

Amsterdam, June 10, 2024

NOLLET
Maëlle
27 allée des Serres,
59700 Marcq-en-Baroeul,
FRANCE
maelle.nollet@hotmail.fr



Dear all,

I am happy to announce that in August, I will be leaving to **volunteer for a year in Benin**. The NGO **Fidesco** is sending me to the service of the **Saint Camille de Lellis** association in the city of Tokan. This year will be a gap year between my Bachelors in Politics, Psychology, Law and Economics at the University of Amsterdam and a Masters in Political Economy



Benin is a tropical country known for its diversity in ethnicities, languages (56), religions, and ecosystems (including mountains, savannahs, forests). With a young and dynamic population, more than 65% are under the age of 25

Benin is a country that is rapidly developing. However, it still needs to overcome several **challenges** such as the **treatment of psychiatric illnesses**. There are currently about fifteen psychiatrists for the 13 million inhabitants, and medical care is inaccessible. Furthermore, various belief systems and the misunderstanding of mental illnesses lead to the exclusion and marginalization of people

It is within this context that the **Saint Camille de Lellis** association, founded by Grégoire Ahongbonon, intervenes. Its different centres welcome people with psychiatric illnesses to work towards their **remission and social reintegration**. Present in the Ivory Coast, Togo, and Benin, the organization has supported over 140 000 people.



I will be volunteering in the centre located in the city of **Tokan**. With my co-volunteer, Elisabeth de Bellecombe, we will be in charge of organising **social animations** such as games, creative and sports **activities** to enhance the patients' well being.

I feel called to service and have been thinking of taking a gap year to do volunteer work for a while. I would like to put my competencies at the service of those most in need in a long-term project.





I am therefore leaving with **FIDESCO**, which, after a year of training, is sending me on a one-year mission. Fidesco was founded in 1980 and sends trained and competent volunteers to countries in the Global South: over 200 volunteers are currently active in 28 countries worldwide. They work alongside local populations, sharing their expertise in education, agronomy, medicine, mechanics, teaching, management, and more. On-site, volunteers receive an allowance that allows them to live under conditions similar to those of the local people. **Modest conditions, but fair.**

Fidesco covers the costs of my mission: pre-departure training, airfare, insurance, administrative support, living allowance on-site... A portion of this budget is funded by the Ministry of Foreign Affairs, but the remainder **(75%) relies on donations to Fidesco.**

Without you, Fidesco cannot send volunteers. Without you, Fidesco cannot respond to the call from local Churches and their bishops who ask for our assistance. **That is why I invite you to join me on this adventure!**

How? By sponsoring this year-long mission.

It's very simple: **support Fidesco with a monthly donation of €15** (or an equivalent one-time donation), and every three months, you will receive **my mission reports**. This way, you will experience the adventure with me!

You can also support me simply with a donation of any amount. Know that no donation is too small, and your help is invaluable!

I also especially count on your thoughts and friendly support to accompany me on this adventure. I hope you will stand by me throughout my mission.



See you soon and thank you
so much for your support! :)

Maiëlle Nollet

PS : If you pay taxes, make sure to check the reclaiming system applicable to donations in your country.

To support my mission directly online:

<https://www.fidesco.fr/nollet2024>