



FH SWITZERLAND
FOOD FOR THE HUNGRY



"I am no longer afraid of tomorrow."

Supporting survivors of violence in Congo DRC.

NEWSLETTER - SPRING 2023

So that they can look forward to the future with hope!

The Kivu region of the Democratic Republic of Congo (DRC) has the highest number of sexual assaults on women in the world. Dr. Mukwege, the 2018 Nobel Peace Prize winner, treats these abused women at Panzi Hospital in Bukavu. While medical and psychological care is provided, **the survivors find it very difficult to regain their place in the community and suffer from discrimination.** In coordination with Dr. Mukwege's Foundation and Panzi Hospital, we began our support for women and their families in 2018. Our first project in Kavumu was completed at the end of 2021. It allowed 65 girls to reintegrate into their community following accompaniment and vocational training (rabbit breeding, and basketry and sewing lessons).

Today, we are continuing our activity in the Katogota region by supporting 120 women. Our objective is to give them hope for their future and help them reintegrate into their community by developing small businesses.

In partnership with FH DRC and the Katogota community-based organization (CBO), we train and support the women so that they can:

- **learn agroecological practices and improve their production.**
- **increase their income by creating small businesses.**
- **develop their projects by forming savings and credit associations.**



"I found my place in the community again."



"I have regained my self-confidence.

I felt like a parasite because I was not earning any money to help my husband. With the loan I got from the savings and credit association, **I opened a small shop on the main road that crosses our village from south to north.** I have a good clientele and my contribution to the household income has become substantial. I have my place in the community and everyone comes to buy from my shop and the presence of others no longer bothers me as it did previously. **This project has allowed me to free myself from my past and to find my place in my home and in my community."**

*Chantal**

"I'm not afraid of tomorrow anymore."

"Through this project, I realized that I too could do something. I started a small business in which I sell avocados and sweet potatoes. At the same time, I also learned, with the other women, how to cultivate the fields according to agroecological practices in order to increase crop production. Today, I have a field and good harvests and I can even employ people to help me in the field. I am no longer afraid of tomorrow. **I have seen the roles reversed. Previously I used to work in other people's fields to have food, now I can give work to others in my field.** I am very grateful for these activities that bring us from death to life."

*Maya**



**aliases.*

Your donation opens and provides new horizons.

The women we support are motivated and committed because they feel that our project opens new possibilities for them. Thanks for your donations so that we can continue our support and activities with them.



With 30 francs,

for example, you help the family of a beneficiary by providing them with agricultural seeds (beans, corn and cassava).



With 60 francs,

you allow us, for example, to offer 2 small animals (goats or pigs) to a family so they will be able to start a small farm.



With 120 francs,

for example, you are financing training in agroecological practices for 8 women. They will learn how to increase crop production.

You can make your donation:

- by e-banking **IBAN CH81 0900 0000 2356 0722 6**
- on our website **fh-switzerland.org** with PostFinance
- by **Twint** below
- with a **payment slip** (if you need one, please contact us at 022 755 35 75 or send us an e-mail at info@fhsuisse.org).

**Pay now with
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Thank you so much for your support.