



**"MORE PROJECT COUNTRIES,
MAKING MOBILITY
ACCESSIBLE EVERYWHERE!"**

ANNUAL REPORT 2021



Swiss Limbs

Mobility now.

FOUR NEW PROJECT COUNTRIES IN 2021

IT HAS BEEN A
DIFFICULT YEAR,
BUT THAT HAS NOT
STOPPED
SWISSLIMBS FROM
EXPANDING ITS
OPERATIONS!

With renewed vigor, Covid-19 continued its nefarious run in 2021.

Like everyone else, development cooperation organizations had to face new challenges raised by this issue.

The complications which effect any society during a pandemic, are amplified all the more for those with disabilities. With great enthusiasm, SwissLimbs rose to the occasion and endeavored to match the increase of requests which came our way. Thus, we began new projects in 4 countries: **Sierra Leone, Rwanda, Malawi and Guinea-Bissau.**



OUR FOCUS

- Supplies of prosthetics, orthotics, and assistive devices to alleviate all kinds of physical disabilities
- Building of new orthopedic centers and rehabilitation of existing centers
- Building of a new hospital dedicated to rehabilitation and a rehabilitation center
- Training of orthopedic technicians and transfer of knowledge
- Supplies of orthopedic and healthcare materials
- Low-cost prosthetic technological innovation
- Emergency and humanitarian interventions



IN 2021 WE CARRIED OUT 3,192 HOURS OF TRAINING, TARGETING 77 ORTHOPEDIC TECHNICIANS, BUILT AND EQUIPPED A REHABILITATION CENTER AND RESTORED MOBILITY TO 2,661 PATIENTS.



Dear donors, supporters and friends,

For us, 2021 has been a year of **new challenges** and **further expansion** into unexplored territories.

With determination and mindful of the current challenges, we began operations in four new geographical areas:

- Sierra Leone
- Rwanda
- Malawi
- Guinea-Bissau

Over the years, SwissLimbs has constantly innovated and improved the range of rehabilitation solutions specifically designed for and adapted to low-income countries.

As a result of this dedicated approach, as well as practical experience gained locally in collaboration with various providers, SwissLimbs is recognized as an orthopedic technology specialist in every location where it has a presence.

Despite an additional pandemic year, we operated with dedication and efficiency. In short, 2021 was characterized by the following important achievements:

- Organized **six training missions** for orthopedic technicians in five different countries.
- **Officially opened** the orthopedic workshop within the Obra Dom Orione Institute in Maputo, Mozambique.
- **Built and equipped** the rehabilitation center in Bidibidi refugee camp in Uganda.
- Built **10 family houses** for victims of Cyclone Idai and distributed emergency kits to **196 needy families** in Inhamizua, Mozambique.

Also, this year, we provided **3,192 hours of training** to **77 technicians** and restored mobility to **2,661 patients** through orthotics, prosthetics and assistive devices, as well as physiotherapy care.

Our hope is that 2022 will be the **year of breakthrough and exit from the pandemic situation**.

However, even as I write, Eastern Europe is slipping deeper into a **humanitarian crisis** due to the Russian-Ukrainian conflict, which we closely observe with disbelief.

In this global landscape, I would like to emphasize how SwissLimbs **has always been present and ready** to carry out its mission in the field of orthopedics and cooperation and development.

I believe it is truly **a unique and special organization** that has proven to be consistently able to deliver invaluable results for the benefit of our patients, donors and supporters.

We sincerely hope that we can count on your support during 2022 as well and wish you a good reading.

Cordially,



FILIPPO NISHINO

President
of SwissLimbs

WE HAVE PUT OUR HEART AND SOUL INTO SWISSLIMBS OVER THE PAST 5 YEARS.

In 2021, we had a party in Ticino to celebrate SwissLimbs **5th anniversary**. It gave us great satisfaction to share the joy of this achievement with family, friends, co-workers and donors. Still, many who made the previous 5 years successful and memorable, were not in attendance. In their absence, we remembered those who also contributed to make SwissLimbs the organisation we continue to celebrate today.

Over the years we have trained almost 300 technicians. Some of these people live and work in challenging conditions and must be inventive when they lack the basic tools and supplies to practise their trade, yet many remain passionate and compassionate.

This year we completed **6 training missions** and two major projects, the orthopedic hospital in Tanzania and the rehabilitation centre in Uganda. From the time the first brick was laid until the last chair was unpacked, men and women on location in those places have toiled through hardships of many kinds to see the projects complete. May **their joy** be greater than ours.

THE TEAM CONTINUES TO EXPAND

After her graduation in International Organisation from Leiden University, followed by an internship at SwissLimbs, Alessandra Aries officially became the fourth member of our team. Young and eager to learn, she has contributed to the growth of the organization which includes the expansion to new countries. She is responsible for social media management, fundraising and drafting new projects, as well as some administrative tasks.

"I am grateful to be part of the SwissLimbs team and look forward to my continued learning while helping reach as many beneficiaries as possible".

ALESSANDRA ARIES

Project Manager and
Administrative assistant of
SwissLimbs



We interview every beneficiary that comes to our training workshops to be fitted with a prosthesis. Part of the reason we do this is to understand their medical needs, but we also want to **hear their story** and gain a sense of who they are. Each one's story touches us deeply, but some make a lasting impact.

Take **Adama** from Sierra Leone for example, (see page 18), her ability to forgive and stay positive is a life-lesson we can all learn from. She may have come to receive a prosthetic arm, but she gave back by impacting our hearts. Another who received and now gives back is **Khalfan** (last year's testimonial). An amputee himself, he regularly comes into our center in Mwanza, Tanzania and gently coaches 'new' amputees to overcome the fear of taking their first steps with a prosthesis.

We are so grateful to our donors and volunteers who partner with us to make our training missions, patient rehabilitation and projects possible. Your generosity puts in motion a process that, in a sense, ends when a patient leaves a medical facility with renewed or regained mobility. Yet in the process there are many who graciously give of themselves to make a collection of moments worthy of celebration.

You do not simply give money and time; you invest in people that **change the lives of others**.

Thank you, deeply from our hearts.



ROBERTO AGOSTA

Executive Director of
SwissLimbs

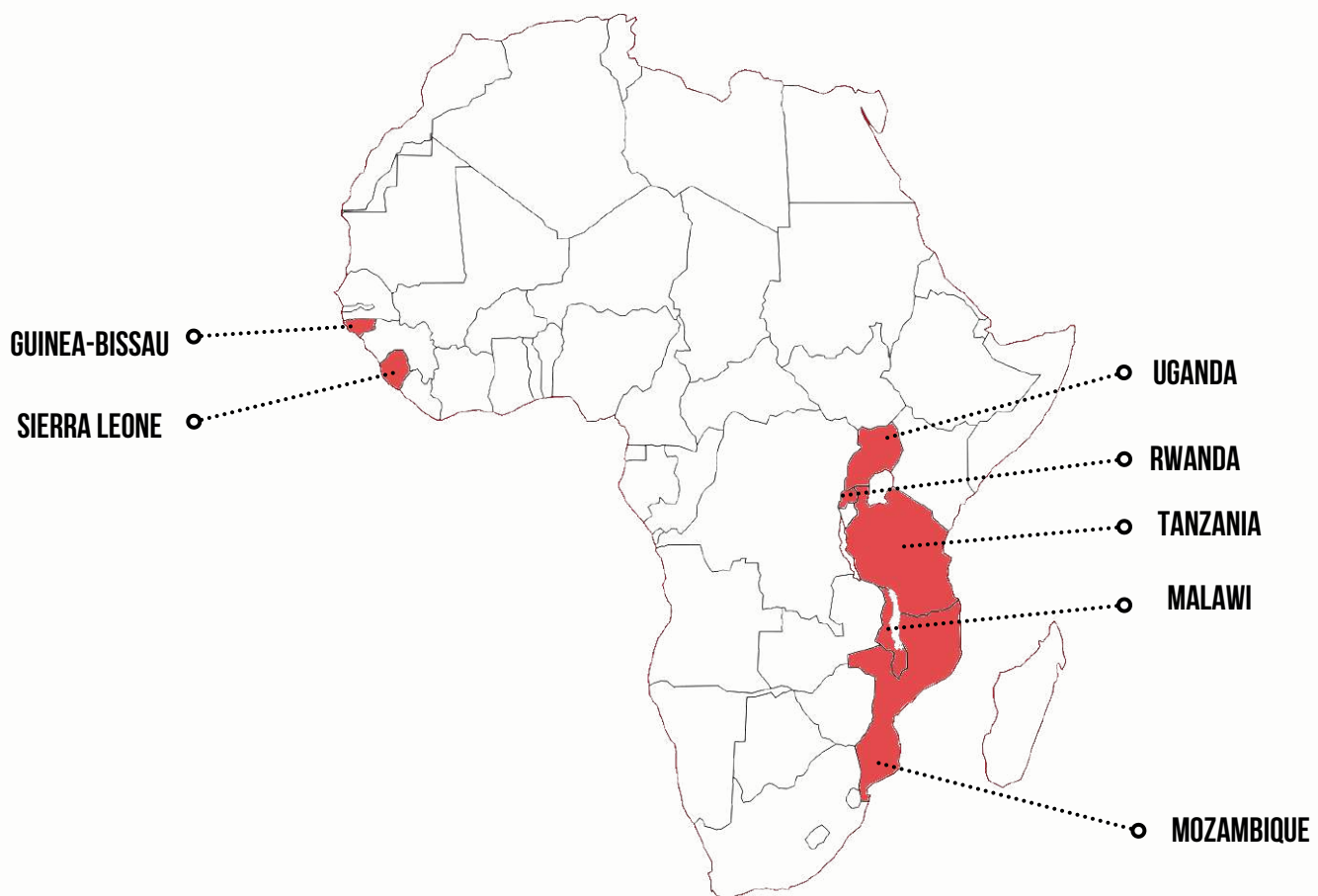
2021: RETROSPECTIVE OF THE YEAR

THE HIGHLIGHT OF 2021 WAS SWISSLIMBS EXPANSION INTO NEW PROJECT COUNTRIES.

Despite the global challenges that SwissLimbs, as well of the rest of the world, had to deal with, 2021 was a year full of new challenges and projects.

Indeed, at the end of the year, SwissLimbs was active in 7 countries in East, West and South-Central Africa: **Uganda, Tanzania, Mozambique, Sierra Leone, Rwanda, Malawi, and Guinea-Bissau.**

This growth involves an increase in the supply of rehabilitation services and orthopedic care, specialized training for orthopedic technicians, and the procurement of materials and assistive devices for disabled people living in some of the most vulnerable countries on the continent.



UGANDA - GULU

SPECIAL FOCUS - VOLUNTEERING EXPERIENCE



In 2021, SwissLimbs began a collaboration with the University of Applied Sciences of Southern Switzerland (SUPSI), which involved sending students abroad for a three-month internship in physiotherapy, occupational therapy, and nursing. During the year, **eight students** had the opportunity to travel to the Gulu Referral Hospital, where in 2020 SwissLimbs initiated a **project to rehabilitate a physiotherapy facility** by renovating the premises, laying a new floor, and procuring new equipment and materials.

The physiotherapy facility is now fully renovated and functional, and during 2021 it received and attended to **2,273 patients**.

The project is supported by a **Swiss family foundation**.



MIRKO FRANZINI

Physiotherapist

Africa had been calling me for many years. In the summer of 2021 Swisslimbs gave me the opportunity to go to the Gulu Regional Hospital where I observed and practiced as an occupational therapist. I had to adapt to performing my responsibilities limited by language and with the minimum of materials.

However, looking back, **I am delighted with the progress I made.** I learned to be flexible, creative, understanding and patient, in addition to learning new methods and approaches of my work from fellow occupational therapists there.



MANUEL AMASI

Physiotherapist

What I have seen with my own eyes in these three months is an infinitely vast nation full of colors and smells. I have seen people hungry for life, happy to have food to eat and a roof over their heads; I have seen hope, faith and the strength of spirit. I have seen life, illness, death and birth, and I have seen the sun rise every day. I prayed before surgery, laughed, cried and spoke in "acholi," the local language. **I will never forget** what I experienced, the dusty streets, the sounds of boda and the slowness of Africa.



SOFIA VENTURA

Physiotherapist

The motivations that made me want to do an internship in international cooperation are many: the humanitarian aspect, personal and professional growth. Through this internship, I improved my introspection skills, learned to know myself better and to **welcome new realities different from my own**. I have developed the ability to adapt to contexts different from what I am used to, knowing how to approach it with curiosity and initiative and approaching "different" as a personal enrichment. I have had the opportunity **to step out of my comfort zone** and create new balances.



ALINE BLOCH

Nurse

Uganda is the place that **broke down my barriers** and beliefs, which taught me how to deal with difficult and in my eyes, unfair situations. There are things that are beyond our control and so are forced to accept, things that challenged me by confronting my limitations and pushed me to grow, that gave me immense joys, smiles but also a few tears, which made me experience extraordinary adventures and hardships, which taught me to make do with little, to adapt and to grit my teeth.

It is hard to feel lonely in Gulu. On every corner in the city there are smiling and friendly people, always ready to chat with you. One of the many lessons I take home from this experience is the **immense welcome** that the people of Gulu gave me. To have such an experience, you must be flexible, because everything will not always go as you wish. One must remain open-minded, welcoming the new reality for what it is without prejudice. Most of all, you have to open your heart, become attached and let people in, who are capable of giving a lot.



LAURA FRONDONI

Occupational therapist



ANNA COLLI

Nurse



SARA LORENZI

Occupational therapist



HRIPTIJAN STAJAKOVSKI

Physiotherapist

UGANDA - ARUA

ORTHOPEDIC WORKSHOP AND TRAINING



The orthopedic workshop in Arua, located within the Arua Regional Referral Hospital which was assisted by SwissLimbs in partnership with AVSI Uganda in 2020, continued its work and service, renewing the mobility of **72 patients with disabilities**.



The city of Arua, in northern Uganda, is strategically located near the border of three of the neediest nations on the African continent (Central African Republic, South Sudan and the Democratic Republic of Congo). This is an area on the doorstep of a geographic area historically rich in ethnic and cultural conflicts, causing major migrations of displaced people fleeing wars, possible retaliation, famine, and forced combatant enlistments. In fact, the region's three main refugee camps (Bidibidi, Rhino Camp and Palorinya) are located around the city of Arua, which accommodate hundreds of thousands of refugees, mostly from South Sudan.

The orthopedic workshop in Arua thus offers its services to **both the city's population and refugees** from the three mentioned camps, becoming an essential place for orthopedic rehabilitation in the region.



The growing need for rehabilitative care posed the need to establish the orthopedic center in Arua with additional orthopedic and prosthetic equipment to replace existing outdated equipment and replace missing equipment.

SwissLimbs then implemented a second phase of the project to purchase new equipment to finish setting up the workshop.

The first phase of the project was financed by **Swiss Solidarity**, while the second phase was co-financed by the **Republic and Canton of Ticino** and **private donations**.

UGANDA - BIDIBIDI

THE “NEW HOPE BIDIBIDI REHABILITATION CENTER”



In 2021 a new rehabilitation center was created in the Bidibidi refugee camp in Uganda; the **New Hope Bidibidi Rehabilitation Center**.

This center was built in partnership with the British NGO Hope Health Action Uganda, under the supervision of the United Nations High Commissioner for Refugees, UNHCR.



The **Bidibidi refugee settlement** (currently the largest settlement in Uganda and one of the largest in the world) was established in 2017 and hosts about 240,000 refugees mostly from neighboring South-Sudan who came to escape the civil war. Bidibidi is the latest camp to spring up in an area where several refugee camps are located; Rhino Camp (hosting 116,000 refugees), Palorinya (122,200 refugees) and Imvepi (70,000 refugees). The camp's needs are incalculable, and the continued arrival of refugees only increases these needs.



People with disabilities who reside in these settlements face tremendous challenges, as very few have access to the support and services (assistive devices, physical therapy, and community support) they need, and many also face discrimination against people with disabilities.

For this reason, SwissLimbs decided to respond to this need with the creation of a rehabilitation center, which provides **a range of physical therapy and orthopedic services** and has 50 people trained in community-based rehabilitation to deliver training and support for the settlement community. Finally, the center includes a **mobile clinic** equipped with an orthopedic workshop for locating and providing services to people with disabilities who cannot travel to the center independently.

The center is fully built and equipped and will become **operational in 2022**.

The project was funded by a **Swiss family foundation**.

TANZANIA - MWANZA

THE "MWANZA PROSTHETICS & ORTHOTICS WORKSHOP" AND OTHER ORTHOPEDIC WORKSHOPS IN TANZANIA



The Mwanza Prosthetics & Orthotics Workshop - MPOW continued its successful rehabilitation work in 2021, donating its services to **57 patients** and offering them renewed mobility and the chance to have a different life.

The MPOW was rehabilitated by SwissLimbs in 2018 and has now become a reference point, both for people with disabilities in Tanzania and for other orthopedic centers in Tanzania and neighboring countries.

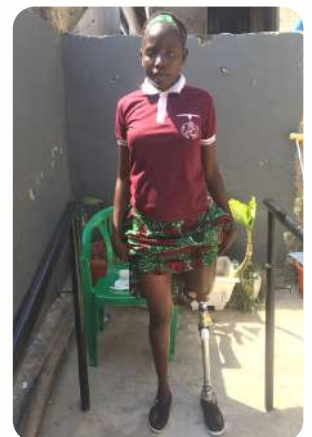


The MPOW's goals for 2021 were to expand orthopedic services, create assistive devices, implement relationships between the MPOW and local providers, and increase the performance of the mobile clinic, with which the MPOW is equipped.

In April, the MPOW was also able to start a partnership with a school that assists children with both cognitive and physical disabilities, supporting their services.

The MPOW then sponsored the **Paralympics** established by the local government in May 2021.

On the day, MPOW manager Claude Mushi gave a lecture on disability and provided assistive devices to be given to disabled students who attended the event.



In addition to the MPOW, SwissLimbs has supported **5 other orthopedic centers** scattered throughout Tanzania. The choice of orthopedic workshops that have been rehabilitated or assisted in their realization, came on an analysis of the real needs of the area and the specific requests from the field (where the needs are more urgent), to be as efficient as possible.

The orthopedic workshops that received support are located in **Kagondo, Shirati, Iringa, Bulongwa and Inuka** cover a wide area of Tanzania (north to south, east to west) and meet the needs of as many people with disabilities as possible.

The project to support the orthopedic workshops in Tanzania was funded by the **Kammea Association**, the **Medicor Foundation** and a **Swiss family foundation**.

TANZANIA - KIBAHA

THE "DESIRE CHARITABLE HOSPITAL & REHABILITATION CENTRE"



In 2021, SwissLimbs' concluded the construction of **its first hospital** in **Kibaha**, Tanzania. Through a local partner Tanzania True Exposure (TTE), SwissLimbs pursued, and completed the work related to the construction of the Desire Charity Hospital and Rehabilitation Centre (DCHRC) and the purchase of the necessary equipment to make it operational. In 2021, TTE also undertook the long process of registering the hospital with the relevant Tanzanian authorities.



The process of registering the hospital was far from easy, although the Tanzanian government was fully involved at every stage.

SwissLimbs began the process in April 2021 but permits to operate did not come through until late November, as the government had to write new requirements because DCHRC is a unique both in terms of the services it offers and how it is designed. The hospital **will become operational** during 2022.

In addition to equipping the machines, in 2021 SwissLimbs purchased and sent **20 Safari Seats** to Kibaha. A Safari Seat is a revolutionary, low-cost, African designed and made wheelchair suitable for all types of terrain.

These devices are intended for the neediest people in Kibaha and were sent from Kenya to be stored at DCHRC while awaiting distribution.



The project is supported by a **Swiss Family Foundation**, the **Swiss Agency for Development and Cooperation SDC** through a call for proposals issued by **FOSIT - Federation of NGOs of Italian Switzerland**, the **Medicor Foundation**, the **Däster Schild Stiftung**, the **J&K Wonderland Foundation**, and **private donations**.

MOZAMBIQUE - MAPUTO

FITTING AN ORTHOPEDIC CENTER AND CHILD SUPPORT



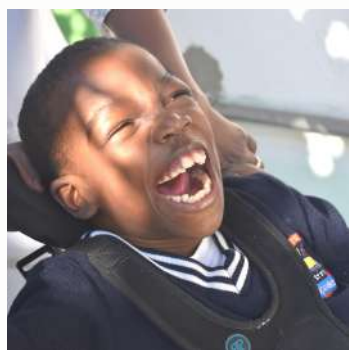
In August, the SwissLimbs team organized a training mission to Maputo and took the opportunity **to inaugurate its orthopedic center** in the Obra Dom Orione Institute.

On **August 19, 2021**, the team, in the presence of the director of the Central Hospital of Maputo, Dr. Teresa Tiago, and the Director of the Instituto Obra Dom Orione, Father Denis, officially inaugurated the orthopedic workshop. Two local television stations, STV Noticias and TV Surdo, also attended the inauguration, which gave extensive coverage of SwissLimbs' project in Maputo.



The workshop is equipped with all the appropriate machinery and materials for the manufacture of prosthetics and orthotics. Since its opening has assisted **20 patients** with disabilities.

During the August mission, which was attended by a large team (President Filippo Nishino, Executive Director Roberto Agosta, Operational officer Nicole Rossi, volunteer Enea Agosta, SwissLimbs Technical Director Daniele Kläy, and volunteer orthopedic technician Edoardo Tognola), **14 orthopedic technicians** were trained and mobility was restored to **10 amputees**.



The team was also able to monitor the conditions of the 40 children and adolescents with severe paralysis and disabilities housed in the institute, to whom SwissLimbs has donated specialized postural and walking devices in past years. After the mission, the SwissLimbs team launched a second phase of the project - called **"The Right to Exist"** - which will provide for the growing needs of these children and simultaneously provide special training missions for the repair and management of the assistive devices.

The orthopedic center was funded by a **Swiss family foundation** and the **Kammea Association**. The rehabilitation project to support the children was funded by **several Ticino municipalities**, the **Alessandro Ghiggia Foundation**, the **Giovanni und Caroline Ferrari Stiftung**, and **private donations**.

SPECIAL FOCUS

HENRIQUE MATSINHE - TO GROW MORE

My name is Henrique Matsinhe and I was born in 1988 in Maputo, the capital of Mozambique.

In 2013, I became a mid-level technician in orthopedics when I graduated at the top of my class and with honors from the Institute of Health Sciences in Maputo.

After graduation, I was placed in the Department of Physical Medicine and Rehabilitation at Maputo Central Hospital. During this time, I worked in several rehabilitation teams in Maputo, but also in Matola, a suburb in the capital, and in Inhambane, in the South of the country.

Since 2015, I have also been a teacher at the Institute of Health Sciences in Maputo, where I give some courses in physiotherapy and ortho-prosthetics, and I have been invited by the Ministry of Health to reform the ortho-prosthetics teaching curriculum in the country and to revise the internship guidelines on this subject. I have also had the privilege of working with people with motor and cognitive disabilities in the neediest communities.

When I met SwissLimbs, I was also in charge of the orthotics section and coordinated this section at the Central Hospital of Maputo.

My first contact with SwissLimbs was in 2018, during one of their training missions to the Central Hospital of Maputo. During this mission I had the pleasure of working side by side with SwissLimbs Ambassador for Africa Emmanuel Kalanzi, from whom I learned a lot.

In 2019, I participated in another training in Tanzania: after this mission, I was offered to collaborate with SwissLimbs and once it opened, become an orthopedic technician at their **orthopedic center in the Obra Dom Orione Institute** in Maputo.

I personally participated in setting up and organizing the center, which opened in 2021, and now work there, using the techniques I learned during SwissLimbs training. During my work I had the opportunity to interact with different professionals who are part of the SwissLimbs network, learning a lot: this exchange allowed me to offer a variety of treatment options to patients.

I hope that my collaboration with SwissLimbs will continue over time and as we expand our services to other parts of the country and, why not, build more centers as well!

HENRIQUE MATSINHE

Orthopedic technician at
SwissLimbs orthopedic
center in Maputo



MOZAMBIQUE - BEIRA/INHAMIZUA

EMERGENCY AID FOR VICTIMS OF CYCLONE IDAI



SwissLimbs' continued its two-year project to **build family houses** for the **poorest victims of Cyclone Idai** in Inhhamizua, which destroyed much of the region in 2019.

SwissLimbs delivered **10 houses**, built to withstand natural disasters, to as many families in the region, benefiting **38 people** in total. These 10 houses are to be added to the 12 already built during 2019 and 2020, thus totaling 22 houses built by SwissLimbs in Inhhamizua.



The houses are modular and designed to be single-family dwellings, consisting of a room and a hall, with an outdoor kitchen and bathroom. The houses can be enlarged by the owners, with one or more additional rooms in the future. All families are now overjoyed to be installed in their respective homes.



In addition, SwissLimbs distributed **emergency kits to 196 needy families**, thanks in part to the support of the local church.

Each family received 25 kg of rice, 10 kg of cornflower, oil, soap, two buckets, dishes, salt, sugar, 5 kg of beans, mosquito nets and a first aid kit.

It was a very successful distribution that really made a difference to the families who received them.

Finally, the "House of Knowledge" with its new **computer classroom** was completed, which was a true blessing for local students.

Twenty senior students and some elementary school teachers were able to participate in a first round of basic instruction of computers literacy as well as the rudimentary aspects of IT and the Internet with Professor Pedro. For some of them it was the first time they worked with a computer.



The project was funded by a **Swiss family foundation**.

SIERRA LEONE - FREETOWN

ORTHOPEDIC TECHNICIAN TRAINING AND NEW PROJECT



The first of SwissLimbs' new project countries in May 2021 was **Sierra Leone**, where the team conducted training for local orthopedic technicians.

Following this first mission, in agreement with local partners, the SwissLimbs team embarked on a project, which will focus on **orthopedic rehabilitation, sustainable agriculture and social integration through sports**.



The training mission was held from 2 – 7 May in Freetown at the National Rehabilitation Center (NRC).

The SwissLimbs team – composed of the Executive Director Roberto Agosta, the technical trainer Bernardo Gomes, and the SwissLimbs orthopedic surgeon and technical advisor Dr. Julian Lair – trained **15 local participants** and assisted **15 patients with disabilities**.

Following this first mission, in agreement with local partners, the SwissLimbs team defined a new project to be launched in 2022, which will focus not only on orthopedic rehabilitation, but also sustainable agriculture and social integration through sporting activities.

The goal of the new project will be to ensure a future for amputees who do not have jobs or who are excluded from social life because of their disability, the stigma attached to it, and the lack of appropriate health care infrastructure.

This will be achieved through the construction of a rehabilitation center and training of orthopedic technicians in Port Loko, the establishment of an agricultural camp, in which amputees will be employed, and the creation of a soccer field specifically adapted for amputees.

The project will be run in collaboration with local partner **SLASA - Single Leg Amputee Sport Association** and the Sierra Leone Ministry of Health.



The training was funded by the **Merano Lions Club** and **private donations**.

RWANDA - NYANZA

ORTHOPEDIC TECHNICIAN TRAINING AND NEW PROJECT



In June and October, the SwissLimbs team traveled to Nyanza, **Rwanda**, to organize specialized training for local orthopedic technicians.

These missions are ascribed to a larger project, which – in addition to training local technicians – also includes the construction of an orthopedic center in the capital Kigali and the procurement of materials and purchase of a mobile clinic.

From **31 May to 4 June**, SwissLimbs' first training mission to Rwanda took place at HVP Gatagara Orthopedics & Rehabilitation Hospital in Nyanza.

17 technicians attended the training, while mobility was restored to **11 amputee patients**. Most of the patients come from the school within the hospital. These are children and adolescents with disabilities who attend inclusive classes so that from an early age, they do not have to experience their condition as a disabling handicap.

This mission was attended by a large contingent of the SwissLimbs team. In addition to the team from Switzerland (consisting of the President Filippo Nishino, the Executive Director Roberto Agosta, the Operational officer Nicole Rossi, and a volunteer, Anthea Agosta), the orthopedic technician trainer and SwissLimbs Ambassador for Africa Emmanuel Kalanzi, and the orthopedic technicians Nicholas Kiiza, Claude Mushi, and Nsengiyumva Magogwa, all from SwissLimbs projects, also participated in the training.



The second SwissLimbs training mission to Rwanda took place from **25-29 October**, again at the HVP Gatagara Orthopedics & Rehabilitation Hospital in Nyanza.

13 orthopedic technicians from 2 orthopedic centers located in the territory participated in the training. Thanks to this mission, **7 patients** were also able to benefit from new prostheses, thus seeing their mobility restored.

The SwissLimbs team for this mission was composed entirely of technicians from East Africa: orthopedic technicians Emmanuel Kalanzi and Claude Mushi.

The project is funded by **Symphasis Foundation, Fonds de soutien Migros, Fonds Jean-Charles Scholder, Del Don Foundation, Else Kröner-Fresenius Stiftung** and **private donations**.

MALAWI - MZUZU

ORTHOPEDIC TECHNICIAN TRAINING



In August, the SwissLimbs team traveled to one of the new 2021 project countries to organize training for the orthopedic technicians: **Malawi!**

From **23-27 August**, orthopedic technicians and trainers Claude Mushi and Nsengiyumva Magogwa – along with the Executive Director Roberto Agosta and the volunteer Enea Agosta – trained **11 orthopedic technicians** in the latest technological innovations at the Mzuzu Central Hospital.



A special feature of this mission was the organization of **the first Monolimb competition** in Africa!

On the second day, after a theoretical presentation of the new technologies, the technicians were divided into four groups to implement in practice what they had learned, under the watchful eye of SwissLimbs trainers.

Thus, the Monolimb competition, SwissLimbs' trademark below-knee prosthesis, was held. The criteria for selecting the winners (pictured left) were **quality, speed and aesthetics**. The prizes: SwissLimbs T-shirts and – of course – lots of chocolate.



The mission was thus an opportunity to assist and restore mobility to **9 amputee patients**.

Among them were victims of violence, traffic and domestic accidents, and diseases.

All the beneficiaries said they were incredibly satisfied with their new leg, which also restored their **hope and joy in life!**

The week of training then concluded with a final **written exam** to ascertain the level of understanding of the concepts learned – which everyone passed with high grades! – and with the **delivery of certificates of participation** and completion of the training to all orthopedic technicians.



The training was funded through **private donations**.

GUINEA-BISSAU - BISSAU

ORTHOPEDIC TECHNICIAN TRAINING



The last mission of the year took place in another new project country for SwissLimbs: **Guinea-Bissau**.

From **15-19 November** 2021, the SwissLimbs team – composed of the Executive Director Roberto Agosta and the orthopedic technician and trainer Bernardo Gomes – delivered a training at the Centro de Reabilitação Motora in Bissau.

In Bissau there is this rehabilitation center – the only one in the whole country! – which has been made available to the SwissLimbs team to impart training. The center includes services in physiotherapy, orthopedics and pediatrics.

The leading causes of amputation in Guinea-Bissau include landmine explosions planted by rebels during internal conflicts, traffic accidents, botched wounds, cardiovascular problems and snake bites.



The mission trained **11 orthopedic technicians, assistants and auxiliaries in ortho-prosthetics**, most of whom never had the benefit of formal training. At the end of the week, all were awarded either a certificate of completion or a certificate of participation in the training week.

The training was also an opportunity to restore the mobility of **eight patients**, including three from Ziguinchor, Senegal.



The training was funded by the generous donation of a **Swiss couple**.

TESTIMONIALS

SOME OF THE BENEFICIARIES OF THE SWISSLIMBS PROJECTS



ADAMA SUMANH

30-years old, from Kambia District, Sierra Leone



THE REBELS FIRST KILLED ALL THE ADULTS, THEN GATHERED THE CHILDREN TOGETHER AND CHOPPED OFF OUR HANDS WITH A MACHETE.

When Adama was eight years old, the rebels stormed his village in Sierra Leone, firing on houses and people, generating a stampede. The rebels then killed all the adults who had failed to take refuge in the jungle: Adama watched helplessly as his parents and everyone he knew were murdered.

After that, the children were rounded up and each had a hand amputated with a machete. There were about 20 or so children, some bled to death the fate of others is yet unknown. Adama was rescued by her older brother, who had saved himself by fleeing the village.

Adama learned to forgive her abusers and find joy in life by thinking about what she can do, and not what she can no longer do single-handedly. She is a mother of a 10-year-old girl and a member of the SLASA Single Leg Amputee Sport Association soccer team, for whom she is the goalkeeper.

During SwissLimbs' mission in May 2021, she received a hand-tool and was also ordered a cosmetic hand-tool to match her skin tone.

BECAUSE OF MALARIA, I FELL INTO A COMA. WHEN I WOKE UP, BOTH MY LEGS WERE GANGRENOUS.



Grace was 13 years old when she contracted malaria, which was not initially treated at the hospital. Her condition worsened day by day until she fell into a coma. When she awoke, both her legs were in an advanced state of gangrene, and the only solution was bilateral amputation.

Nevertheless, Grace is a girl with an infectious smile who dreams of becoming a doctor and reuniting with her large family, consisting of her parents and eight siblings. Grace is currently a student at the school within the HVP Gatagara Hospital but returns to her family in the Western Province of the country during school vacations.

She has received three prostheses since her amputation, as they need to be replaced as she grew. During the SwissLimbs' mission to Rwanda in May 2021, she received two new prostheses.



GRACE UWIDUHAYE

18-year-old from Nyanza, Rwanda



PAULO PITER

30-year-old from Maputo, Mozambique



A COLLEAGUE OF MINE ACCIDENTALLY ACTIVATED A GRENADE: THE EXPLOSION RIPPED MY ARM OFF.

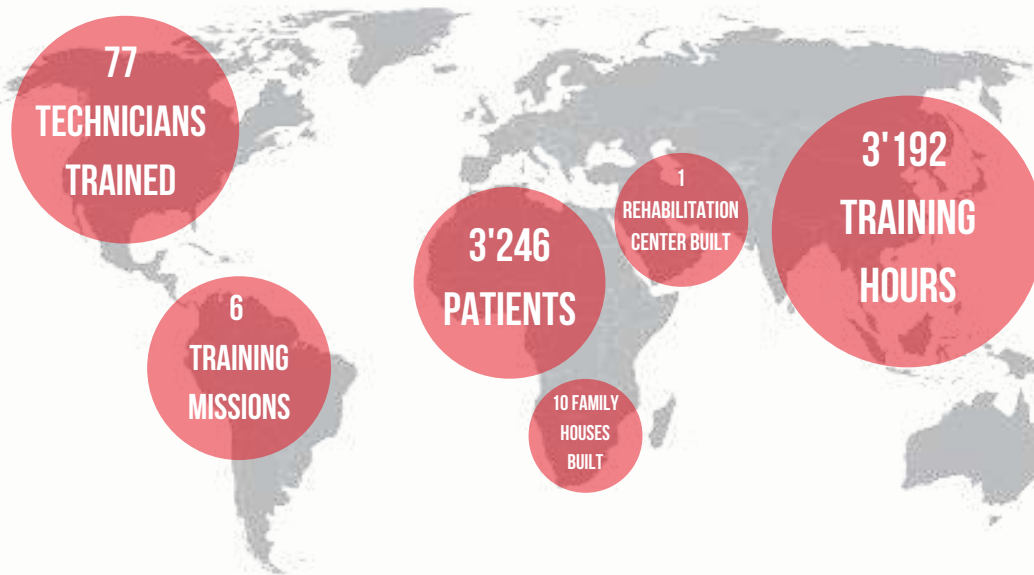
Paulo is a police inspector in Maputo. In January 2021, at the end of an exercise, one of his colleagues mistakenly tampered with the ignition ring of a grenade. Without realizing it, he handed back the weapon, now ready to explode at any moment. The movements caused by the return of the other weapons triggered the grenade, which exploded, hitting Paulo and his other colleagues, who were still standing near the container. One policeman died instantly, others were injured by shrapnel, while Paulo lost three fingers on his left hand.

Upon arriving at the hospital, the doctors concluded that his hand had to be amputated. Paulo remained in the hospital for two weeks after the amputation and had to return a month later because of a blood clot.

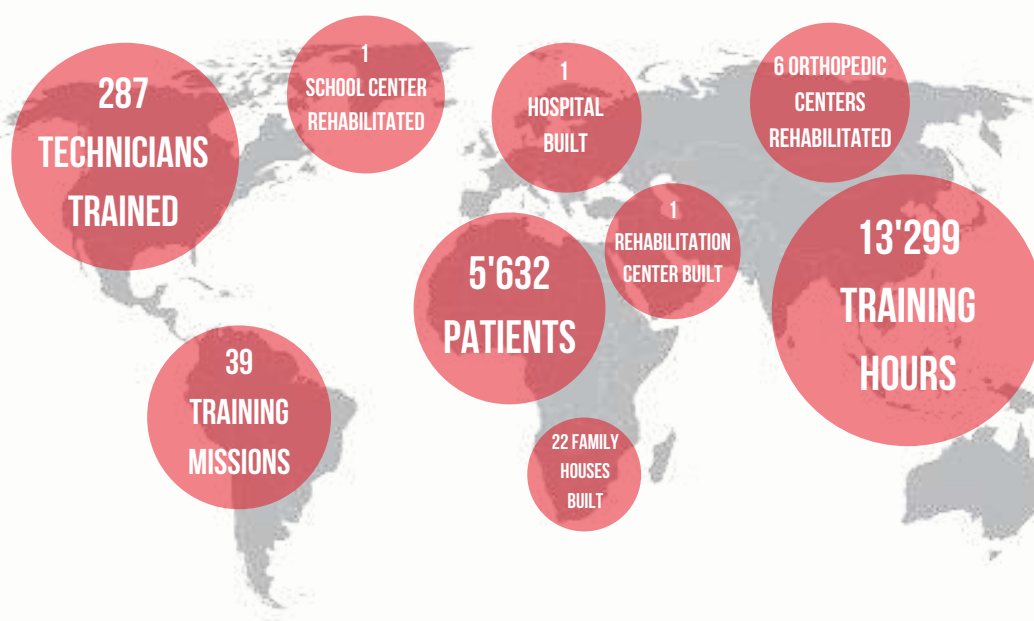
During SwissLimbs' training in Mozambique in August 2021, Paulo received a myoelectric hand, the first prosthesis of his life. He is convinced that this prosthesis will improve all aspects of his life, from doing administrative work in the police to everyday things like playing with his children and driving a car.

THE SWISSLIMBS NUMBERS

2021



TOTALE



FINANCIAL REPORT

| BALANCE SHEET | 2021 | 2020 | Δ |
|-------------------------------------|----------------|----------------|-----------------|
| CASH & EQUIVALENTS | 538'645 | 763'498 | -224'853 |
| OTHER CURRENT ASSETS | 4'221 | 0 | 4'221 |
| TANGIBLE ASSETS | 640 | 7'200 | -6'560 |
| TOTAL ASSETS | 543'506 | 770'698 | -227'192 |
| THIRD PARTIES CAPITAL - SHORT TERM | 10'460 | 16'660 | -6'200 |
| THIRD PARTIES CAPITAL - LONG TERM | 0 | 0 | 0 |
| THIRD PARTIES CAPITAL | 10'460 | 16'660 | -6'200 |
| RESTRICTED FUNDS | 464'748 | 697'543 | -232'794 |
| FREE CAPITAL | 56'495 | 46'180 | 10'315 |
| EARNINGS/(LOSSES) | 11'802 | 10'315 | 1'487 |
| ORGANIZATIONAL CAPITAL | 68'297 | 56'495 | 11'802 |
| TOTAL LIABILITIES AND EQUITY | 543'506 | 770'698 | -227'193 |

| PROFIT & LOSS | 2021 | 2020 | Δ |
|---|-------------------|-------------------|-----------------|
| RESTRICTED CONTRIBUTIONS | | | |
| DONATIONS FOR MOZAMBIQUE PROJECTS | 162'399 | 213'920 | -51'521 |
| DONATIONS FOR UGANDA PROJECTS | 260'263 | 606'554 | -346'291 |
| DONATIONS FOR TANZANIA PROJECTS | 422'719 | 1'037'628 | -614'909 |
| DONATIONS FOR KENYA PROJECTS | 0 | 5'060 | -5'060 |
| DONATIONS FOR RWANDAN PROJECTS | 196'335 | 0 | 196'335 |
| DONATIONS FOR SIERRA LEON PROJECTS | 9'790 | 0 | 9'790 |
| DONATIONS FOR MALAWIAN PROJECTS | 400 | 0 | 400 |
| DONATIONS FOR GUINEE BISSAU PROJECTS | 8'700 | 0 | 8'700 |
| DONATIONS FOR GHANA PROJECTS | 10'790 | 0 | 10'790 |
| TOTALE RESTRICTED CONTRIBUTIONS | 1'071'396 | 1'863'162 | -791'766 |
| UNRESTRICTED CONTRIBUTIONS | 29'878 | 56'598 | -26'720 |
| SALES OF GOODS AND SERVICES | 111'974 | 74'300 | 37'674 |
| TOTAL REVENUES | 1'213'249 | 1'994'060 | -780'811 |
| COST FOR PROJECT FINANCING | -1'185'078 | -1'155'841 | -29'237 |
| PERSONNEL | -174'233 | -138'024 | -36'209 |
| RENTALS | -3'492 | -3'000 | -492 |
| CAR AND TRANSPORT COSTS | -284 | -928 | 644 |
| ADMINISTRATIVE AND IT EXPENDITURES | -61'321 | -29'636 | -31'685 |
| ADVERTISING COSTS | -8'077 | -10'231 | 2'154 |
| DEPRECIATIONS AND AMORTIZATIONS | -6'560 | -1'800 | -4'760 |
| TOTAL OPERATIONAL COSTS | -1'439'044 | -1'339'460 | -99'584 |
| OPERATIONAL MARGINS | -225'795 | 654'600 | -880'395 |
| FINANCIAL RESULTS | 3'097 | -1'742 | 4'839 |
| NON OPERATIONAL RESULTS | 1'539 | 0 | 1'539 |
| EXTRAORDINARY RESULTS | 167 | 0 | 167 |
| EARNING BEFORE PROVISIONS FOR PROJECT EXPENSES | -220'992 | 652'858 | -873'850 |
| CHANGE OF RESTRICTED FUNDS PROVISIONS | 232'794 | -642'543 | 875'337 |
| NET RESULTS (BEFORE ATTRIBUTION TO ORGANIZATIONAL CAPITAL) | 11'802 | 10'315 | 1'486 |

Notes:

A. Only the cost of our hired professional staff are included. The significant contribution made by volunteers is not factored into this expense.

B. Depreciation rate on tangible assets is 20%. The net result is attributed to free capital for both 2021 and 2020.

C. The annual accounts of SwissLimbs have been voluntarily audited by an external and independent auditor and since 2020 the accounts reflect the Swiss GAAP RPC 21 accounting principles.

ACKNOWLEDGMENTS PARTNERS & DONORS

As every year, our heartfelt thanks go to those who have generously supported us and made our projects possible. It is thanks to all of them that SwissLimbs grows from year to year, reaching an ever-increasing amount of beneficiaries. It is an honor and a pleasure to be able to collaborate with such passionate people and institutions.

We reserve special thanks to our precious donors who prefer to remain anonymous but have contributed to our work in the most extraordinary and generous ways!

PARTNER



DONORS



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