



NEWSLETTER: ISSUE DECEMBER 2022



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## Together we can achieve so much more

*Visit of Commander Atsede of the Addis Ababa Police*

**Note: The following addresses violence against women and girls.**

Commander Atsede of the Addis Ababa police has an important goal in mind, namely to connect the police department with organizations that help female survivors of violence.

The Demographic and Health Survey, a first national population-based study from 2016 that also focused on violence against women and girls, found that 26 percent of women aged 15 to 49 experienced physical and/or sexual violence in their lifetime. Looking at the group of married women in this age group, as many as 34 percent have suffered such violence in marriage. The reactions of the police are of immense importance in order to protect women and girls from such experiences of violence and to provide justice and help to the survivors without compromising their safety and well-being. In August, the commander visited the MCRC. The aim is to establish cooperation with the MCRC in order to be able to provide victims of violence with even more comprehensive assistance. From the very beginning, the MCRC has supported women and girls who have been victims of violence. *"Thanks to our many years of experience, we also know how much the children of victims of violence suffer from physical, psychological and social problems,"* explains Rahel Ambaye, head of the MCRC. Ethiopia has now adopted policies and framework legislation at national and regional level to prevent and combat violence against women, including the Convention on the Elimination of All Forms of Discrimination against Women. Nevertheless, women in Ethiopia continue to face various forms of sexual and gender-based violence. For this reason, building a large and strong network in which the police and organizations support and complement each other is of paramount importance.

**Because together we can achieve so much more.**

**We would like to thank Commander Atsede for visiting us and look forward to working with her.**



Commander Atsede of the Addis Ababa Police in conversation with Rahel Ambaye, director of the MCRC.

## Education against gender-based violence

*MCRC invites women in the district to an information event*

- *What is gender-based violence?*
- *How can I protect myself?*
- *How do I get help as a sufferer?*

These questions were discussed and addressed in detail in a two-day workshop. The MCRC invited women from the Yeka sub-city which is MCRC's area of operation besides Arada subcity, where the MCRC is also based. The women, some of whom also live a little more isolated on the outskirts of Addis Ababa in a more rural environment, had both experts from the MCRC and external speakers at their disposal to inform themselves on this topic and to be able to ask



Workshop

important questions. Two participants will join the commitment of the MCRC and help with further meetings and activities.

*"This is great, because education against gender-based violence is such an important issue. Every vote counts here,"* emphasizes Rahel Ambaye, head of the MCRC.

The promotion of women is not only limited to the individual support of disadvantaged or sick women, but also takes place in event formats such as these, which are offered free of charge to women from the surrounding area.

## Off to a new school year

*This is the class distribution 2022/2023 of the school-age children and youths of the MCRC*

In September it will be that time of the year again:  
School starts again.

The past school year 2020/2021 was very challenging for everyone. This was probably the case for many children, young people, parents and teachers worldwide. Now it's time to look ahead and approach the new year with new energy and motivation. The entire MCRC team is happy both for the youngest children who are starting their first year of school and for the older students who leave school behind to continue on to university or start a vocational training.



We have compiled an overview of the details of the class distribution for you.

# Children in MCRC

Here you will find an overview of the class distribution 2022/2023.

Grade	Female	Male	Total	Remark
Below nursery age	1		1	
Special case	1	1	2	
<b>TOTAL</b>	<b>2</b>	<b>1</b>	<b>3</b>	
Nursery		1	1	
LKG	1		1	
UKG	2	1	3	
<b>TOTAL</b>	<b>3</b>	<b>2</b>	<b>5</b>	
Elementary school				
1	2	2	4	
2	2	2	4	
3	1	6	7	
4	4	3	7	
5	3	9	12	
6	5	8	13	
7	3	2	5	
8	4	2	6	
<b>TOTAL</b>	<b>24</b>	<b>34</b>	<b>58</b>	
High School				
9	3	4	7	
10	7	3	10	
11	4	3	7	
12	3	2	5	
<b>TOTAL</b>	<b>17</b>	<b>12</b>	<b>29</b>	
Higher Level and vocational	2	1	3	To sit for National Exam in September 2022
University	3	6	9	4 <sup>th</sup> year & graduate in 2015 E.C.
College	4	4	8	Looking for Internship opportunities and COC- Certificate of Competence exam
University	1		1	4 <sup>th</sup> year student
University	2		2	3 <sup>rd</sup> year
College	2	6	8	3 <sup>rd</sup> year
University & College	12	3	15	Beginners/ the disadvantaged group
<b>TOTAL</b>	<b>26</b>	<b>20</b>	<b>46</b>	

\*1 student in Architecture graduates in 2016 E.C.

## Summer Programm

*Voluntary student support for the children of the MCRC*



Gelila supports the children

Gelila is actually a student at St. John's University in the USA. During the semester break, the young woman travelled to her native Ethiopia. As a former student at Sandford International School in Addis Ababa, she has known the MCRC for a long time, because her former school is located in the immediate vicinity of the Centre. *"When Gelila offered to help the younger children in the MCRC, we were of course very happy,"* explains director Rahel Ambaye. It is not the first volunteer assignment of young students in the MCRC. The children enjoy the time with them, whether they do math problems together, practice English or watch the natural science subjects together. Gelila came by every day for a half day during her free time to practice with the boys and girls of grades 3 - 7. They liked her loving and caring nature, as well as her creative lesson plans, which actively involved the children.

*"The volunteer program is a great development and we definitely want to expand on that,"* explains Rahel Ambaye. *"Young people like Gelila are not only a wonderful role model for the children in the MCRC, but also enable them to acquire a wider range of knowledge, skills and experience."* Gelila was at the MCRC until the end of August and we would like to thank her very much for her dedicated volunteer work. Other students from their former school have already registered and shown interest in working together.

Additional support came from Germany in the second week of August: Sorina and Moritz from Frankfurt am Main also travelled to Addis Ababa for a voluntary assignment in the MCRC. You will read about their stories in the next newsletter.



The children follow Gelila carefully

# Projects and Special Topics

## The crucial factor of Mobility

### *Help Alliance donates car*

At the end of 2019 MCRC already received the joyful news that the Help Alliance, the aid organization of the Lufthansa Group, would donate money urgently needed to buy a vehicle. The relief was immense, as mobility is a crucial factor in being able to help the women and children at the centre. Food supplies have to be bought and transported, trips for medical treatment and doctor's appointments organized and bringing and picking-up trips done. Almost every day the team was confronted with the question of how this should all work if the only minibus were to break down. The feeling of gratitude was immense,

but the project was much more complicated than expected. The original plan was to buy another minibus, which was delayed by COVID-19 to begin with, and then new guidelines unexpectedly prevented any further second hand vehicles from being imported. The originally calculated sum was suddenly light years away from reality and car availability also became a problem.

Now what?

Even the cost of smaller cars exceeded the planned donation sum, so the original idea to buy a minibus could not be carried out, but due to an increase of the donation sum, as well as the extensive flexibility and endurance of all those involved, a five-seater Suzuki Dzire 2022 could finally be purchased.

We would like to extend our deepest gratitude to the Help Alliance for making the car purchase possible, despite all the difficulties involved. This greatly reduces the worries concerning all transportation issues at the MCRC and makes our work a lot easier.

**THANK YOU!**





# Projects and Special Topics

## #5Euro Challenge

*Despite generous donations, the purchase of the storage container was difficult.*

In the winter of 2021, we informed you about the tense situation in our country. The war that broke out in Tigray and spread to the Amhara region affected not only the regions, but also Addis Ababa. The economic impact and uncertainties had been very stressful for many and also for us. However, since the MCRC also operates a shelter, preparing for the uncertain situation was a top priority. Sufficient space for accommodation is available. However, a warehouse large enough to store food for emergencies in addition to daily needs with lockable room to stock up on dry food was not available. In addition, the budget for this project was lacking. Since the construction of a warehouse made of corrugated iron plates would have been very expensive, we opted for a classic shipping container. Also, this can be moved to a new location in the event that the tenancy for our accommodation should be terminated at some point. Through the #5Euro Challenge, a dedicated appeal for donations, we received the necessary funds for this investment and would like to thank all sponsors for this. Nevertheless, the implementation of the project took more than half a year and could not initially be purchased as planned. The scarcity of available containers was the biggest problem. Because the government authorities had also begun to buy such containers for different purposes, the classic supply and demand scenario took effect, so that prices rose dramatically within a short time. We therefore had to wait for months. It was above the amount we budgeted for, but at least a purchase was possible again after a long wait. We would like to express our deepest gratitude to all those who have participated in any way in the "5 Euro Challenge". The container will now be successively replenished with food supplies, so that the MCRC will not only be better equipped as an emergency shelter in the future, but also less dependent on strongly fluctuating food prices.



**Thank you for your support on this path.**

# Greetings from the MCRC

The creative page is an integral part of the MCRC Newsletter. The design of this page can be done by anyone from the MCRC community. At MCRC room for individual creativity has high priority and therefore plays an important role in our coverage.

## For my Mummy

Today we would like to show you a photograph of young Blen and her mother. It was taken at the celebration which takes place very year at MCRC when the children complete pre-primary school. This year three of the ten upper kindergarten children will start primary school, Blen is one of them. She had prepared something very special for the occasion. With the help of a nursery teacher, she chose a poem and recited it very expressively. Some of the lines of the poem are translated as follows:

*"It is never enough that I love you all my life. Your kindness and love have no parallel."*

When asked why she wanted to do it, she said, *"I love my Mummy so much and wanted to tell her with this."*

Blen and her mother had a wonderful day together, which also touched the MCRC team. We wish her and of course the other two new school children a great start to their schooldays.

Blen and her mother



Little Blen's poem touches mothers and the whole MCRC Team

# Information and contact details

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***„Be the change you wish to  
see in the world.“***

***Gandhi***

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Instagram: [www.instagram.com/mcrc.addis.abeba](https://www.instagram.com/mcrc.addis.abeba)

or on our website: [www.mcrc-addisababa.org](http://www.mcrc-addisababa.org)

## donation account Ethiopia

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