



24 GOOD DEEDS Advent Calendar 2021 - Manual



24 Good deeds 2021

1. 4.7 kg of vegetable feed for gorillas and chimpanzees in Cameroon - Pro Wildlife e.V.
2. One year of clean drinking water for a schoolchild in Uganda Viva con Agua de Sankt Pauli e.V.
3. A medical check-up for a child in Nepal - Nepalmed e.V.
4. Five minutes of plastic waste education for a child in Germany - Clean River Project e.V.
5. 3 Three days of schooling for a child in Bangladesh - NETZ e.V. Bangladesch
6. 30 g of powdered milk for a baby in a refugee camp in Greece - Wir packen's an e.V.
7. One week of care for 5 rescued tortoises in Madagascar - Aktionsgemeinschaft Artenschutz (AGA) e.V.
8. Four hours of vocational training for a woman in Nigeria - Women for Women International Deutschland gGmbH
9. Two weeks of vegetables from the school garden for a child in Brazil - Förderverein STÄDTE OHNE HUNGER Deutschland e.V.
10. 20 minutes of post-natal care for a premature baby in the DR Congo - Deutsches Medikamenten-Hilfswerk action medeor e.V.
11. Eight minutes of vocational training support for refugees in Germany - JOBLINGE gAG Rheinland
12. One tree seedling for reforestation in Central America - INKOTA-netzwerk e.V.
13. 1 minute of translation at a doctor's appointment for refugees in Germany - ArrivalAid gUG
14. One square metre of forest as a safe habitat for animals in Germany - NABU-Stiftung Nationales Naturerbe
15. 30 minutes of care for a girl in a safe house in Sierra Leone - German Doctors e.V.
16. Three minutes of cooking for diversity and coexistence in Germany - Über den Tellerrand e.V.
17. Four minutes of creativity therapy for traumatised refugees in Germany - Zentrum ÜBERLEBEN gGmbH
18. 300 g of seeds for a family in the DR Congo - Solidaritätsdienst International e.V. (SODI)
19. One minute of physiotherapy for a child with disabilities in Lebanon - Cap Anamur / Deutsche Not-Ärzte e.V.
20. Half an hour of study for a young woman in Nicaragua - Puente Nica e.V.
21. Three days of solar power for an indigenous family in Panama - LOVE FOR LIFE e.V.
22. Four minutes of counselling for a woman in need in Ukraine - AMICA e.V.
23. Five minutes of support for a disadvantaged child in Germany - ROCK YOUR LIFE! gGmbH
24. One week of clean drinking water and soap for a family in Yemen - CARE Deutschland e.V.

Day 1

4,7 kg of vegetable feed for gorillas and chimpanzees in Cameroon



LET THE APE HAVE GINGER!

Protection of great apes - working together with the local population

Be it in TV ads, computer games, shirt designs or feature films: according to the cliché, monkeys feed on bananas. Why is that? After all, bananas originate from Southeast Asia, were only brought to Africa a few hundred years ago and are therefore not part of the natural diet of gorillas and chimpanzees. In nature, these endangered great apes feed mainly on various wild plants (Stanford & Nkurunungi, 2003). The right mix,

including immune-boosting wild ginger, is essential for their health (Cousins & Huffman, 2002). In Cameroon, former poachers are increasingly becoming conservationists: among other things, they collect wild ginger for the wholesome and natural diet of endangered apes. And local women farmers also profit from selling plants to the ape orphanage. This shows a way how people and nature can live together successfully!

Necessity

Poaching declines, the chances of survival of gorillas, chimpanzees and other wild animals thus increase permanently.

Countable effort

After around 12 months

For every donation, the monkeys at the LWC sanctuary receive 4.7 kilograms of plant mix.

Activity

Former poachers collect wild plants and local farmers' wives sell green feed for the charges in the sanctuary.

Result

After around 3 years

This ensures the long-term nutrition of 200 primates. Up to 200 people from Batoke receive a secure and ecologically sustainable income from the Green Project and become active conservationists.

Systemic effect

After around 7 years

Poaching declines, the chances of survival of gorillas, chimpanzees and other wild animals thus increase permanently.

Background

Gorillas are acutely threatened with extinction (Maisels et al., 2018), chimpanzees highly endangered (Humble et al., 2016). The gorilla population is declining by up to 30,000 animals per year, mainly due to poaching (Maisels et al., 2018). The decline in chimpanzee populations is also alarming (Humble et al., 2016). In Cameroon and many other countries in Central and West Africa, apes are hunted for 'bushmeat' (Mbetse et al., 2011; Rose, 1996). Gorillas and chimpanzees are particularly sought after despite strict protection. This is because ammunition is expensive and hunters prefer the largest possible prey (Wright & Priston, 2010). In addition, the meat and body parts of chimpanzees and gorillas are believed to have restorative or healing properties (Angwafo & Chou, 2016; Etiendem et al.,

2011). In order to stop poaching, two aspects are particularly important: education and involvement of the local population, which should benefit directly from the protection of the animals (Robbins, 2020). The Limbe Wildlife Centre in southwest Cameroon cares for about 200 rescued primates, including 43 chimpanzees and 15 gorillas: With about 40,000 visitors a year, its youth group Nature Club and educational events in the region, the sanctuary does important work to raise awareness. In addition, the Green Project actively involves former poachers and their families, who live on the edge of a nearby national park, in the protection of the apes and provides them with new sources of income.

The good deed

Today's good deed of 4.7 kilograms of plant mix ensures health and varied nutrition for 200 endangered primates at the Limbe Wildlife Centre (LWC). At the same time, the sale of feed plants provides an alternative, environmentally sound and sustainable income for the local people, who used to live mainly from hunting and also poached in the nearby Mount Cameroon National Park. The Green Project ensures the support of the local community for conservation measures and compliance

with wildlife protection laws. More and more inhabitants of the village of Batoke are taking part in the project: currently there are 110 people, and the number is growing. Former hunters now harvest wild ginger (Aframomum) as a natural remedy against infectious diseases. The women also sell the greens from the harvest of potatoes, papayas and manioc, for which there is otherwise no market, to the rescue centre.



About Cameroon



Jaunde

Capital



26,545,864

Number of inhabitants



1,499 USD

Gross domestic product per
capita per year



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Human Development Index

- ① Cameroon is the only country where both subspecies of the western gorilla can be found, the western lowland gorilla (*Gorilla gorilla gorilla*) and the cross-river gorilla (*Gorilla gorilla diehli*).

About the organization and further information

Association

Pro Wildlife e.V.

Website

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

Certified by



Further information and source

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Day 2

One year of clean drinking water for a schoolchild in Uganda



FOOTBALL4WASH - A RED CARD TO THIRST

Access to safe drinking water

Football is played by around 2.6 billion people worldwide. One of them, Mustafa Kizza, a Ugandan international footballer who now plays for Montreal in Major League Soccer, talks about his childhood in Kampala: "As a little boy growing up in the slums of Kampala, football was my gateway to everything good. To school, to health and to friends. Growing up here was hard, and being lucky enough to have access to clean water, hygiene and toilets was reserved for only a few in neighbourhoods like

Kibuli, Bakuli or Kisenyi. Families have to choose whether they prefer to spend their money on food or on water; diarrhoea and cholera are common here. I firmly believe that everyone in the world has the right to clean water and basic services. It is especially important that beyond this basic care, children also get educated about health and learn how to protect themselves from disease."

Necessity

General improvement in the health of families and communities in Kampala. Reduction of child mortality.

Countable effort

After around 12 months

Number of children receiving access to clean drinking water.

Activity

Schools are equipped with water filters and hand-washing stations. The students are motivated by F4W to adopt hygienic behaviour.

Result

After around 3 years

Pupils drink clean water and wash their hands with soap, which results in a reduction in absenteeism due to illness and an improvement in school performance.

Systemic effect

After around 7 years

General improvement in the health of families and communities in Kampala. Reduction of child mortality.

Background

Although Kampala is located directly on the shores of Lake Victoria, lack of drinking water as well as lack of awareness of important hygiene behaviour are the main causes of diarrhoeal diseases, cholera, typhoid and other serious illnesses. Proper sanitation and hygiene behaviour reduces the risk of disease by almost half, with hand washing with soap considered the cheapest yet most effective public health measure. Clean drinking water in schools also has a direct, positive impact on school performance. However, according to UNICEF (2021),

unfortunately only about 30 per cent of all schools in Uganda have hand-washing facilities and one in three schools has no access to safe drinking water at all. Especially in the inner-city districts of Kampala, where many people live together in a small space, clean drinking water is considered an expensive luxury that is often only available in the form of bottled water. The resulting health and economic consequences make access to clean drinking water, hygiene and sanitation one of the biggest challenges for people in these communities.

The good deed

With your good deed today, you will give school children in Kampala access to clean drinking water. 15 schools are being equipped with drinking water filters and mobile hand washing stations as part of the Football4WASH (F4W) programme. Other needs-based measures, such as the construction of toilets or washrooms for girls, also ensure a healthy school and learning environment. The F4W programme uses football-based training to teach effective hygiene practices such as

hand washing with soap or the proper use of toilets in a fun way. By increasing access to health and education, participating students are empowered and motivated to confidently share what they have learned with their families and communities. They become solution-oriented, proactive creators of a world without thirst and thus lay the foundation for a sustainable and lasting improvement of the health situation in their communities.



About Uganda



Kampala

Capital



45,741,000

Number of inhabitants



817 USD

Gross domestic product per capita per year



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Human Development Index

i Uganda has one of the youngest populations in the world, with an average age of 16.7 years (Statista, 2020). Bwindi National Park is home to one of the last two mountain gorilla populations still living in the wild (WWF, 2021).

About the organization and further information

Association

Viva con Agua de Sankt Pauli e.V.

Website

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

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Initiative
Transparente
Zivilgesellschaft

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Day 3

A medical check-up for a child in Nepal



GROWING UP HEALTHILY IN THE HIMALAYAS

Basic medical care for children in Nepal

Sangita's parents had been wondering for some time why their daughter did not learn to speak like the other children. Sangita was already almost four years old and spoke only a few coherent words - and even those only slurred. In addition, she almost always had a cold, but that was not uncommon. Nevertheless, they finally took the child to the Kirtipur hospital for a medical examination. Otherwise, how would she be able to start school soon? The examination revealed that Sangita

suffered from a permanent accumulation of fluid behind the eardrum and could therefore not hear properly! How would she be able to learn to speak properly? Following the treatment, she made rapid progress and began to enjoy speaking and be interested in language. If there had been regular check-ups like in many countries, the delay in Sangita's development would not have happened at all.

Necessity

Improving health and development opportunities for children and young people in the region.

Countable effort

After around 12 months

Number of examinations, screenings and check-ups carried out in hospitals and medical camps.

Activity

Carrying out medical screening examinations for the early detection and treatment of illnesses and developmental disorders.

Result

After around 3 years

Children's disorders are detected earlier and can be treated better. The children grow up healthier and are absent from school less often.

Systemic effect

After around 7 years

Improving health and development opportunities for children and young people in the region.

Background

In Nepal, the mountainous and rugged Himalayan country in southern Asia, providing neonatal and child care is a major challenge: On average, there is only one doctor per 1,300 inhabitants (by comparison, Germany 1 : 235)(WHO, 2020). Comprehensive medical care is only available in a few large cities. The proportion of children under 14 years of age is almost 30 per cent of the population (CIA, 2021). The costs of medical examinations and treatment usually have to be covered by the people themselves, as there is no comprehensive health insurance. Reconstruction after the dramatic earthquake of 2015 has taken years. But since then, significant improvements in maternal and child mortality have

been recorded: In 2019, under-5 mortality was 31 per 1,000 live births, a 78 per cent reduction from 1990 levels (UNICEF, 2020). However, these gains have threatened to stagnate since the Covid-19 pandemic. People are visiting medical facilities much less - whether for fear of infection or for financial reasons, for example because tourists are not coming and unemployment has risen. While about one third of the population was already living below the poverty line before the pandemic (Worldbank, 2019), the situation has now worsened. Therefore, the further expansion of medical infrastructure as well as screenings and prevention work to improve the health of the population are essential.

The good deed

With your good deed today, you enable a medical examination for a newborn, a child or a young person in Nepal. This could be, for example, a hearing or eye test, a physical or a dental check-up. The examination will take place at the Kirtipur Hospital or as part of a so-called "camp" in more remote villages. In this

way, illnesses can be detected at an early stage and treated more easily and effectively. Regular check-ups also convey knowledge about health and sickness, which children and their families can integrate into their everyday lives.



About Nepal


Kathmandu
Capital


29,136,808
Number of inhabitants


1,155 USD
Gross domestic product per
capita per year


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Human Development Index

 From the subtropical south to the highest mountain on earth, Mount Everest, in the north: Nepal offers breathtaking scenery and impressive animal and plant diversity.

About the organization and further information

Association

Nepalmed e.V.

Website

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

Certified by



Further information and source

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Day 4

Five minutes of plastic waste education for a child in Germany



COLLECTING RUBBISH, EDUCATION AND PHOTO ART FOR CLEAN RIVERS AND OCEANS!

Environmental education with the "Clean River Kids" for sustainable development

"My dad said that the earth will explode if we keep producing so much plastic waste," says Lisa, nine years old, during our school project. And unfortunately she is not that far off the mark. Half of all plastics ever produced have been produced in the last 15 years alone (Heinrich Böll Foundation & BUND, 2019). So the production of plastic has indeed exploded. It is now over 400 million tonnes a year worldwide (Heinrich Böll Foundation & BUND, 2019). Almost half of this is single-use packaging,

which has a lifespan of only a few minutes to hours, but can remain in the environment for hundreds of years if not disposed of properly. For animals in particular, the effects are devastating. Many lose their lives to human rubbish because they mistake the plastic waste for food or get tangled in it. The dangers to humans are still unclear. However, one study found that we ingest about 5 grams of microplastic per week - the equivalent of a credit card (WWF, 2020).

Necessity

Education and awareness raising promote a shift away from a throwaway society towards a sustainable stewardship of our ecosystems.

Countable effort

After around 12 months

Number of children reached per school project and the amount of waste they collect together.

Activity

Hosting school projects to raise awareness about the problem of plastic waste pollution and to communicate alternative courses of action.

Result

After around 3 years

The children experience and understand the problem and learn to act in an environmentally friendly way.

Systemic effect

After around 7 years

Education and awareness raising promote a shift away from a throwaway society towards a sustainable stewardship of our ecosystems.

Background

The Germans like to see themselves as world champions in recycling, but in practice it looks different: Of the 5.2 million tonnes of plastic waste collected in 2017, only 810,000 tonnes, or 15.6 per cent, was recycled (Heinrich Böll Foundation & BUND, 2019). Much of the waste is still dumped in landfills or incinerated. In addition, a considerable amount ends up in the natural environment. Our oceans and inland waters are particularly affected, because that is where the waste usually ends up if it is not disposed of properly. The Rhine alone transports about 10 tonnes of plastic waste into the North Sea every year (Mani et al., 2016). Already today, plastic fragments can be detected in the stomach contents of more than 90 per cent of seabirds. Every year, about one million of them die

because they have ingested plastic or become entangled in floating material (Wilcox, 2015). Around 80 per cent of this litter enters the oceans from land via rivers (Lebrun et al., 2017). Most of it comes from carelessly discarded packaging and disposable products (Heinrich Böll Foundation & BUND, 2019). In order to avert the collapse of our marine ecosystems, there needs to be a shift in awareness towards the responsible use of resources. Future generations will have to bear the consequences of our consumption behaviour, which is why educating and informing our children is crucial for further development. They need to realise that what we do on land also has an enormous global impact on life on and under the water.

The good deed

Your good deed today makes 5 minutes of a plastic waste workshop possible, which serves to educate children and young people about plastic waste pollution in our waters. The children and young people undergo content-related preparation for the topic at school. Afterwards, they work together to collect rubbish on land and in the water. The focus here is on their own experience of the pollution of our waters and the experience of natural spaces. At the same time, the collection campaign also reduces plastic waste pollution. This has a direct positive effect on the natural environment, our

habitat. After the collection campaign, they process the impressions and ideas they have gained artistically. This leads to photographic artworks, texts, videos and new approaches to solutions. Throughout the project, there are repeated discussion rounds in which what has been experienced is reflected upon and the substance of the problem is conveyed. The children and young people quickly understand the connections, take up alternative courses of action and transfer what they have learned to their own lives.



About Germany



Berlin

Capital



83,240,525

Number of inhabitants



45,724 USD

Gross domestic product per
capita per year



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📍 Germany is located in the middle of Europe and consumes by far the most plastic in the entire EU, accounting for 24.2 per cent of total demand (PlasticsEurope, 2019).

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 5

Three days of schooling for a child in Bangladesh

HAPPY TO BE LEARNING

Child-centred education on alluvial islands in Bangladesh

Yasmin Hak is particularly impressed by one of her pupils: "Maya is such a bright and fearless girl. And incredibly creative!", the teacher tells us. "In our village school she can flourish, she can sing, dance and paint. She especially likes the song about the girls who have different religions and dance together. She sings that quite often and teaches it to her friends." Maya's parents were sceptical at first. On the one hand, they were happy that their daughter could go to school at all. There are not enough schools here on the banks of the

great river, and Maya's father earns very little as a fare collector. But the parents did not like that Maya goes to school together with poor children and children of other religions. In the meantime, however, their attitude has changed: "The parents both come to our school picnic and celebrate together with the other families. Recently, the mother said to me: I don't know how, but you have enchanted my daughter!"

Necessity

Primary education in remote regions of Bangladesh becomes more equitable and improves in quality.

Countable effort

After around 12 months

Number of days when children go to school and receive quality teaching.

Activity

60 teachers teach 1,800 children in 60 newly established village schools. Local NGOs provide them with teacher training and community outreach support.

Result

After around 3 years

The children know how to read, write, do maths and express themselves confidently and creatively. They pass the exam and continue their schooling.

Systemic effect

After around 7 years

Primary education in remote regions of Bangladesh becomes more equitable and improves in quality.

Background

Since its transition to democracy in the 1990s, Bangladesh has achieved a lot in terms of education. Most children now go to school. However, 2.6 million children of primary school age are still denied school attendance (UNICEF, 2014) - due to the consequences of the Corona pandemic, this number has recently risen further. Girls and, more generally, children whose families live in poverty or belong to religious and ethnic minorities are most often unable to attend school. They are discriminated against and excluded from school. Or they have to live in places where there is no school at all. For example, on the alluvial islands in the middle of the country's great rivers. The second major problem is just as serious: the poor quality

of the schools. Teachers often have to teach 40 to 60 children at a time. They can only pay little attention to each child and rely on rote learning. Even with expensive tutoring, many children have difficulty making progress. Almost every fourth child drops out of primary school (Chowdhury, 2019). And those who stick with it often take far longer than they should: It takes an average of eight and a half years to complete grade five. Unfortunately, this does not mean that the children actually learn a great deal in the process. On the contrary: not even one in four children can read and understand simple texts after the third grade (Alam, 2019). So there is still a lot to be done.

The good deed

Your good deed today enables a child in Bangladesh to go to primary school for three days. No matter whether girl or boy, whether religious or not, whether with rich or poor parents: In the newly founded village schools, all children learn together. The teachers are also local. They know the children's problems and have a direct line to the parents. Community and school officers organise government support and school meals in times of need, for example during floods. All teachers receive basic training and regular refresher

courses in child-centred teaching so that the pupils can learn better. They encourage the children in their creative development and do experiments in natural history using materials from the environment. The children not only enjoy this, they also learn a lot: 95 per cent of them are able to complete primary school. This good deed lays the foundation for the children's future and strengthens inclusion in remote regions.



About Bangladesh


Dhaka
Capital


164,689,383
Number of inhabitants


1,969 USD
Gross domestic product per
capita per year


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Human Development Index

i Bangladesh is located in the Ganges Delta, the largest river delta in the world. With a population density of 1,265 people per square kilometre, the country is the most densely populated territorial state in the world (Statista, 2018).

About the organization and further information

Association

NETZ e.V. Bangladesch – Partnerschaft für Entwicklung und
Gerechtigkeit

Website

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

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Zivilgesellschaft**

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Day 6

30 g of powdered milk for a baby in a refugee camp in Greece

30 G MILK POWDER - ENSURING SURVIVAL FOR REFUGEES

Malnutrition among babies in Greek refugee camps

When the young Afghan woman Nesrin in the Kara Tepe refugee camp on Lesbos is asked what her greatest wish is, she answers: "To ensure the survival of my child!" Like Nesrin, many women feel the same way about their children. There are about 2,000 minors in the Kara Tepe refugee camp, including many very young children (UNHCR, 2021). Especially on the Aegean islands of Lesbos, Chios, Samos and Kos, there are refugee camps without sufficient food and health care and without adequate

hygienic facilities. NGOs and community centres provide these young children with powdered milk and clean water. But the situation is also getting more and more difficult in Athens. Several thousand people who previously lived in the camps on the Aegean islands now find themselves on the streets, including many young children who urgently need to be cared for (rbb24, 2021).

Necessity

Children of refugees have better chances of participating in society.

Countable effort

After around 12 months
1,500 babies in Lesbos, Chios, Samos and Athens can be supplied with powdered milk for a year.

Activity

Powdered milk is bought and given to Greek partner organisations who provide it to the mothers and their babies.

Result

After around 3 years
The children have a better chance to develop. They are more receptive, their immune system is more resilient and they are less susceptible to illness.

Systemic effect

After around 7 years
Children of refugees have better chances of participating in society.

Background

79.5 million people were displaced worldwide in 2020 (UNHCR, 2020). Of these, around 50 per cent are women and girls (UN Refugee Agency, 2021). They migrate for a variety of reasons, often because they have experienced violence, are threatened by forced marriage or genital mutilation. Not infrequently, they also become victims of assault while fleeing. Most women are traumatised when they arrive in the refugee camps (Heinrich Böll Foundation, 2018). There is great hardship in the Greek refugee camps. The refugees live in tents or under wooden shelters, the hygienic conditions are catastrophic and the people are not provided with enough food. There are hardly any psychologists to take care of the mental distress. Births take place in makeshift

rooms, and women receive hardly any care before and after delivery. Under these circumstances, not all women are able to breastfeed their babies and thus provide them with sufficient nutrition (Simkin & Klaus, 2015). The babies are malnourished and urgently need powdered milk as a substitute food. But powdered milk is expensive and not included in the daily food allowance that the refugees receive. Greece is still reeling from the financial crisis in 2008, and the economy is recovering slowly (Der Standard, 2019). Solidarity with the refugees does exist, but many Greeks continue to live at subsistence level and have little to give.

The good deed

With your donation today, you will provide 30 g of powdered milk for a baby in a refugee camp in Greece. The milk powder is either bought in Germany and brought to Greece with aid transports or procured directly on site. The partner organisations in Greece, which have been active on the ground for years, give the milk powder and clean water directly to the refugee women and families and explain how to prepare it. This does not solve the women's psychological distress, but at least it takes away their

worries about feeding their babies for a longer period of time. The women and families can take care of procuring other necessary food. This makes their already arduous daily lives a little easier. Taking action against malnutrition also provides a little more equality of opportunity for the children affected, because deficiencies at an early age can inhibit child development. This is another reason why providing food early and sufficiently is essential.



About Greece



Athens

Capital



10,715,549

Number of inhabitants



17,676 USD

Gross domestic product per
capita per year



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Human Development Index

i Greece is the birthplace of democracy. The south-eastern European nation is one of the countries with the most islands in the world. Greece' external EU border is 734 kilometres long (Goruma, 2021).

About the organization and further information

Association

Wir packen's an e.V. – Nothilfe für Geflüchtete

Website

<https://wir-packens-an.info/> (<https://wir-packens-an.info/>)

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Day 7

One week of care for 5 rescued tortoises in Madagascar



TORTOISES ON THEIR WAY BACK TO THE WILD

Care for rescued radiated tortoises in Madagascar

At one time, the radiated tortoise lived in harmony with humans in its natural habitat on the island of Madagascar. For the Mahafaly and Antandroy people living there, eating the turtle known as Sokake was taboo. This changed when members of other groups also settled in the region. Weighing up to 20 kilograms, the relatively large tortoises are now part of the daily diet. The animals are caught by the hundreds and

taken by truck to other regions, where they are killed for food. The tortoise is also traded illegally internationally - as a delicacy and, due to its shell pattern, also as a sought-after pet. In just under 70 years, the radiated tortoise has disappeared from 40 per cent of its original habitat. It could soon be entirely extinct (Leuteritz & Rioux Paquette, 2008).

Necessity

The surrounding villages are involved in the care and release of the tortoises and are actively engaged in the conservation of Madagascar's biodiversity.

Countable effort

After around 12 months

Number of weeks that tortoises can be cared for at the sanctuary.

Activity

The tortoises are cared for in a rescue centre until they can be released back into the wild.

Result

After around 3 years

The rescued tortoises can be reintroduced into the wild and protected from poaching. This stabilises the wild populations.

Systemic effect

After around 7 years

The surrounding villages are involved in the care and release of the tortoises and are actively engaged in the conservation of Madagascar's biodiversity.

Background

Tortoises and turtles are among the most endangered groups of animals, according to an international study (Stanford et al., 2020). Radiated tortoises, which were originally found only in Madagascar, are listed as threatened with extinction on the Red List of the World Conservation Union IUCN (IUCN, 2008). On the one hand, the habitat of this tortoise is dwindling, and on the other hand, it is falling victim to poaching. This species is highly sought after for its meat and the characteristic markings on its shell. AGA's partner organisation, the Turtle Survival Alliance (TSA), has been campaigning for the protection of radiated tortoises in Madagascar since 2010. Seizures of captive turtles reached a sad peak in 2018, when authorities rescued nearly 18,000 animals (Cannon, 2018).

Currently, more than 26,000 rescued radiated tortoises are waiting to be returned to the wild in seven Madagascar sanctuaries (Turtle Survival Alliance, 2021). They are to be gradually released into the wild in ecologically sound group sizes in suitable areas, where they will be protected from poaching. The reintroductions planned for 2020 had to be suspended due to the Covid pandemic and the local restrictions. Then, in August 2021, a first group of 1,000 tortoises could be moved into their natural habitat with special enclosures for release. The animals will of course be cared for until they can be released into the wild. But for the care and feeding of so many animals, the sanctuaries are in urgent need of support.

The good deed

Your good deed today will help care for confiscated radiated tortoises in Madagascar. It helps to fund a week of care for five rescued animals at the sanctuary. The animals can be examined, medically treated and fed with opuntias, carrots, lettuce and succulents, for example. Together with the local population, suitable areas for reintroduction are identified and the village communities participate in the conservation

measures. The cultivation of food plants for the confiscated turtles also gives the surrounding villages of the sanctuaries the opportunity to generate alternative income. In this way, they are sustainably integrated into the conservation measures and benefit from them. By rescuing, caring for and reintroducing the turtles, biodiversity in Madagascar is preserved and wildlife is protected from smuggling.



About Madagascar



Antananarivo

Capital



27,691,019

Number of inhabitants



495 USD

Gross domestic product per
capita per year



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Human Development Index

i Madagascar is the fourth largest island in the world and has been separated from the African mainland for about 90 million years. The result of this is a high proportion of endemic animal and plant species, i.e. species that only occur on Madagascar and nowhere else in the world, for example 95 per cent of the 260 reptile species (SimplyScience Foundation, 2021).

About the organization and further information

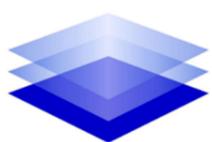
Association

Aktionsgemeinschaft Artenschutz (AGA) e.V.

Website

<https://www.aga-artenschutz.de/> (<https://www.aga-artenschutz.de/>)

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()

Day 8

Four hours of vocational training for a woman in Nigeria



VOCATIONAL TRAINING AND EDUCATION FOR WOMEN IN NIGERIA

Women in Nigeria: Caught between poverty, exclusion and violence

Against all odds, Saratu from Borno State in Nigeria did everything she could to take control of her life and create a positive future for herself and her family. She was forced to leave her old life behind when the Islamist group Boko Haram was on the rise and forcibly displaced civilians. Saratu fled with her family to Bauchi State, west of Borno. She was relieved to find safety for herself and her children. There she joined the Women for Women International programme, which changed her life forever: After three months, Saratu was able to open a

business selling bean cakes and earn a secure income with the help of her monthly allowance. Shortly after, Saratu also joined a local savings group with other women from her community. "We save money, give each other loans for our businesses and support each other in difficult times." Saratu gained a new perspective on her rights as a woman in society. The programme gave her hope and self-confidence: "Now that I can save money for the future of my family, I feel incredibly strong."

Necessity

Affected women improve or gain opportunities to earn an income and become more independent. Their state of health improves. They gain access to education. Gender inequality is addressed.

Countable effort

After around 12 months

Number of women in Nigeria who are marginalised and affected by conflict who are able to live more self-determined lives as a result of the one-year training.

Activity

12-month vocational training for disadvantaged and marginalised women in Nigeria so that they can lead a self-determined life.

Result

After around 3 years

Compared to the previous year, it is expected that the women will earn and save more money and have more say in the household as a result of the 12-month training.

Systemic effect

After around 7 years

Affected women improve or gain opportunities to earn an income and become more independent. Their state of health improves. They gain access to education. Gender inequality is addressed.

Background

Although Nigeria is Africa's largest economy, about 52 million women are affected by poverty and live on less than 1.90 US dollars a day (BMZ, 2021, Ifeanyi et al., 2019). Nigeria's women face many pressures: Their access to education and to reliable information about their rights and health is limited (UNDP, 2021). Girls are less likely to be allowed to attend school - and thus have fewer opportunities to work and earn their own money later on. Conflicts in the country and male-dominated structures encourage discrimination against women and girls and often lead to violence against them. Forced marriage at an

early age (UNICEF, 2021), discrimination against girls and women in education and lack of voice are commonplace (UNDP, 2021). In regions characterised by instability, poverty and conflict, women are often affected by (sexualised) violence - and the presence of extremist groups exacerbates this trend. Women in Nigeria bear the brunt of poverty and violence; they are given little recourse to their rights, which they are often unaware of. However, women are the linchpin of families and communities. Only by promoting women and their potential to bring peace can Nigeria achieve long-term stability.

The good deed

With today's good deed you support Nigerian women on their way out of poverty, isolation and violence. You enable a woman from Nigeria to take 4 hours of a one-year vocational training in order to lead a self-determined life. The women in Nigeria enrol in the programme Helping Women to Help Themselves of Women for Women International. Together with 25 other women, they learn in classes how to earn and save money, improve their health and that of their families. They learn how to make their voices heard - at home and in their community. The participants receive a monthly seed money. They form so-

called village savings groups so that mutual financial security can be created. The trainings in health, women's rights and peace, as well as the vocational training, ensure a lasting, verifiable improvement in the living conditions of marginalised, conflict-affected women in northern Nigeria. The project gives the women new self-confidence: They earn their own money, know their rights and participate in household decisions. They send their daughters to school, which benefits entire families and communities.



About Nigeria


Abuja
Capital


206,139,587
Number of inhabitants


2,097 USD
Gross domestic product per capita per year


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Human Development Index

i With more than 190 million inhabitants, Nigeria is Africa's largest economy (BMZ, 2021). Around 250 different ethnic groups live in Nigeria (bpb, 2021) and over 500 different languages are spoken (Olagbaju, 2014). This multilingual character reflects the diversity of the country. Nigeria's coastal regions are also among the most biodiverse ecosystems in the world.

About the organization and further information

Association

Women for Women International Deutschland gGmbH

Website

<https://womenforwomeninternational.de/>
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Certified by



Further information and source

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Day 9

Two weeks of vegetables from the school garden for a child in Brazil



EDIBLE CLASSROOMS SATISFY BOTH HUNGER AND THE THIRST FOR KNOWLEDGE

School gardens for disadvantaged children in the Brazilian megacity of São Paulo

Dandara's favourite vegetable is lettuce. Now she would like to have a garden at home, but in 2016 she didn't even know what that was. The six-year-old attends a state school in the poorest district of São Paulo. Dandara's father died early; her mother sells sweets in buses to make a living for her family of five. The poor eat poorly: fruits and vegetables are often missing from the plates of poor families. But even the school lunch usually consists only of beans with rice. What else can be

prepared with the 8 cents per child and meal provided by the state (CAISAN, 2016)? With the school garden of CITIES WITHOUT HUNGER, Dandara's school has found a way out. The school meal is now the most delicious and nutritious meal of the day. Together, the children grow carrots, beetroot, cabbage, spinach, bananas, pumpkins and lettuce. As an edible classroom, the garden satisfies hunger and thirst for knowledge at the same time.

Necessity

After approx. 3 years: Malnutrition and undernourishment are reduced. Environmental and nutrition education are firmly anchored in the everyday lives of children and their families.

Countable effort

After around 12 months

After about 50 days: The first harvest is ready! 2,900 children get access to fruits and vegetables for every daily school meal.

Activity

School gardens are established by local NGOs, which also provide practical and organisational support for their maintenance and in teaching.

Result

After around 3 years

After one year: The garden becomes self-sustaining and ensures long-term access to sufficient and wholesome food for the children.

Systemic effect

After around 7 years

After approx. 3 years: Malnutrition and undernourishment are reduced. Environmental and nutrition education are firmly anchored in the everyday lives of children and their families.

Background

The school gardens are being built in the eastern zone of São Paulo, where they are most needed. Being hungry is a "pain", as the people here call it. But people are ashamed to speak of hunger because it points to social inequality. The megacity of São Paulo illustrates this inequality in a sad way: in the eastern zone of the city, the human development index is much lower, at 0.48 to 0.70, than in other parts of the city, where it is high to very high, at 0.80 to 1.00 (GNESD, 2014). The city is characterised by slums, the so-called favelas. An estimated 23 per cent of the city's population live here (HABISP, 2011). In the administrative district of Itaquera in the East Zone, for

example, the median household income is the equivalent of around 350 euros (Rede Social, 2012). On average, there are four people in a household (GNESD, 2014). The lower the income, the greater the proportion spent on food and the less fresh fruit and vegetables are consumed. Malnutrition and undernourishment are the result. Schools are obliged to offer at least three meals a day. For this, primary and secondary schools are allocated 30 centavos, or 8 cents, per child and meal (CAISAN, 2016). For this amount, it is almost impossible for schools to offer more than beans and rice.

The good deed

With your donation today, you will support the school gardens in São Paulo and provide a child with a wholesome meal of vegetables from the school garden for two weeks. CITIES WITHOUT HUNGER uses vacant spaces on school grounds and transforms them into green classrooms to give children in socially deprived regions access to wholesome food. In this way, malnutrition can be counteracted and children's health improved. At the same time, nutrition education is taught to

introduce children to healthy habits at an early age. The school gardens are planted together with the pupils and the teaching staff with the help of the local NGO. The NGO provides practical and organisational support for garden maintenance and school garden lessons. There are also lessons on nutrition and environmental education. Particularly disadvantaged pupils can take home harvest surpluses, so that entire families can benefit.



About Brazil



Brasília

Capital



212,559,409

Number of inhabitants



6,797 USD

Gross domestic product per capita per year



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Human Development Index

i 60 per cent of the Amazon, the world's largest forest, is in Brazil. Clouds form here that provide rain to São Paulo and the gardens there. These are also known as "flying rivers". Deforestation destroys this water source (WWF, 2021; BMZ, 2019).

About the organization and further information

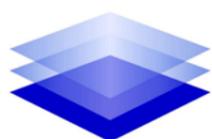
Association

Förderverein STÄDTE OHNE HUNGER Deutschland e.V.

Website

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

Certified by



Initiative
Transparente
Zivilgesellschaft

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Day 10

20 minutes of post-natal care for a premature baby in the DR Congo

A GREAT START IN LIFE FOR PREMATURE BABIES!

Obstetric care at the hospital in Nzibira in the Democratic Republic of the Congo

"We are pregnant!" Such words stand for the anticipation of the family-to-be. However, the weeks during pregnancy are often also marked by worries about the baby's health. But even in times of uncertainty, for example with regard to complications during birth, parents in rich countries can rest assured that they are in safe hands. When a baby is born prematurely in this country, the first question is often: Will the baby develop into a healthy child? In the Democratic Republic of Congo,

unfortunately, the question is often more about whether the child will survive at all. Maternity hospitals, especially in rural areas, are very poorly equipped and lack important medical equipment such as incubators, which are vital for the care of premature babies. Currently, health workers at the hospital in Nzibira use hot water bottles to keep the premature babies warm. Keeping the temperature constant at 37°C is almost impossible.

Necessity

The health of children under the age of 5 in the Nzibira region has improved considerably and the number of newborn deaths is declining.

Countable effort

After around 12 months

Number of newborns treated in intensive care. Number of staff trained in neonatology (newborn medicine).

Activity

The local NGO AEO/CNA procures medical equipment and medicines and qualifies health workers to provide intensive care for newborns.

Result

After around 3 years

Intensive care for newborns improves. Deaths of newborns in the first 28 days in the hospital in Nzibira decrease.

Systemic effect

After around 7 years

The health of children under the age of 5 in the Nzibira region has improved considerably and the number of newborn deaths is declining.

Background

Despite significant progress in maternal and child healthcare, the number of deaths among children under 5 in the DRC remains extremely high, at 85 deaths per 1,000 live births (UNICEF, 2020). One third of these children die during the first 28 days (UNICEF, 2020). According to UNICEF (2018), 80 per cent of all neonatal deaths are due to three preventable and treatable causes: Complications due to prematurity, asphyxia (respiratory failure) and infections. A premature birth is when a baby is born earlier than the 37th week of pregnancy. These premature babies have to be treated in maternity clinics because their organs are not yet sufficiently developed to

survive. Premature babies' own heat generation is severely limited and their too-small lungs do not supply their bodies with enough oxygen. At the hospital in Nzibira in 2020, every 7th child was premature or had complications such as oxygen deprivation or an infection. Even though the health workers are very committed, the lack of equipment and knowledge currently prevents them from providing adequate intensive care to sick newborns. Medical equipment such as incubators and oxygen units would provide the premature babies with protective warmth and oxygen.

The good deed

With your donation today, you will support a hospital in the rural region of Nzibira in the east of the DRC and thus contribute to improving the intensive medical treatment of premature and newborn babies with complications. The hospital will be provided with medical equipment, such as an incubator and an oxygen machine, as well as medicines and medical consumables. The incubator provides a protected environment for the regeneration and healthy development of

the children until their organ functions stabilise and they are able to regulate their body temperature on their own. By employing another qualified midwife, the health status can be optimally monitored. The high-quality health care contributes to a lasting improvement in the health status of children under 5 years from the catchment area of the hospital in Nzibira and to a decrease in the mortality rate of newborns.



About Democratic Republic of the Congo



Kinshasa

Capital



89,561,404

Number of inhabitants



557 USD

Gross domestic product per
capita per year



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Human Development Index

- i** The DRC is the second largest country in Africa and its area is more than six times the size of Germany (Auswärtiges Amt, 2019). Among the nearly 100 million inhabitants, four national languages and 200 other local languages are spoken in addition to French (Auswärtiges Amt, 2019).

About the organization and further information

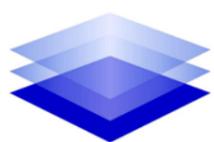
Association

Deutsches Medikamenten-Hilfswerk action medeor e.V.

Website

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

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Day 11

Eight minutes of vocational training support for refugees in Germany

INTEGRATION THROUGH VOCATIONAL TRAINING

Support for refugees and their vocational training companies

Amal (19) is one step closer to her dream of working in a dental practice. During her vocational training, she will face many challenges and will have to be very strong. And yet, this time lays the foundation for a self-determined life. Amal is driven by two desires above all: having her own flat and financial independence. So far, she has not received the support she needs at home, where the work for the family often falls to her.

However, Amal is determined to stand up for herself and her goals. To do so, she needs appreciation, support and the courage not to give up - even if there are problems. For her, the path through vocational training means not only professional qualifications, but also the opportunity to develop personally. She gains self-confidence, experiences self-efficacy, overcomes insecurities and grows beyond herself.

Necessity

Refugees have been successfully integrated into society and the willingness of companies to provide vocational training for refugees has been increased.

Countable effort

After around 12 months

Number of minutes of support provided as part of vocational training.

Activity

Needs-based vocational training support for refugees and their companies through German courses, workshops and individual counselling.

Result

After around 3 years

The vocational training has been successfully completed and the participants have moved on to permanent employment.

Systemic effect

After around 7 years

Refugees have been successfully integrated into society and the willingness of companies to provide vocational training for refugees has been increased.

Background

Wars and crises in countries such as Syria, Iraq and Afghanistan have led to more and more people coming to Germany in the last ten years to seek sanctuary and build a new future for themselves. The majority of the now 1.7 million refugees are of working age, and 60 per cent of them are actually under 30 years old (BIBB, 2019). Placing young refugees in vocational training and work is therefore a central function of German integration work. In the meantime, every tenth company employs refugees as part of vocational training. For many of these companies, however, this also brings new challenges. For example, more than 90 per cent of

companies cite a lack of German language skills as an obstacle in the training process. In addition, companies find it difficult that many refugees first have to get used to the new working environment. The majority of companies also consider the effort required for additional support to be too much (Pierenkemper & Heuer, 2020). In order not to leave companies alone with the integration of refugees into the labour market, there are numerous public support measures. However, these are not always specifically geared to the needs of refugees, and 60 per cent of companies state that the offers do not fit their requirements (Pierenkemper & Heuer, 2020).

The good deed

Thanks to your good deed, young refugees receive 8 minutes of help in their vocational training. Successful vocational training is the key to successful integration. The core component of the training assistance is a German language course to promote professional language skills, as a lack of German skills is seen as the greatest challenge in the training process. The German course is supplemented by various workshops and tutoring services based on what refugees and companies need. At the same time, the key competences of

the refugees are to be strengthened. These programmes are accompanied by an open office hour for companies and refugees, where we provide advice and support on questions and issues. Successful completion of vocational training opens the doors to a self-determined life. Your good deed today thus promotes the social and professional participation of young refugees in Germany and reduces companies' reservations about hiring refugees.



About Germany



Berlin

Capital



83,240,525

Number of inhabitants



45,723 USD

Gross domestic product per
capita per year



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Human Development Index

- ① The Dual System of vocational education and training in Germany makes it much easier for young refugees to gain a foothold in Germany - and is seen as a positive role model in many other countries.

About the organization and further information

Association

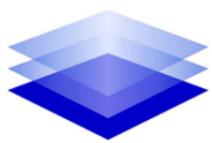
JOBLINGE gAG Rheinland

Website

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Day 12

One tree seedling for reforestation in Central America



FIGHTING CLIMATE CHANGE, ONE TREE AT A TIME

Preserving water sources and the soil in Central America with tens of thousands of trees

Actually, the situation is quite simple: where trees grow, there is also water and fertile soil. The roots of the trees strengthen the soil so that more rainwater seeps away instead of running off. This raises the groundwater level and the soil quality is preserved. Reason enough, one would think, to protect the forests! But in Central America, plantations are spreading while ever larger areas are being deforested. This exacerbates the already extreme consequences of climate change that

people there are already struggling with: Most recently in November 2020, two hurricanes caused severe devastation (INKOTA, 2020a). Due to high greenhouse gas emissions, Germany bears a major responsibility for the global climate crisis and thus also for the increase in extreme weather events in Central America. The high demand for biofuels, palm oil and bananas is also causing more and more tropical forest areas to disappear there (CIR, 2019).

Necessity

Community members have secure access to water, their crops are more productive and their food security is improved.

Countable effort

After around 12 months

Number of tree seedlings planted in the watersheds and on slopes.

Activity

Community members plant 80,000 trees to protect water sources and slopes.

Result

After around 3 years

After about three years: The planted trees grow well, raise the water table and improve soil fertility.

Systemic effect

After around 7 years

Community members have secure access to water, their crops are more productive and their food security is improved.

Background

The Global Climate Risk Index (Germanwatch, 2021) shows that Central America is already one of the world regions most affected by climate change. Rising temperatures, recurring droughts, increasing deforestation - the Centro Humboldt (2020), a partner organisation of INKOTA in Nicaragua, therefore refers to a "deepening environmental crisis". However, the governments of the INKOTA project countries Nicaragua, El Salvador and Guatemala have not yet developed sustainable policies to protect natural resources such as forests and water. On the contrary, existing forest areas are shrinking almost inexorably and trees are actually still being cut down in areas with springs. As a result, rainwater runs off

and water sources become diminished - some actually dry up completely. Large agricultural companies are making the situation even worse: They use ever deeper wells to irrigate their plantations, for example for the cultivation of sugar cane. Smallholder families suffer most from this. They depend on their harvests, but access to water is getting worse. "We have to take action now, both collectively and individually! Otherwise we may miss our last chance to stop climate change," warns Víctor Campos of Centro Humboldt. "Reforestation is an effective weapon against climate change. Sapling by sapling and tree by tree, we improve the microclimate and the water sources can recover."

The good deed

Your donation will help reforest slopes and water source catchment areas in 18 counties in El Salvador, Nicaragua and Guatemala. Every good deed makes it possible to plant a tree. Together with the project participants, INKOTA's partner organisations establish tree nurseries, plant the seedlings and integrate trees into pasture and arable land. The reforestation makes an important contribution to environmental and forest protection. More than 65,000 people benefit from this. Slopes can be stabilised by trees, as they provide protection against

erosion and landslides. Agricultural land that integrates trees is more resilient to droughts, which are becoming more frequent in the wake of the climate crisis (INKOTA, 2020b). In addition, many of the trees planted are fruit trees, which contribute to a healthier diet. Mangoes and oranges can improve the health of children in dozens of poverty-stricken communities, providing a better future. The trees planted also contribute to climate change adaptation.



About El Salvador



El Salvador

Capital



6,486,201

Number of inhabitants



3,799 USD

Gross domestic product per
capita per year



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Human Development Index

i El Salvador is the smallest country in Central America, a region with immense biodiversity, which is, however, acutely threatened by deforestation.

About the organization and further information

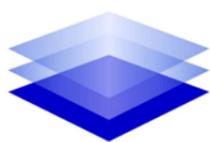
Association

INKOTA-netzwerk e.V.

Website

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

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Initiative
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Day 13

1 minute of translation at a doctor's appointment for refugees in Germany



BETTER UNDERSTANDING, FASTER RECOVERY

Medical care for refugees without command of the German language

Standing on the table is a model of a spine. The doctor shows Nabil how a vertebra is structured and where the stabbing pain in Nabil's back comes from. Nabil listens attentively. When the doctor has finished, they both look expectantly at Bassem, who is sitting next to them and has taken some notes. Bassem translates the doctor's words for Nabil into his native Arabic. When he first saw a doctor because of his worsening back pain, Nabil hardly understood anything. He speaks good

German and can communicate in everyday life without any problems. Only at the doctor's did he have great difficulty: Terms like intervertebral discs or vertebral blockage he has never heard in everyday life. In order for Nabil to understand exactly where his back pain comes from and what he can do about it, he is accompanied by Bassem on a voluntary basis this time. Bassem translates between Nabil and the doctor to make sure they understand each other.

Necessity

Refugees have full access to health care and can make self-determined decisions about their health.

Countable effort

After around 12 months

Number of minutes or medical appointments during which refugees are accompanied by volunteer interpreters.

Activity

Volunteer interpreters accompany refugees to medical appointments to translate for them.

Result

After around 3 years

Making sure that refugees understand all the information regarding their health.

Systemic effect

After around 7 years

Refugees have full access to health care and can make self-determined decisions about their health.

Background

In September 2015, Munich was in the news all over the world: 20,000 refugees arrived at Munich Central Station in just one weekend (ZEIT ONLINE, 2015). Today, more than 6,000 refugees live in the city (Landeshauptstadt München, 2021). They come from all over the world - from Afghanistan to Syria to Sierra Leone - and speak a wide variety of languages (Dt. Bundestag, 2020). However, learning German is a hurdle in the integration process that often persists for a long time despite numerous offers of support. Even if refugees have been living in Germany for several years and can communicate well in everyday life, technical conversations in German are a challenge for many. When it comes to important topics - such

as visits to the doctor - misunderstandings can have fatal consequences: Medication may be taken incorrectly or actually the wrong diagnosis may be made. Some refugees prefer not to go to the doctor at all for fear of not understanding something or making the wrong decision. Professional interpreters who could help them are usually too expensive and difficult to find for many languages. This is where volunteer interpreters come into play: They are trained in various medical topics, accompany refugees to doctor's appointments free of charge and thereby ensure that there are no misunderstandings or that crucial information is lost.

The good deed

With your good deed today, you make it possible for a refugee in Munich to have a doctor's visit translated into his or her native language. Even for refugees who already speak good German, complex medical topics are often difficult to understand. Volunteer interpreters therefore accompany the refugees to their doctor's appointments and translate between the patient and the medical staff. The volunteers are specially trained by professionals for their interpreting assignments.

They learn strategies and techniques of interpreting as well as important terms and procedures of different medical fields. Most of them have a history of migration themselves and are able to use not only their language skills but also their cultural knowledge in their work. They make sure that patients and doctors understand each other. This enables refugees to make independent and well-informed decisions.



About Germany



Berlin

Capital



83,240,525

Number of inhabitants



45,724 USD

Gross domestic product per
capita per year



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Human Development Index

📍 Around 1.2 million refugees live in Germany (UN Refugee Agency, 2021). About 17 million people volunteer in the social sector (Statista, 2021).

About the organization and further information

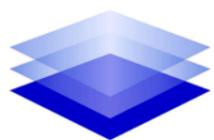
Association

ArrivalAid gUG

Website

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

Certified by



Initiative
Transparente
Zivilgesellschaft

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Day 14

One square metre of forest as a safe habitat for animals in Germany



WOODLAND AS A HABITAT FOR ANIMALS IN GERMANY

Purchasing woodlands and developing them into species-rich, climate-protecting natural resources

Natural woodlands are places where life thrives. Not only deer, squirrels and wild boar live here, but many other animals also find shelter in the old gnarled giant trees. Bats hide in tree hollows and crevices during the day, the hammering of woodpeckers fills the air, and the impressive stag beetle defends his territory. It is exciting to take a look at a fallen old tree, which as deadwood provides valuable habitat for a wide

variety of beetles and fungi and at the same time creates space for new tree saplings to germinate. But living natural woodlands with their vivid cycle of growth and decay are only rarely found in Germany. One third of Germany is covered by forest or woodlands, but almost all of it is used commercially (BMEL, 2014).

Necessity

Our forests make a lasting and important contribution to the preservation of biodiversity and climate protection in Europe.

Countable effort

After around 12 months

Number of square metres of woodland that can be purchased.

Activity

The NABU-Stiftung Nationales Naturerbe (NABU National Natural Heritage Foundation) buys forests that are allowed to develop without being used into species-rich and climate-protecting primeval forests for tomorrow.

Result

After around 3 years

We withdraw our forests from exploitation. Species sensitive to disturbance and dependent on old and dead wood find a new home in our forests.

Systemic effect

After around 7 years

Our forests make a lasting and important contribution to the preservation of biodiversity and climate protection in Europe.

Background

The older and more unexploited woodlands are, the higher their biodiversity. More than a quarter of the plant, animal and fungal species living in the woods depend on deadwood, which is allowed to remain in the woodlands primarily in unused natural and virgin forests (Schiegg Pasinelli & Suter, 2002). Yet not even 3 per cent of woodlands in Germany are allowed to develop naturally (Rosenthal et al., 2015). This has direct consequences for biodiversity, which is significantly lower in commercial woods than in unused forests (Wermellinger & Duelli, 2001). In commercial forests, trees are felled after only one third of their natural life span, before the structures that are vital for many forest species, such as deadwood, cavities and coarse-grained bark, have had a chance to form

(Biermayer, 2020; Plate, 2010). For example, beech trees in commercial forests are usually felled when they are 140 years old. For wood-dwelling species, however, beech trees that live to be around 300 years old only become interesting in the second half of their life and as dying deadwood (Plate, 2010). A quarter of all beetle species and forest dwellers such as the middle spotted woodpecker, crested tit or dormouse depend on rotten wood (Schmidt, 2006; Franz et al., 2006). That is why we are taking our forests out of use and are thus creating natural woodlands that develop permanently free of human influences and, with abundant old trees and deadwood, become refuges for many animal and plant species.

The good deed

With your good deed today, you make it possible to buy one square metre of woodland in Germany, which will then be taken out of use. In this way, species-rich mixed deciduous forests can develop into the "primeval forest of tomorrow" and become home to numerous species that are sensitive to disruptions and that depend on old-growth and dead wood. Natural mixed deciduous forests are not only a habitat for countless animal and plant species. With their ability to store 10 to 13 tonnes of

CO₂ per hectare and year, they are also an important player in climate protection (Riedel et al., 2019). Less than 3 per cent of woodlands in this country are allowed to develop as natural forests (Rosenthal et al., 2015). The consequences are a lack of biodiversity, disappearing species and insufficient carbon dioxide storage capacity. By creating the old-growth forests of tomorrow, we are contributing to biodiversity and climate protection in Germany.



About Germany



Berlin

Capital



83,240,525

Number of inhabitants



45,724 USD

Gross domestic product per
capita per year



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Human Development Index

i 32 per cent of Germany's total area is forested (BMEL, 2014). However, only less than 3 per cent of the forest area has been completely abandoned in order to re-establish primeval forest-like conditions (Rosenthal et al., 2015).

About the organization and further information

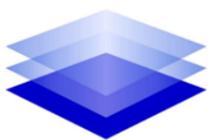
Association

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 15

30 minutes of care for a girl in a safe house in Sierra Leone



RESTORING DIGNITY

Protection and help for abused girls in Sierra Leone

Aminata has suffered terrible physical and mental injuries. The fourteen-year-old schoolgirl from a village in Sierra Leone was sexually abused. She was immediately admitted to the girls' shelter in the provincial capital of Makeni and there received medical care. Aminata was given refuge and protection as well as wholesome meals for three weeks. Above all, she received psychological care and legal counselling. What helped her most was the exchange with the other girls in the shelter. They

had all experienced similar things. Aminata's family was also included in the programme. This prevented her from being ostracised by her own family or her village community. Unfortunately, this is very common. Especially when girls become pregnant as a result of the abuse. Aminata has learned to cope well with her psychological wounds. Today, she is back to living with her family and attending school.

Necessity

The girls participate in community life again. Their quality of life has improved. A contribution to equality has been achieved. The general public is educated and sensitised about sexual violence and its physical and psychological effects.

Countable effort

After around 12 months

Number of minutes that the girls and young women are cared for in the shelter.

Activity

Girls and young women find refuge in the shelter; they receive care and counselling there.

Result

After around 3 years

Girls and young women become stronger mentally, they are better able to cope with the trauma and attend school again.

Systemic effect

After around 7 years

The girls participate in community life again. Their quality of life has improved. A contribution to equality has been achieved. The general public is educated and sensitised about sexual violence and its physical and psychological effects.

Background

Sexual violence against girls is a major and very serious problem worldwide. 15 million girls aged 15 to 19 have experienced sexual violence in their lives (UNICEF, 2017). In Sierra Leone, it is estimated that around half of all girls and women are exposed to physical or sexual violence. In 2018, 8,500 rapes were officially reported there. More than double the amount from the previous year (BBC, 2019). Many of the reported cases are not investigated by the authorities. Most rapes are not even reported. This is because the girls and young women are often dependent on the perpetrators for

things like shelter, food and clothing. As a result of the many abuses of children, Sierra Leone's President Julius Maada Bio declared a national state of emergency for three months in February 2019. Sierra Leone had been in the grip of a cruel civil war from 1991 to 2002. During this time, countless women and girls became victims of sexualised violence. Afterwards, women's rights were strengthened. However, many problems that existed before the war are virtually unchanged today. These include poverty, unemployment and lack of educational opportunities, which affects girls and women in particular.

The good deed

Your donation today will provide 30 minutes of care for a girl in need, like Aminata, at the shelter in Sierra Leone. The girls' shelter is a place of refuge and protection for adolescent women who have suffered physical and sexual violence. The girls are medically examined there and receive hygiene articles. They receive legal advice and psychological support. In addition, they can meet and support each other. Thanks to regular and wholesome meals, not only their mental but also their physical condition improves. The aim is for the girls

concerned to be reintegrated into their families and communities. Above all, they should also be able to go back to school. To this end, there are educational projects for the adolescents as well as information and special programmes in the families. Radio also provides a lot of information about the causes and effects of sexual violence. This is very effective because people in Sierra Leone listen to the radio a lot. All these measures should improve the quality of life for women and young girls in Sierra Leone.



About Sierra Leone



Freetown

Capital



7,976,985

Number of inhabitants



485 USD

Gross domestic product per
capita per year



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Human Development Index

i The population in Sierra Leone is very young and is constantly growing. Around 41 per cent of the people are under 15 years old. Women have an average of 4.2 children (UN, 2019).

About the organization and further information

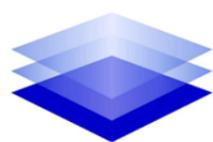
Association

German Doctors e.V.

Website

<https://www.german-doctors.de/de/> (<https://www.german-doctors.de/de/>)

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Further information and source

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Day 16

Three minutes of cooking for diversity and coexistence in Germany



STRANGERS BECOME FRIENDS

Countering prejudices and working together to shape integration

When Rama decided to leave her home country of Syria without her family or friends and come to Germany, she took a great step. As a woman travelling alone, she had it anything but easy on her flight and later on in the shared accommodation. By chance, she meets Mandy at a cooking evening organised by Über den Tellerrand and the two become close friends. "I immediately noticed that Rama is a very open person. From her I learned that I can live the way it feels right for me," says

Mandy. "From Mandy I learnt that you need time for yourself. I take care of others a lot. Now I know that I also need to use the time for myself to develop personally," says Rama. Meanwhile, the two are good friends and actually neighbours. With Mandy's help, Rama has found a flat. Together they organise cooking and dance evenings so that people with and without a background as refugees can get to know each other.

Necessity

Meeting and getting to know each other reduces prejudices, allows more people to feel at home in Germany, and society to come together.

Countable effort

After around 12 months

Number of people of different origins, ages and genders per year who get to know each other informally.

Activity

Volunteers with and without a history of migration organise free cooking events and get-togethers.

Result

After around 3 years

New friendships are formed between people with and without a history of migration, which help to find jobs, flats and language courses, and thus improve integration.

Systemic effect

After around 7 years

Meeting and getting to know each other reduces prejudices, allows more people to feel at home in Germany, and society to come together.

Background

In recent years, Germany has become a place of refuge and a new home for people of the most diverse origins. As a society, we are thus faced with numerous challenges: How do we want to live together? What values are important to us? What makes us different? Only if we engage in exchange and answer these questions in dialogue will we find answers together and grow into a strong community. This works best through joint activities: When people take action together and do things with each other instead of for each other, encounters as among equals are created and friendships can grow (Phineo, 2019). However, the everyday life of the long-established and the new immigrants often differs greatly. Personal contacts

hardly come about, and instead prejudices grow. Immigrants repeatedly emphasise the importance of social participation and friendly contact with people from the host society. These aspects are important factors in getting a job, learning the new language or finding a place to live. They help in feeling comfortable in the new country and in developing self-confidence (SVR, 2017). This is why there is a need for places and opportunities to get to know each other and to contribute with one's skills. Social connection and participation are basic prerequisites for equal opportunities and a democratic society (FKB, 2020).

The good deed

With your good deed today, you make it possible for people with and without a history of migration to participate in free cooking events and get-togethers in over thirty large and small cities all over Germany. Cooking and eating together connects people all over the world and enables them to get to know each other more easily. Volunteers with and without a history of migration contribute their ideas and together create a sustainable social coexistence. When cooking, dancing, baking

or gardening together, people come together as equals and friendships can grow. Participation is not only taught theoretically, but experienced practically. Your good deed thus lays the foundation for local social cohesion and creates visibility and exchange opportunities for committed people through a nationwide network. Getting to know each other personally at the kitchen table promotes tolerance and actively counteracts prejudice.



About Germany



Berlin

Capital



83,240,525

Number of inhabitants



45,724 USD

Gross domestic product per
capita per year



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Human Development Index

① 26 per cent of people living in Germany have a history of migration, two thirds of these "first-hand experience of migration", i.e. they were born abroad and immigrated (MDI, 2021).

About the organization and further information

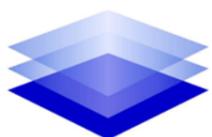
Association

Über den Tellerrand e.V.

Website

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

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Initiative
Transparente
Zivilgesellschaft

Further information and source

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Day 17

Four minutes of creativity therapy for traumatised refugees in Germany



MAKE LIFE COLOURFUL AGAIN

Psychosocial support for traumatised refugees in Berlin

At fifteen, Nio was sent off as a refugee by his mother. He was meant to have a better future, and his mother used up all her savings for this purpose. But after Nio left home, his life became a nightmare: Trafficking gangs forced him into hard labour. He was mistreated in a Libyan prison camp. He travelled across the Mediterranean in a rubber dinghy until sea rescuers took him onto their ship. Nio is not an isolated case. Many refugees suffer from the traumatic experiences of war,

torture and being a refugee. They have nightmares, panic attacks, are depressed, cannot concentrate and struggle with their feelings. Once a week, Nio meets with his therapist. With her, he can talk about everything and learns how to deal with his terrible memories. Besides psychotherapy, he goes to a creative workshop. There he discovered his talent for painting and has made friends. The group makes him feel at ease and he can forget his worries for a while.

Necessity

Through access to psychosocial care, the patients have stabilised and are able to establish a life of their own.

Countable effort

After around 12 months

Number of hours of creative therapy that have been carried out.

Activity

In the creative therapy, the patients can process the suffering they have experienced and find peace through artistic expression.

Result

After around 3 years

The support enables the patients to cope with their everyday life again and to develop a perspective for the future.

Systemic effect

After around 7 years

Through access to psychosocial care, the patients have stabilised and are able to establish a life of their own.

Background

Approximately 1.77 million refugees live in Germany today (Dt. Bundestag, 2020). More than half of these people have experienced physical violence and other traumatic events at home (Nesterko et al., 2020). Many have been traumatised again while fleeing, whether at the hands of trafficking gangs, the life-threatening journey across the Mediterranean, state security forces or the conditions in transit camps. These experiences have serious effects on the physical and mental health of the people concerned. They often suffer from depression, anxiety and panic attacks, severe nightmares, concentration problems and emotional outbursts. Two problems ensure that their symptoms often persist or are even

exacerbated: the inadequate health care for refugees and stressful social conditions, such as accommodation in collective housing or uncertainty about their residence status (BAfF e. V., 2020). Against this background, the ÜBERLEBEN centre offers a comprehensive range of psychotherapeutic, social work and integration support. In this way, we ensure that refugees and migrants can benefit from their right to health. The aim is to prevent that suffering becomes chronic (perpetuated) and to give these people stability in their everyday lives. This also includes creative therapy. Creative work, mutual exchange and social contacts help the patients to return to an independent life.

The good deed

With your good deed today, you support people who have been traumatised by war, torture or during their escape. You help them to express their suffering through creative work and thus to come to terms with it. In the weekly creative therapy, the patients find a sense of inner harmony again. They decide for themselves what they want to do. Painting, drawing and

sculpture are popular, but also woodwork or sewing. In the group, our patients experience support and approval and the positive feeling of not being alone. Joint excursions to museums, places of interest or nature complement the programme. This provides our patients with valuable relief from their often arduous daily routines.



About Germany


Berlin
Capital


83,240,525
Number of inhabitants


45,724 USD
Gross domestic product per
capita per year


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Human Development Index

 In 2019, Germany ranked 5th worldwide among the countries that took in the most refugees. More than 40 per cent of refugees in Germany come from Syria (UNHCR, 2020).

About the organization and further information

Association

Zentrum ÜBERLEBEN gGmbH

Website

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

Certified by



Further information and source

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Day 18

300 g of seeds for a family in the DR Congo

PEACE BEGINS ON THE PLATE

Secure food and income for conflict-affected families in eastern DR Congo

Every mobile phone contains coltan. The mineral is therefore a highly sought-after ore. Ore mining, in turn, fuels the military conflicts in the province of South Kivu in the east of the Democratic Republic of the Congo. The outbreaks of violence have destroyed the livelihoods of many people in the country and forced millions to flee (WFP, 2021). In the highlands of Minembwe, a large part of the population lacks sufficient and wholesome food. In particular, there is a shortage of seeds. In addition, the arrival of thousands of displaced people from

neighbouring regions has further exacerbated the situation (Commune Rurale de Minembwe, 2019). Meanwhile, east of Minembwe, some 40,000 Burundian refugees live on 6 US dollars per month for food in the Lusenda and Mulongwe refugee camps (Evariste, 2020). "A hungry belly has no ears," Naum Butoto, a long-time expert on the situation and project partner says in an interview in 2021. Thus, in regions facing population growth and resource scarcity, conflicts often arise between refugees and host communities.

Necessity

Members of different communities can live together peacefully and sustainably.

Countable effort

After around 12 months

Number of households receiving seed packets and increasing their agricultural yields.

Activity

Seeds for staple foods and vegetables are transported, sorted and packaged at a seed bank and distributed to smallholder families.

Result

After around 3 years

The farming families improve their food security and generate surpluses. Trust develops among the various population groups.

Systemic effect

After around 7 years

Members of different communities can live together peacefully and sustainably.

Background

There is actually no lack of resources in the DR Congo: valuable ores on the one hand, tropical rainforests and freshwater reserves on the other. But these assets have not led to greater prosperity among the population. Relentless colonial rule, dictatorship and civil wars as well as the struggle for raw materials have plunged the country into a permanent crisis. The people in South Kivu suffer particularly badly from violence and a lack of prospects. One of the main reasons is the activity of domestic and foreign armed groups. At the same time, ethnically motivated conflicts flare up again and again. There are killings, sexualised violence and the deterioration of the economy. For years, families in Minembwe have been living

on less than one to one and a half US dollars per day - among them about 40 per cent are internally displaced persons from other parts of South Kivu (Evariste, 2020). The local population is thus forced to share their already meagre harvests. Malnutrition also characterises everyday life in and around the refugee camps of Lusenda and Mulongwe. The increasing shortage of food is endangering the coexistence of displaced people and host communities. In light of this, diverse seeds help to protect and increase crop yields. People are able to eat two nutritious meals a day and sell surpluses. In addition, all ethnic groups actively work together. This increases their motivation to secure peaceful coexistence in the long term.

The good deed

Thanks to your good deed, a seed packet consisting of staple foods such as maize, beans and potatoes as well as various vegetables such as cabbage, onions, aubergine and amaranth is distributed to families. Beforehand, the seeds are transported to the project regions and stored, sorted and packaged at a seed bank. The large areas of particularly fertile soil in the region form the foundation for long-term prosperity. The distribution of seeds takes place within the framework of a

comprehensive project: It goes hand in hand with the establishment of the seed bank, the leasing of agricultural land, the founding of smallholder cooperatives, agricultural training and conflict training. By improving the supply situation of all those affected, conflict potentials are defused and future opportunities are made possible. Mutual understanding between the resident population, internally displaced persons and Burundian refugees in South Kivu is strengthened.



About Democratic Republic of the Congo



Kinshasa

Capital



89,561,404

Number of inhabitants



557 USD

Gross domestic product per
capita per year



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Human Development Index

- i** The DRC is the second largest country in Africa and has the greatest area of rainforest on the continent. Congo accounts for about 50 per cent of the world's coltan production.

About the organization and further information

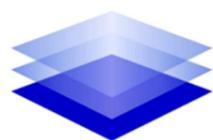
Association

Solidaritatsdienst International e.V. (SODI)

Website

<https://www.sodi.de/home> (<https://www.sodi.de/home>)

Certified by



Initiative
Transparente
Zivilgesellschaft

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Day 19

One minute of physiotherapy for a child with disabilities in Lebanon



PHYSIOTHERAPY FOR CHILDREN WITH DISABILITIES IN LEBANON

Enable participation in everyday life

Yusuf is five years old and sits in the courtyard of the shelter that is his family's new home since they fled Syria. Yusuf watches his two siblings play and cavort and would dearly love to join in. At least he has been able to sit or take his walker for a spin around the courtyard on his own for a few months now. This is because the boy suffered a brain injury in early childhood, which led to movement disorders and a neurodevelopmental delay. Only through targeted

physiotherapy, which leads to a reduction in spasticity and improves the little boy's postural and balance skills, is he able to sit upright. The walker helps him to move independently. Recently, Yusuf has also been practising taking his first steps on his own with custom-made orthoses. The physiotherapists help him with this. His increasing independence enables him to participate in the daily life of his family.

Necessity

Participation in social life is made possible and children with disabilities have more equal opportunities.

Countable effort

After around 12 months

Number of physiotherapy treatments carried out for a child with a disability.

Activity

The NGO provides physiotherapy for children with disabilities according to their needs to improve their motor and physical skills.

Result

After around 3 years

The children show progress in their motor and physical skills. This improves their participation in everyday life.

Systemic effect

After around 7 years

Participation in social life is made possible and children with disabilities have more equal opportunities.

Background

When the Syrian civil war began in 2011, about 1.5 million Syrians fled to neighbouring Lebanon (UNHCR, 2021). Lebanon has thus taken in the most Syrian refugees in relation to its total population. Since 2019, the country has been suffering from an economic crisis and increasing national debt. The Lebanese currency is increasingly losing value while the cost of living is rising. The country is barely able to take care of the large number of refugees. Lebanese residency policies make it difficult for people from Syria to obtain legal status, so 78 per cent of them are living in the country without official permits. This in turn limits their access to work, education and health

care (Human Rights Watch, 2021). They are therefore not entitled to regular health care. According to the UN Refugee Agency (2021), 89 per cent of Syrian refugees live below the poverty line. Thus, very few of them have the financial means to afford medical treatment. Children with disabilities who have special needs and require special medical and therapeutic treatment usually do not receive it. But it is precisely these girls and boys who gain more quality of life and independence from therapeutic measures, which in turn eases the burden on the families in their precarious situation.

The good deed

With today's good deed, you will enable a Syrian refugee child in Lebanon to receive one minute of physiotherapy. In a physiotherapeutic and socio-educational practice, girls and boys with physical or mental disabilities are treated free of charge. The children receive therapy tailored to their needs, with which they learn skills to cope with their everyday lives in the best possible way. By improving the body's ability to move and function, they learn, among other things, how to sit, stand

or walk. In addition, the children learn to do everyday things such as eating, brushing their teeth or putting on their shoes independently. This gives them the greatest possible independence in everyday life. Their motor skills improve, their coordination skills increase, they gain more freedom, self-confidence and autonomy. The therapy improves the lives of the girls and boys and supports their rehabilitation.



About Lebanon



Beirut

Capital



6,825,442

Number of inhabitants



4,891 USD

Gross domestic product per
capita per year



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Human Development Index

i Compared to all other countries in the world, Lebanon has taken in the most Syrian refugees since 2011, as a proportion of its total population (UNHCR, 2021).

About the organization and further information

Association

Cap Anamur / Deutsche Not-Ärzte e.V.

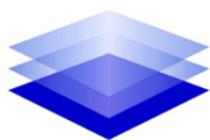
Website

<https://www.cap-anamur.org/> (<https://www.cap-anamur.org/>)

Certified by



Geprüft + Empfohlen!



Initiative
Transparente
Zivilgesellschaft

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Day 20

Half an hour of study for a young woman in Nicaragua



EMPOWERMENT THROUGH EDUCATION

Female students as beacons of hope

Martha graduated with top marks - something she never dreamed possible. As a child, doctors fought for her life because Martha has a heart condition. Day after day, her mother came to the hospital and revised with her for school. After her own difficult time, Martha made the decision to help other people later on and to study to become a nurse. But for many girls growing up like Martha in rural areas of Nicaragua, dreams of the future are shattered by

reality: their families live on subsistence farming and can afford neither higher education nor university studies. But thanks to a scholarship, Martha was able to realise her dream. "Since my studies, many girls from my village tell me that now they also want to attend university. From my example, they see that it is possible - no matter where you come from or how much money you have." Martha plans to improve health care in her village in the future.

Necessity

More women in rural areas are working in skilled professions. They are role models and providers of knowledge to their village communities.

Countable effort

After around 12 months

Number of hours of study for marginalised women from rural areas in Nicaragua.

Activity

Young women receive a full scholarship and, if needed, secure housing so that they can pursue university studies.

Result

After around 3 years

Disadvantaged women study at a university and can develop their expertise and skills there.

Systemic effect

After around 7 years

More women in rural areas are working in skilled professions. They are role models and providers of knowledge to their village communities.

Background

In Nicaragua, access to higher education is determined by the amount of money in the parents' bank accounts: In the lowest income quartile, only 80 to 90 per cent of children only attend primary school. Children from rural areas are particularly disadvantaged. The average income there is far below that in cities (Adelman & Szekely, 2016). In addition, there are fewer secondary schools and thus fewer secondary school qualifications (Ferreyra et al., 2017). As a result, young people in rural areas are less likely to start university. Those who suffer most are girls. More than 60 per cent of low-income women have only completed primary school (Worldbank, 2021). They often leave school to marry early (Adelman & Szekely, 2016), or have to contribute to the family

income (Grabe et al., 2020). Teenage pregnancies are widespread: One in four rural mothers is under 20 years of age (INIDE, 2018). Moreover, one in three pregnancies is unintended and often associated with violence (Salazar & San Sebastian, 2014). In this key phase of life, which decides their future, young women are under pressure from patriarchal structures. Poverty, prevailing role expectations and a lack of self-determination keep women small. Education makes them big. This is precisely why female role models who pursue an academic education and return home as strong women are needed in the villages of Nicaragua.

The good deed

With your good deed, you enable talented young women in Nicaragua to go to university. For them, a place at university means the only chance of qualified work - and thus of a self-determined life. The scholarship holders come from families that live below the poverty line. Therefore, they receive a full scholarship that covers all living expenses and study costs. If necessary, they move into a room in the student hostel, which is also financed by the good deed. In this way, the girls can concentrate fully on their studies in a safe

learning environment free from financial hardship, long journeys and conservative role expectations. The good deed also helps their village communities: by engaging in social projects, the women bring their know-how to marginalised areas. In this way, the good deed makes a central contribution to reducing the structural disadvantages of the rural population and to creating perspectives for future generations.



About Nicaragua


Managua
Capital


6,624,554
Number of inhabitants


1,905 USD
Gross domestic product per capita
per year


128 of 189
Human Development Index

 A lack of self-determination: Nicaragua is one of the few countries in the world with a total ban on abortions - even if the life of the mother is endangered (Grabe et al., 2020).

About the organization and further information

Association

Puente Nica e.V.

Website

<https://puentenica.com/> (<https://puentenica.com/>)

Certified by



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Day 21

Three days of solar power for an indigenous family in Panama

ACCESS TO SUSTAINABLE ENERGY FOR ALL

Protecting indigenous peoples and rainforests in Panama

"Oh, how beautiful is Panama!" That is the title of a famous children's story by German author Janosch. It is about the search for paradise, but also about a new perspective on our own home. Panama is one of the most biodiverse countries on earth. Where there was previously only water, a land bridge was created three million years ago that today connects South and North America (O'Dea et al., 2016). In the animal world, this new connection led to what is known as the "great American faunal exchange" (Summesberger, 1996). New species are

constantly being discovered, but at the same time they are already threatened with extinction. Panama's rainforests are also home to indigenous peoples who know best how to protect these special ecosystems. But the climate crisis and deforestation, for example for the export-oriented cultivation of bananas, are also endangering their very way of life. Empowering indigenous peoples is essential for protecting biodiversity, the climate and the wellbeing of the planet - the home of us all.

Necessity

The self-determined way of life and the rights of indigenous communities are improved. In addition, rainforests and their biodiversity are better protected.

Countable effort

After around 12 months

Number of indigenous families with sustainable access to solar energy.

Activity

Purchase of solar systems and vocational training of indigenous solar technicians for the installation and maintenance of these systems.

Result

After around 3 years

Families gain new quality of life and development opportunities. Children can improve their ability to study for school. Illegal deforestation of Panama's rainforests can be avoided.

Systemic effect

After around 7 years

The self-determined way of life and the rights of indigenous communities are improved. In addition, rainforests and their biodiversity are better protected.

Background

Around 800 million people, about one in ten worldwide, live without electricity (UN, 2020). They have no or only limited access to energy for lighting, cooking, heating, cooling or for using information and communication technologies. Most affected are rural populations in the global South and indigenous peoples in particular, who are also suffering the most from discrimination, inequality and the effects of the global climate crisis. Although Panama has been experiencing steady economic growth for several years, above average for Central America (HDR, 2020), some districts and groups of people remain excluded from this development. The Bribri territories, for example, are among the poorest regions in

Panama. The remoteness and lack of access to energy affect the quality of life of indigenous communities, their health and safety, and their educational and income-generating opportunities. Food and much-needed medicines cannot be refrigerated and stored without electricity. Without light, children have little opportunity to study for school and do their homework after dark. There is a lack of electricity for electrical devices such as mobile phones, computers and radios that provide access to information, communication and education in order to strengthen the self-determined and sustainable development of indigenous peoples as well as to protect their territories.

The good deed

With today's donation, you will provide three days of solar power to an indigenous family in Panama. The good deed creates access to clean, safe and sustainable energy for indigenous communities. The families will have up to 6 hours of electric light a day and continuous electricity to use electronic devices such as mobile phones, torches and radios. This improves the children's educational prospects as well as the health and safety of the families, for example in case of medical emergencies or external hazards. Especially in the

context of the climate and health crisis, it is necessary for communities to be well connected, informed and organised. By using GPS devices, they can record their territories, report illegal activities and use the data for rainforest protection and to have their rights recognised. In addition to the use of renewable technologies, local capacity is being built and indigenous solar technicians are being trained to install and maintain the solar systems to ensure their long-term operation.



About Panama



Panama City

Capital



4,314,768

Number of inhabitants



12,269

Gross domestic product per
capita per year



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Human Development Index

- i** Panama not only connects the two oceans Atlantic and Pacific via the Panama Canal; the continental bridge between North and South America is also one of the most biodiverse countries in the world.

About the organization and further information

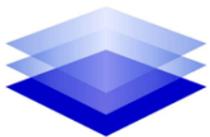
Association

LOVE FOR LIFE e.V.

Website

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

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Initiative
Transparente
Zivilgesellschaft

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Day 22

Four minutes of counselling for a woman in need in Ukraine



STANDING ON YOUR OWN TWO FEET AGAIN

Violence against women in the Ukraine conflict

Until 2014, Olena lived in Gnutovo, a small village in eastern Ukraine. When the war started, Olena's house came under fire. The family had to flee, Olena's husband lost his job. After drinking too much alcohol, he would become violent. For Olena and her children, war is not only what happens at the front, but also the climate of violence that spreads into the family's immediate circle. Olena was exposed to this violence for a long time without protection - until she got to know AMICA's mobile

team that regularly visits her village: a psychologist, a doctor, a lawyer. "Thanks to them, I was able to slowly stand on my own two feet again," says Olena. Today she runs a self-help group for and with women who have been through similar experiences to hers and are suffering from the ongoing conflict. This solidarity is important to Olena. She is sure: it takes a sense of connection to stop the spiral of violence and to open up new perspectives.

Necessity

Improved protection from violence against women and empowerment of women in eastern Ukraine.

Countable effort

After around 12 months

Number of counselling hours and women who were thus helped.

Systemic effect

After around 7 years

Improved protection from violence against women and empowerment of women in eastern Ukraine.

Activity

Mobile teams travel to the conflict zone and support women affected by violence with psychosocial, medical and legal counselling.

Result

After around 3 years

The women overcome psychological and physical distress, know their rights and can live self-determined lives.

Background

War has been raging in eastern Ukraine since 2014. Around 2.7 million people live on both sides of the line of conflict that runs between the Ukrainian government troops and the pro-Russian separatists. 2 million of them are women, children and elderly people whose daily lives are complicated by numerous checkpoints and lack of basic services (Amnesty International, 2020). There is a shortage of vital services such as health care and social facilities. The longer the conflict lasts, the more violence becomes socially accepted - and this is often directed against women. One in three women report having experienced or witnessed sexualised war violence, and even more women are affected by domestic violence (Besohl &

House, 2020). They suffer from anxiety disorders, panic attacks and the feeling of severe helplessness. In addition, women are poorly informed about their rights. They rarely know what legal options they have or where they can find protection. Many live in poverty and have little scope for action. For a woman who is a victim of violence, it is almost impossible to get protection and help in such a context. This is precisely why the professional counselling services provided by our team are so indispensable. They offer women an urgently needed space of protection and the chance to take control of their own lives again.

The good deed

With today's good deed, you are supporting women in eastern Ukraine who are suffering from war and violence. Your donation will enable them to receive help from social workers, psychologists, lawyers and doctors. They advise the women at the counselling centre in Mariupol and at 20 locations in the conflict zone, where mobile teams regularly offer their support. Thanks to your good deed, the women can overcome

psychological and physical stress. From the counselling sessions they draw new strength for self-care and self-help. They are also better informed about their rights and know how to stand up for them in their social environment. These counselling sessions help the women and their families to better understand and combat the mechanisms of sexualised violence against women.



About Ukraine



Kiev

Capital



44,134,693

Number of inhabitants



3,727 USD

Gross domestic product per
capita per year



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Human Development Index

- ⓘ Landmines and unexploded ordnance make eastern Ukraine one of the most dangerous areas in the world. Ukraine is one of the 5 countries with the highest number of mine victims - almost all of them civilians (bpb, 2021).

About the organization and further information

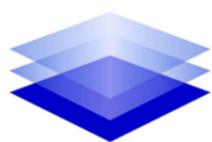
Association

AMICA e.V.

Website

<https://www.amica-ev.org/> (<https://www.amica-ev.org/>)

Certified by



Initiative
Transparente
Zivilgesellschaft

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<https://www.osce.org/secretariat/440312>

Day 23

Five minutes of support for a disadvantaged child in Germany

EDUCATIONAL JUSTICE FOR ALL!

More equal opportunities through mentoring

Sometimes it doesn't take much to set out on a new path. Just someone who is there to listen. We make sure that disadvantaged young people have such a "someone" by their side. Because the background should not be allowed to determine the future! Like Bogdan, who was rather problematic at school. With a bit of luck, he might have gotten into vocational training, but he didn't have much desire for it. That changed when he got a ROCK YOUR LIFE! mentor. Student Katharina helps Bogdan with everyday problems as

well as with his schoolwork. But above all, she gives him one thing: a perspective for the future. She encourages him to look into his talents and researches possible educational opportunities with him. Now Bogdan wants to graduate from high school, because his goal is to become a civil engineer. A dream he would never have tackled without the support of his mentor. Future prospects are not simply there, but they can be created together!

Necessity

Building successful life and work biographies, improving social integration, increasing educational equity.

Countable effort

After around 12 months

Number of minutes spent supporting the disadvantaged children and young people.

Activity

Volunteer students provide 1-to-1 support to children and young people as they embark on a self-determined life.

Result

After around 3 years

It is expected that 90 additional young people will graduate from school and successfully start their working lives.

Systemic effect

After around 7 years

Building successful life and work biographies, improving social integration, increasing educational equity.

Background

Even in industrialised countries like Germany, the family background still has a decisive impact on children's opportunities in life. According to calculations by the OECD (2018), it can take up to six generations for the descendants of a low-income family to reach the national average income. This situation is problematic in several ways: (1) It is unjust because it happens through no fault of one's own by virtue of birth. You cannot choose the circumstances into which you are born. ROCK YOUR LIFE! works to ensure that all people have the same opportunities, regardless of their background. (2) The situation is also problematic because abandoned school and

vocational training careers mean a waste of individual talents and collective creative potential. Disadvantaged young people rarely get the chance to develop their strengths and actively contribute to society. As a result, everyone misses out. (3) Finally, the current situation is also economically disadvantageous. Across the country, companies are desperately looking for trainees and skilled workers, while young people from disadvantaged families often end up in the system of transitional education and often rely on support for a long time after that.

The good deed

With today's good deed, you can give children and young people from disadvantaged families 5 minutes of support on their way into the future. ROCK YOUR LIFE! provides mentors for the children and young people and accompanies the process with seminars, events and further training. The mentors support the children and young people in developing self-confidence and self-efficacy, help with problems and develop future plans with the young people that match their strengths and talents. This support helps the children and young people to discover and develop their potential. Not only

the children and young people themselves benefit from this, but also we as a society. The effectiveness of the ROCK YOUR LIFE! mentoring programme is continuously evaluated and was recently confirmed scientifically by the ifo Institute: The children and young people in our programme improve their school grades, increase their social skills and later fare better in the labour market. We create a meaningful win-win-win situation: for the individual, for social interaction and for society as a whole.



About Germany



Berlin

Capital



83,240,525

Number of inhabitants



45,724 USD

Gross domestic product per
capita per year



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Human Development Index

i In Germany, too, there is still inequality of opportunities based on background. The educational and personal opportunities of children from educationally disadvantaged families are worse because of their birth. This does not have to be the case.

About the organization and further information

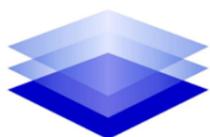
Association

ROCK YOUR LIFE! gGmbH

Website

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

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Transparente
Zivilgesellschaft



Further information and source

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Day 24

One week of clean drinking water and soap for a family in Yemen



SOAP AND CLEAN DRINKING WATER TO KEEP FAMILIES HEALTHY

Aid in the world's biggest forgotten crisis

Amaal is ten years old. Like many people in Yemen, she and her family fled from the city to the countryside to escape the war. For three years now, she has been living in the tent of a refugee camp that has formed around an empty school. Amaal's life here is not easy. Again and again she hears the sound of bombs exploding. There is little food for everyone and even water is scarce. Often, what little drinking water there is is contaminated with dirt and germs. Then cholera - a disease that causes violent diarrhoea - becomes a life-threatening

danger for these families. It is especially dangerous for young children. To stop the spread of cholera in Yemen, water purification tablets and soap are needed. Sometimes Amaal helps the aid teams distribute the purification tablets and soap. She instructs other refugees on how to use the tablets to make water safe to drink and shows them how washing their hands properly protects them from cholera. One day, Amaal wants to become a doctor and help even more people, she says.

Necessity

Protecting the health of families and children, saving lives and effectively alleviating the plight of refugee families.

Countable effort

After around 12 months

Number of weeks with clean drinking water and soap to protect against cholera infection.

Activity

Refugee families receive hygiene CARE kits with water purification tablets, soap and essential supplies.

Result

After around 3 years

Families have the knowledge and the means to purify drinking water, store it safely and effectively prevent cholera infection.

Systemic effect

After around 7 years

Protecting the health of families and children, saving lives and effectively alleviating the plight of refugee families.

Background

Since the outbreak of the civil war in 2015, the largest humanitarian disaster in the world has been developing in Yemen. Meanwhile, 66 per cent of the population, or 20.7 million people, are dependent on humanitarian aid for their survival (OCHA, 2021a). More than 16 million people in Yemen are suffering acute hunger (OCHA, 2021a). According to the United Nations, 2.25 million children under the age of five are affected (OCHA, 2021a). At the same time, more than 4 million people in the country are fleeing from violence (OCHA, 2021b).

In addition to the lack of food, insufficient access to clean drinking water, sanitation, washing and hygiene facilities is a major threat to the health of local families. 15 million people in Yemen currently have no access to sufficient and clean drinking water (OCHA, 2021a). Diarrhoeal and infectious diseases such as cholera spread rapidly in this environment. This is particularly dangerous for children. Already weakened by the effects of war and inadequate nutrition, cholera can be lethal for them.

The good deed

Your donation today will provide a family with children in Yemen with water purification tablets and soap for a week and protect them from the widespread cholera. This is important because severe diarrhoea is life-threatening for the often malnourished children. Soap and water purification tablets are given to the families together with other relief supplies in hygiene CARE packages. In addition, CARE also provides local families with food, repairs destroyed water systems and

schools, and provides medicines to healthcare facilities. Families with small children receive goats and seeds so that they can get back to feeding themselves as quickly as possible. At the same time, CARE educates people about health and hygiene. The aim of this support is to save lives and effectively alleviate the acute need of particularly vulnerable children and their families.



About Yemen


Sanaa
Capital


29,825,968
Number of inhabitants


824 USD
Gross domestic product per
capita per year


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Human Development Index

i Yemen was once a rich trading centre. Its precious stones and spices were in great demand. Today, Yemen is one of the poorest countries. 50 per cent of its inhabitants are under 16 years old. This makes the population one of the youngest in the world (World Population Review, 2021).

About the organization and further information

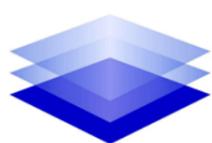
Association

CARE Deutschland e.V.

Website

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

Certified by



**Initiative
Transparente
Zivilgesellschaft**



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