

Canadian Physicians for Aid and Relief (CPAR) FAQ

Q – What is CPAR?

A – Founded in 1984, CPAR is a non-profit organization working towards the building and sustaining of healthy communities in rural Africa. CPAR supports community efforts to develop access to clean water, an adequate food supply, primary health care services and a safe and healthy environment.

Q - What does CPAR do?

A – CPAR works with remote, under serviced communities in Malawi, Ethiopia, Tanzania and Uganda to design and implement community-specific development projects. These community-specific initiatives include income generation, food security, natural resource management, primary health care, water and sanitation and emergency relief.

In Ethiopia

- Working to revitalize agricultural land through community tree planting, reforestation and water conservation
- Empowering vulnerable women through alternative literacy training for girls and women from minority groups in remote communities
- Building capacity of communities to manage conflicts over resources and competing land use through consultation and arbitration
- Building and restoring water points both as sources of drinking water and water for agricultural use

In Malawi

- Providing training, care and support for families affected by HIV and AIDS
- Preventing the spread of HIV by supporting grassroots groups involved in outreach and prevention activities and providing access to HIV testing
- Promoting crop and diet diversification through education and community seed fairs
- Malaria prevention and control through providing treated bed nets, vitamin A supplements and environmental sanitation

In Tanzania

- Preventing water-related illnesses in school aged children by building rainwater harvesting tanks, new latrines and hand washing facilities at primary schools
- Training farmers to use conservation agriculture to increase food production through establishing village level farmer field schools

- Preventing spread of HIV and other STIs through public education, community training and engaging students and community leaders in creating and disseminating locally appropriate messaging

In Uganda

- Protecting the health of IDP (internally displaced people) through constructing wells, latrines and clinics in IDP camps
- Supporting landmine survivors to be self-reliant through training and micro credit loans
- Encouraging safe motherhood through building and equipping maternal health clinics and providing training and support for Traditional Birth Attendants (TBAs) and other front line community health workers
- Working with former child soldiers and other war-affected youth on community peace building and advocacy

Q - How does CPAR receive funding for programs?

A - CPAR programs are made possible by the support of a variety of international, national and local funders including U.N. agencies, the Canadian International Development Agency (CIDA) and the Canadian Department of Foreign Affairs and International Trade (DEFAIT) as well as funding mechanisms within the governments of our program countries. CPAR also has a strong base of support within Canadian communities through the medical community, schools, community groups, service associations and individual donors.

Q - What is the Plant a Tree in Africa program?

A - The Plant a Tree in Africa (PAT) program is an opportunity for individuals to assist in building healthy communities in Africa through tree planting. For every 50 cents donated, one tree is planted in an African community.

The trees in many African countries have been damaged by drought, over-grazing of livestock and are cut down for fuel. Trees are the root of healthy communities and are needed to prevent soil erosion and to secure food supplies. Overall, planting trees restores the environment to a healthy state.

CPAR has been planting trees in Africa since 1986 and to-date has planted almost 50 million trees and established more than 200 nurseries.

Q - What is a CPAR Study Tour?

A - CPAR's annual Study Tours provide a unique opportunity to see development in action. Participants pay their own way and travel as group to meet with communities,

learn about CPAR's health and development programs, meet with local officials and health professionals and see first hand what life is like in communities where CPAR projects are being implemented. The tour is both organized and accompanied by CPAR staff who manage logistics of the trip and facilitate learning.

The first Study Tour was in 1992. Since then CPAR has been hosting Study Tours on an annual basis rotating between our four program countries in Africa.

Q - Why should I get involved?

A - Our lives are connected on a global scale. As members of an increasingly interconnected world we must recognize our global citizenship. This citizenship enables us to make positive contributions on a global as well as a local scale. CPAR works in some of the poorest rural communities in Ethiopia, Malawi, Uganda and Tanzania and believes that together we can make a positive global impact.

Q - How can I help?

A - There are many ways for individuals, businesses or groups to become involved in CPAR's work:

1. Individuals can offer financial support by becoming a monthly donor (CPAR-PAL) and sponsoring a community in rural Africa. All financial support to CPAR's projects help make a difference in rural African communities.
2. Individuals may also join one of CPAR's Chapters that help raise awareness and financial support from all over Canada. Chapters are an integral part of CPAR's membership and help to keep Canadian communities updated with the organization's activities both overseas and in Canada.
3. As a part of CPAR's Canadian activities, we encourage and support volunteers to help with development education and fundraising initiatives. CPAR gives full support to community groups or students who would like to design and implement a special event or display.

Q - How is my donation used?

A - Funding collected on behalf of CPAR is used to implement CPAR's projects in Africa and provide communities with the resources to develop healthy environments. Funding is also allocated to operate CPAR's offices in Canada and in Africa. Eighty per cent of all funds raised go to support overseas projects.