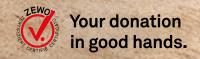


## For a Christmas of solidarity!

Together, we can continue to change the lives of families in Africa's Great Lakes. Many thanks for your support!

Anastase Mawanda (left) and the group of farmers he trains in the Bwira region of Rwanda. Together, they are learning how to improve their harvests using agroecological techniques. FH Switzerland supports them.



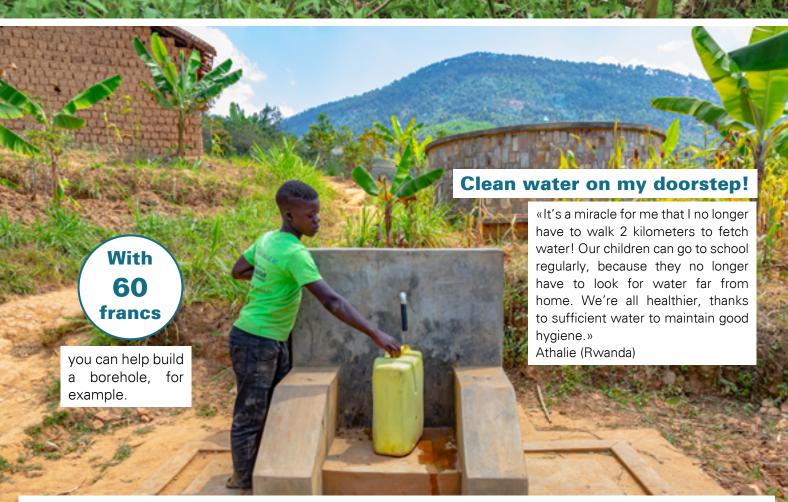
Through its actions, FH Switzerland supports rural families suffering from hunger in Burundi, Rwanda, Uganda and the Democratic Republic of Congo.

Together, we can continue to change the lives of the poor by offering them access to water for better health, animals and agricultural training to improve their harvests, and support to help them regain hope.



Receiving a goat changes a family's life. Their nourishing milk is given to the children and supplements their diet. The manure improves harvests. When the animal gives birth, the kid is given to another family in the village, creating a chain of solidarity.

Photo: Goats, like the ones families receive.



Access to drinking water is crucial to good health. We are committed to access to water and sanitation. We finance the construction of boreholes and the creation of water supply networks by collecting spring water. Photo: Athalie's son Jean fetches water from the new water point.



Our agricultural projects provide farmers with the skills they need to become self-sufficient and resilient. We are committed to sustainable agriculture that respects the environment. This enables farmers to cultivate restored land that produces abundant, healthy harvests.

Photo: Gervais dans sa plantation de bananes.



Congo RDC - We support groups of women who are survivors of violence, so that they can support each other, develop a small business, improve their agricultural production and thus regain hope for their future. Photo: A group of women supported by FH will be able to start up a goat farm.