



JOURNEYS OF HOPE

where your faith leads you





Photo by Daniah Duraid/CRS

“What a blessing to see firsthand the overwhelmingly positive effects that CRS has had on the communities they assist, especially as seen through the smiles of these Yazidi children from Sinjar, Iraq. For many of them, it is the first time in years they have stability, security and joy in their lives because of CRS’ projects.”

—Sarita Hanley, CRS Foundation Board Member

JOURNEYS OF HOPE

As a supporter of Catholic Relief Services, you know that your compassion transforms lives. A CRS **Journeys of Hope** trip provides a memorable opportunity to see how your solidarity with some of the poorest and most vulnerable people around the world helps them overcome adversity.

Immersed in a community, you will see up close how people are working hard to transform their lives. You will be at the frontlines, watching CRS activities that help them grow food, improve their livelihoods, raise healthy children and rebuild in the face of disaster. You will engage with CRS field staff and partners, understand the challenges we face, and observe the measures we’ve taken to ensure we have a lasting effect on people’s lives.

Most important, you will meet those touched by your compassion and get to know communities that are often invisible and unheard. This year is a unique time to witness our work as we embark on a bold new strategy to solve some of the world’s most pressing problems.

WHAT YOU CAN EXPECT

CRS PROGRAMS AND PROJECTS

Our staff will engage you in a schedule of meaningful activities such as cultural workshops, sightseeing, and sharing meals and ideas with the community. You will see programming that brings the CRS strategy to life.

PREPARATION

Once you’ve decided on your destination, you will receive a step-by-step planning guide that includes information on visa requirements, vaccines, packing and other travel recommendations. CRS will also share opportunities for those interested in participating with others in voluntary, faith-filled activities as part of their trip. A comprehensive briefing book, as well as a phone call with country staff and fellow travelers, will provide you with in-depth information about the field, programs, trip itinerary, contact information and an opportunity to ask questions.

LOGISTICS

CRS will provide all logistical planning and support within the country. We will host all guests—from the time you arrive at your destination airport to the time you depart.

FOOD

All meals will be provided. We will work to meet your dietary and personal needs.

ACCOMMODATIONS

Throughout the trip, you will stay in comfortable quarters and hotels with standard Western conveniences. In some countries, you may stay in a CRS guesthouse, or residence of the local priest or bishop.

SECURITY

CRS takes security seriously. You will travel only to countries considered safe by the most trusted sources, and you will always be in the company of CRS staff. CRS has strong relationships with the communities and partners in the countries you will visit, and we will go out of our way to ensure your safety, comfort and peace of mind.

POST-TRIP EXPERIENCE

CRS will provide an opportunity for debriefing and reflection, as well as ideas for participants who would like to share their experience with others. For those who would like to share their experience, CRS will offer materials to support these efforts.

JOURNEYS OF HOPE

2020 DESTINATIONS

JANUARY 19-25, 2020: KENYA

Kenya is a country of many contrasts—from wild game parks to tropical coastlines, from diverse native tribes to a rich history of Arab and Indian influence. Though perhaps the most notable contrast is social and economic inequality: While Kenya is known as an economic powerhouse, 35% of the population lives below the poverty line. But with its young and growing



In the Migori region of Kenya, mothers and their babies find support while husbands are encouraged to be more involved in child rearing. The CRS THRIVE II project in Tanzania, Kenya and Malawi helps children from birth to age 5 achieve developmental milestones, and teaches both mothers and fathers best parenting practices.

Photo by Karen Kasmauski for CRS

population, dynamic private sector, highly skilled workforce, improved infrastructure, and pivotal role in East Africa, Kenya has the potential to be a great success story.

CRS' first recorded assistance in Kenya was in 1956, when a shipment of food was delivered to Catholic missionaries working there. CRS built on its tradition of providing relief in emergency situations and began seeking ways to help people break the cycle of poverty through community-based, sustainable development initiatives. Today these programs—including agricultural livelihoods, household economic strengthening, health education and clean water projects—bring the CRS mission to life and ensure Kenyans are the central participants in determining their own success.

Come to Kenya to meet its warm and friendly people, experience its vibrant culture, and witness how you strengthen families and help those most in need. Possible destinations include:

- **Turkana County in Northern Kenya**, where CRS has had a long and productive relationship with the Diocese of Lodwar. Learn how the programs you support ensure clean and reliable access to water and sanitation services.
- **Isiolo County in Central Kenya**, where CRS works with the local diocese and government to address issues of childhood malnutrition. Learn how our programs serve to strengthen local leadership, an important part of our commitment to subsidiarity—one of our guiding principles that comes from Catholic social teaching.
- **Counties around Lake Victoria in Western Kenya**, where, with your help, CRS works with Church partners and local organizations to provide health and education services to orphans and vulnerable children whose families have been affected by HIV and AIDS.

FEBRUARY 3-7, 2020: EL SALVADOR

El Salvador is a beautiful country of tropical valleys, volcanic vistas and coastal plains, long recognized for its warm, welcoming and hardworking people. It is also a country struggling with economic inequality, drought and the scars of war from a generation ago.

CRS works with local partner organizations and communities to address the country's limited economic opportunities and obstacles to sustainable development. We take a holistic approach to educating, employing and empowering vulnerable youth. Our violence reduction and peacebuilding work includes rehabilitation and reinsertion programs for prison inmates. Our agriculture and water programs strengthen livelihoods and transform landscapes by restoring soil, protecting water resources and improving conservation. We also work closely with Caritas El Salvador on advocacy initiatives for water resources.



In El Salvador, a textile enterprise gives second chances to gang members who are working to change their lives. *Photo by Oscar Leiva/Silverlight for CRS*

We thank you for your interest in CRS' work in El Salvador, and in understanding this beautiful and struggling country. Possible destinations include:

- **Visit a prison** to learn about the CRS Second Chances program that helps inmates in their rehabilitation and job placement once they complete their prison term.
- **Travel to Western El Salvador** to visit CRS' agriculture and water programs, to gain a firsthand understanding of soil and water restoration and conservation practices at a landscape level, and to witness how your support creates opportunities for young people in agriculture and landscape restoration through education, training and job creation.
- **Visit a CRS coffee programming site** to learn about the rich history of coffee farming in the region while also learning about the importance of coffee cultivation to providing essential forest coverage in critical watersheds, and transforming landscapes by conserving soil and water.
- **Visit a CRS youth program** to hear firsthand from young people about what they are learning, the challenges they face, and how we are helping them become leaders for peace and change.
- **Visit Saint Óscar Romero historical sites.** Our work continues to be inspired and challenged by the words and example of Saint Óscar Romero—assassinated on March 23, 1980, for his commitment to social justice for the poor, and canonized on October 14, 2018.



In El Salvador, René Martínez, right, and José Argueta fertilize a leaf-rust resistant variety of coffee promoted by the Blue Harvest project, part of the CRS Water Smart Agriculture initiative in Central America. Through local partners, CRS works with small-scale coffee producers to conserve water in soil and promote better agricultural practices. The goal is sustainable management of water resources in El Salvador, Honduras and Nicaragua.

Photo by Oscar Leiva/Silverlight for CRS



In Nepal, CRS responded to the devastating earthquakes of 2015 by providing people with intensive training in masonry, helping them rebuild with an emphasis on earthquake-resilient techniques. Dambar Bahadur Sunar, already an expert mason, improved his skills through the program. Today, he helps his community by visiting construction sites and reinforcing good building practices.

Photo by Jennifer Hardy/CRS

MARCH 21-28, 2020: NEPAL

Nepal is a land of snowy mountain peaks, spectacular rice terraces, Sherpas and ancient monasteries. Situated in the Himalayas, it is home to Mount Everest, the tallest mountain in the world. Nepal's rich cultural landscape also includes 10 World Heritage Sites, including the birthplace of the Buddha.

The population of Nepal is relatively small and incredibly diverse, with more than 80 ethnic groups speaking 123 languages. In rural areas, people support themselves largely on agriculture and livestock. The earthquakes of 2015 caused massive hardship, killing 9,000 people and destroying 750,000 homes across Nepal. Most affected

communities are still recovering. Your support is helping many to rebuild safe and dignified homes so families can flourish.

Come to Nepal and explore the beautiful terrain, experience the rich history, and witness how you are helping people rebuild and recover. Note that many affected communities are remote, with 75% only accessible by foot, requiring off-road travel and some hiking. Field visits may include camping, though accommodation will be well appointed. Possible destinations include:

- **The districts of Gorkha or Okhaldhunga**, in the hills below Mount Everest, where you'll meet people who are rebuilding their homes using earthquake-resilient techniques, and developing farming and livestock skills to earn additional income and help withstand future disasters.
- **Kathmandu**, where you'll learn about CRS' housing reconstruction project, which helps aid organizations work with the local government to manage complex earthquake recovery efforts.



In Nepal, Anisha Shresta lost her home in the devastating earthquakes of 2015. CRS helped her build an earthquake-resilient shelter as trained masons oversaw construction and helped her make the most of cash grants from the government. Anisha received assistance from CRS to build an improved goat shelter and now has a larger herd of animals. Today, her hope for the future is renewed. *Photo by Shareef Sarhan/CRS*



In Ghana, Immaculate Azimbila's parents limit the amount of time she spends on household chores so she can focus on her class work. The school and local community benefit from a CRS project that aims to improve sanitation, nutrition and health. *Photo by Michael Stulman/CRS*

APRIL 18-25, 2020: GHANA

The Republic of Ghana, in West Africa, is situated along the Gulf of Guinea and the Atlantic Ocean. Ghana presents visitors with lush landscapes, sweeping coastlines, diverse demographics and more than 100 native ethnic groups. It is a land of festivals, music and rich cultural traditions. Ghana remains one of the most politically stable countries in West Africa, noted for its economic progress over the last 20 years. But, even so, most Ghanaians still live in poverty, and there are strong geographic disparities in income.

CRS began working in Ghana in 1958. For over 60 years we have enjoyed a strong partnership with the Church and government offices there. Early assistance focused on school feeding programs, supporting thousands of school-aged children and improving the nutritional status of preschool children. We also educated mothers on nutrition and child health, and strengthened the delivery of health care and preventive medicine. Over the years, CRS programs have changed to meet the evolving needs of those we serve. Our current focus

is on maternal, newborn and child health, water and sanitation, agricultural livelihoods and youth.

Come to Ghana to meet warm and friendly people, and witness how 60 years of partnership, service and faith allows us to carry out our mission and go where need is greatest. Possible destinations include:

- **Tamale, in Northern Ghana**, where CRS has a long and productive relationship with the Archdiocese of Tamale and Ghana Health Services. Witness how you are helping to deliver programs that ensure the health of mothers and children, provide clean and reliable access to water and sanitation services, and serve farmers and their families as they achieve self-sufficiency.
- **Accra, the vibrant and modern capital of the country**, with its landscape of skyscrapers, colonial-era homesteads and diverse neighborhoods. Here you will visit the National Catholic Secretariat where CRS has a long history of collaboration.
- **Elmina, a small colonial-era town with a fascinating history**. It is home to Elmina Castle, a World Heritage Site and the oldest European-built structure south of the Sahara. It played a significant part in the Atlantic slave trade and is where you can see the infamous “Door of No Return.”



In Ghana, community members from Walewale in the West Mamprusi district collect clean drinking water from a newly constructed borehole, part of a CRS project to improve sanitation, nutrition and health.

Photo by Michael Stulman/CRS

MAY 16–23, 2020: UGANDA

Uganda is a beautiful country with abundant natural and cultural riches, friendly faces and a thriving economy. However, more than one-third of Uganda's population lives on less than \$2 a day, leaving them largely unable to escape poverty or recover in emergencies. Instability in neighboring South Sudan and the Democratic Republic of the Congo led to an estimated 1.2 million refugees settling in Uganda, 83% of whom are women and children. Climate change also impacts Ugandans, compounding the problems faced by vulnerable farmers. Uganda's children bear the brunt of the country's challenging conditions—many do not have access to education beyond elementary school, and the average girl drops out of school by age 9.

On this trip you will see evidence of how your support allows children to grow up healthy, helps families save for their futures, provides emergency care for refugees, and empowers farmers to increase their

financial stability. CRS programs in Uganda respond to the needs of the most vulnerable people through an innovative blend of projects supported by dedicated staff, and deep and meaningful partnerships with the local Church, government, and private sector. Current programs focus on health and nutrition, support for orphans and vulnerable children, emergency response and recovery, microfinance, peacebuilding and governance, water and sanitation, and agricultural livelihoods. Your support now reaches more than 1 million people with interventions across all regions of Uganda.

We have arranged a full schedule that allows you to spend time with CRS staff, partner institutions and project participants. Possible destinations include:

- **Central and Western Uganda**, where you'll visit a project that strengthens families and improves the health, nutrition, education, and well-being of orphans, and other vulnerable children and youth, as well as reduces abuse, exploitation and neglect among this population.
- **The Kyangwali Refugee Settlement in Western Uganda**, where you will learn about a market-based approach to restore dignity and security through building safe and dignified homes, and providing water and sanitation for the most vulnerable refugees. You will see communities make decisions about their recovery while receiving technical guidance and resources.
- **Southwestern Uganda**, where you will visit farms benefiting from the CRS Sustainable Trade Initiative and Sustainable Food Labs. Here, your help is transforming lives and landscapes by helping small-scale vanilla and coffee farmers use methods that increase production, reduce risk and are environmentally sustainable.



In Uganda, Annet Konga lives in the Bidi Bidi Refugee Settlement with her three siblings. She became the head of her household after her parents died of HIV and tuberculosis in 2012. Annet was forced to flee their home in South Sudan with the small children—carrying the youngest on her back—when civil war broke out there in 2016. *Photo by Philip Laubner/CRS*



In Gaza, Randa Abu Mustafa's family benefits from an e-voucher program through CRS and its local partner Al Bayader International. The project supplies households with a debit-like card that is replenished with money at the beginning of each month. The value of the card varies by family size, and any food or items needed can be bought from nearby shops, benefitting the local economy. *Photo by Mohamed Reefi for CRS*

MAY 31-JUNE 6, 2020: THE HOLY LAND

CRS' work in the Holy Land stretches back to the 1940s, when we provided humanitarian assistance to communities displaced during World War II. CRS established an office in Jerusalem in 1961 under an agreement with the Hashemite Kingdom of Jordan and has maintained a continuous presence throughout the intervening decades of turbulence and change.

Early work focused on the provision of food assistance, organizing vaccination campaigns, and leading other nutrition and health-focused initiatives. In the 1970s and 1980s, CRS constructed roads, classrooms, bridges and wells as part of a broad rural development initiative. We also implemented nutrition education, vocational training and village health-worker training projects. Water projects became a major area of focus in the 1990s. Today, the country's strategic focus is on rebuilding safe and dignified homes, addressing food insecurity, peacebuilding, humanitarian assistance and

educating U.S. citizens about the conflict in the Holy Land. With your support, work is carried out in close partnership with an extensive network of local civil society organizations and in regular consultation with the local Church.

Travel to this land of rich religious history, and meet with the Palestinian women, men and children who now have safer homes, more resilient farmland and stronger local economies thanks to your support. Possible destinations include:

- **Jerusalem**, where you will travel to major Christian pilgrimage sites, and meet with Church leaders and CRS partners working to promote peace, justice and human rights.
- **Gaza**, where you will visit families living in CRS-built homes, speak with families receiving food assistance, and tour child-friendly spaces created to support children and parents living under the stress of conflict and poverty.
- **The West Bank**, where you will meet with Fair Trade workers in Bethlehem, as well as rural herding families that are improving their livelihoods thanks to your support.



In Gaza, Faraj Mohammed works as a blacksmith at the Modern Industrial Group in the Rafah Governorate. He found the job through Envision Gaza 2020, a project funded by the U.S. Agency for International Development. In partnership with USAID, CRS supports Gazans by expanding employment opportunities, providing emergency assistance and building self-reliance in vulnerable communities. *Photo by Heidi Yanulis for CRS*



“I was able to witness firsthand the outstanding work of CRS. What I saw being accomplished and experienced on the part of those receiving assistance from CRS will forever be a reason for me to strive to willingly share through CRS my blessings with my brothers and sisters who live far away from me, but live very close to the mind and heart of Jesus Christ. I am grateful to CRS for providing for the needs of so many people so very well, and allowing me to witness the good work they accomplish and the hope they give.”

—Bishop Shelton J. Fabre, Bishop of the Diocese of Houma-Thibodaux in Louisiana and member of the CRS Board of Directors



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Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. We ease suffering and provide assistance to people in need in more than 100 countries, without regard to race, religion or nationality.

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