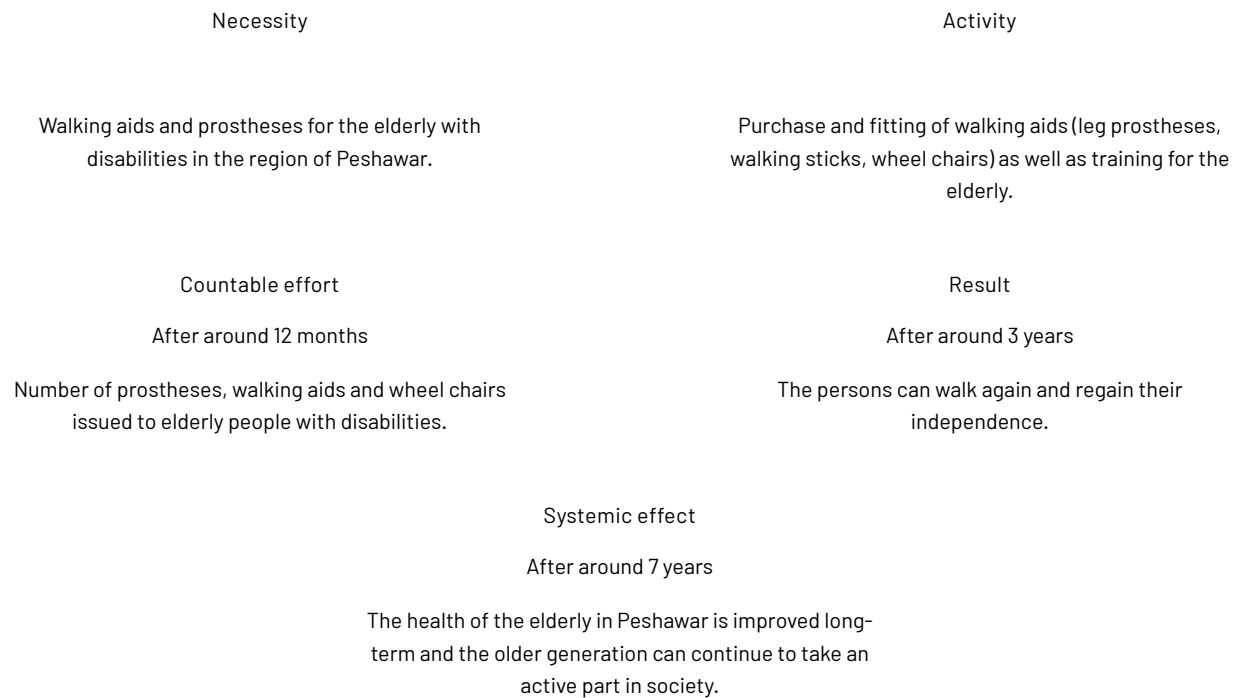


THE WAY BACK INTO A SELF-RELIANT LIFE

Walking aids for elderly persons in Pakistan

"As a young person you take so much for granted and I never thought about what it would be like to live with a disability," admits Rehman Khan. Today, the 69-year-old has lived through a lot in his life. Born two years after Pakistan was founded, he experienced the ups and downs of the young nation for himself. In old age, however, he lost his leg due to

diabetes and with it went a large part of his independence. "I felt bad about being a burden to my family and no longer being able to take care of them and myself independently." Only a leg prosthesis helped him to become active again. "Now I can once again go to the market and the mosque. I can even ride my motorbike now", Rehman says happily.



Background

Millions of people in Pakistan live below the poverty line (Human Development Index: 150th of 186 (UNDP 2018)). The situation is particularly difficult for the country's elderly. According to the Global Age Watch Index (HelpAge International, 2018), Pakistan ranks 92nd out of 96, which means that the country is not sufficiently equipped to meet the challenges of demographic changes. Following long military operations, there are around 5.3 million refugees within the country alone (Popp, 2015) – including many elderly people. The older generation is one of the most vulnerable groups and needs better health care. Chronic

diseases are the main cause of physical impairments. 85 per cent of people over 70 in Pakistan live with a physical disability (HelpAge International, 2018). Diabetes, chronic respiratory diseases and other conditions can result in insufficient blood flow to the tissues and necrosis. If the blood flow is not stabilised in time, the only option is often amputation. However, in many cases not enough prostheses are provided to help people in their new life situation. Due to their now severely restricted independence, these people are often marginalised socially and economically.

The good deed

Through your good deed today, the health situation of elderly people in the Peshawar region will be improved in the long term. The affected persons receive prostheses in order to be able to pursue their professional activities again, to take care of themselves independently and to be able to take part in society. To this end, HelpAge offers

training and further education for medical staff, provides medicines, equipment and prostheses, wheelchairs or walking sticks and at the same time carries out prevention work, e.g. with regard to chronic diseases. The aim is that, particularly in the region of Peshawar, people can spend their old age in dignity and self-determination.



About Pakistan



Islamabad

Capital



190,000,000

Number of inhabitants



5,311

Gross domestic product
per capita per year



Placed 150 of

189

Human Development Index

❶ 'Pakistan' means "Land of the Pure".

About the organization and further information

Association

Help Age Deutschland e.V.

Website

<https://www.helpage.de> (<https://www.helpage.de>)

Certified by

DZI Spendensiegel Initiative Transparente Zivilgesellschaft



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Day 23

20 minutes of first aid training for refugees in Germany

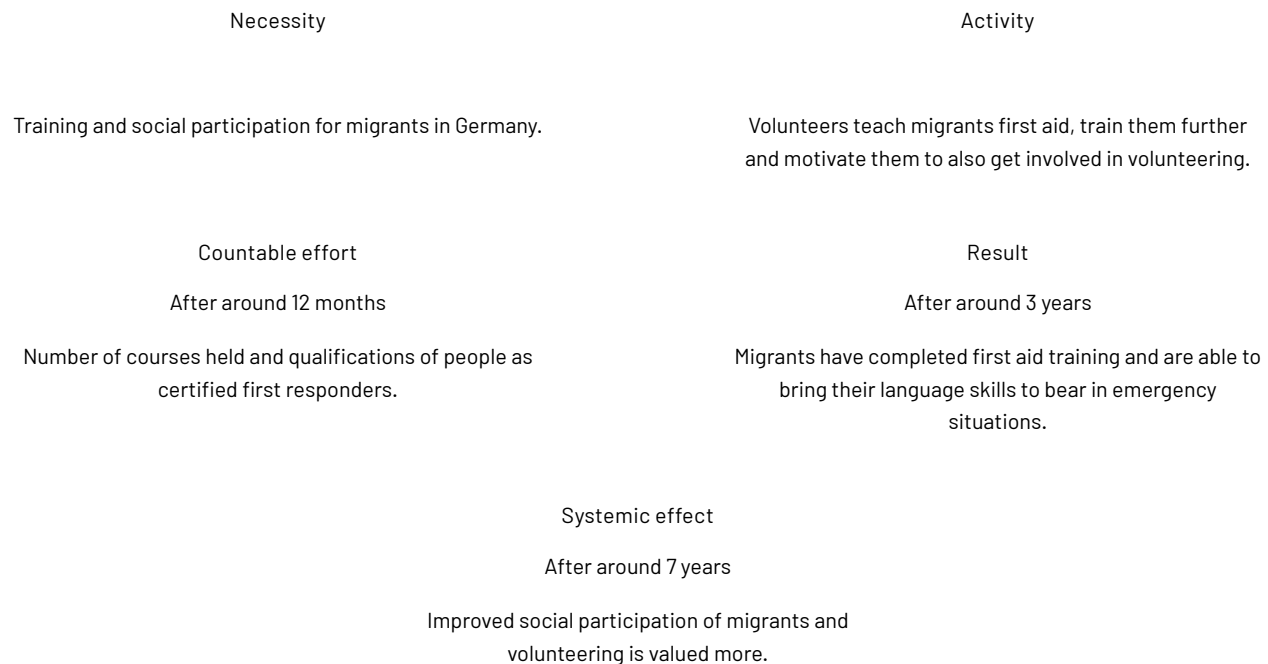


FIRST AID FOR VOLUNTEERS

First aid training in Germany for people with a migration background

It begins with a gesture and a simple question: What's wrong with you? For people who have just had an accident, are injured or are in the midst of an emergency, this is a reassuring question. It gives them the certainty that they are not alone and that there is someone there to help them. The situations in which first aid is needed are as varied as

the people we meet every day. It is therefore all the more important that many people have the most important skills and knowledge so that they can act immediately in emergencies. First aid is an international language, which anyone can speak, and which works without words, but which must first be learned.



Background

Many people who were forced to leave their native country because of wars are trying to build a new life in Germany. But often they do not have the opportunity to find a job immediately after their arrival. This is often because they do not speak German, because they face challenges during the application process or because their residence status does not allow them to work. For example, people cannot start working during the first three months of their stay and for the duration of their stay in an initial reception institution

(BMAS, 2019). For many refugees, this is a frustrating experience because they would gladly participate in social life. Volunteering can be a way for people to get involved. In particular, the language skills of many refugees can often be of great advantage while administering first aid. Being trained as first responders can give refugees the opportunity to do their part for other people in emergency situations.

The good deed

Your good deed enables refugees and migrants to take part in a first-aid course and to go on to become trainers. First aid training offers a direct entry into the social sector of society. People are not only appreciated via the traditional way of taking up a job or by language courses, but also through their social activities. Being there for others,

whether in an emergency situation or in voluntary work, is much valued in any society and serves to break down prejudices and to learn to work together. Your donation not only provides people with professional qualifications, but can also motivate them to get involved and establish contact with new people.



About Germany



Berlin

Capital



82,100,000

Number of inhabitants



46,136

Gross domestic product
per capita per year



Placed 5 of 189

Human Development Index

- ❶ With 82 million inhabitants, Germany is the most populous country in Europe. Its 16 federal states, all with their own traditions and histories, contribute to the cultural diversity of the country as a whole.

About the organization and further information

Association

Johanniter-Unfall-Hilfe e.V., Regionalverband Brandenburg- Nordwest

Website

<https://www.johanniter.de> (<https://www.johanniter.de>)

Certified by

DZI Spendensiegel Venro Initiative Transparente

Zivilgesellschaft



Initiative
Transparente
Zivilgesellschaft

VENRO

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Day 24

One portion of fruit and vegetables for an orangutan in Borneo

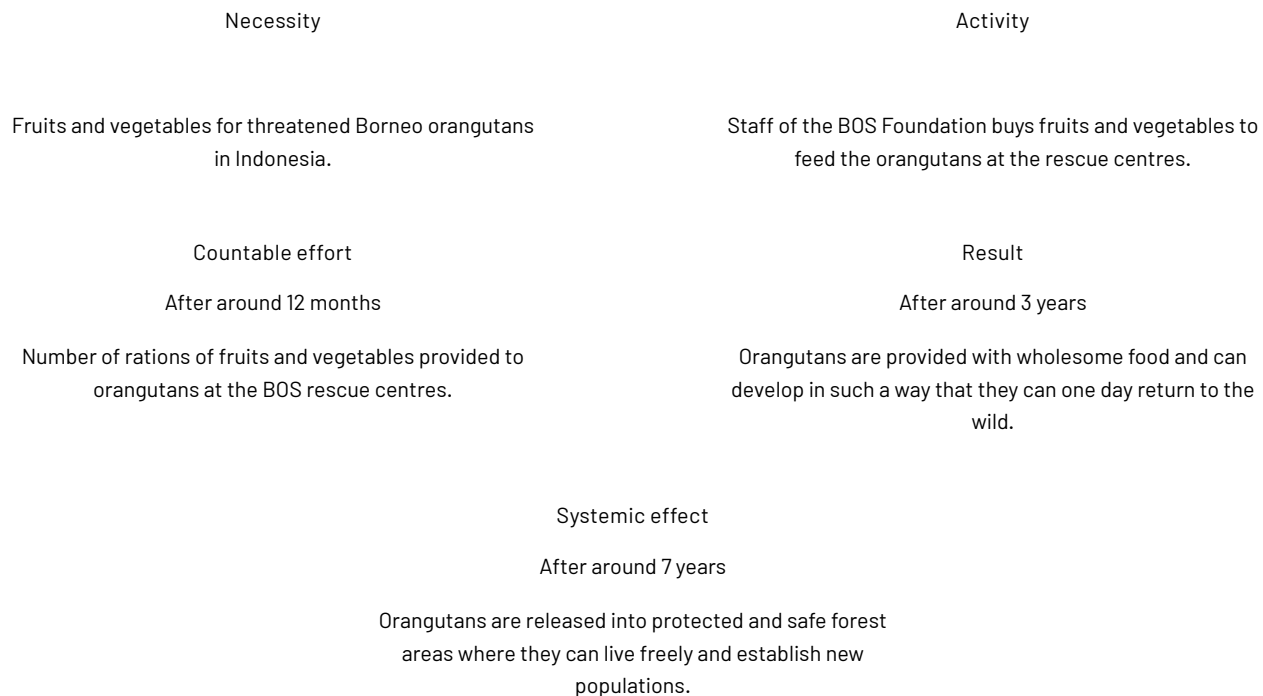


WILD FRUIT SALAD

Support for an orphan orangutan on Borneo

The rainforest on Borneo is one of the world's most precious natural resources. It is one of the oldest and most untouched forests in the world. Borneo alone is home to over 1,600 different species of mammals, birds, amphibians and fish (WWF, 2019). But the pressure on the forests is growing and the available area is shrinking. The main causes are palm oil plantations and the demand for palm oil for bio fuels, chocolate bars and cleaning products. In addition, animals that are acutely threatened with extinction and live in the forests are often hunted as trophies, trapped and traded illegally worldwide as status symbols. Orangutans are particularly sought-after. Actually,

the orangutans have no natural enemies on Borneo. But man destroys their natural habitat and forces them to repeatedly come into contact with humans in search of food. The resulting conflicts often end with the death of adult orangutans. Their babies remain abandoned and the chances of survival for the young animals are slim. In various rescue centres, the animals are then taken in and medically treated, cared for and, after years of rehabilitation, released into safe rainforest areas. However, in order to grow big and strong enough to go on this journey, the animals need a lot of fruits and vegetables.



Background

The number of orangutans is declining dramatically. Between 1999 and 2015 alone, more than 100,000 animals have disappeared (Voigt et al. 2018). This is why the World Conservation Union (IUCN) has upgraded the Borneo orangutan to the category of "critically endangered species" on its Red List in 2016 (Ancrenaz et al. 2016). The main cause of this dramatic development is the deforestation of the rainforest, which today is the habitat for the remaining 54,000 orangutans. From 1973 to 2010 the habitat has declined by 56 per cent, and 39 per cent of this loss will have gone forever. The latter corresponds to an area larger than Portugal. The rainforest is being cleared for palm oil

plantations, timber and mining. The size of such plantations alone grew from 6,000 square kilometres in 1985 to 140,000 square kilometres in 2015 (WWF 2017). Orangutans do not live in larger social groups. Only the mother and child remain together for up to eight years. When a mother and her child are separated, this causes a dramatic change in the development of the babies. An orangutan baby can thus easily become a victim of pet traders. Many of the animals are sold on the black market and kept privately as pets, although their keeping, sale or killing is strictly prohibited in Indonesia (White, Lanjouw, and Rainer 2015; Voigt et al. 2018).

The good deed

With your donation you make it possible to provide fruit and vegetable rations to orangutan orphans. They are taken to the rescue centres of the organisation BOS and prepared in a multi-stage rehabilitation process over several years for a life in the wilderness. The babies are first cared for by human foster mothers in the forest kindergarten. Since they have lost their mothers and can no longer be suckled, they

are supplied not only with soy milk but also with fruits and vegetables. At the rescue stations, the animals develop all their skills, such as climbing safely along the giant trees of the jungle. After an average of eight years of rehabilitation, the small babies become independent orangutans who are then released into the BOS nature reserves with an important mission: ensuring the survival of their species.



About Indonesia



Jakarta

Capital



264,000,000

Number of inhabitants



10,846

Gross domestic product
per capita per year



Placed 116 of

189

Human Development Index

- ❶ With about 27 million inhabitants, Indonesia is the largest island nation in the world. In Asia, it is currently at the top of the ranking of countries with the most species threatened with extinction.

About the organization and further information

Association

B.O.S. Deutschland e.V.

Website

<https://www.orangutan.de> (<https://www.orangutan.de>)

Certified by

Initiative Transparente Zivilgesellschaft



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