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FINAL REPORT FOR "MISSION OF HOPE"

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EXECUTIVE SUMMARY

The “*Mission of Hope*” project, implemented by “*Un Jour Nouveau*” through Generation Hope Department with the financial support of “*Lau Talks About It*”, was carried out in Goma, North Kivu, during the first half of 2025. The project aimed to empower young people by reinforcing their identity, promoting healthy relationships, and encouraging responsible sexuality, grounded in Christian values.

Over the course of six months, the project reached a total of 522 young people (205 boys and 317 girls), surpassing the initial target of 446 participants (117% achievement rate). The beneficiaries were engaged in four interactive sessions, complemented by the creation of 15 small groups of 10 to 15 members each, of which seven were actively followed up. These small groups, hosted within churches, schools, and youth community-based organisations, became safe spaces for young people to reflect, share experiences, and deepen their understanding of identity, relationships, and sexuality.

Key achievements of the project include:

- Total beneficiaries reached: 522 young people (205 boys; 317 girls),
- Sessions conducted: 4 sessions, averaging 50 participants per session,
- Girls’ participation rate: 105 girls benefited, representing over 40% of the total for the month reported,
- Small groups created: 15, with seven followed up closely,
- Referrals made: Several young people were identified and referred for additional psychosocial or medical support.

Beyond the numbers, the project created an environment where young people developed stronger self-esteem, improved decision-making skills, and greater awareness of risks linked to early pregnancies, sexually transmitted infections, and peer pressure. Testimonies collected from participants and small group leaders highlight a noticeable shift towards responsible behaviour and a genuine desire to continue discussions in their peer groups.

While challenges were encountered, such as the lack of financial resources to support small group leaders, these were mitigated through open dialogue, clear explanations, and encouragement.

Overall, “*Mission of Hope*” has proven highly impactful by equipping young people in Goma with knowledge, values, and life skills essential for their personal development and community well-being. The lessons learned will serve as a foundation for future initiatives, with the perspective of sustaining and expanding small group activities into 2026 and beyond.

I. GENERAL INTRODUCTION

1. Global context

Young people in Goma, North Kivu, continue to grow up in a fragile and challenging environment. Recurrent armed conflicts, chronic poverty, unstable family structures, peer pressure, and the lack of safe spaces for dialogue expose them to multiple risks affecting their holistic development. In such a setting, issues of identity, interpersonal relationships, and sexuality are often overlooked, leaving many adolescents and young adults vulnerable to negative outcomes.

The absence of reliable and contextualised information, combined with insufficient psychosocial support, often leads to high-risk behaviours such as early pregnancies, sexually transmitted infections (STIs), psychological distress, and a general lack of role models. This reality underscores the urgent need for structured interventions that provide guidance, safe spaces, and value-based education for young people.

1.1. About the partner “Lau Talks About It”

Lau Talks About It is an independent initiative that draws upon years of experience in social work, particularly with victims of violence, abuse, and sexual exploitation in the Netherlands and internationally. Through this experience, the deep fractures and vulnerabilities related to sexuality and relationships became evident, leading to a strong commitment to prevention and early support for young people.

The organisation’s mission is to empower young people in their identity, relationships, and sexuality. Its training programme provides a safe framework for open conversations, helping young people to discover their self-worth, make informed choices, and prepare for life’s relational and sexual challenges. The methodology has already been applied successfully in schools and organisations, equipping youth with essential life skills and moral grounding.

1.2. The Mission of Hope project

In response to the challenges faced by Goma’s youth, *Un Jour Nouveau*, through its *Generation Hope Department*, launched the *Mission of Hope* project in partnership with *Lau Talks About It*. The initiative was designed to create safe, interactive, and value-driven spaces where young people could learn about identity, build healthy relationships, and embrace responsible sexuality. The project combined capacity-building sessions, small group mentoring, and peer-to-peer engagement to foster lasting change at both the personal and community levels.

2. Project objectives

2.1. Overall objective

To contribute to the personal, relational, and spiritual development of young people in Goma by providing education on identity, healthy relationships, and responsible sexuality, grounded in Christian values.

2.2. Specific objectives

The project pursued the following specific objectives:

- Strengthen personal identity and self-esteem among young people by equipping them with knowledge and confidence to make informed decisions.
- Promote healthy and respectful relationships between adolescents and young adults, emphasising values of mutual respect, empathy, and responsibility.
- Provide integrated sexual education, combining accurate information with moral and spiritual guidance to enable responsible choices and prevent risky behaviours.
- Create safe spaces for dialogue and mentorship where young people can express themselves freely, learn from role models, and develop resilience in facing social pressures.

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II. PROJECT IMPLEMENTATION

The implementation of the *Mission of Hope* project unfolded in several phases that built progressively on one another, ensuring that both the trainers and the young participants were adequately prepared, accompanied, and supported throughout the process.

II.1. Capacity-building sessions

The project officially started with a series of capacity-building workshops facilitated by Mrs. Laurien Monsma, founder of *Lau Talks About It*. These sessions were not merely technical trainings but were also moments of vision alignment, equipping the trainers with both the knowledge of the core modules (identity, relationships, and sexuality) and the pedagogical skills necessary to effectively transmit the content.

The training methodology combined lectures, role plays, interactive discussions, and case studies, enabling participants to reflect on their own perceptions of identity, relationships, and sexuality before transmitting the knowledge to young people. This preparatory step was essential: it not only standardised the trainers' understanding of the modules but also created a sense of ownership and confidence. Many participants testified that the sessions themselves transformed their perspectives and gave them new confidence to accompany young people facing sensitive challenges.

II.2. Constitution of training pairs (binômes)

After the initial training, the facilitators were structured into pairs (binômes), each composed of two trainers working closely together. The creation of pairs (binômes) was strategic: it ensured co-responsibility, continuity, and quality assurance. Within each pair (binôme), the roles were clearly defined:

- Lead facilitator: responsible for delivering the main content of the session, guiding the discussions, and ensuring that the objectives of the module were met.
- Co-facilitator: responsible for moderating group dynamics, supporting interactive activities, managing logistics (such as attendance sheets and materials), and documenting the key points and observations of the session.

This system provided space for collaboration, peer-learning, and mutual accountability. It also helped reduce the risk of fatigue, allowed flexibility in facilitation, and ensured that one trainer could provide support if the other encountered difficulties. Supervisors from *Un Jour Nouveau* regularly followed up with the pairs (binômes) to ensure that the roles were respected and that trainers were learning from one another.

II.3. Launch of field activities

With trainers organised and equipped, the project proceeded to the field implementation phase. Activities were conducted in churches, schools, youth groups, and community centres across Goma, providing young people with safe spaces for reflection and discussion. Sessions were

planned around the three thematic modules and were conducted using interactive and participatory methods such as storytelling, role plays, small group discussions, and open Q&A.

One of the key innovations of the project was the establishment of 15 small groups of young people, each consisting of 10 to 15 members. These groups were facilitated by trained leaders and became safe, accessible platforms for continuous dialogue. Out of these, seven small groups were closely followed up throughout the reporting period. Young people in these groups expressed a deep interest in continuing discussions beyond the structured sessions, and many saw the groups as safe havens where they could share their personal challenges and find guidance from peers and facilitators.

The sessions recorded an average participation of 50 young people per session, with particular emphasis on ensuring a significant representation of girls. Indeed, girls made up 317 of the 522 total participants during the project, showing a strong engagement and a demand for spaces where their voices could be heard.

II.4. Monitoring and follow-up

Monitoring was a central component of the project, ensuring accountability and continuous improvement. Each pair (binôme) was responsible for collecting attendance data, documenting participant interactions, and highlighting any issues or cases that required referral. A number of young people were referred to psychosocial and medical services as needed, demonstrating the project's integration into a broader network of support services.

Regular coordination meetings were held between trainers, pairs (binômes), and supervisors. These sessions served as moments for collective reflection, problem-solving, and lesson-sharing. Trainers discussed the challenges encountered, such as misconceptions about financial incentives for small group leaders or logistical limitations, and explored strategies to address them. This reflective approach enabled the project to remain flexible and responsive to the realities on the ground.

II.5. Major results achieved

The “*Mission of Hope*” project achieved remarkable results during its implementation, both in terms of outreach and in terms of qualitative impact on the lives of young people in Goma.

II.5.1. Quantitative results

Age group	Boys	Girls	Total	% of Target
Under 12 years	5	3	8	
From 12 to 15 years	22	36	58	
From 16 to 18 years	70	78	148	
Over 18 years	108	200	308	
Total	205	317	522	117%



The project initially targeted 446 young people. By the end of the implementation period, a total of 522 young people were reached (205 boys and 317 girls), representing 117% of the initial target. This demonstrates not only the effectiveness of mobilisation but also the strong interest of the youth in participating in safe, interactive discussions on identity, relationships, and sexuality.

II.5.2. Key indicators

Indicator	Result Achieved
Total number of young people reached	522
Number of sessions conducted	4
Average number of participants per session	50
Number of girls reached	317
Number of small groups created	15
Number of small groups followed up closely	7
Number of referrals (psychosocial/medical)	Several cases referred

These indicators show that the project did not only meet its planned outputs but also created additional opportunities for continuous engagement through the small groups.

II.5.3. Qualitative results

Beyond the numbers, the project's true success lies in the transformative impact it had on the participants:

- Increased self-confidence and identity awareness: Young people reported feeling more valued and more capable of making responsible decisions about their lives.
- Improved understanding of healthy relationships: Many participants expressed a new awareness of the importance of respect, empathy, and boundaries in relationships.
- Heightened awareness of risks: The sessions raised critical awareness about the dangers of early pregnancy, peer pressure, and sexually transmitted infections, equipping participants with practical strategies to avoid risky behaviours.

- Creation of safe spaces: The small groups emerged as spaces where young people could openly share their challenges, receive peer support, and grow together.

One participant testified:

“Before joining the sessions, I did not believe I had value or that I could say no to peer pressure. Now, I understand my identity and I am more confident to make choices that protect my future.”

Another small group leader remarked:

“The small group discussions became a family for us. We shared, we learned, and we discovered how to build healthy relationships. Many of us now want to continue even after the project.”

II.6. Evaluation of sessions

The evaluation of the sessions conducted under the *Mission of Hope* project revealed a high level of engagement, effectiveness, and satisfaction among both facilitators and participants. The sessions were assessed against several qualitative and quantitative criteria, including participation levels, learning outcomes, group dynamics, and the overall environment created for young people.

II.6.1. Participant engagement and interest

Across the four sessions conducted, young people consistently demonstrated a strong level of interest and motivation. Attendance rates were high, with an average of 50 participants per session, and even beyond the planned numbers in some cases. The active participation of girls, representing over 60% of the total beneficiaries, was a particularly encouraging outcome, as it showed that the project succeeded in creating spaces where both boys and girls felt comfortable to engage.

Participants expressed enthusiasm for the interactive approach used during the sessions. Role plays, storytelling, small group discussions, and question-and-answer moments were especially effective in encouraging open dialogue and reflection. Many young people appreciated that the facilitators created a non-judgmental atmosphere where they could ask sensitive questions related to identity, relationships, and sexuality without fear of ridicule.

II.6.2. Quality of facilitation

The pair (binôme) system of facilitation was one of the project’s strengths. The presence of two trainers in each session allowed for better management of the groups, more dynamic exchanges, and effective handling of sensitive moments. Typically, while one facilitator focused on content delivery, the other managed logistics, documented participant feedback, and supported those who needed closer attention. This approach also modelled teamwork and collaboration, values that the project sought to instil in young people.

Participants consistently highlighted the professionalism and empathy of the trainers, noting that they felt listened to and respected. This level of trust significantly enhanced the learning environment and contributed to the project's overall success.

II.6.3. Atmosphere and learning outcomes

The atmosphere of the sessions was described by participants as **safe, inclusive, and interactive**. The small group settings encouraged young people to share personal experiences and challenges, which deepened learning and peer-to-peer support. Beneficiaries reported that they not only acquired knowledge but also developed skills such as critical thinking, self-confidence, and assertiveness.

The learning outcomes were visible in the testimonies of participants who expressed new insights into:

- Their personal identity and self-worth,
- The importance of respect and boundaries in relationships,
- The dangers of risky behaviours such as unprotected sex and peer pressure.

II.6.4. Challenges noted during sessions

Despite the overall success, some challenges were observed during the sessions:

- A few participants initially struggled with the sensitivity of certain topics, particularly discussions around sexuality. However, through patient facilitation, these barriers were gradually overcome.
- Limited resources occasionally affected the use of visual aids and materials, which could have further enriched the sessions.
- Some young people expected financial or material incentives to sustain the small groups, which required clear explanations from facilitators about the non-financial nature of the initiative.

These challenges, while present, did not significantly hinder the effectiveness of the sessions, and they provided valuable lessons for future programming.

II.7. Description of sessions in pairs (binômes)

A distinctive feature of the *Mission of Hope* project was the organisation of trainers into pairs (binômes). This system was deliberately chosen to ensure high-quality facilitation, mutual support, and accountability among trainers. Each pair (binôme) was responsible for preparing, delivering, and reporting on the sessions assigned to them.

II.7.1. Roles and responsibilities

The roles within each pair (binôme) were clearly defined to maximise efficiency and complementarity:

- Lead facilitator: Delivered the core content of the module, guided discussions, and ensured that key learning objectives were achieved. The lead facilitator also responded to complex questions raised by participants.
- Co-facilitator: Managed group dynamics, encouraged shy participants to speak, took notes, ensured attendance was recorded, and provided logistical support (distribution of materials, preparation of activities, etc.).

This division of roles created a dynamic and interactive environment where the strengths of each trainer complemented the other. It also provided flexibility in cases where one facilitator faced challenges, as the other could seamlessly step in.

We had also one person who use to cover all activities taking pictures, but also a team leader overseeing all trainers.

II.7.2. Practical functioning in the field

During the sessions, the binôme model proved highly effective. For example, while one facilitator engaged participants in a storytelling exercise, the other prepared visual aids and ensured the group remained attentive and disciplined. Similarly, when sensitive topics such as sexuality were discussed, one facilitator focused on delivering accurate information while the co-facilitator observed participant reactions, providing discreet follow-up where discomfort was detected. Trainers reported that this co-facilitation approach significantly reduced the pressure on individual facilitators, improved time management, and enhanced the learning experience for participants.

II.7.3. Observations from the pairs (binômes)

The observations collected from the pairs (binômes) revealed several strengths:

- Enhanced participant engagement: The dual facilitation allowed for more interactive and diversified activities.
- Stronger group management: Challenges such as noise, distraction, or sensitive reactions were managed more effectively with two facilitators present.
- Increased accountability: Trainers supported and corrected one another, ensuring consistency in the delivery of messages.
- Capacity-building among trainers: Working in pairs encouraged peer learning, with less experienced facilitators benefiting from the mentorship of their more experienced colleagues.

A notable example was the binôme of Gabriel and Lysa working with street young people in the Tumaini house. Their teamwork showcased the adaptability of the model, as tasks were distributed among two members: content delivery, moderation and logistics, and mobilisation of participants. This flexibility was particularly useful in larger groups.

II.7.4. Added value of the pair approach

The pair (binôme) system not only ensured quality in delivery but also reinforced the values of teamwork, respect, and shared responsibility that the project aimed to instil in young people themselves. Participants often remarked that they admired the collaboration between the trainers, which served as a living example of the relational principles being taught.



II.8. Challenges, mitigation strategies, and recommendations

Despite the project's overall success, several challenges were observed during implementation, to address them, the project adopted several strategies. Based on these experiences, several recommendations are proposed for future programming:

N°	Challenges	Mitigation strategies	Recommendations
01	Limited financial resources for small group leaders: While young people enthusiastically participated in the creation of small groups, sustaining them proved difficult in the absence of financial incentives for group leaders. This occasionally led to decreased motivation in maintaining consistent meetings.	Encouraged intrinsic motivation among small group leaders by emphasising the value of mentorship and community service rather than financial gain.	Strengthen support for small group leaders through regular coaching, capacity-building, and provision of minimal logistical resources (e.g., stationery, safe meeting spaces).
02	Misconceptions about financial incentives: Some participants initially expected to receive monetary compensation for attending or leading groups. This misunderstanding required clarification to ensure alignment with the project's educational and value-based objectives.	Conducted open and transparent communication with participants to clarify that the initiative was primarily educational and value-driven.	Plan for facilitator mobility risks by training a reserve pool of facilitators who can step in if others are unavailable.
03	Departure of a facilitator: One of the trained facilitators had to leave Goma during the project period, which made it difficult to continue monitoring the small groups that had been established under his guidance. This disrupted the consistency of follow-up for some participants.	Redistributed responsibilities from the facilitator who left to other pairs (binômes), ensuring that affected small groups were not abandoned.	Develop a toolkit of culturally sensitive materials to help trainers navigate sensitive topics more effectively.
04	Sensitivity of the themes: Topics related to sexuality, relationships, and personal identity	Applied adaptive facilitation techniques to gradually address	Enhance referral mechanisms by strengthening collaboration with psychosocial and medical service

	were at times difficult to discuss, as cultural and religious barriers occasionally hindered open participation.	sensitive topics, starting with general discussions before moving into more intimate or controversial issues.	providers to support identified cases more promptly.
05	Resource limitations: The lack of sufficient visual aids and teaching materials limited the range of facilitation tools that could have enhanced the sessions.	Maximised available resources creatively, using storytelling, role plays, and peer-to-peer learning as low-cost but effective tools.	Consider gradual financial support for group leaders in the long term, where feasible, to sustain small group initiatives without compromising the project's volunteer-driven spirit.

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II.9. Lessons learned

The implementation of the *Mission of Hope* project provided valuable insights that go beyond the immediate results and will inform the design of future youth empowerment initiatives in Goma and beyond.

II.9.1. Value of capacity-building before implementation

The initial training of facilitator by *Lau Talks About It* was essential. It ensured a shared understanding of the methodology and equipped trainers with both knowledge and pedagogical skills. This confirmed the importance of investing sufficient time and resources in preparing facilitators before engaging directly with young people.

II.9.2. Effectiveness of the pair model

The organisation of trainers into pairs (binômes) proved to be a major strength. Co-facilitation enhanced the quality of delivery, ensured continuity even when one facilitator faced challenges, and modelled teamwork for participants. This approach can be replicated in other youth programmes as a best practice.

II.9.3. Importance of safe spaces for dialogue

The creation of small groups offered young people a platform where they could express themselves freely, share personal challenges, and receive peer support. These groups demonstrated that when young people are given safe, inclusive, and non-judgmental environments, they are eager to participate and capable of deep reflection.

II.9.4. Flexibility in responding to human resource changes

The departure of one facilitator highlighted the need for flexibility and contingency planning in project implementation. By redistributing responsibilities to other trainers, the project managed to continue follow-up, but it also underscored the importance of training a broader pool of facilitators to ensure sustainability.

II.9.5. Cultural sensitivity in addressing sexuality

The sensitivity of the topics (identity, relationships, and sexuality) reinforced the importance of culturally adapted facilitation. Starting with broader themes before addressing intimate subjects helped ease participants into discussion. Future projects should continue to integrate cultural and religious sensitivities while remaining faithful to the project's values and objectives.

III. IMPACT AND ADDED VALUE OF THE PROJECT

The *Mission of Hope* project has had a profound impact on the lives of young people in Goma, going beyond knowledge transfer to initiate a process of personal transformation and community mobilisation.

III.1. Impact on young people

- Personal transformation: Participants reported an increased sense of self-worth, greater confidence in decision-making, and a clearer understanding of their identity. This has strengthened their ability to resist peer pressure and make responsible choices regarding relationships and sexuality.
- Behavioural change: Testimonies revealed that several young people decided to adopt healthier behaviours, including delaying risky sexual activities and choosing to build respectful and supportive friendships.
- Leadership development: Some beneficiaries took initiative within their small groups, assuming leadership roles and guiding discussions, which enhanced their sense of responsibility and influence among their peers.

III.2. Impact on communities

The most significant added value of the project lies in the creation of 15 small groups, of which 7 were closely monitored throughout the reporting period. These groups, embedded within churches, schools, and youth community-based organisations, provided ongoing platforms for dialogue that extended well beyond the structured sessions.

- Safe and sustainable spaces: The small groups are becoming safe spaces where young people should continue to meet, reflect, and support each other. In a context marked by insecurity and lack of recreational opportunities, these groups offer a rare environment of trust and belonging.
- Community integration: By being hosted in local institutions, we hope that the groups will strengthen community ownership.
- Ripple effect: Small group leaders reported that discussions often extended into participants' families and circles of friends, creating a multiplier effect in spreading knowledge and values.



III.3. Added value of the approach

Several aspects make *Mission of Hope* particularly valuable in the current landscape of youth programmes in Goma:

1. Sustainability through small groups: Unlike many short-term interventions, the establishment of small groups ensures continuity, making the project's impact more durable and community-owned.
2. Cultural and spiritual sensitivity: The methodology successfully combined scientific knowledge with Christian values, resonating strongly with the cultural and spiritual realities of the beneficiaries.
3. Binôme facilitation model: The co-facilitation approach not only improved session delivery but also served as a model of collaboration and respect for young participants.

III.4. Overall value

In summary, the *Mission of Hope* project did not stop at training sessions; it planted seeds of transformation in individuals and communities. The small groups, in particular, have become living testimonies of the project's relevance, demonstrating that when young people are given the tools, values, and spaces to grow, they are capable of becoming agents of change for themselves, their peers, and their communities.

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IV. PERSPECTIVES AND WAY FORWARD

The *Mission of Hope* project has laid a strong foundation for continued youth empowerment in Goma. While the project cycle has come to an end, the momentum created, especially through the small groups, provides a unique opportunity to sustain and expand its impact.

IV.1. Sustaining the small groups

The creation of 15 small groups, of which 7 are actively functioning, represents the most sustainable outcome of the project. These groups have already proven to be safe and effective spaces for ongoing dialogue among young people. The next steps include:

- Providing continued mentorship and periodic coaching to small group leaders.
- Equipping groups with minimal resources (e.g., teaching aids, meeting materials) to support their autonomy.
- Strengthening collaboration with churches, schools, and youth community-based organisations to ensure institutional anchoring of the groups.

IV.2. Scaling the approach

Given the positive results, there is strong justification for expanding the *Mission of Hope* approach to other areas of Goma and potentially to other parts of North Kivu. Key opportunities for scaling include:

- Training a new pool of facilitators to widen outreach and mitigate risks related to staff mobility.
- Adapting the modules to diverse contexts, including rural communities and displaced populations.
- Partnering with additional schools and community structures to embed the programme into existing educational frameworks.

IV.3. Long-term vision

Ultimately, the way forward for *Mission of Hope* is to evolve from a short-term project into a sustainable youth empowerment movement. By anchoring the small groups within communities, expanding outreach, and strengthening partnerships, the project can continue to shape a generation of young people who are confident in their identity, capable of building healthy relationships, and committed to responsible choices in their sexuality and overall lives.

GENERAL CONCLUSION

The *Mission of Hope* project has demonstrated that when young people are given safe spaces, trusted mentors, and value-based education, they are capable of profound transformation. Over 522 beneficiaries, surpassing the initial target, were reached, and their testimonies confirm that they now see themselves with greater confidence, understand the importance of healthy relationships, and are more determined to make responsible choices.

Beyond the numbers, the project's true legacy lies in the 15 small groups created within communities, seven of which remain active and vibrant. These groups stand as living platforms of

hope, where young people continue to learn, share, and inspire one another. They are the seeds of sustainability and the most tangible expression of the project's added value.

The journey was not without challenges, but through adaptability, teamwork, and strong partnerships, the project achieved results that exceeded expectations. The collaboration between *Un Jour Nouveau* and *Lau Talks About It* has proven both effective and complementary, combining international expertise with local ownership.

Looking ahead, the challenge is to consolidate these gains and scale up the initiative so that many more young people in Goma, and beyond, can benefit. *Mission of Hope* has proven to be more than a project; it is a movement towards a generation that embraces its identity, builds respectful relationships, and lives with responsibility and dignity.



APPENDIX

Photos



Training session at ARCHE DE L'ALLIANCE church led by Seth and Magnifique.



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Training session at Tumaini house conducted by Gabriel and Lysa.



A meeting with some small groups leaders in a building capacities moment.



Training session in Maendeleo school facilitated by Eric.

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