

Adolpho is from Jucul, located in the Andean mountain ranges of Peru, 3,360 metres above sea level. Villagers in his community plant their crops on mountainsides, often many hours from the village, requiring them to walk great distances each day to tend them.

Caritas has provided training on new techniques for growing crops and seeds that are resistant to cold weather and high altitudes so villagers can now grow potatoes, corn, beans and wheat.

In addition, Caritas has provided bulls, cows and sheep to improve the herd's gene pool. This has enhanced the quality of cow meat and milk for consumption and improved the sheep's wool.

Your donation to Project Compassion will ensure communities such as Adolpho's have food security and can look forward to the future with confidence and hope.



**5th
Sunday of
Lent**

Y Re is from the Central Highlands of Vietnam. Like many other ethnic minority women, Y Re received a low level of education, leaving school when she was ten years old to help her family grow enough food to survive.

Y Re is participating in a micro-credit program run by the Kontum Women's Union and supported by Caritas Australia which provides loans and offers workshops to help women manage their finances. Women are provided with basic book keeping skills and taught how to calculate, save and spend their money efficiently. They attend regular meetings where issues such as hygiene, health, farming techniques and animal breeding are discussed.

Your donation to Project Compassion will allow communities like Y Re's to become self-reliant and look forward to a more productive future.

Ellen is a Wiradjuri woman from Australia. She is participating in the Manage Your Income, Manage Your Life program run by Centacare Wilcannia-Forbes and supported by Caritas Australia.

The Manage Your Income program teaches budgeting skills to Indigenous communities and highlights the importance of regular savings. It also fosters self confidence and encourages participants to become role models who can then mentor other members of the community in financial management.

Your donation to Project Compassion will support the development of Indigenous communities like Ellen's.



**4th
Sunday of
Lent**



**6th
Sunday of
Lent**

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