



NEWSLETTER: ISSUE MAY 2023

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You are not alone

Confidence through mutual support and exchange

UN Women reports that over 70 percent of all women worldwide are affected by poverty. Every third woman experiences physical or sexual violence in the course of her life. (Source: UN Women).

The MCRC is committed to women in Ethiopia and supports them on their way to a self-determined and independent future. The improvement of one's own economic situation is just as much a part of this as rehabilitating from the physical and psychological harms the women have experienced. Mental and physical health are in harmony with education and training. The aim is for the women to be able to build a future for themselves and, if necessary, for their children that is not negatively influenced by outsiders or external circumstances. Ehtinesh did just that. The 39 years old is now a Nurse and works at Yewedekuten Ansu, a non-profit organization that cares for single and sick seniors.

Yewedekuten Ansu, a non-profit organization that cares for single and sick seniors. This hasn't always been the case, though, and she explained that she knows all too well what it's like to be desperate and feel abandoned. She also had many problems, which is why she can relate to the often-homeless seniors. It was only through admission to the MCRC that she was given the chance to build a self-determined life for herself and her son. During a visit to the MCRC, she talked about it with women who have only recently joined the program and have similar goals to her. She said that she was able to do her training as a nurse and gave the women confidence and motivation with her experience report. The open exchange is extremely helpful and encouraged them immensely at the beginning of their journey.

"During her visit, she also expressed her gratitude to us, but ultimately we have her to thank. We appreciate it very much that she has been willing to share her experiences with women who are strangers to her. This empowerment and encouragement among women is particularly effective and that is why it is so important to us to support the exchange between the women who are independent, and currently in the program," explains Rahel Ambaye, Executive Director MCRC.

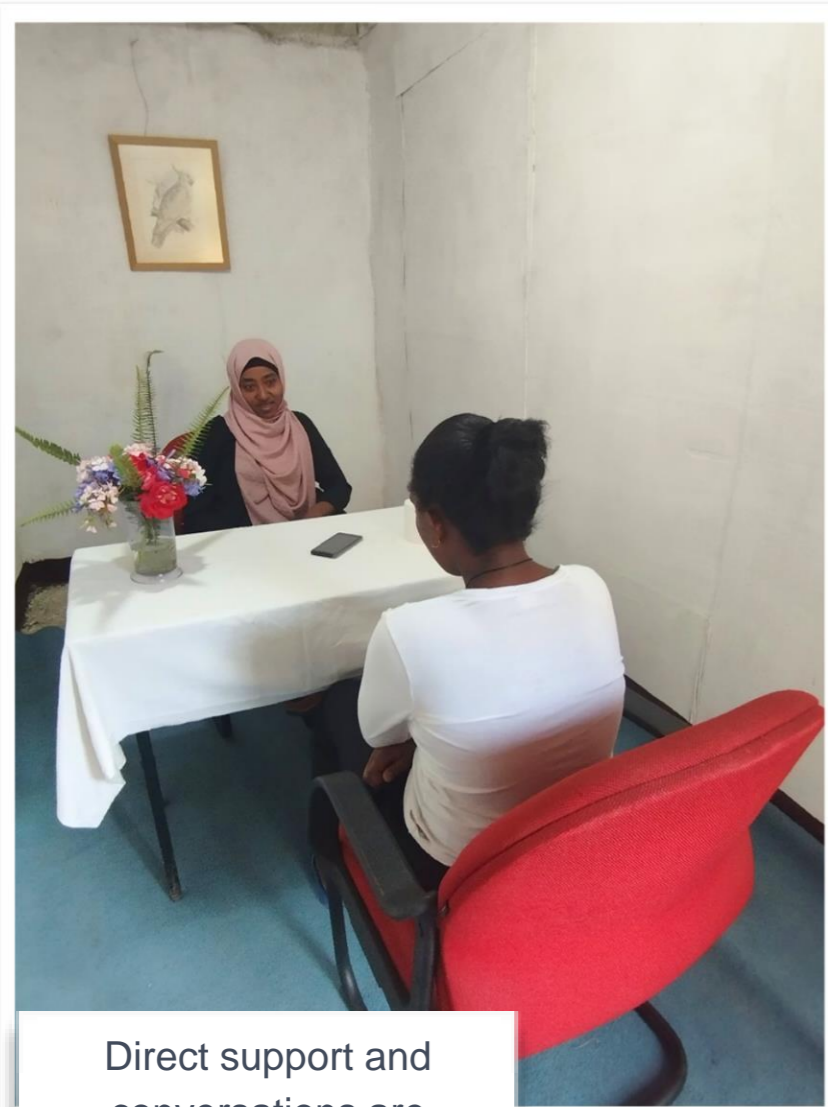


Ehtinesh shares her experience with other women

Stronger than they thought

Help alliance supports rehabilitation of eight women

The backgrounds and experiences of the women and mothers who find support in the MCRC are individually very different. Nevertheless, in most cases it is violence and poverty that lead to the traumatic experiences that cannot be overcome alone. Some of the women experienced it themselves, but suffering as relatives who are exposed to violence, for example, can lead to burdens that have a long-term impact on development.



Direct support and conversations are important

Through the renewed financial support of help alliance, the MCRC was able to help eight women survivors of Gender Based Violence to cope with their traumas, which were mediated by the police and the community. Five of the women received full support and accommodation. Three others live in the same community and could be admitted to the rehabilitation program on an outpatient basis due to the local proximity.

Their desperation to extricate themselves from their situation or to help their family members out of the situation made them easy victims from the perspective of criminals. For example, they experienced assaults at work, which they urgently needed for their intended independence. Others were stopped by criminal gangs as they fled from more rural areas of Ethiopia to the city of Addis Ababa.


Through mediation, the eight women were immediately cared for at the MCRC by employed nurses and a counsellor and a psychologist. Therapeutic care, both individually and in groups, helped them to gradually make personal progress.

Stronger than they thought

Help alliance supports rehabilitation of eight women

The experiences will probably accompany them in some way throughout their lives, but at the time of writing, reintegration as an essential part of rehabilitation is already being planned. The five women followed higher level sewing and embroidery training in an external sewing school, three women opted for MCRC's internal training in sewing & embroidery. Five of the women have now joined the "Sewing mothers association of MCRC", an association of rehabilitated women who now produce textiles together and sell them independently, but collectively, for example on the markets and accept commissioned work. Three of the women were successfully placed and accepted a job offer in a garment factory.

On behalf of the eight women, the entire MCRC team would like to thank the sponsors and especially the Help Alliance for their support. Rehabilitation requires time and professionally trained personnel. The financial support enables the local team to help women and mothers cope with their traumatic experiences and to support them on their way to a self-determined life.

Thank you! 

Help Alliance is the aid organization of the Lufthansa Group. In 1999, 13 Lufthansa employees founded the association for all committed employees. Since 2017, *Help Alliance* has bundled around 50 projects worldwide under one roof as a non-profit limited liability company, which are intended to give young people in particular access to education and enable them to lead a self-determined life.

Internships as the first step for career entry

Rosa's start in the logistics industry

According to UNESCO, 263 million children and young people between the ages of 6 and 17 worldwide have no access to education.* The starting situations for young people to enter the labour market are consequently very different. Therefore, the MCRC is foremost committed to young people and adolescents to have the necessary access to education. Health, mentally and physically, is another essential prerequisite for this. It is just as crucial for holistic support, because only in this way can the promotion also have a lasting effect. These three pillars – education, physical and mental health – are necessary for young people to build a self-determined life.



Rosa during her internship

In addition, however, practical experience is also important for starting a career. Do you remember your first internship or student job?

The entire MCRC team is incredibly proud of two of the students who will graduate from Hawassa University this year. Rosa and Yonas have not only created an important basis for their career entry but have also gained access to an internship.

Rosa's ambition and diligence now paid off. She is in the final stages of her studies 'Logistics & Supply Chain Management' and currently has a GPA score of 3.7. The maximum in the Ethiopian study system is a 4.0 and in a US score their current grade point average would correspond to an A-. She was now able to apply her theoretical knowledge in practice. Mr. Olivier Poujade, general manager of East-Africa Gate and Vice-Chairman of the General Assembly of the MCRC, put her in touch with Massida Solutions Plc, a renowned logistics and utility company. Thanks to Mrs. Houyam Haidar, the managing director and Mr. Reuben Ahronee, Massida Logistics Djibouti general manager and the employees of the Bole Medhanialem branch, Rosa had the opportunity to complete a four-week internship, which she not only needs for her graduation, but also represented a practical addition to her previous training path. The whole MCRC team would like to thank Massida for the support and encouragement that Rosa was able to experience there. Opportunities like these are crucial milestones and Rosa's goal, namely a self-determined and independent future, is now within reach.

Thank you to everyone who supported her along the way.



Internships as the first step for career entry

Yona's start in the world of media and news

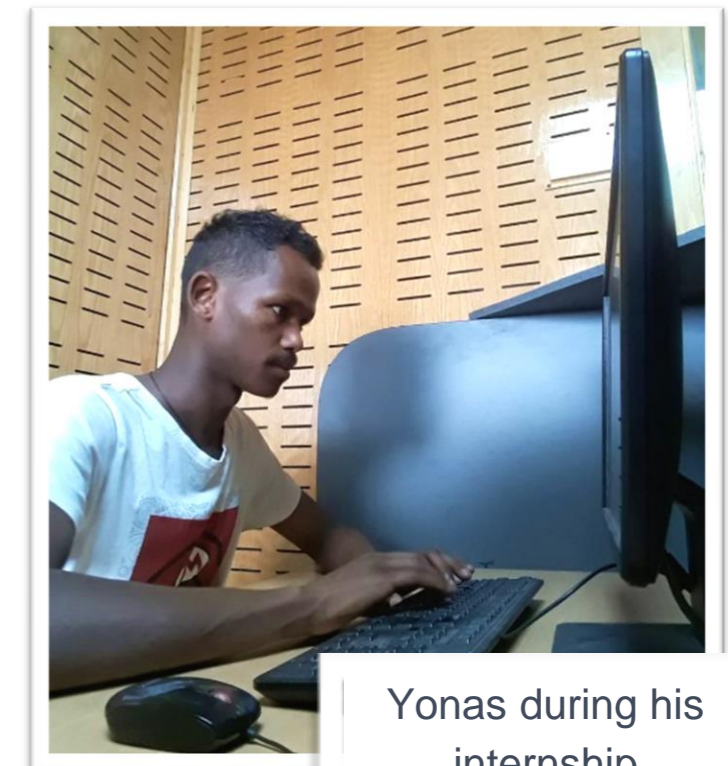


Part II of our report is all about Yonas and his internship. Like Rosa, he completed his studies at the Hawassa University and also shows remarkable diligence and commitment. His discipline is journalism. The vast diversity concerning themes and formats of coverage, as well as the available media, are faster-moving than ever, making it all the more important for Yonas to be able to experience insight into the daily work of a journalist. He was able to do the compulsory internship he needed to complete his course at the media group „Addis Media Network“ where news and other contents are produced and published for television, radio and various social media platforms. He thoroughly enjoyed his work experience and is very grateful for the opportunity to look behind the scenes at Addis Media Network.

Support can be given to children and youths in many different ways. The MCRC is deeply grateful to local organizations, companies and cooperation partners which assist the prospective graduates starting their careers by offering them internships. Equally important is the financial support which comes from far and wide. Without this financial support it would not be possible to supply the children with things such as the necessary materials for their school education beforehand or to take measures concerning their healthcare. Long-standing sponsors may remember that Yonas was even taken to France for complicated medical treatment with their support. As a child he received help to improve his mobility, which would not have been available in Ethiopia. His complicated leg injuries could not be completely healed but were treated to an extent that enables him to now lead an independent life without physical restrictions.

The entire MCRC team would like to warmly thank all sponsors. Every kind of support is of great importance, so children like Rosa and Yonas once were can develop in a healthy way and through access to education can not only work towards internships but can find their way step by step to a self-determined, independent life.

Many thanks for your support. 



Yonas during his internship

Projects and Special Topics

Room for creativity, exchange and counselling

New multipurpose rooms thanks to support from Kinderhelfen e.V.



The MCRC offers a wide range of services to women and children. Among other things it should be

- a place to learn,
- a place to draw and dance,
- a place of exchange

Personal recovery and the path leading to a self-determined future is different for each individual. The donation from the German charitable organization [Kinderhelfen e.V.](#) has enabled us to be more flexible on-site. Through their support, we were able to build two additional rooms in a separate structure next to the main building. The house which is built of wood on a concrete foundation completely fulfills its purpose and can be used in many different ways. The smaller of the two rooms can now be used for individual counselling and personal conversations.

The new space is very well accepted and used

Set aside from the hustle and bustle in the main building, it offers an important safe haven which can be used especially for therapeutic activities and situations which should preferably take place in privacy. The larger room can be used for group therapy, but is also suitable as an additional study room or for having meals together, depending on the situations. The executive director of the MCRC, Rahel Ambaye explains: „It makes our work here at the MCRC so much easier. We have more room and can react with greater flexibility to different situations and needs.“

In the name of the women and children, the entire MCRC team would like to send the warmest thanks to the responsible parties and all the members of Kinderhelfen e.V. who made the building of the extension possible.

Many thanks.



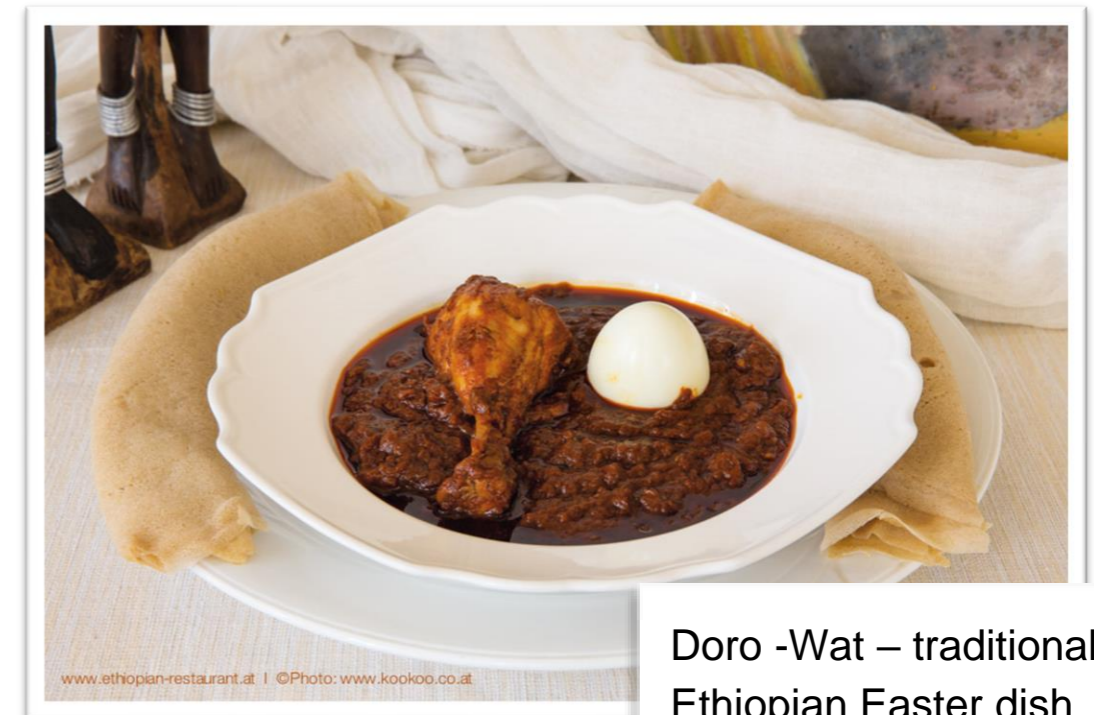
The new separate building

Easter holidays

Like other religious celebrations, Easter is surrounded by traditions and customs. For example in Germany and many other European countries colourfully decorated eggs, Easter bonfires and tasty bakery produce such as Easter pastry braids are typical. But how is Easter celebrated in Ethiopia?

Ethiopian Easter, Fasika, is the largest Christian celebration in Ethiopia. It is celebrated around a week later than Easter in Europe, in accordance with the Ethiopian calendar. Many believers fast for eight weeks beforehand, abstaining from meat and dairy products. Church services are held on Good Friday and Easter Saturday and churchgoers pray and sing throughout the Easter night until families go home together around 3 a.m. to break their fasting.

The traditional dish served to end the fasting period is „Doro Wat". The spicy casserole with chicken and hard boiled eggs is eaten with Injera, a thin bread made from fermented grain, and is a real annual highlight for many families, the ingredients often costing a whole week's wages or more.



Doro -Wat – traditional Ethiopian Easter dish

The celebrations which involve lots of singing and dancing not only represent the Christian meaning of Easter, Jesus' resurrection, but also the diverse and joyful Ethiopian culture which is often expressed by wearing traditional Ethiopian dress.

In many countries there are Easter traditions and customs which mostly symbolize resurrection and new life in some way and coincide with the beginning of Spring in northerly latitudes.

Many traditions are similar, but some are also country-specific and are not all religiously based.

But everywhere around the globe where Easter is celebrated, the focus is on communities, no matter whether they are religious, families or friends.

Easter greetings from 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.

This time Barkot (4) has created a small work of art for you during the easter holidays.



Information and contact details



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

Gandhi

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donation account Ethiopia

Cooperative Bank of Oromia, Ayer Tena Branch

A/c Holder: Mother and Child Rehabilitation Center

A/c No -1009700006426

Swift Code – CBORETAA

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