



The importance of young people

In this newsletter, discover how our projects support children and young people. Emerging initiatives, including the sale of agricultural produce, highlight the energy and enterprise of young people.



Your donation
in good hands.

Learning to work the land

In the countries where we work - Burundi, Rwanda, Uganda, the Democratic Republic of the Congo (DRC) and Chad - food insecurity and limited dietary diversity make school gardens an important educational tool. They help children understand farming challenges and the effects of climate change. By working the land together, children and teachers discover how important agriculture is for their future.

School gardens

Pupils and teachers tend the gardens together. School gardens teach pupils agroecological techniques. They learn why sorting organic waste matters, how to make and manage compost, and the basics of vegetable growing: preparing the soil, sowing, transplanting, watering and mulching. Compost is prepared with the pupils and then used to fertilise the school plot.

The techniques learnt at school are also used at home on family plots. Pupils share their new knowledge with their families, helping to spread agroecological methods and put them into practice.

*Photos on the right:
Teachers and children learning to make compost.
Tending the school plot: pupils and teachers work together.*



From the school garden to the family plot

Interview with Eliane, a young pupil in Gitasi, whose school set up a garden in partnership with FH Burundi.

What have you learnt about farming at school?

We learnt about sowing, mulching and caring for crops, including weed-ing. We also learnt to make compost.

Do you know the benefits of mulching?

In the dry season, mulch helps the soil stay moist after watering.

Who taught you about agroecology?

People from FH Burundi and our teachers at school.

Do you know how to make compost?

To make hot compost, we need green and dead plant leaves, straw, leaves from woody plants, manure and water.

What is composting for?

Compost makes the soil more fertile and helps crops grow better.

Have you shown your family what you learnt?

Yes.



Eliane and her mother working on the family plot.





Supporting young people to shape the future

All our projects aim to improve the overall wellbeing of the communities we support. With young people facing unemployment and insecure incomes, promoting entrepreneurship is a key way to help them build lasting livelihoods and take part in community life. We give particular support to women and young people, helping them join savings and credit groups and develop small businesses that meet market needs. Below are initiatives by young people supported by local FH teams.

Burundi - Sewing and maize production

"I left school because my family could no longer afford my school fees. I then worked as a farm day labourer, but earned barely enough to survive. With support from FH Burundi, I joined a youth support programme. I learnt to sew and received a sewing machine. By selling the clothes I made, I was able to buy two rabbits and rent an avocado tree from a friend. This doubled my income. Today, I own a pig, two goats and ten rabbits. My experience means I can actively help other young people in the area." Evelynne (27)

Evelynne belongs to the "Terimbere Rwaruka" cooperative (meaning "Youth Advancement"). Set up by and for young people, this sewing cooperative sells made-to-measure clothes to people in their community and in a nearby town on market days.



120 young people received training in entrepreneurship and access to loans from microfinance institutions.

A youth cooperative enthusiastically began milling maize. Their work helps sustain the local maize market and adds value to the harvest.

DRC, South-Kivu - Rice Production: the right tool at the right time

"With the support we received from FH DRC, our cooperative was able to buy its own rice huller. Today, we process our rice locally. Families nearby eat the rice we produce, helping improve food security. The rice bran is also used as livestock feed. We have new sources of income and our farms are doing better. Rice production is an opportunity that benefits our whole community."

Bazibuhe



Chad, Beth Elpia Home

The Beth Elpia home in Sahr currently shelters 138 girls who have fled female genital mutilation. They receive schooling and vocational training in a safe environment. FH Switzerland will help strengthen their training, enabling them to earn a dressmaking qualification after three years of training.



Uganda, Amudat - 200 young people start small businesses

Women have started small businesses, including kiosks selling household goods and clothes, making and selling beaded jewellery, and selling kitchen utensils. Young men have begun trading cattle and goats.



Supporting teenage mothers

Future Bridge Initiative works in the Omoro district of northern Uganda. It supports young women, particularly teenage mothers, helping them become independent by giving them access to a source of income. Vocational training in sewing, soap-making, hairdressing and gardening opens up economic opportunities for young women. FH Switzerland plans to support Future Bridge Initiative in assisting 200 teenage mothers and 100 teenage fathers.



Through sponsorship, change a community's life!

By sponsoring a community, you fund projects that benefit children, their parents and the whole community: educational support, health and access to water, farming and business training, and help to start small businesses.

We support communities in all the countries where we work: Burundi, Rwanda, Uganda, the Democratic Republic of the Congo and Chad.



A monthly donation of CHF 50 provides communities with ongoing, lasting support.

Together with our local partners, we help strengthen households, schools and communities so that children and young people can live in an environment where they can thrive.

Once a year, you will receive news from the community you support.

**Through community sponsorship, let's keep building futures filled with hope.
Thank you, from the bottom of our hearts, for your solidarity.**

If you have any questions, contact us at info@fhsuisse.org or call +41 (0)22 755 35 75.

Photo above and cover: Bwira, Rwanda, children in communities supported by FH Switzerland, July 2025

Yes, I support FH Switzerland's work to strengthen young people's initiatives.



With
50.- monthly

Set up a community sponsorship to provide long-term support for children and young people.



With
100.-

Please support the young girls at the Beth Elpia home in Chad so they can train in dressmaking.



With
150.-

Support the Future Bridge Initiative's work in Uganda to help teenage mothers.

How to make a donation:

- Via our online form on our website fh-switzerland.ch
- Via IBAN CH81 0900 0000 2356 0722 6
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Thank you very much for your support.

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