

## My commitment to *medica mondiale*

Yes, I would like to support traumatised women on a permanent basis:

**“Help for 365 days”**

I will donate 75 cents a day = 22,50 Euro per month.  
My donation will end automatically after one year.

Or

- Monthly     Quarterly     Annually  
 25 Euro     50 Euro     100 Euro  
 Other amount     Euro

Beginning on  /  (Month/Year)

In order that *medica mondiale* will receive my donation free of bank charges please deduct my donations from the following account:

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Date, Signature

You will automatically receive your donation receipt at the start of the next year. *medica mondiale* will treat your details confidentially and under no circumstances pass them on to third parties.



## We raise our voice in politics and in public

*medica mondiale* actively fights for the implementation of rights for women at a political level. Although rapes in war are now condemned as serious breaches of human rights, this crime is still consistently played down and ignored by politicians and the general public.

### SEXUALISED VIOLENCE AND WAR

*“Every woman, even babies and older women can be subjected to violence and brutally raped”* Immaculeé Birhaheka, Head of our Congolese partner organisation, PAIF

Whether in the Democratic Republic of Congo, Bosnia and Herzegovina or during the Second World War, women always have been regarded as spoils of war. The army and militia demonstrate their power through rape, thus destroying families and humiliating their opponents.

In no other crime except rape does the disgrace of the deed transfer from the perpetrator to the victim. Shame and rejection by their community often cause women to remain silent about their experiences leaving them with life-long psychological and physical scars.

Survivors must cope generally without any support at all due to poverty and lack of psycho-social help. Many women are ostracised by their families and left alone to fend for themselves.

Sexualised violence doesn't only exist in times of war, for the majority of women worldwide even in peacetime, it is a regular occurrence. War demonstrates with appalling clarity the consequences of hostile attitudes and behaviour towards women.

### HUMAN RIGHTS

*medica mondiale* fights against silence and suppression and makes these deeds public. Women and children should be able to speak out, and the perpetrators should be punished. The main demands: effective protection, medical and psycho-social help, justice and political participation for the survivors of violence.

To this end, *medica mondiale* is pressing governments worldwide to implement UN Resolutions 1325 and 1820 which specifically provide for the protection of women from sexualised war violence, stronger involvement of women in peace negotiations and conflict resolution, and also for the criminal prosecution of perpetrators.

At the same time *medica mondiale* demands more support from the international community for women traumatised in war. Over and above that, *medica mondiale* is petitioning the international courts to ensure that those responsible for acts of violence are brought before a war crimes tribunal.

In the project countries *medica mondiale*, along with other women's organisations carries out public campaigns about their situation and intercedes with authorities and ministries for the rights of women.



## *medica mondiale*...

- offers girls and women – survivors of sexualised war violence – comprehensive and long-term support
- establishes projects for women and supports local women's organisations
- motivates women to take charge of their own lives and become politically active
- trains specialists from various professions in conflict zones and in Germany to deal with women who have experienced violence
- has been working as a feminist Human Rights and Aid Organisation since 1993, and in this time has supported women in over 20 countries
- is a charity financed by donations, public financial assistance and grants

*“As long as there is this violence, we will accuse the perpetrators, make sure their deeds are punished, and that the survivors are not left alone.”*



Monika Hauser, founder of *medica mondiale* – recipient of the Alternative Nobel Prize 2008.

Your contribution will help! Thank you very much.

### Donation Account

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## STRONG AND COMMITTED

to the rights of women and girls in war and conflict zones worldwide



## We help women to deal with their trauma

“After the war, I felt as if I had died, even though I was still breathing *medica* Kosovo opened the door for me to live again.” N., 43 years, Kosovo

Sexualised war violence is an attack on the most intimate self. The destructive consequences of this traumatic experiences burden women for many years. Anxiety, depression, social isolation – the violation through sexualised violence often means the loss of any security and certainty.

## We commit ourselves to adequate medical care

“When I was discharged from hospital, my husband threw me out of the house. He claimed that I had been given Aids by strange men.” Z., 35 years, Democratic Republic of Congo

Rapes in war are often particularly horrific. Many women suffer extensive internal and external injuries. Chronic pain in the lower abdomen, infertility and HIV infections are just some of the consequences.

## We stand by women in the fight for their rights

“In court I looked him in the eyes and he couldn’t rob me of my dignity.” I., 57 years, Bosnia and Herzegovina

Violence against women often remains unpunished. Whilst there is in general impunity for the perpetrator, the women and girls on the other hand face an existential dilemma. Although silence about their experiences protects them from stigmatisation, it prevents them from getting justice.

## We encourage women to lead independent lives

“For seven years everything was desolate – there were weeds everywhere and the fields dead as we were. Now life has returned, and I am very happy when I fill our tractor with oil.” A., 36 years, Kosovo

After war, many women face extreme poverty and because of their experience of violence, they are not in a position to provide for themselves. In order to survive, some turn to prostitution while others fall prey to human traffickers.

## Strong and committed to the rights of women and girls

Through your regular donation, *medica mondiale* can enable women and girls to lead lives with dignity and self-determination and commit ourselves to a sustained political presence for more justice worldwide.

Thank you for your help!

### PSYCHOSOCIAL COUNSELLING

Local counsellors help the affected women to win back their self-esteem. Through individual sessions and group discussions, women can talk about their debilitating experiences and learn to get over their isolation.

*medica mondiale* offers women the possibility to share with each other. For example, “Palaver Huts” have been set up in remote villages in Liberia. Women can meet there, and they can be quickly reached in an emergency. Village women form support groups for those who have experienced violence, or have been threatened.

► *medica mondiale* has given psychological support and assistance to about 10,000 women, helping them to start a new life.

### PROMOTING GOOD HEALTH

*medica mondiale* offers women several medical services, informs them about health issues and is committed to improving the public health system.

The mobile gynaecological ambulance from *medica Kosovo* reaches women and girls in remote areas of Kosovo. In Afghanistan, *medica mondiale* trains medical specialists in hospitals to deal sensitively with patients who have suffered violence. Only when doctors, midwives and nurses are able to recognise traumatised patients, can they respond appropriately.

► To date, tens of thousands women in Kosovo, Bosnia and Herzegovina and Albania have received gynaecological examinations and treatment through *medica mondiale*. About 600 health care specialists have been coached and given further training in Afghanistan and Albania.

### LEGAL AID

*medica mondiale* informs women about their rights, and also stands by them in court. In Afghanistan for example, many women and girls are arrested for so called moral crimes – alleged adultery, escaping from domestic violence or forced marriage. In Kosovo where widows traditionally have no claim on their husbands estates they too receive legal advice.

At the same time, *medica mondiale* works with communities and local authorities. Staff members in Liberia provide regular training programmes for the police, judges and lawyers, to teach them how to deal respectfully with affected women.

► Lawyers in Afghanistan not only succeeded in getting about 2,000 arrested women acquitted, some of the perpetrators were also punished, giving an important signal about preventing further violence and impunity.

### SECURING A LIVELIHOOD

*medica mondiale* supports survivors in setting up small businesses by giving training courses and providing seeds for crops, goats, or a sewing machine. In this way women can become independent and provide for their children.

To stand on one’s own feet helps them to escape dependency and poverty, and gives them emotional stability. Through their efforts, they command esteem and respect from the family and community, and slowly regain their dignity.

► In Kosovo, more than 100 women have caused a small revolution by overturning traditional role models and becoming farmers, with their own cows, tractors and beehives, thereby securing their livelihoods.



I would like to receive further information from *medica mondiale*

by e-mail.

by post.

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