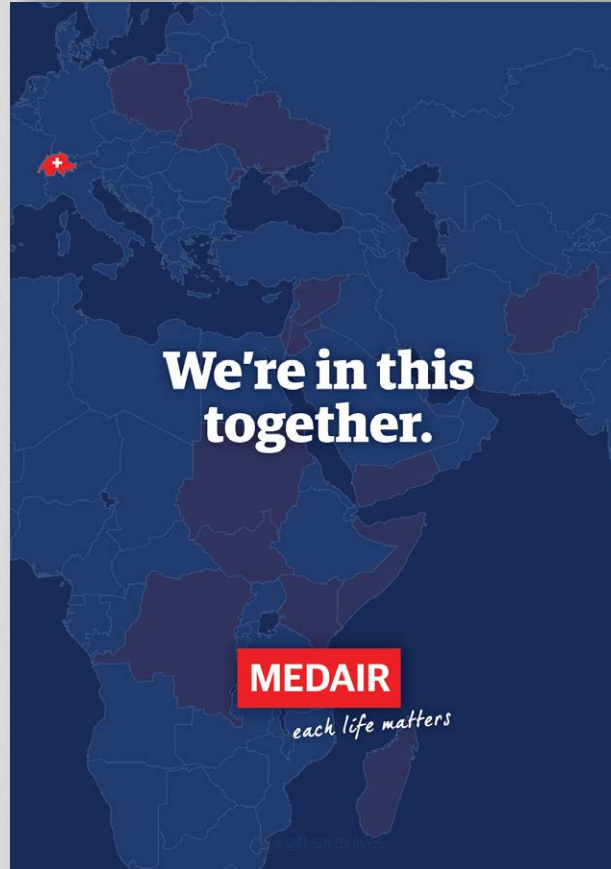




**We're in this
together.**

MEDAIR

each life matters



Notes on a Turbulent Year

December 2022

Three Powerful Gifts this Christmas



"Through all the challenges in the past year, you've shown us time after time, that we're in this together..."

David Verboom

We've been through quite a year together. It started with a crisis that was felt right on our doorstep here in Switzerland. The shocking conflict in Ukraine has sent 14 million people fleeing from attacks. You've seen the ripple effects of that conflict on the world's economy and stability.

The massive crisis in Ukraine also impacted humanitarian funding in other places--some of the neglected emergencies where people remain vulnerable.

Through it all, you've been there for the families we serve, many of whom are not receiving help from elsewhere.

As Christmas approaches, I want to share with you three powerful gifts that would make a major difference for people in crisis right now.

On behalf of our entire team at Medair, thank you for being such a compassionate supporter of the people who are in need of help. We know you share our hope for tomorrow.

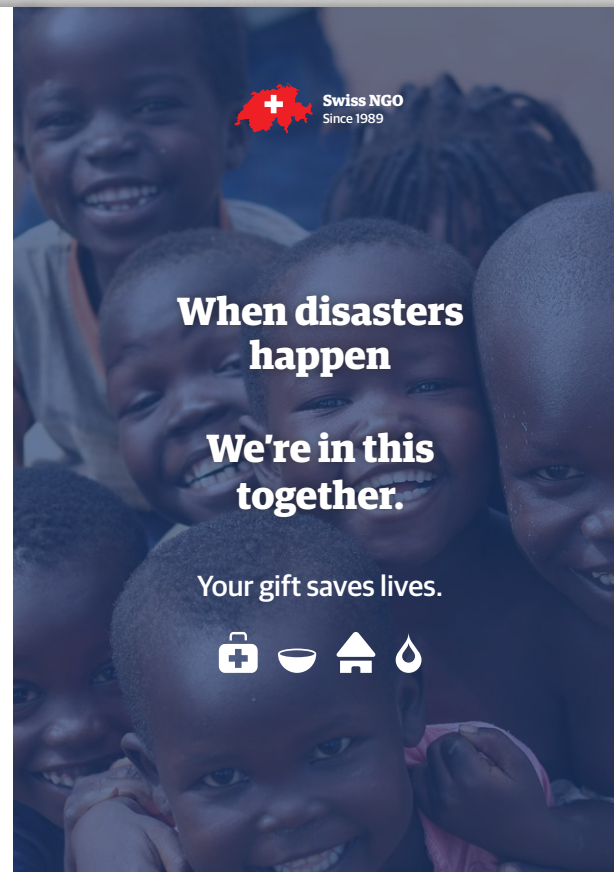


Swiss NGO
Since 1989

When disasters happen

We're in this together.

Your gift saves lives.



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Hunger in Africa

Critical Update - December 2022



Extreme hunger grips the Horn of Africa. It's the worst drought in decades, with high food prices making the crisis much worse. People are dying by the minute. Frantic aid workers are praying the world will take notice of this tragic emergency.



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We're in this together.

Donors & supporters.
Staff & volunteers.
People in crisis.

Swiss NGO
Since 1989



MEDAIR

We're in This Together

Three Powerful Gifts this Christmas



Warm Shelter for Ukraine's Winter

CHF 3'000.-

Winterizes 1 family's home and keeps them safe from bitter winter weather.



Life-Saving Nutrition in Africa

CHF 6'000.-

Covers the cost of a fully supported mobile clinic to treat malnutrition for 3 months.



Vital Mental Health for Young People

CHF 8'750.-

Gives 200 crisis-affected adolescents 8 weeks of mental health support



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Hunger in Africa
Critical Update - December 2022

Children in Crisis
Critical Update - December 2022

Winter in Ukraine
Critical Update - December 2022



Ukrainians are bracing for a bitter winter. Many people are facing their first winter apart from the rest of their families. Damaged houses need urgent repairs to withstand the freezing winter temperatures.

The image displays three overlapping impact cards. The top card, 'Hunger in Africa', features a background of a child's face partially visible through a makeshift shelter made of sticks and fabric. The middle card, 'Children in Crisis', shows a woman and a child in a dark, possibly underground, setting. The bottom card, 'Winter in Ukraine', is the most prominent, showing a young child wrapped in a thick white blanket and wearing a green dinosaur-shaped hat, standing in front of a blue tarp with yellow reflective stripes. A white text box on the right side of this card contains a crown icon and text about the challenges of winter in Ukraine.



Winter in Ukraine

Critical Update - December 2022



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Children in Crisis

Critical Update - December 2022



No matter where they happen to be born, a child's life is precious, full of potential, a gift of God. Yet millions of children today live in crisis, without the care they need to grow up healthy and strong.

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Winter in Ukraine

Critical Update - December 2022

The Gift of Warm Shelter

"Our family sat down at the table to have dinner, then the ground shook violently. In a cloud of dust and smoke, children were taken from the house and hidden in the basement. There was only one thought in my head: Lord, let everyone stay alive!"

- Liubov Kutipov, grandmother, Ukraine

Far too many families like Liubov's have suffered losses in this conflict. People who have been separated from their loved ones, young and old, are now facing their first Christmas apart. With winter coming, they need our help. Explosions have ripped holes into homes and shattered the windows, leaving little protection from the cold. People have sold off cars and tractors to buy windows to withstand the winter.

A powerful gift today gives a family warm shelter this winter. A gift that makes a life-saving difference to people struggling through the hardest days of their lives.



CHF 3'000.-

Winterizes and repairs 1 family's home and keeps them protected from the bitter winter weather.

Your gift provides emergency home repairs that gives warm shelter to Ukrainian families.

"Without these repairs, people will have to endure very harsh, cold weather... and they have already endured so much."

- Rebekah Rice, Medair Ukraine

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Hunger in Africa

Critical Update - December 2022

"When I was hungry, you fed me..."

"Before the drought, many of us could comfortably feed our families. Without your timely help, my son would probably have died."

- Fartun, Horn of Africa

An historic drought has wiped out crops and livestock, and now extreme hunger is killing people every day. Together we are helping families survive this emergency. Medair's malnutrition treatment protocol is proven to cure children who are on death's door.

In northern Kenya, there are 250,000 people in desperate need of help. They live in small, isolated villages, without access to health or nutrition care. People are starving, and running out of options. Some of them are begging for food for their families.

A powerful gift today can impact a whole community. A gift like this will bring nourishment to the hungry this Christmas, and help families survive this emergency.



CHF 6'000.-

Treats malnourished children for 3 months with a fully-supported mobile nutrition clinic.

Your gift supports a mobile nutrition clinic that brings life-saving aid into unserved communities in Kenya and Somalia.

Medair's nutrition teams will identify who is malnourished, feed and treat them, and teach caregivers how to protect their families from tragedy.

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Children in Crisis

Critical Update - December 2022

Mental Health in the Middle East

"I like how we are always discussing interesting topics that usually I wouldn't discuss anywhere or with anyone. I am getting the chance to discover more about myself, and that makes me happy."

- Amal, 14, Syrian refugee in Lebanon

Children crave a sense of belonging, to know that they have a purpose in the world.

In Lebanon, children have grown up enduring wave after wave of debilitating crises: the country's economic collapse, devastation from the Beirut explosion, all while hosting the most refugees per capita on earth. Youth in Lebanon feel bleak about the future, which can lead to hopelessness and despair.

A powerful gift today helps break through the region's lingering stigma against mental health, and positively influences the lives of 200 young people in the Middle East.



CHF 8'750.-

Gives 200 crisis-affected adolescents in Lebanon vital mental health support for 8 weeks.

Your gift promotes positive wellbeing and improves capacity to cope for struggling youth.

"These sessions are very impactful because they allow adolescents to discover who they are, and how important they are as individuals and in their communities."

- Elise, Medair Lebanon