



Children for Tomorrow

FOUNDATION UNDER CIVIL LAW

TODAY



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Dear Reader,

Terrible memories of the war often rob children of the ability to find expression for their pain. At a loss to communicate their traumatic experiences, their cries for help remain unvoiced.

This helplessness in the face of inexpressible suffering is touched on in various themes of our newsletter: when Salima from Sierra Leone arrives at the Outpatient Clinic for Refugee Children, she is very withdrawn. She can hardly respond to her own baby – when it cries, she feels only fear and the urge to run away. Our art therapist works with this speechlessness in the Art Therapy Studio – she tells about how the children's experiences are translated into their artwork and how doing art can support children in discovering ways of expressing themselves.

In this sense, we would like to give the children a voice in our future newsletters: in a "Project Diary", they will tell about their experiences and share their everyday lives with us, starting with Granit Krasniqu from Kosovo, who spent a week at our Multi-ethnic Camp in June. He describes how he found friends in the group who gave him courage. And how, as he says, "only those who have courage can talk about what they've been through".

But we also want to include the children with more than words: with pictures from the Art Therapy Studio in Hamburg, we would like to show you the thoughts and worlds of the refugee children we are treating. In addition, we will be interviewing people who work closely with our founda-

tion: David Becker, who supervised the Multiethnic Camp in Kosovo, talks about the importance of truly perceiving the one another when working towards reconciliation.

As always, my deep thanks goes out to all of our friends and supporters.

Sincerely yours,

Stefanie Graf
Chairwoman



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Chairwoman



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Prof. Dr. med. Jörg F. Debatin,
MD

Children for Tomorrow is a non-profit foundation with the purpose of supporting children and families who have become victims of war, persecution and organized violence. The Foundation's establishment is the result of many years of contact between Stefanie Graf and the doctors in the Outpatient Clinic for Refugee Children and their Families at the University of Hamburg Medical Center, and was initiated after talks with representatives of WHO and UNICEF.

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INTRODUCING ...



Benjamin Alipanga and James Okello in Gulu

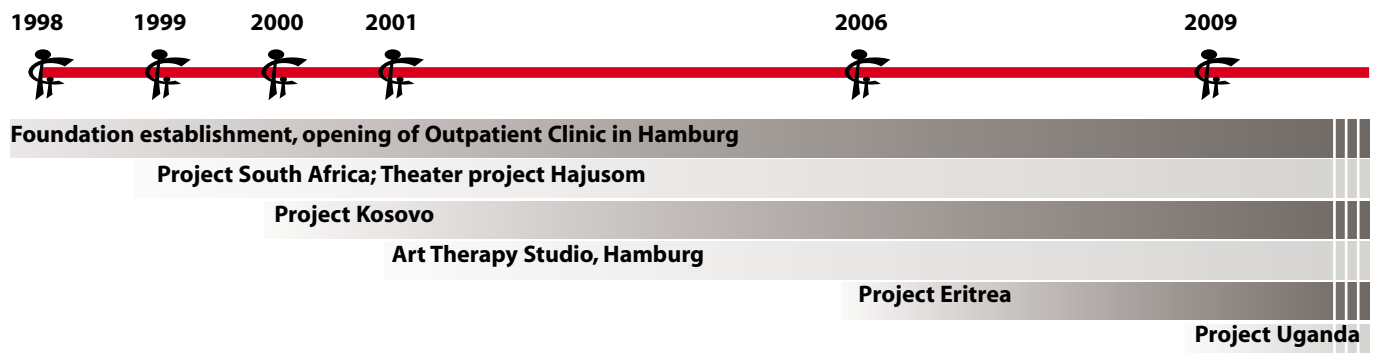
James Okello and Benjamin Alipanga are the Project Managers of our new project in Uganda

In July 2009 we happily welcomed two Ugandan colleagues, James Okello and Benjamin Alipanga to our team. They will be setting up the Outpatient Clinic for war-traumatized children at the Gulu Hospital in Northern Uganda.

James Okello is a psychiatrist and our local project manager in Uganda. He studied medicine at Makerere University and wrote his doctorate thesis on psychological disorders in war-traumatized children in Northern Uganda. In his free time, James enjoys reading and traveling.

Benjamin Alipanga is from the district of Nbbi in Northwestern Uganda. After training as a teacher he studied clinical psychology at Makerere University in Kampala. Since 2004, he has been working at the University in Gulu where he is director of the Department for Psychotraumatology, which was opened by German President Koehler in 2008. Benjamin is married and has two children.

CHRONICLE CHILDREN FOR TOMORROW





Children for Tomorrow reaches out to schools in Hamburg

In September 2009, Children for Tomorrow began two new projects:

An educationalist and an art therapist are offering programs for refugee children in Hamburg's schools that reach out to students who have recently fled their home countries and are in particular need of support. Our experience in the Outpatient Clinic has shown that school is often the place where these children's difficulties become most apparent. With this project, the foundation aims to provide support for refugee children who need to overcome language and cultural difficulties while facing the challenge of dealing with the burden of adapting to a new environment against the backdrop of traumatic events experienced in their home countries or during flight.

The **Psychosocial Program** is aimed at providing children with an initial orientation for living in Germany, and supporting them in their identity development against the backdrop of flight and exile. This includes helping to develop their social and emotional competencies, and in the long term, their academic performance. In addition, Children for Tomorrow will provide teachers of refugee children with professional development courses and arrange case conferences to support them in their work and raise awareness for the problems and needs of refugee children.

In addition to the psychosocial program, the Art Therapy Studio has begun a further outreach project. In weekly **art therapy groups**, the children are given the space and time to develop their abilities of self-expression and build self-esteem. These therapy sessions at schools are designed to provide refugee children with a safe space where they can experiment with, experience and practice problem-solving strategies on a symbolic level. By promoting creativity, this program aims at stabilizing children after psychological trauma, raising their confidence in their own creative abilities and helping them integrate in a new environment.

World Bank of Kosovo supports five charity projects – one of them is CFT!

On 20. May, the World Bank of Kosovo announced the winners of the project competition "Civil Society Fund 2009". Under this year's focus theme, "Social engagement against corruption", five projects ideas were selected as winners – one of them was Children for Tomorrow Kosovo.

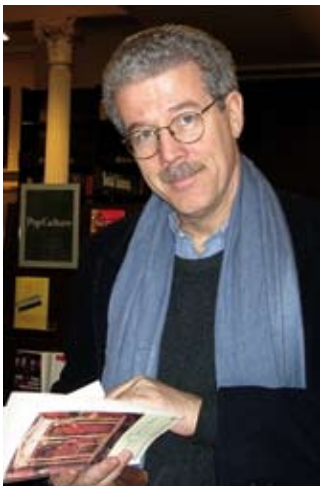
World Bank representative Ranjit Nayak expressed praise for the overall 38 proposals that were submitted, emphasizing how corruption and lacking transparency hinder the development of healthcare and education in many countries from the beginning, and how important such projects are in order to raise awareness and promote civil courage in these countries' populations.

This is also the approach taken in Cft's prize-winning project. In addition to public campaigns, discussions in schools and highly popular role-plays in a theater forum are central elements of Cft Kosovo's youth projects, which have received much recognition since beginning in 2000.



DAVID BECKER

A talk with ...



„Encounters create new spaces“

A conversation between David Becker and Birgit Möller, CFT project manager in Kosovo, about his work as a supervisor in the Multiethnic Camp

Psychologist David Becker, PhD worked for several years in Latin America with victims of political persecution. Since returning to Berlin in 1999, he has been vice president of the International Academy for Innovative Pedagogy, Psychology and Economics (INA) at the Free University of Berlin. David Becker consults psychosocial projects in war and crisis areas, currently in Tajikistan, Palestine and Columbia. His latest publications are:

The invention of Trauma – intertwined stories (in German) Berlin: Edition Freitag, 2006. With Barbara Weyemann, Gender, conflict transformation and the psychosocial approach – working aids. (in German) Bern: Schweizer Direktion für Entwicklung und Zusammenarbeit (DEZA), 2006.

BM: You worked for seventeen years with children and adults who had suffered under the Chilean dictatorship, and your research on psychosocial processes in war and crisis regions has led you to many places throughout Europe and the African continent. In June, you came to our project in Kosovo for a weekend and supervised the CFT team in their multiethnic project. Against the backdrop of what you have experienced all over the world, did you encounter any particular challenges in Kosovo?

DB: Every new place always presents a new challenge. In the different contexts of crisis and war in our world, perceiving the differences between different places is essential. I have been to many places on the Balkan, and know Bosnia and Serbia quite well. Nevertheless, I felt that I was encountering something very special in Kosovo.

BM: And what was special for you in Kosovo?

DB: It is such a small place and it seems so peaceful. And then you're sitting across from people who experienced immense atrocities before, during and after the war. And some of these people are full of hope that something new and good will grow in their country. After all, the founding of the Kosovo republic was supported throughout Europe. So they are full of hope, but at the same time, the actual conditions are extremely poor. Not only in terms of economy, but also the emotional atmosphere of the region.

BM: Where do you see the gravest problems of Kosovo today, ten years after the war?

DB: It is a country that is obviously moving further and further apart – which means that although the war is over, a republic has been founded, what once held the country together continues to fall apart. This really hit me in the separated city of Rahovec/Orahovac, where there are many ethnic communities. There is even a language that is only spoken in this city. But despite this, people live in the close quarters of their little ghettos and it makes you ask yourself how the people who live on the top of the hill communi-

cate with those at the bottom. Even though this city once brought forth its own local language.

BM: How can we work against this separation in our work with children?

DB: We need to try to provide children and youth with a place where they can talk, think and start bridging or filling the trenches that the war has created in people's minds. The dedication of the CFT team, who are working under most difficult conditions, deeply impressed me. Especially considering that the local professionals personally experienced the war.

BM: You mentioned the separated city – how can people encounter each other in such places?

DB: You're right to use the word "encounter". People often use the term "reconciliation" in this context. That would be too premature. Things have happened in these places that divided people in a way that brought about profound separation. They have persecuted each other, murdered each other, and raped each other. The fear that they have experienced and that is still very much alive cannot be pushed aside. If we do not treat these encounters as ad hoc peace work or reconciliation endeavors per se, they can actually enable perception for the others and the threat to their life reality. Those who were suppressed in the past are now in power, and those who had the power in the past are now the suppressed. But on both sides, people's imaginations are preoccupied with how threatening they perceive the other side to be. In light of this, encounters create spaces in which these threatening scenarios can be deconstructed and in which people can discover each other as human beings. They need these spaces that give them the opportunity to mourn all that has been destroyed. Such encounters are important because they limit the continuing destruction of post-war environments. They do not create peace, but they do help to prevent a further war.



ART THERAPY STUDIO

„Only I could have painted this picture!“

Monica Blotevogel, Art Therapy Studio

Painting an imaginary landscape, drawing a superhero, building a fortress out of clay while telling a story about it: playful creativity of expression belongs more to childhood than any other age. But what if a child's confidence in its ability to express him or herself is shattered by traumatic experiences and life circumstances that threaten their development? And what effect does the feeling of being unable to express what they are suffering have on children?

The refugee children who come to the Art Therapy Studio are often referred because of depressed, withdrawn behavior, or aggression and violent behavior. Both extremes have one thing in common: In their first sessions, the children stand helplessly before the paints and materials and say: "I don't know what to paint", or "I don't have any ideas". For many of our patients, this is where art therapy begins. Within the safe space that they experience in their relationship to the art therapist, their confidence in their own creative abilities of self-expression are promoted by playful, artistic work in the group.

The children's spontaneous impulses find expression both in their work processes and in the pictures and objects they produce. Very personal themes like loneliness or war experiences often become tangible – but also common themes such as the longing for their home country, which often exists only through the narratives of their parents, who are often themselves traumatized. With the support of the art therapist, art as a playful, yet controllable form of expression ensures them the safety of an "imaginary space" where

they can experiment and build their own worlds. "If I say the ground is red like blood, then that's the way it is – it's in my picture!" The children's fantasies, or sometimes the memories that haunt them, are translated into artwork, giving them a sense of control over what they express, and how they do it. As authors, the children can decide what happens with what they have shown the others in the group – whether they tear up a picture they don't like, turn the war scenario they have just molded back into what it was before - a heap of clay, or emphasize the value of a piece of art that they are particularly proud of by adding gold paint.

Over weekly sessions, the children often begin to expand their creative resources, gradually finding an artistic language of their own – be it by using certain favorite materials, developing their own painting technique, or pursuing a certain theme over several sessions. This growing creativity is also reflected in the children's increasing confidence in the group. Once this is reached, children who first said "I don't know what to paint" sometimes say things like "Only I could have painted this picture!", expressing the feeling that their artwork has a special, personal value that only they could have created. And this is one of the essential objectives in art therapy with refugee children: promoting identity development against the backdrop of flight, exile and cultural identity conflicts that impact on the lives of refugee children growing up in Germany.



„House that can survive bombs“

„Color Vulcano“



OUTPATIENT CLINIC HAMBURG

Searching for the lost language

The refugee fate Salima, 17, from Sierra Leone

Marion Schneider, psychotherapist and psychologist, Outpatient Clinic for Refugee Children in Hamburg

Salima from Freetown in Sierra Leone was six years old when, during a rebel attack, she had to witness her father being murdered from where she had hidden with her mother. After leaving their hiding spot, they had to flee through a burning city. More than ten years later, Salima would tell me in Hamburg: „The streets of our city were red with blood, children were screaming everywhere and the streets were covered with body parts.“

After months on the run, they managed to reach a refugee camp on the border to Guinea. Shortly afterwards, her mother died. A man who worked in the camp took the little girl into his care and left with her to Guinea's capitol city. From then on, she had to cook and clean for him. She was twelve years old when he began to rape her every day.

In April 2006, a disoriented young woman was found at the International Bus Station in Hamburg and brought to a shelter for adolescents. A year later, the social worker in a home for underage unaccompanied refugees sought help for the 17-year-old, who was 9 months pregnant and seemed severely traumatized. She said she could hardly remember any biographic details – but her name was Salima.

At the Outpatient Clinic, we first looked for an interpreter for her language, Fula. Although she hardly spoke in the first weeks of therapy, she came to the sessions regularly. Slowly, very slowly I managed to establish a trustful relationship with her. In summer 2007, her little daughter Fara was born in a hospital in Hamburg. It was a difficult birth that took more than 24 hours. In collaboration with Child Services, we managed to place the seventeen-year-old mother in a home for mothers and their children.

In order to avoid secondary trauma for little Fara, I decided to begin a trauma-focused therapy unit with Salima. This seemed essential to enable her some relief from the agonizing memories and for her to finally be able to provide her daughter with emotional stability. With the help of a length of rope (lifeline), stones (for grievous events) and flowers (for good events), Salima was able to symbolize biographically important events in chronological order, reconstructing them in both a temporal and a spatial sequence.



Salimas Life line

After many months this therapy unit was completed. Salima had retrieved her memories and had learned to take control over the traumatic events in her life. She was increasingly able to comfort her baby and to give her the stability and security she had once herself experienced as a child, if only until she was six years old. Next to the traumatic memories, the pleasant memories from Salima's childhood also came back – memories of an unencumbered childhood despite the raging civil war: „I sat in the safety of by mother's lap. I did not know fear.“



LETTER FROM CAPE TOWN, SOUTH AFRICA

Winter, with its cold and inclement weather is a time of quiet inward reflection in most countries, as it is South Africa. It is a period in which families spend more time indoors, creating opportunities for families and children to spend more quality time together. This results in many comforting and nurturing situations for some children, or a time of greater distress for others. Those families overburdened by the need for a second job to supplement a poor income; or with a dysfunctional and abusive parent who is now forever present in the home, rather than in the shebeen, may be constrained by difficulties of proximity in the winter.

CFT-South Africa has seen a host of abuse and trauma cases this winter. Child referrals have ranged from abuse and neglect, to violent abuse and sexual molestation. This has been worsened by torrential rains that have flooded the informal settlements in Langa, leading to much loss of possessions, school books, and suffering. CFT-South Africa has assisted the children affected through our partner schools, Zimasa and Tembani Primary, by way of psychological interventions, school donations, and parent-child treatment at the CFT-Clinic.

The perennial problem of poverty, lack of resources and a lack of community cohesion remain. It is however a good sign that a growing appreciation of the value of Volunteerism is beginning to seed itself in some parts of the community. CFT-SA will assist in facilitating this renewal, especially around the needs of children.

The Psychotherapy Programme

The child therapy programme has been progressing with some vigour this year. Patient referrals have increased across other geographic areas having resulted in a better suited psychotherapy referral, greater diversity in patients, and a complexity of presenting problems. Of much concern is the increase in drug related psychopathology cases, especially among children and families affected by the use of methamphetamine (called 'tik' in South Africa). The case of Luqman X. (a 14 year old boy affected by tik use) and the complex contextual and psychotherapeutic issues related to his family will be reported in the next newsletter.

The Schools Programme

CFT-South Africa now has a therapy office permanently at Zimasa Primary. A bungalow has been re-furbished and is a warm, quiet and secure place to see our school-based child patients. Much thanks to Trevor du Sardt and Dipak Madhav for generously contributing their labour and resources to make this a reality.

Tembani Primary and our school based children continue to flourish under the fantastic Joyce Ngezana, who is assisting in the recruitment and selection of children for our CFT Prevention and Leadership programme in the next months. This programme

has as its goal not only the psychological support of at-risk children, but also that of enhancing the Leadership potential of young traumatised and contextually constrained children. The leaders of tomorrow will certainly come from this group.

HIV-AIDS Group work:

Our psychologists, with the newly employed social worker Wesuwe, are doing supportive group psychotherapy with a group of HIV-AIDS survivors and their caregivers. The group is incredibly strong and empowered; offering support, HIV information and emotional sustenance. These group activities will continue into 2010.

The Art Therapy Programme

Our psychologists are jointly working with an Art Therapist to do a programme on Healing through Art programme with some of our patients. It is based on sound art therapy processing principles, and has shown much success in children with difficulties of language and verbal expression. An exhibition of their work will be featured as part of 'Our Common Future' exhibition of children and diversity awareness in Cape Town and the Guga S'Thebe Art and Culture Centre in December.

The Kicking for Peace Soccer Programme

Let me boast with pride! Our young boys and girls soccer teams are doing really well. They have won many tournaments and have developed excellent lifeskills from their participation in this programme. I feel confident enough to challenge the staff and children any CFT team from our partner countries of Kosovo, Germany, Mozambique and Eritrea. With the 2010 World Cup in South Africa, perhaps we can host a joint CFT-2010 Soccer Tournament in Africa. It certainly will be great to see you all here on the southern tip of Africa.

I hope I could give you a good impression of our work on the southern tip of Africa!

Best wishes,
Umesh Bawa



Project visit in March 2009 (from left to the right)
Jyoti Chauhan, Joyce Ngezana, Dr. Sue Hawkrige, Wonique Dreyer,
Dr. Fionna Klasen, Dr. Kerstin Stellermann, Umesh Bawa



KOSOVO

My experiences in the Multiethnic Camp, Kosovo

By Granit Krasniq

Sunday, 28. June 2009

The trip to Struga felt much shorter than it actually was, because I was busy getting to know the participants from the other ethnic groups. We talked a lot and tried to learn each other's languages. I think I'm going to start friendships at the camp that I never imagined to be possible before. It's the first time that I am taking part in the Children for Tomorrow Multiethnic Camp.

In our first session with Xhevahire and Shkelqim it was all about communication skills – we learned things that I can really use every day. Xhevahire is simply irreplaceable and very understanding. After lunch we all went down to the beach. Wonderful! Some of us took an old boat and then, out on the water, we sat and told each other stories from our lives. We laughed, and listened, and quickly got to know each other better. Afterwards we had dinner.

There was a party planned for our first evening. Along with three others I was to organize the whole thing. We discussed our ideas, and even though we only had a short time to prepare, the party turned out to be really great. There was a lot of laughing and we did some loud karaoke singing, danced and had a very carefree time. The party was over at ten thirty and when things quieted down in the house at eleven, I played cards with my roommates. We could have kept playing all night, but since we knew wake-up call was at six, we decided to say goodnight.

Monday, 29. June 2009

“Good morning” – those were my first words. The day began with sports. I think that this physical exertion has a good effect on my mood and health, because I felt great afterwards. I had the opportunity to speak with Albion. He really is wise. After jogging we played soccer, and it was neat to play with the kids from the other ethnic groups, with whom I otherwise never have contact. Then I had breakfast at their table. Afterwards, we did some painting and drawing with the Serb girl, Katja. She is a very talented painter. The session with Xhevahire and Yllza really surprised me – I talked about some very painful experiences and was suddenly overrun by my feelings...



but I still feel safe in the group. Maybe because we all feel the same pain, and that gave us comfort. Those who had the courage described the experiences in detail. But at a certain point, I just didn't feel brave enough to share my desperation with others. I wouldn't have been able to hold back my tears...

Instead, I saw the other's tears and each of their tears was my own. I felt clearly that all of the teenagers at the camp are very sensitive and that made me feel safe. There were no differences between us. After the session we went to the beach again. We played a pirate game on our boats, laughed a lot and, in the end, we were all totally drenched.



In the evening we went out in the city of Struga. The funniest part was when we were trying to speak in each other's languages. Gojart, Ilda and Enisa have a great sense of humor! We talked in Albanian, Serb and English – somehow we always understood each other. We came back at eleven and said goodnight to each other.



Tuesday, 30. June 2009

The sun was shining in Struga! We woke up and went to our morning sports session. Afterwards we played some soccer and I was really mad that I missed four chances to make a goal. I liked the breakfast better than yesterday, then it was time for our daily mee-



ting. We talked about our fears and it became very emotional. I heard what fears my friends have and realized that fear is something normal that everyone is familiar with. We were asked to draw our visions of the future. This led to a lot of quite beautiful pictures – Valjeta made us laugh with her great sense of humor. A barbeque was planned for the evening, but then it started raining again – and that plan literally went south.

We took a walk through Struga. Serb and Bosnian girls and Roma and other Albanian teenagers had become friends. We had a DOBRO! time together – that’s Serb and means super.

Wednesday, 1. July 2009

We started the day without sports, since it was raining. It would have been a great opportunity to sleep in, but we all met for breakfast together. At the beginning of our meeting I was still kind of sleepy, probably because we didn’t go running! But when we started discussing today’s topic, “identity”,



I finally woke up. After lunch, Gojart and I played soccer on the beach. Azra, Ilda and Enisa joined us. We jumped into the water and took pictures to remember each other by. After an afternoon break, we were asked to answer three questions by drawing pictures: “Who am I?”, “How do the others see me?” and “What do I want to be like?” After that we could finally have the barbeque after all, then sat around the open fire for a long time.

Donnerstag, 2. July 2009

I woke up happy, because the sun was shining – perfect for our field trip to St. Naum, one of the most beautiful places on Ohrid Lake. I was a bit tired during the bus ride. The boat trip was nice and I learned a new game from Gojart and Ilda. After St. Naum, our next destination was Ohrid. It was a great day, ending with a free evening.

Friday, 03. July 2009

The topic of today’s session was ethnic identity. It was a good experience because I could describe all of the things that we Albanians are proud of. Everyone contributed to the discussion. In this session, I learned what prejudices we have against other groups. Our last evening was nearing. We walked through Struga and I was grateful for my new friends. I especially like Gojart. When we got back to the camp and were saying goodnight, I told them how much I would miss them. That was the end of an amazing week.



I MISS YOU, MY FRIENDS!!!!!!!!!!!!!!!!!!!!!!!!!!!!





PART 1: OUTPATIENT CLINIC HAMBURG

Who are the patients of the Outpatient Clinic for Refugee Children?

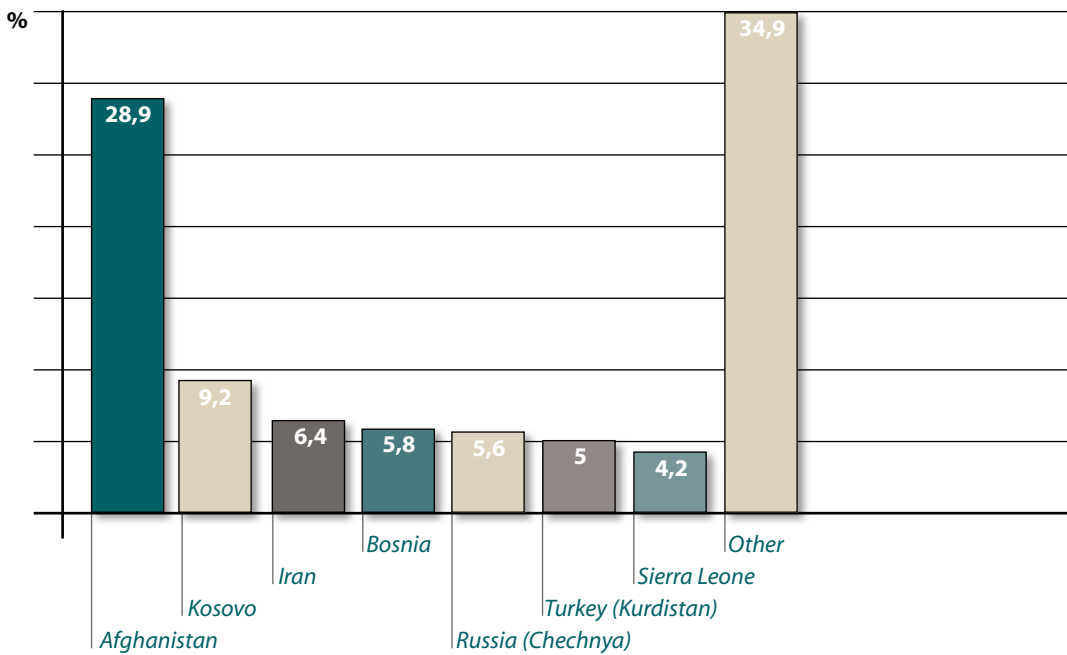
Fionna Klasen, Project Leader Reseach Center/Uganda

In the Outpatient Clinic for Refugee Children and their Families, over 500 children have received psychotherapeutic treatment in the past ten year. 61% were boys and 39% were girls.

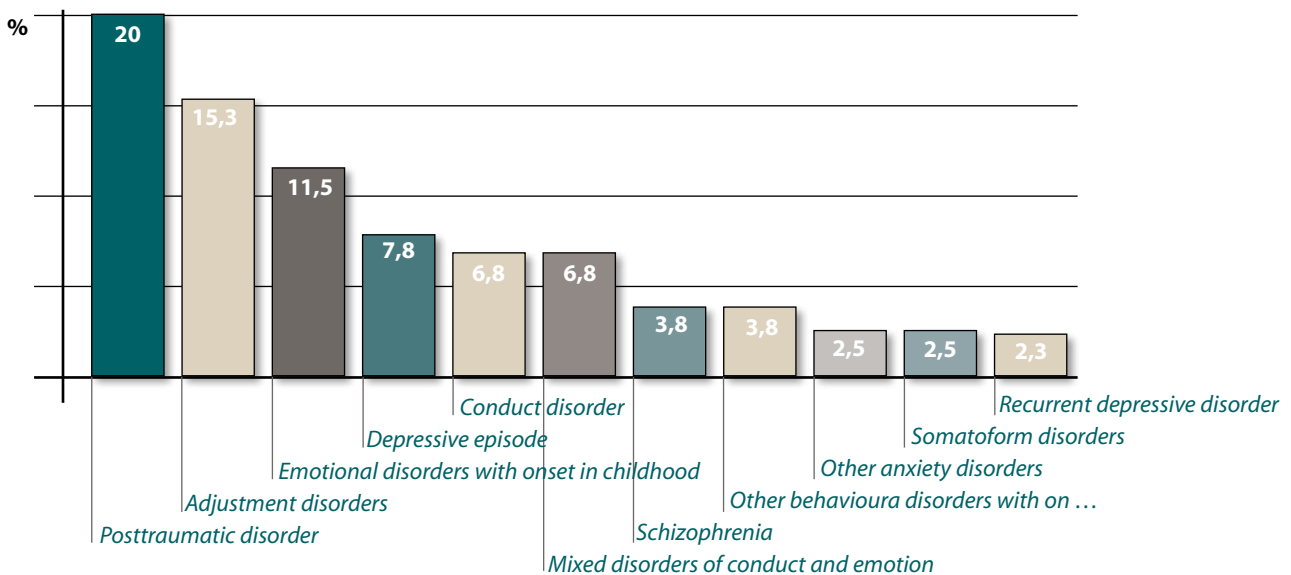
The children had an average age of 12 years when they began therapy. An overall 26.1% had fled to Germany unaccompanied, without any family or relatives.

The average length of treatment in the Outpatient Clinic was 7.6 months.

Countries of origin



Main diagnoses according to ICD-10



CFT in numbers



EVENTS & MEDIA



Festive opening of the newly roofed Centre Court in Wimbledon

On May 17 2009, Steffi Graf and her husband Andre Agassi took part in the celebration of the new roof of Centre Court in Wimbledon, where they played a mixed set and two singles against the former world champions Kim Clijsters and Tim Henman. This time it wasn't for a title, but for a philanthropic cause: our Foundation, Children for Tomorrow. For its founder, it was a moving return to a place full of memories.

SUPPORTERS & SPONSORS

Longines supports Children for Tomorrow

The foundation has gained a further supporter with the renowned Swiss watchmaker. In a side event of this year's French Open, Longines held a festive evening with foundation Chairwoman and Founder Stefanie Graf, under the motto "Elegance is an Attitude".

The international guests were treated to a presentation of our projects and the watchmakers' dedication to the foundation. As Longines president, Walter von Känel assured, the company will support our projects in the coming years with substantial financial donations.

BOOK TIP



Keitetsi, China

"Fighting for my life"

Jacana Media, 2003

China Keitetsi was born in a small village in Uganda. She grows up on her father's farm with a stepmother, in a family ruled by brutality. At age ten, she runs away from home and is kidnapped by rebel soldiers of the National resistance Army (NRA), who are aiming to topple dictator Milton Obote. She marches, carries weapons, fights as a soldier on the front line and is a bodyguard for high-ranking officers. If necessary, she beats others and shows no mercy with the gun in her own hands. Torture is commonplace. She is raped numerous times and bears two children.

At age nineteen, she manages an adventurous escape. She finds a new home in Denmark. Today, China Keitetsi lives in Soeborg, where she works in a kindergarten and has joined Unicef in the fight against the use of child soldiers.



CONTACT

Please feel free to contact Children for Tomorrow.
We look forward to hearing from you.

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**We thank all of our supporters and sponsors,
as well as our volunteers for their continuous dedication.**

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