

A word from the President and the CEO

In 2018–2019, ensuring lasting access to education, health care and a decent income for everyone while building capacity among our partners through the transfer of skills continued to drive Terre Sans Frontières (TSF). To actualize this commitment, we drew on our three main action pillars: sustainable development, humanitarian aid and volunteer cooperation.

varying degrees, in each of our programs and the countries where we work, in conjunction with our increasingly autonomous and competitive field offices.

In 2018–2019, the socio-political situation was delicate in many countries. In Mali, extremist groups' ongoing activities continued to com-

though the main outbreaks are outside of our response zones, we must exercise caution.

These situations highlighted the importance of effective security and risk management. Accordingly, we reviewed the related strategic directions, guiding principles and governance structures, and, at the end of the year, adopted a policy based on best practices in the field, including the ISO 31000:2018 standard. We completed a rigorous process, with the support of a resource from UQAM's Canadian Research Institute on Humanitarian Crisis and Aid (OCCAH), among others.

With close to 200 employees in the field and dozens of volunteer cooperants involved in our projects every year, this exercise was essential. Our unwavering commitment and dedication to all the people and organizations we work with guided us in this endeavour.

Furthermore, we are currently renewing or adopting an environmental policy and a policy on the prevention of sexual abuse and exploitation, which will be integrated into the system for the disclosure of wrongdoings or professional misconduct launched this year.

We also strengthened our relationship with various stakeholders, including the Marcelle and Jean Coutu Foundation. With its new five-year (2019-2024) program to empower local initiatives, it reaffirmed its commitment to Sahel 21, a



Based on clearly defined geographical areas, we aligned our organizational structure to enhance each person's role and responsibilities, emphasize the priorities in the field, remain consistent and keep pace with our environment. We can therefore use our three pillars productively, to

plicate matters, especially in the North where we work with UNHCR, the UN Refugee Agency. For a few months, popular protests rocked Haiti, forcing us to temporarily pull back on our activities. In the Democratic Republic of the Congo, Ebola cases continued to rise, and even

TSF subsidiary in Mali. The Marcelle and Jean Coutu Foundation also adopted a new annual plan for Haiti.

Our partnership with UNHCR continued in the Republic of the Congo, Mali and the Democratic Republic of the Congo. It remains steadfast, despite the vagaries of the humanitarian aid sector. Unfortunately, our programs are not impervious to ongoing and emerging crises. We had no choice but to close around 10 rural health centres in the Republic of the Congo; however, we are searching for partners and an independent source of financing to reopen some of them.

In other news, the fourth year of our five-year volunteer cooperation program with Global Affairs Canada (GAC) produced the expected results in visual and dental health as well as homeopathy. We've made great strides in training local staff, and our partners are taking over numerous activities, including prevention and screening. This aspect is increasingly integral to interventions directly aimed at communities, especially young people. The last year of this five-year program is already under way, and we're delighted with how much we've accomplished by implementing specialized care in areas that desperately needed it.

None of this would have been possible without the dedication and total commitment of our wonderful team, both here and in the field. These achievements are also an amazing expression of the solidarity shown

by our members, Board of Trustees, volunteers, donors and stakeholders.

On behalf of TSF and everyone we help, thank you.

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Jean L. Fortin

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Sustainable development



This pillar is at the heart of our interventions and represents 51% of our activities in numerous countries. We work with stakeholders who wish to make a difference in specific areas, particularly education, drinking water and community development.

Haiti

TSF pursued four projects to promote the education and wellness of children and youths in Haiti, at the Maison de l'Avenir Jacqueline Lessard and the Laferté-Roy school in Croix-des-Bouquets, the Saint François d'Assise care centre in Île-à-Vache, the Les Mains

Ouvertes school in Les Cayes, and the job training workshops in Vialet.

In the wake of the protests that erupted in Haiti in July of 2018, TSF launched social peace efforts such as the inauguration of a potable water and telephone charging station in Croix-des-Bouquets. Every day since the opening, approximately 300 people have come to charge their phones, and some 200 families have been able to obtain 20 litres of water.

What's more, the extracurricular activity and education for global citizenship program put forth in all our projects proved to be especially positive. In one month, around 60 girls signed up for a workshop in Vialet

teaching self-defence against gender-based violence.

In Abricots—more specifically, in Balisier, an isolated community in the hills—a second school destroyed by Hurricane Matthew in 2016 was reconstructed. Two classes with access ramps were built. School furniture, a sanitary block, a water fountain and electricity were also provided for the building. What's more, the

infrastructure is of sufficient quality to become a shelter in the event of a hurricane.

Democratic Republic of the Congo

In the past year, our actions in the Democratic Republic of the Congo centred on education. In Bunia, development continued on a large school complex that offers all levels of education run by the Brothers of Chris-





tian Instruction; two new classrooms were built. In Dungu, the roof of the Wando high school was redone, and computers were added to the existing equipment. Two wells were also dug.

Uganda

A few projects were carried out in Uganda, within a context of ad hoc support. Notable achievements last year include the ongoing development of a trade school in Nebbi, in collaboration with the Filles de la Providence, and the construction of a small home for seniors in Kirigime.

Mali

Sahel 21, a TSF subsidiary in Mali (Sahel 21-TSF), finalized and received approval for a new five-year (2019–2024) program to empower local initiatives that will be funded by the Marcelle and Jean Coutu Foundation.

In the past year, Sahel 21-TSF's six main spheres of action were again at the heart of sustainable development initiatives in 22 villages with a total of 21,595 inhabitants.

Local development

Support for villages continued,

mainly through workshops on administrative management and village governance. To date, 20 of the 22 villages are deemed strong, which means they've developed a high degree of autonomy.

Literacy

A literacy campaign was held in 18 villages, and two new literacy centres were built. Furthermore, 61 girls received a scholarship during the year, 15 of whom obtained a diploma.

Health

Three cistern water systems were built, and five others were rehabi-

litated. More water source committees were put in place and benefitted from capacity building.

In Didieni, a birth centre and latrines were built.

Revolving credit

Training of managers in six villages and members responsible for governance in 11 villages had a positive outcome. The recovery rate for allocated funds rose to 97%, and villagers' savings rate increased 85%.

Food security

The 48 supported family operations had good harvests, improving food self-sufficiency from 52% in 2017 to 72% last year..

Rural entrepreneurship

A total of 14 new promoters—eight women and six men—learned about

the economic principles of entrepreneurship through workshops consisting of six sessions with nine modules each. They are now able to prepare business plans.

In the Sanankoroba commune, three classrooms were also built in partnership with the Sisters of Charity of Saint-Louis. As well, a fence was installed around two agricultural parcels to keep out animals.



Humanitarian aid





This pillar represents 46% of our activities, carried out for the most part with UNHCR in the Republic of the Congo, Mali and the Democratic Republic of the Congo. We assist two types of beneficiaries: refugees from neighbouring countries, and returnees who fled to neighbouring countries or other areas of their own country.

Republic of the Congo

In the Republic of the Congo, our team continued to oversee health and nutritional care on behalf of UNHCR, helping more than 56,000 refugees from the Democratic Republic of the Congo and the Central African Republic.

Medical assistance is provided to refugees in two vastly different environments—at a health and social services centre in the country's capital, Brazzaville, which is a bustling city, and in a rural area in the Likouala region, where the points of service are a local hospital and two clinics.

Primary health care forms the basis for the interventions, including mental health care. The team avidly promotes prevention, emphasizing epidemiological surveillance with the development of a response mechanism for epidemics, reproductive health and the management of HIV/

AIDS. The nutritional monitoring and supplementation program for children suffering from moderate to acute malnutrition as well as pregnant and nursing women is still under way.

Mali

In Mali, our humanitarian aid program is conducted in two parts: reintegration support for almost 60,000 returnees and assistance for close to 7,500 refugees from Burkina Faso and Niger.

Returnee support, provided in partnership with UNHCR, involves assistance, protection and reintegration projects, such as the rehabilitation of traditional shelters, well drilling and the resumption of income-generating activities, with youth groups in particular.

Regarding refugees, the past year's efforts have mainly entailed providing water and adequate sanitary facilities, as well as distributing kits containing essential products.

Moreover, phase 2 of a Sahel 21-TSF intervention to build grain banks in response to famine is now over; 203 tonnes of grain were distributed in 82 villages with a total of 276,933 inhabitants.

Democratic Republic of the Congo

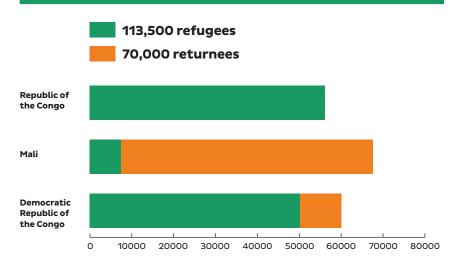
Assistance and protection for more than 50,000 refugees, and reintegration support for more than 10,000 returnees are the two com-

ponents of our humanitarian aid program with UNHCR in the Democratic Republic of the Congo.

In the last year, refugee support made it possible to provide traditional shelters, distribute household items and sanitary products, build or improve school infrastructure to foster access to education, and facilitate agricultural production and self-employment.

Congolese returnees benefitted from a new water source, as well as a school for 390 refugee, returnee and Indigenous students. Support was also provided to various groups for livestock and agricultural development, in the form of equipment and assistance.

183,500 BENEFICIARIES OF HUMANITARIAN AID IN 2018-2019







Volunteer cooperation



This pillar, which holds up 3% of our international program, revolves around mandates under our partnership with GAC and so-called regular mandates.

In the last year, as part of our Global Affairs Canada program, mandates were assigned to dentistry, optometry and homeopathy professionals in Tanzania, Bolivia and Honduras. Mandates under our regular program also brought together professionals in these three fields, as well as in physiotherapy, administrative management and accounting.

The primary goal of all our interventions was to enhance the skills of local professionals and partners. Our health-related undertakings focused on the development of prevention

programs and the provision of care. In 2018–2019, 48 people, including 40 women, completed a volunteer cooperation mandate.

Tanzania

Tanzania is part of our program with GAC. In the last year, seven volunteers travelled there to continue developing the skills of health professionals at dentistry and optometry clinics at the hospital in Usangi, the Kifula Health Centre and the Mwanga Health Centre.

The volunteers gave 14 practical and theoretical courses during the year on the use of various devices, asepsis and hygiene in a clinical environment, diagnoses and different pathologies. Information guides were also developed or provided. These activities made it possible to strengthen the competencies of 19 local professionals, including 12 women.

TSF also continued to develop and deploy prevention campaigns for dental and visual health, reaching 683 schoolchildren.

As part of our regular program in Tanzania, two physiotherapists and two physical rehabilitation technicians carried out training activities with physiotherapy students at the Kilimanjaro Christian Medical University College in Moshi, among others. They also went to St. Joseph Hospital in Moshi and the hospital in Kibosho, to provide care and enhance the skills of physiotherapy department staff.

Bolivia

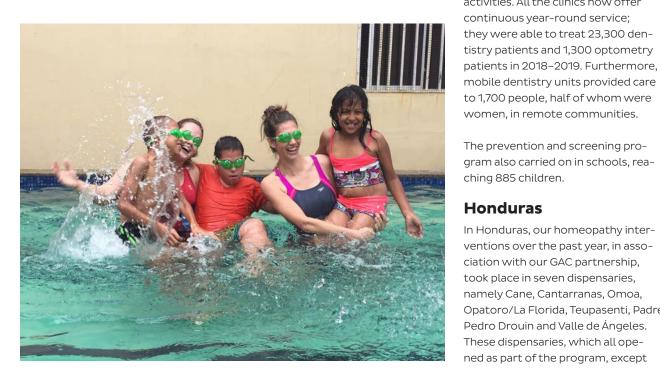
Our program with GAC includes Bolivia as well. The past year has been



The prevention and screening program also carried on in schools, reaching 885 children.

Honduras

In Honduras, our homeopathy interventions over the past year, in association with our GAC partnership, took place in seven dispensaries, namely Cane, Cantarranas, Omoa, Opatoro/La Florida, Teupasenti, Padre Pedro Drouin and Valle de Ángeles. These dispensaries, which all opened as part of the program, except





for Padre Pedro Drouin, mainly serve remote communities. Training was the main focus of the homeopaths in the field, whose objective was to further enhance local skills. Thus, 94 people, including 71 women, participated in 13 training activities, to increase homeopathic knowledge among clinic officers as well as community health promoters—the first line of intervention. These initiatives made it possible to provide services to 1,588 people in the last year.

Ecuador

In Ecuador, as part of our Québec sans frontières (QSF) project with the Ministère des Relations internationales et de la Francophonie du Québec, we completed a fourth year of collaboration with the Unidad Educativa Especializada Fiscomisional Nuestra Señora del Carmen, a specialized school for children with disabilities. Six physiotherapy graduates from Université de Montréal led daily exercise programs with the children and their teachers, created parent-child activities adapted to the school's clientele, discussed best practices with the local therapist and organized physical activities for seniors.

As the project also aims to facilitate the children's social integration in Ricaurte, the municipality where it is unfolding, awareness activities were presented in mainstream schools.

Senegal

In Senegal, Physiothérapie Sans Frontières (PSF) continued its interventions with the Association Nationale des Postes de Santé Catholiques du Sénégal (ANPSCS), which represents 76 health structures. Over the last year, volunteer cooperants gave six training sessions to 18 health professionals (midwives, nurses, gynecologists), reinforcing their abilities to diagnose and treat perineal and pelvic problems, and improving their hygiene knowledge, for pelvic floor rehabilitation in particular. Midwives at several health structures also received clinical practice coaching on perineal issues.

Haiti

Our Office of sound management and governance (OSMG) sent a group of four accounting students to Haiti, along with a professor and a TSF volunteer accountant, as part of a partnership with Université du Québec à Trois-Rivières and CPA Without Borders. The goal was to further develop the management skills of the Sisters of Charity of Saint-Louis, our TSF partners who run schools and health centres in Haiti.

Philippines

For many years, as part of a partnership with the Brothers of Christian Instruction, we occasionally provide dental and visual care in the Philippines. Last year, a Dentistes Sans Frontières (DSF) team went to the island of Panay and provided urgent care to more than xx people..

Republic of the Congo

For the first time, Optométristes Sans Frontières (OSF) were entrusted a mandate in the Republic of the Congo, where we provide health care to refugees in partnership with UNHCR. Our team provided visual health services to refugees and the local population in Bétou and Brazzaville, and trained health care staff.



Mandates completed

Office of sound management and governance (OSMG)

6 regular volunteers - Haiti

Dentistes Sans Frontières (DSF)

8 GAC volunteers - Bolivia and Tanzania 6 regular volunteers - Philippines

Homéopathes de Terre Sans Frontières (HTSF)

6 GAC volunteers - Honduras

Optométristes Sans Frontières (OSF)

2 GAC volunteers - Bolivia and Tanzania 10 regular volunteers - Cambodia, Philippines, Republic of the Congo

Physiothérapie Sans Frontières (PSF)

6 regular volunteers - Tanzania and Senegal

Québec sans frontières (QSF)

4 regular volunteers - Ecuador

Our 2018 - 2019 volunteers

Alexandra Gagnon (PSF) Amanda Matos (PSF) Amélie Mongeau (BSGBG) Annick Fortin (DSF) Carla Marcelis (HTSF) Carmen St-Pierre (OSF) Catherine Lafrance (QSF) Céline Richard (DSF) Chloé Bourassa (BSGBG) Christiane Béliveau (OSF) Christiane Magee (HTSF) Claire Deschamps (DSF) Cynthia Lemire (HTSF) Cynthia Wilcott (DSF) Darquise Tardif (OSF) Duy-Dat Vu (DSF) Élisabeth Marceau (QSF) Éric Brouillette (BSGBG) Eugenia Birca (DSF) Hector Tremblay (OSF) Kassandra Lepage (QSF) Kate Hudson (HTSF) Laurence Chassé (BSGBG) Léa Haikal (DSF) Lise Raymond (HTSF) Lucie Boutin (OSF) Manon Pelletier (PSF) Marie Côté (OSF)

Marie-Carmen Dallaire (BSGBG) Marie-Ève Sylvestre (DSF) Marize Ibrahim (PSF)

Marylène Girard (PSF) Monica Lavallée (OSF)

Nathalie Dumont-Dessureault (OSF)

Nathalie Raymond (OSF) Nicolas Blais (BSGBG)

Nicole Préault (HTSF) Nicole Saba (DSF)

Pierre Lavallée (OSF) Roxanne Ha (DSF)

Sarah Andriamanjay (DSF)

Sarah Hacount (QSF)

Serge Gilbert (DSF)

Serge Poulin (OSF)

Stéphane Fortier (DSF)

Suzanne Fortin (PSF)

Tasmine Esmail (DSF)

Virginie Girard (OSF)

Funding and communication

Big draw

For our annual draw, we sold 1,907 tickets out of the 2,000 available. This draw is our main public fundraising activity, providing us with essential financial resources to fulfill our mission and inspire solidarity among those who wish to contribute to international development.

International Development Week

In February 2019, we organized a happy hour at a Montréal café for International Development Week, which takes place every year across Canada. Two of our volunteers shared their experience in the field, and around 40 people attended the event.

IVCO

In the fall of 2018, the International Volunteer Cooperation Organisations

(IVCO) held their annual conference in Montréal. We took advantage of the opportunity to participate in this major event, where more than 200 people from some 50 organizations came together around the theme "Women and Youth: Bridging the Gap – Volunteering for Inclusive Development." TSF had a booth at the event, and one of our volunteer cooperants shared her story at a human library, an activity during which participants talk about their experiences one on one.

Eyeglass recycling

Our used eyeglass collection program is a resounding success. We now have 254 active collection points throughout Quebec. More than 200,000 pairs of glasses have been recycled and given to people with

limited access to visual health care. Many volunteers are involved in this activity.

QSF photo exhibition

The physiotherapy students who went to Ecuador with QSF came back with many meaningful memories, which they shared in a photo exhibition at the Université de Montréal school of rehabilitation.

OUR OUTREACH		
Website	42,432 visitors	190,000 page views
Facebook	6,212 followers	6,161 likes
You Tube	29 subscribers	1,482 views
Instagram	127 followers	151 posts

Our commitments

Environment

We are committed to preserving natural and human environments, by not only incorporating relevant initiatives into our programs, but also offsetting our ecological footprint.

200 trees were planted in Canada to offset 200 flights.

5,000 trees were planted in Bolivia to improve the environment surrounding the clinics.

1 awareness day about the harmful effects of burning trash was organized in Honduras.

Gender equality

We are committed to ensuring that women fully participate in the development and wellness of their communities, as decision makers and agents of change.

86 health care professionals strengthened their skills in 3 countries.

61 students received a scholarship in Mali.

40 volunteer cooperants went into the field in 9 countries.

Governance

We are committed to improving our partners' skills, so they can rely on good governance structures and processes allowing them to properly serve their communities and contribute to the development of civil society.

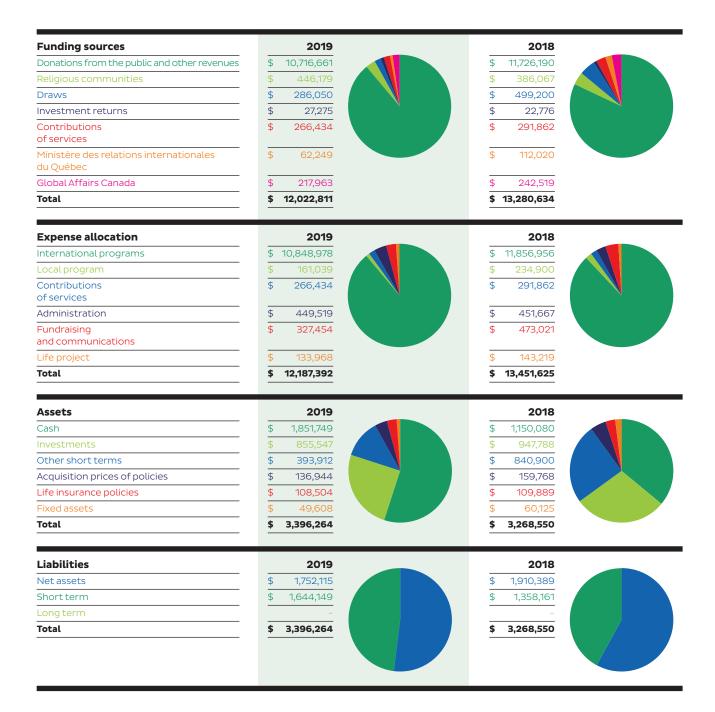
6 information meetings were organized in municipalities in Tanzania, Bolivia and Honduras.

27 local agents received accounting training in Haiti.

377 people, including 135 women, received training in administrative management and village governance in Mali.



Financial information



Stakeholders and donors

In the past year, people, businesses, institutions and religious communities gave us their financial support, so we could fully accomplish our mission. For that, we extend our heartfelt thanks.

We would also like to thank those who showed solidarity by participating in our big draw.

Lastly, we are truly grateful to all the volunteers who donated their time, in particular to collect and prepare used glasses, which are indispensable for our visual health interventions.

Stakeholders

Fondation Marcelle et Jean Coutu Agence des Nations Unies pour les réfugiés Frères de l'Instruction Chrétienne Affaires mondiales Canada

Ministère des Relations internationales et de la Francophonie du Québec

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