

2019

ANNUAL REPORT



Empowering Marginalised Communities

स्वयंसेवी अभियान नेपाल

Volunteers Initiative Nepal



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MESSAGE FROM THE PRESIDENT

BHUPENDRA GHIMIRE



We also made huge steps towards achieving two of our dream projects, opening two newly built centres. “Tarakeswhor Women’s Business Center” (WBC) in Kathmandu was opened at the end of November 2019 and NaraTika Community Learning Center (NTCLC) in Okhaldhunga at the beginning of February 2020.

We have invested over \$ 500,000 for the NTCLC and \$ 133,000 for the WBC and despite some challenges we managed to open them. There remains much work to do, but both centres are a great milestone for the empowerment of people in Okhaldhunga and Tarakeswhor.

We would like to thank our dedicated staff who delivered projects in the different communities. We would also like to thank the 5000+ national and international volunteers who have supported our organisation over the last 15 years with their skills and knowledge. We would also like to thank our partners and volunteers such as the EU Aid Volunteers who have put their tremendous efforts to carry out research and provide hands on support to the organisation as well as our beneficiaries.

At last but not least, we are very much thankful and offer sincere gratitude to the national and international donors and partners without which we could not accomplish our programs. We look forward to working with you again and strongly believe that together we can achieve even more in the future.

Bhupendra Ghimire
The President
Volunteers Initiative Nepal

Over the last 15 years, Volunteers Initiative Nepal (known as VIN) has earned a national and international reputation for empowering marginalised communities. We are very proud to continue working on a holistic development approach and serve local communities in need.

We had a fantastic year. We reached 33,000 beneficiaries and moved a step forward to empower women, children, youth and earthquake victims, Dalit and Janajai through education, health and environment, economy and basic infrastructure development. We also contributed to the betterment of the education system by facilitating teacher training sessions as well as providing a back-up generator for our public health post in Kavresthali.

We are proud to announce that by 2019, we reconstructed 42 earthquake resistant homes; built 2,500 toilets in communities; secured sponsorship for over 200 children’s education; trained 1,500 teachers; equipped and ran 55 Early Childhood Development Centers; supported 3,000 women to become entrepreneurs; and trained hundreds of farmers on agroforestry and permaculture.



THE CONTEXT

- 80% of the population is living in rural areas.
- 32 out of 1,000 is the under age five mortality rate, though massively declined in the last years (it was 58.1 in 2006).
- 19.8 out of 100,000 is the mortality rate due to exposure to unsafe WASH (Water, Sanitation and Hygiene) services for the whole population. In 2016 5,747 people died of water-borne diseases.
- 21% of the population still practice open defecation, despite the government declared Nepal an open-defecation free country in 2019.
- There is only 1 doctor for every 150,000 people in the rural areas while in Kathmandu valley there is 1 doctor for every 850 people.
- 33.3% of the female population has no education at all.
- 37% of girls marry before 18 and 10% by 15.
- 48% of the women have experienced violence in their lifetime (40.4% emotional, 26.8% physical, 15.3% sexual and 8% economic).
- Annually more than 1,750 children are reported missing, 55% of whom are female. Studies indicate that there is a close relationship between missing children phenomenon and trafficking of children.
- 58% of the houses affected by the 2015 earthquake are still under construction.
- 19.2% of youth aged 18 to 29 are unemployed compared to the 2.7% of the whole population.
- An estimated number of 1,500 young Nepalese leave the country on a daily basis.

80%
Living in rural areas



19.2%
youth 18-29 unemployed



1,500
young people migrate internationally on a daily basis



1,750
children trafficked per year



32%
of children die under age 5



1
for every 150,000 people in rural areas



21%
practice open defecation



48%
of women experience violence



37%
of girls marry before 18



33.3%
of women are illiterate



58%
of the damaged houses still under construction



Sources: Human Rights Watch, World Bank, WHO, Unicef, UNDP, ILO, Central Bureau of Statistics (Government of Nepal), National Human Rights Commission (NHRC) (2016, 2017, 2018, 2019, 2020)

WHO WE ARE

Our Story

Volunteers Initiative Nepal (VIN) was founded in 2005 by a group of development workers, educationalists, social activists and other professionals. Since 2007, it has been working in the Northern side of Kathmandu valley and, from 2013, it has extended its action to remote municipalities of Okhaldhunga district. From 2007, it has placed volunteers in a variety of programs, including teaching and training.

Our Identity

Volunteers Initiative Nepal is a non-religious, non-political, non-governmental, and non-profit organization (NGO) with the main purpose of supporting the development of marginalized people living in rural areas of Nepal.

Our Vision for Change

We aim to promote a peaceful, prosperous and equitable society where everybody has access to quality education and health, safe natural environment, basic infrastructures, and financial and economic sustainability.

Our Mission

Our mission is to empower marginalized communities through equitable, inclusive, and holistic/integrated development programs.

We aim to enhance the livelihoods of poor and disadvantaged people, with a primary focus on vulnerable women and children living in rural areas of Nepal. To achieve this mission, we are delivering community-based programs through the involvement of local and international volunteers.



Our Core Values

We believe in volunteering: solidarity and gratuity make the world a better place. Being a volunteer gives a unique chance to experience mutual cooperation and to exchange knowledge and skills.

We are accountable: accountability and transparency are central to our actions and use of resources.

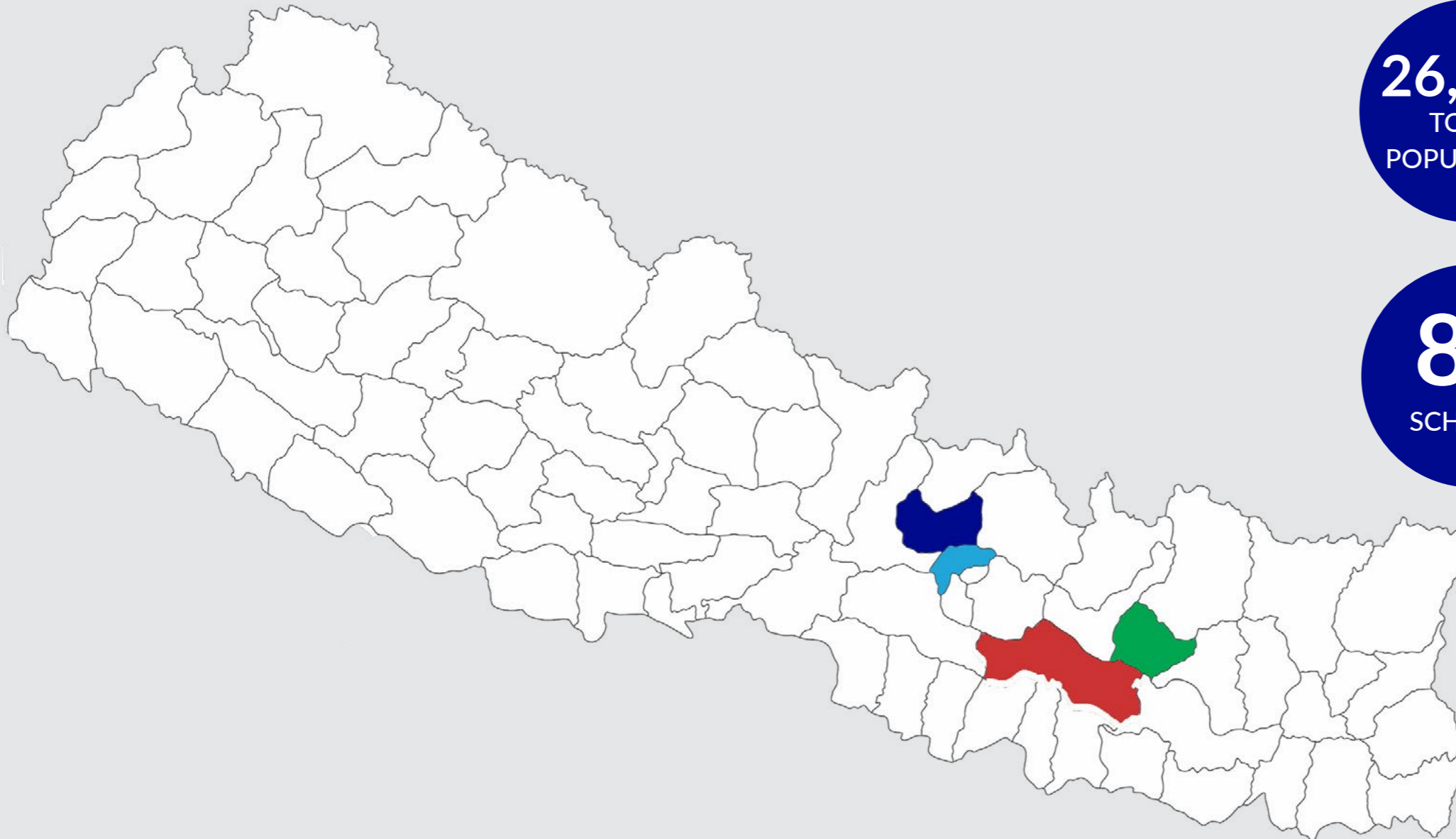
We are impartial: we serve marginalized and disadvantaged people solely on the basis of need and without regard of their cultural, political and social identity.

We are inclusive: diversity empowers communities and, for this reason, it deserves to be promoted and defended at all levels.

We believe in equality: everybody has the right to be treated with respect and dignity. We focus on balancing and equalizing the opportunities of the most vulnerable people.

WHERE WE WORK

Since 2007, we have been working in disadvantaged rural areas of Nepal with a focus on community development. During 2019, we have implemented programs in the northern side of Kathmandu Valley and in remote municipalities of Okhaldhunga District. We have placed volunteers in variety of programs, including teaching and training.



6
WARDS

26,000
TOTAL
POPULATION

83
SCHOOLS

5
MONASTERIES

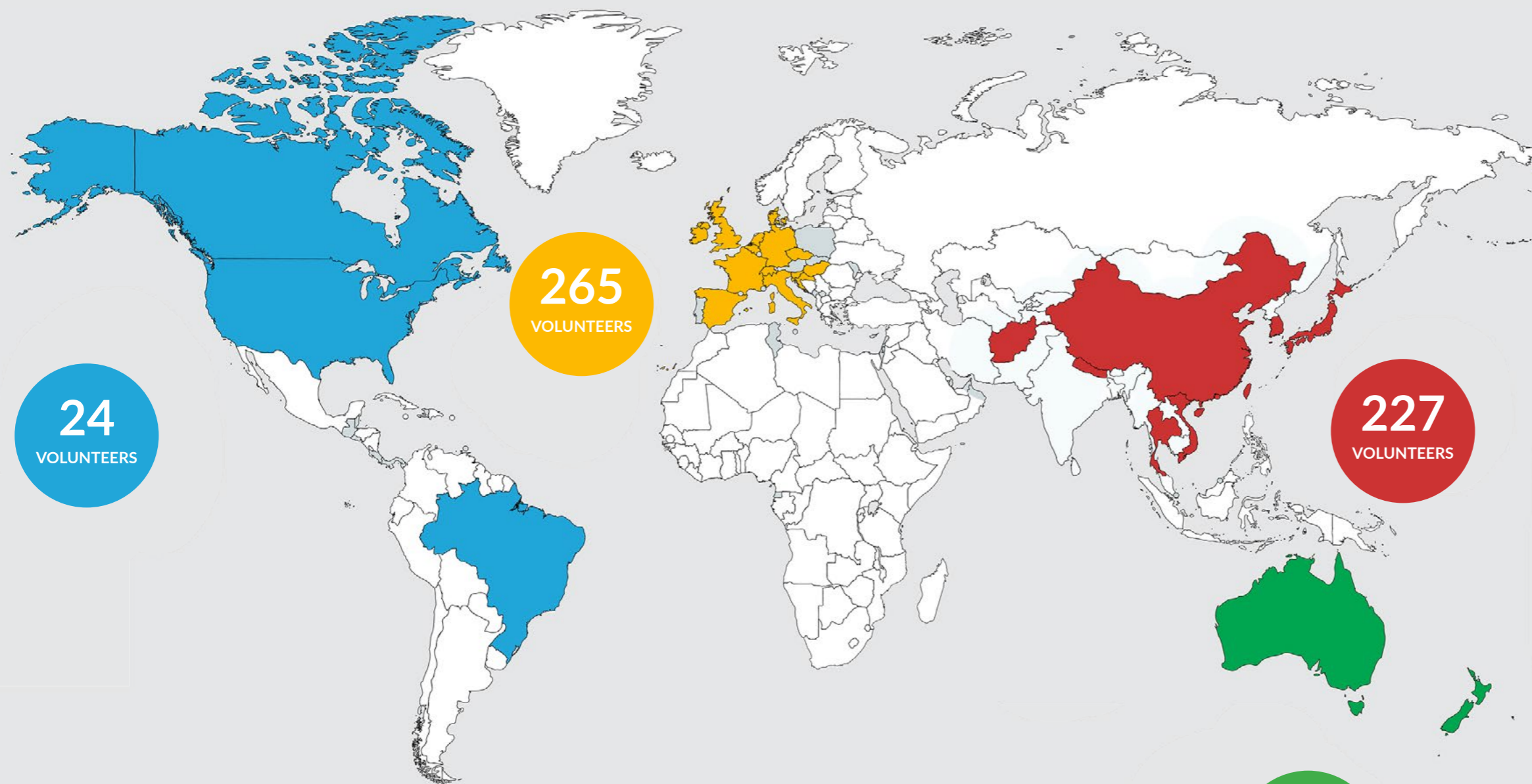
- **KATHMANDU DISTRICT**
Tarakeswor Municipality
Kavresthali
Jitpurphedi
Goldhunga
Budhanilkantha Municipality
Progressive Eng. Sec. School
Kathmandu Metropolitan City
Nepal Rastra School
- **NUWAKOT DISTRICT**
Kakani Municipality
Okharpauwa
- **OKHALDHUNGA DISTRICT**
Siddhicharan Municipality
Taluwa
Thulachap
Chisankhu Gadi Rural Municipality
Bhadaure
- **SINDHULI DISTRICT**
Kamalimai Municipality
Shree Navajyoti Deaf Sec. School

According to the new Constitution (2015) Nepal is divided in 7 provinces, 77 administrative districts, 6 metropolitan cities and 11 sub-metropolitan cities, 276 municipalities (nagar palika) and 460 rural municipalities (gaon palika). Cities and municipalities are divided in wards: the ward is the smallest administrative division of Nepal. The total number of wards is 6684.

We also work in monasteries and nunneries within Kathmandu district around the areas of Boudhanath and Swambhunath stupas, and in Gokarneshwor and Nagarjun municipalities.

WHERE VOLUNTEERS ARE FROM

Our impact is based on the generous and passionate work of volunteers. Globally and locally, volunteers join our organisation to contribute to the development of marginalised and disadvantaged communities through their knowledge and skills. Volunteering with us is a way to experience local life, to learn by doing, and to engage in intercultural exchanges.



24
VOLUNTEERS

265
VOLUNTEERS

227
VOLUNTEERS

25
VOLUNTEERS

26
COUNTRIES

573
VOLUNTEERS

25
SENDING ORGANISATIONS

COUNTRIES

- **ASIA**
 - Afghanistan
 - China
 - Hong Kong (China)
 - Japan
 - Nepal
 - Singapore
 - South Korea
 - Taiwan
 - Thailand
 - Vietnam
- **EUROPE**
 - Begium
 - Croatia
 - Czech Republic
 - France
 - Germany
 - Hungary
 - Ireland
 - Italy
 - Netherlands
 - Spain
 - Switzerland
 - United Kingdom
- **AMERICA**
 - Brazil
 - Canada
 - United States of America
- **AUSTRALIA**
 - Australia
 - New Zealand

AN OVERVIEW OF OUR PROGRAMS



For Women, with Women

The Women's Empowerment Program is essential for the social and economic development of the areas where our organization is working. We have been working with and for the most marginalised women to improve their quality of life and uplift their social and economic status, through income generation activities, formal and informal education, and social awareness workshops.

Page **20** ▶



For Children, with Children

The primary goal of the Children's Development Program is to enhance the holistic development (physical, cognitive, social and psychological) of children aged 3 to 15 and to support the basic education of students from disadvantaged backgrounds. It aims then to promote 6 to 15 years old children's rights through access to both education, and school- or community-based Children's Clubs.

Page **28** ▶



For Youth, with Youth

The Youth Empowerment Program aims to empower socially and economically youth aged 16 to 30 by means of educational, life skills and entrepreneurship development projects, and to involve them in community development initiatives through Youth Clubs' formation.

Page **34** ▶



For Healthy Communities

The Public Health and Medical Care Program is designed to address the rural communities' needs in terms of health and health education. Our organization has been working with Health Posts - part of the Public Health Department - for the improvement of health indicators in the local context through public health initiatives, diseases treatment and prevention, and research.

Page **36** ▶



For Earthquake Preparedness

The goal of the Disaster Risk Reduction Program is to minimize the risk of natural disaster and provide relief and safety to vulnerable communities. After the devastating earthquake of 2015, we have been mobilizing volunteers and we have provided financial support and materials for the reconstruction of the houses at our various project locations.

Page **40** ▶



For Our Environment

The Environment and Conservation Program aims to conserve, promote and protect the natural environment and the indigenous knowledge, and to prevent, abate and control water, land and air pollution in order to enhance health, safety and welfare of this and future generations of Nepal.

Page **46** ▶

HIGHLIGHTS OF 2019



1,084

In Kavresthali children and parents are still getting infected with multiple diseases because of poor hygiene and sanitation. Simple acts such as washing hands accurately after the toilet or before eating can save lives. Thanks to our volunteers, throughout 2019 we have reached 1,084 children and parents with health education workshops.

483

In Jipturphedi and Kavresthali - as well as in other areas of rural Nepal - women are subjugated to patriarchal practices. The lack of financial freedom and of education makes them dependent on their husbands and relegated to household tasks. In 2019 we have delivered diverse entrepreneurship training to 483 local women and, thanks to a micro-credit system, 75 of them have started small businesses.

800

We have provided a new multifunctional building to the Women Agriculture Cooperative Limited in Tarakeshwor. The new Tarakeshwor Women Business Center, inaugurated on November 28th, includes one working space, a showroom, one office room, a front-office space, and a conference/training room. Additionally, there are bedrooms and kitchens for volunteers and guests. The cooperative, funded in 2008, has more than 800 members nowadays.

256

In rural Nepal schools are poorly furnished: learning materials, furniture and buildings are above the basic standards. Additionally, teachers are not trained to manage classes with a participatory and inclusive approach. Their only method is direct instruction: they read and write, while students listen and copy from the blackboard. Throughout 2019, 256 teachers from all Kathmandu District's schools have been trained about classroom management and participatory teaching skills by our volunteers. We have trained more than 1,700 teachers so far.

13

After the devastating earthquake of 2015, families living in the affected areas have been struggling to reconstruct their houses because of lack of finance, manpower and technical skills. Nationally, almost 60% of the houses haven't been fully reconstructed and people are still living in temporary settlements. Thanks to our volunteers and a small financial support, we have helped rebuild in total 42 earthquake-proof houses, 13 of which in the last year.



4

We believe in evidence-based practices in community development. This is why we promote research on all levels and fields, and we are welcoming skilled volunteers who want to support us in delivering quality studies to be used as a basis for our projects. In the last year, our volunteers have carried out four studies in the field of Public Health and Environment and Conservation, inquiring about mental health among women, resistance to antibiotics, cardiovascular diseases, and drinking water quality. These studies will be available on our website (media section).



43.7%

The number of volunteers from Asian countries (Nepal included) was 158 in 2018. Throughout 2019, we have increased them by 43.7% reaching the number of 227. At the same time, the number of the Nepalese volunteers has increased by 12%. For us it is important both to strengthen ties intercontinentally and to promote volunteering among the local youth in order to make them passionate about helping marginalised communities in Nepal.



OUTPUT STATISTICS

The following table summarizes the outputs for each program we have implemented. Further details are included in the specific programs' reports.

Program	Type of Output	Total
For Women, With Women	No. of women involved in the micro-credit system	1,757
	No. of women trained for entrepreneurship activities	483
	No. of women who started a business	75
	No. of goods produced (liquid soap, bags, jewelry, dolls)	5,815
	No. of women involved in workshops and classes	984
	No. of classes and workshops delivered	105
For Children, With Children	No. of children engaged in creative activities	1,100
	No. of children educated about their rights and life skills	700
	No. of children supported through sponsorship	48
	No. of teachers trained on teaching methods	256
For Youth, With Youth	No. of youth trained on plumbing and leadership skills	31
For Healthy Communities	No. of people who received a doctor consultation	522
	No. of medical supplies provided	4,774
	No. of people involved in health research	239
	No. of people educated about diseases and use of antibiotics	804
	No. of parents and children educated about hygiene and nutrition	230
For Earthquake Preparedness	No. of households supported	13
	No. of houses completely re-constructed	7
For Our Environment	No. of students educated about waste management	86
	No. of farmers trained about permaculture	35



FOR WOMEN, WITH WOMEN

The Women's Empowerment Program is essential for the social and economic development of the areas where our organization is working. We have been working with and for the most marginalised women to improve their quality of life and uplift their social and economic status, through income generation activities, formal and informal education, and social awareness workshops.



Background

Lack of infrastructures is a common problem in Nepal, especially in the rural areas, and it affects primarily the most vulnerable components of the rural communities: children and women. Additionally, traditional patriarchal practices are undermining women's empowerment. For instance, due to early age marriages, women are likely to drop out of school and, hence, are less educated than men. Women's illiteracy is very high in rural municipalities, especially in those areas that are more remote, and not connected by any road infrastructure. As a consequence, these communities are still highly male dominated: women don't have ownership over money, they are economically dependent on their husbands, and they have no personal time as their days are spent mostly carrying out household tasks and taking care of the family. Last but not least, even though they carry on their shoulders most of the household activities, their contribution is taken for granted and highly invisibilized.

Introduction of the program

The Women's Empowerment Program is essential for the social and economical development of the areas where our organization is working. The program has been implemented for 12 years in Jitpurphedi, three in Kavresthali and 11 in Okhaldhunga district. During this time, we have been working with and for the most marginalised women to improve their quality of life and uplift their social and economic status, through income generation activities, formal and informal education, and social awareness workshops. The goal of the program is to empower women socially and economically through education, life skills and income generation initiatives.

This program aims at meeting three objectives, around which rotate the three main projects, active in four municipalities: Jitpurphedi, Kavresthali, Taluwa and Thulachhap:

- **Ensure women's economic freedom**, through the establishment of a Micro Credit system. This system is run through cooperatives, registered and certified by the Nepal government. It provides saving opportunities and small loans to women who want to engage in business or start a business of their own. So

far, three cooperatives sponsored by us are active on the territory: Jitpurphedi Women Agriculture Co-operative Limited, Taluwa Women Multipurpose Cooperative Limited, and Shree Saraswoti Women Agriculture Cooperative Limited. These cooperatives were formed and are fully run by local women groups. The beneficiaries of this project are local women from 20 to 59 years old, and those who were married under legal age (20 years old). The cooperatives contribute to give their members more control over their savings and thus uplifting their living standards and life possibilities. Besides, they promote cooperation among their members.

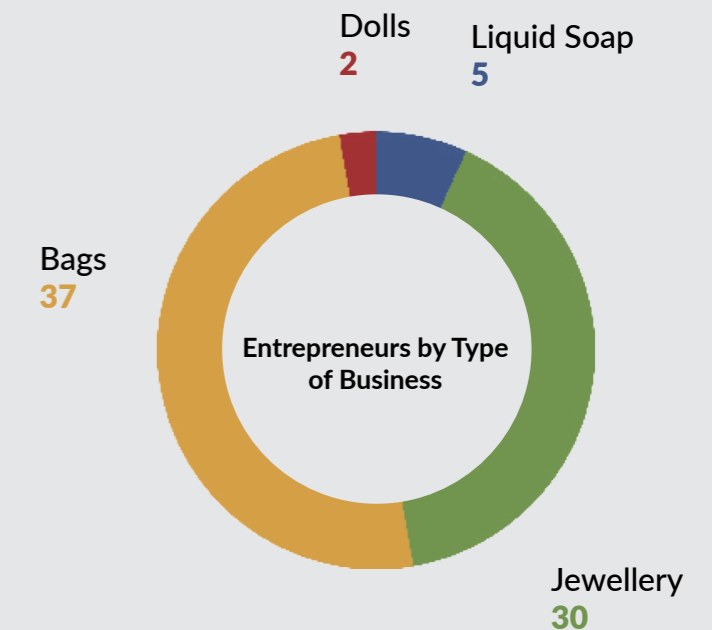
- **Develop women as entrepreneurs**, through the Women Entrepreneurship Development project, which includes agriculture and non-agriculture related income-generation activities. It aims at motivating women to become entrepreneurs, with the goal of upgrading their living standards, and to develop their community as a whole. In order to meet the above-mentioned objective and to create a friendly marketing environment to start a business, different activities are offered in the frame of this project: support in the development of business plans, marketing strategies and products design, entrepreneurship workshops, vocational training, and motivational speeches.
- **Educate women on their rights and empower them socially**, through the Education and Life Skills project. This project includes English, Math and Computer literacy classes, trafficking prevention, health and sanitation campaigns, and soft skills workshops. Workshops address different types of useful topics, such as: domestic violence awareness, identity awareness and self-esteem, communication, leadership and team building. Additionally, in the frame of this project, social events are organized for the women to get together, build stronger bonds, and improve their social skills. Overall, through the Education and Life Skills project, we aim at helping the women to adjust and adapt to the present environment and social changes, and to make them aware of their active role in the community.

Major Achievements in 2019

The most important achievements of the Women's Empowerment Program in 2019 are:

- The establishment of the Tarakeshwor Women Business Centre in Tinpipla (Jitpurphedi), a multifunctional building which serves as the headquarters of the micro-credit co-operative, as a venue for cooperative meetings, women workshops and classes. The building was inaugurated by State Urban Development Minister Rambir Mandharon on November 28th. The inauguration of the building and the Puja celebration showed a great participation of the beneficiaries and other stakeholders in Jitpurphedi, with 335 people attending the inauguration and 250 attending the Puja.
- Samsung sponsored a week-long business and entrepreneurship training attended by 30 women. Ten laptops were donated by Samsung and are now available at Tarakeshwor Women Business Centre. Thanks to it, a computer literacy project started in December 2019.
- The collaboration with the children's development program that led to the organization of a gender equality and sexual harassment campaign conducted in two schools of the area with 216 participants.

- Among successful entrepreneurship initiatives following technical trainings offered under this project, we can point out a few for the successful sell of all the pieces produced: 75 women started an independent business selling a total of 5,815 pieces including jewellery (bracelets, necklaces, ear rings), bags, khada, liquid soap, and dolls.



Our Results

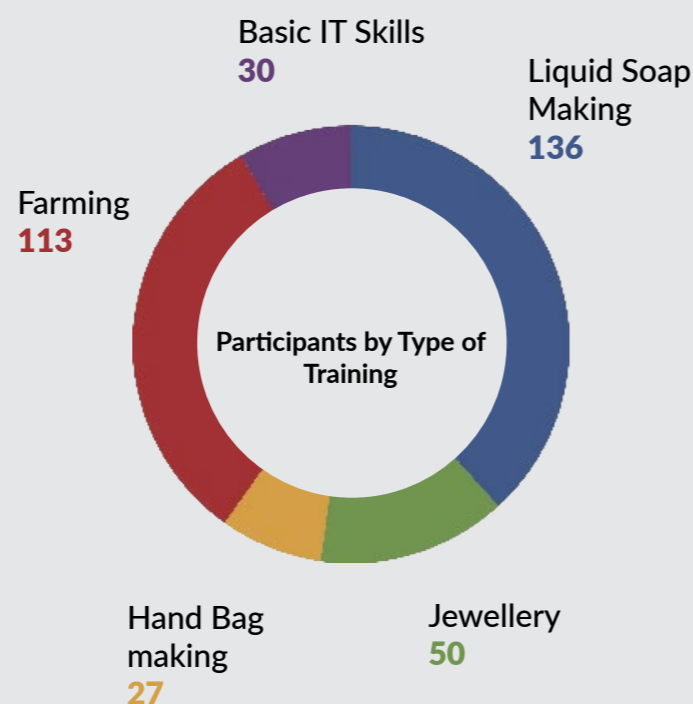
Micro-Credit Project

Thanks to the formation of four new women groups, a total of 1,757 women now benefit from the micro-credit system and engage in the cooperatives throughout the territories. The women groups have met regularly once a month throughout the year, to increase the sense of belonging and cohesion among the members. Also the cooperatives' board has been meeting regularly once a month to ensure the well functioning of the system, discuss any problems that may occur and take decisions collectively. A total of 727 women have benefited from the loan system. Finally, the functioning of the cooperative system has been improved through the development of cooperative policy and the facilitation of a cooperative education training in Jitpurphedi, where the Women Agriculture Cooperative Limited have been granted a new building for the 800 members to attend.

Entrepreneurship Development Project

This project is vital in the road to women economic and social independence. Throughout the year, 483 benefited from the project and 75 have established businesses of different types after the successful completion of technical training:

- liquid soap making (basic and advanced) and body soap making that involved a total 136 women in Jitpurphedi and Kavresthali;
- jewellery making that involved a total of 50 women in the three areas, with 500 pieces sold in Jitpurphedi and 1150 in Kavresthali;
- hand bags making (basic and advanced) that involved 27 women in three areas and led to the production and selling of 200 pieces in Jitpurphedi and 610 in Kavresthali. For what concerns Thulachhap, the 13 participants were from the dalit caste, the most vulnerable and marginalized one;
- different types of vocational, online business and basic IT training targeting women entrepreneurs in Kavresthali, Jitpurphedi, Taluwa and Thulachhap, offered by professional trainers and our local and international volunteers. To bring one example, Samsung sponsored a one-week long entrepreneurship development program in Jitpurphedi and Kavresthali, to which 30 women attended.



Education and Life Skills Project

Within this project, 105 classes and workshops have been facilitated by local and international volunteers, and professional trainers. We have implemented this project thoroughly in Jitpurphedi, Kavresthali and Thulachhap and we will start to implement it in Taluwa in 2020. The most attended workshop in 2019 was the domestic violence awareness, with 421 beneficiaries throughout three territories. A total of 984 women have joined workshops and classes of diverse types. The newest project is the computer literacy one, started in December 2019 in the Women Business Center: 13 women have benefited from it so far. We also organized social events in occasion of the Teej Festival and the International Women's Day. Both events took place in Jitpurphedi, where we have the biggest number of beneficiaries and we have worked for the longest time. We consider these social events as an essential part of our program, as they are a great occasion for women to gather and raise for social justice, gender equality, women's economic independence, against the patriarchal society and for the creation of a more favourable environment for women. At the same time, they are a great way to protect and respect Nepalese culture and traditions. The social events organized throughout 2019 involved a total number of 310 women.

Our Challenges

The achievements and outputs of our Women Empowerment Program were different according to the location of its implementation, the human and material resources available and the beneficiaries availability and response to it. The major challenges we faced in 2019 are the following:

Geographical difficulties: Okhaldhunga district is a very remote and poor district, and it's definitely hard to find a market for the products. Besides, for the same reason, there is lack of personnel from our office which makes any activity harder to be organized and implemented

Governmental policies: in 2019 the government stopped the registration of new cooperatives in

Tarakeshwor. This external decision affected in particular the newly formed groups of women in Kavresthali, currently running as informal groups and not as cooperatives, which makes the implementation of the micro-credit system harder.

Busy schedule of the women: the everyday life of the women in these rural villages is very busy, among taking care of the households, the family, the farm, working in the field, often they do not have time to participate in classes, workshops or training. The participation is in general very much irregular and unpredictable, it is hard to engage them in regular and long-lasting projects and, consequently, to monitor their progress.



Marketing problems: the production of the women handcrafting products is still very much dependent on the demand as, so far, no other markets for them have been explored. As a matter of fact, while in Okhaldhunga the geographical challenges and

poverty of the district makes it hard to find a proper market for the women products, in Tarakeshwor the proximity to Kathmandu with its wide variety of products makes the market more competitive and harder to access.



A Story of Empowerment

Kopila Adhikari has been living in Lamichhani village, Kavresthali, for 10 years. Born and raised in Makwonpur, Hetauda, the 35-year-old woman is now leading a very busy life: mother of two young children, she has to take care of the household, work in the field and breed her cows. Her passion, however, is handcrafting. So, when we organized a 10 days jewelry training in Lamichhani she participated with enthusiasm. From there on, she has become a creative and fierce jewelry maker: throughout 2019, Kopila produced and sold a total of 10 000 pieces of jewelry .

Kopila especially enjoys producing necklaces: she buys the crystals from Ason Bazar in Kathmandu, she spends 15 to 30 minutes on each necklace and then sells them from 150 to 200 rupees per piece, generating a good profit from the sale. She is really hard working and sometimes would stay up until midnight making necklaces. She is also very creative and always looking for new inspirations: sometimes she buys jewelry in the market then tears it apart to “reconstruct” them as she likes.

Right now Kopila is only selling her jewelry in her village, so she can't afford to rely only on the jewelry making to pay for the fees of her children's school. This being said, she also sells milk and vegetables and, since recently, cauliflowers. But Kopila never runs out of ideas to make her jewelry business grow: currently, she's thinking of selling her necklaces during events at Kavresthali schools, such as a “parent's day” or an “exhibition day”. Also, she is working hard to become a jewelry making trainer.



FOR CHILDREN, WITH CHILDREN

The primary goal of the Children's Development Program is to enhance the holistic development (physical, cognitive, social and psychological) of children aged 3 to 15 and to support the basic education of students from disadvantaged backgrounds. It aims then to promote 6 to 15 years old children's rights through access to both education, and school- or community-based Children's Clubs.



1,100

Involvement in
creative activities



700

Educated on children's
rights and life skills



256

Teachers trained



48

Supported through
sponsorship

Background

In Nepal, the education system mainly focuses on children obtaining good grades. Schools are competing to get the highest number of passing students, which is why most of them mainly prepare children for standardized tests, with an emphasis on numbers and literacy. The current trend in the country is such that children are studying not for the sake of gaining knowledge, but to get a certificate. The effects are threefold: first, children do not get the opportunity to develop problem-solving and critical thinking skills, which are crucial competencies to have when growing up; likewise, the fact that teachers do not encourage opinion sharing contributes to children's poor self-confidence and lack of satisfaction in the jobs they choose as adults; finally, as the Nepalese educational system is not conducive to creativity, children don't get many opportunities to socialize, exert their rights, and express themselves at an age that so easily molds them into the citizens they are becoming.

Introduction

The primary goal of the Children's Development Program is to enhance the holistic development (physical, cognitive, social and psychological) of children aged 3 to 15 and to support the basic education of those coming from disadvantaged backgrounds. Our second goal is to promote 6 to

15 years old children's rights through access to both education and school- or community-based Children's Clubs.

To reach these goals, we run three main child-related projects:

- **Children's Club Project:** the objective of this project is to have all children aged 6 to 15 years to exercise their basic rights through extracurricular activities which teach them important life skills and give them a platform to explore their talents and talk about child-related issues. Under this project, we are organising summer and winter camps. Their objective is to involve children during their vacation period to promote their innate talent and creativity for their overall development such as physical, mental & socio-emotional. Parents who are busy and could not provide sufficient time for their children during vacation, might send their children to such type camps.
- **Early Childhood Development Project:** the objective of the Early Childhood Development Education project is to increase access of 3 to 5 years old children to quality early education.
- **School Attendance Project:** this project aims at increasing access of children aged 6 to 15 to quality education. Under this project, we are running the following programs: teaching, teachers development, school infrastructure development, and sponsorship.



Major Achievements of 2019

- Jitpurphedi United Children's Club published the 6th edition of the Child Magazine. In total, 29 Children's clubs participated, among them students from all our working areas. More than 150 children wrote articles, poems, and stories for the magazine.
- For the 9th year, Children's Camps were conducted in Tarakeshwor, Taluwa, and Thulachhap during summer and winter holidays. This year, volunteers and children came together in six different camps to make this fun-loving, teaching time a success.
- Thanks to Mahrberg Library and its volunteers, we have realized a mural in the library of the new Community Learning Center in Thulachhap, Okhaldhunga and children will be educated about English and computer education online.
- We have built a new Early Childhood Development center in Raktamala Basic School, Thulachhap and we have furnished all 55 ECDs supported since the beginning of our activity. We are also paying 14 teachers' salaries and 29 volunteers' sustenance allowances.

Our Results in Numbers

Children's Club Project

- We facilitated the reformation of nine Children's Clubs in schools of Kavresthali and Okharpauwa.
- We supported 22 Children's Clubs through monitoring and follow-up.
- 14 teachers have been trained in Children's

Club facilitation.

- 246 children participated to Winter and Summer Camps.
- 350 children received life skills training on public speaking, goal setting, and stress management.
- We provided children's rights training to 350 children in six schools in Kavresthali and Jitpurphedi.

Early Childhood Development Project

- Books, toys, and overall pedagogical materials were distributed to 36 Early Childhood Development classrooms in Okharpauwa, Tarakeshwor and Taluwa, Thulachhap and Bhadaure.
- 30 kindergarten children benefited from a new child-friendly classroom in Kathmandu district.

School Attendance Project

- Thanks to the sponsorship program, 48 children have access to education.
- The NaraTika Community Learning Center in Thulachhap (Okhaldhunga) and two school libraries in Tarakeshwor have been decorated. An estimated 1,450 children will be able to enjoy them
- Through the teaching programs, 1,100 children engaged in creative activities, such as arts and craft and imaginative ways of expressing themselves.
- 220 basic and secondary level teachers and 36 Early Childhood Development teachers received training about teaching methods and classroom management.

What Children Have Learnt on Their Rights

This year, the 17 members of the Jitpurphedi United Child Club found a channel through which they could put their writing, leadership, and creative skills into practice while expressing their views on child rights. By inviting the Children Clubs' members of others schools from Jitpurphedi, Kavresthali, Okharpauwa, and the remote Okhaldhunga to write a piece for the sixth edition of the Child Magazine in September 2019, they provided all the children involved with the opportunity to voice their opinions and to connect with each other and with their own communities. About 100 children took part in the project and wrote poems, stories and articles related to local traditions, nature, identity, the importance of family and friends, and the value of quality education. Some of them spoke against gender-based inequalities such as the dowry system, revealing how it can lead brides' families to beg other people for money or to commit suicide in order to avoid social stigma. Ashika Rai, grade 9, wrote she considered the dowry system "an evil system of the society". Dikshya Pariyai, grade 8, decided to take a stand against caste discrimination in Nepal through a Nepali poem called Bhedbhav (Discrimination). In

the last verse, she calls for an end of prejudices and urges people to unite for a fairer world.

*"Let's remove these rules from society!
To all the people victims of this situation,
Let's unite for human rights!
Our goal is to remove social discrimination.
So let's create a better society and develop
kinship."*

Main Challenges in 2019

- **Lack of sponsors:** About 80 children still need to be sponsored. Our biggest challenge is now to find more sponsors to offer these children a chance to access quality education.
- **Adults don't support Children's Clubs:** schools put more emphasis on formal education than on extracurricular activities. Teachers and school management committees do not take ownership of Children's Clubs and see them as something imposed by organizations. As a result, Children's Clubs sometimes receive very little to no support from adults to guide them and ensure the Children's Clubs are active.



A Story of Empowerment

"My family is very poor. They can't afford to pay for school because our father and mother left. I could not have received education without VIN's support – perhaps I would have left school since I am so poor. I feel lucky that I have been receiving sponsorship from VIN. I would like to tell them thank you so much for supporting me in my studies. My dream is fulfilled. I can get a quality education."

– Chanas, 16 years old

Chanas Lama is attending grade 10. About six years ago, his father died and his mother disappeared to marry another man. Chanas was then left to rent another person's house with his sister and older brother, who stopped studying to support them. Despite the three siblings working hard to sell the sand they collected from the river stream, there was not enough food on the table and Chanas often went to bed hungry. Chanas got sponsored by our organisation when he was in grade 4 and he could then keep on studying at Kalikasharan Secondary School, which is located in Tarakeshwor municipality, close to his rented house in Thulokhola. Through the sponsorship program, he received a school uniform, books, any education materials he could need to study in the best conditions – and the school fees were paid for. Chanas still attends Kalikasharan Secondary School. He studies hard and is considered a very good student.



FOR YOUTH, WITH YOUTH

The Youth Empowerment Program aims to empower socially and economically youth aged 16 to 30 by means of educational, life skills and entrepreneurship development projects, and to involve them in community development initiatives through Youth Clubs' formation.



6

Youth trained about plumbing



25

Youth trained on leadership

Introduction

The Youth Empowerment Program aims to empower socially and economically youth aged 16 to 30 by means of educational, life skills and entrepreneurship development projects, and to involve them in community development initiatives.

The program includes a variety of projects having the following objectives:

- To educate youths on their rights and life skills through trainings workshop and campaigns
- To develop youth friendly societies through youth clubs, capacity development and employment

opportunities

- To ensure youth participation in community development activities

Main Achievements in 2019

- **Plumbing training:** 6 youth from Okhaldhunga district have been trained on plumbing skills, specifically on plumbing tools and techniques. They developed basic skills in order to work as a plumber assistant.
- **Youth leadership training:** 25 youth from Okhaldhunga district have been trained on leadership development skills.



FOR HEALTHY COMMUNITIES

The Public Health and Medical Care Program is designed to address the rural communities' needs in terms of health and health education. Our organization has been working with community health centers for the improvement of health indicators in the local context. The goal of our program is to promote healthy communities.



1,084

Children & adults
educated about
health



239

People involved in health
research



522

Patients visited



4,774

Medical supplies
provided

Rural Nepal, Healthcare System, and Public Health

In Nepal, the health indicators are still alarming. Under five mortality is 32%, 27% of children under five are malnourished, and maternal mortality is 258 per 100,000 live birth (Nepal Demographic Health Survey 2016). Access to proper health and sanitation facilities is often very limited and awareness of correct hygiene practices is low. About 19% of the population are deprived of sanitation facilities whereas 17% of the population do not have access to clean drinking water in the communities (Millennium Development Goals, Final Status Report 2010-2015). As regards health facilities in Nepal, remoteness and poverty are linked. Medical care is urban focused. The doctor to population ratio for the whole country is 1:1724. Like most developing nations, doctors are geographically maldistributed in Nepal. The Kathmandu valley has one doctor for 850 people but in rural areas the number is one doctor for every 150,000 people (The Janaki Medical College Journal of Medical Sciences, 2017). Ensuring access to health care and public health initiatives are big challenges in developing nations like Nepal. The main institutions that delivered basic health services in 2017-18 were the 125 public hospitals including other ministries, the 1,822 non-public health facilities, the 198 primary health care centres and the 3,808 health posts (Annual Report Department of Health Services 2074/75). The government efforts alone are not enough to address the delivery of health services to the poor in Nepal. Some individuals, National and International Non-governmental organizations are also doing services to reach people in the poorest areas.

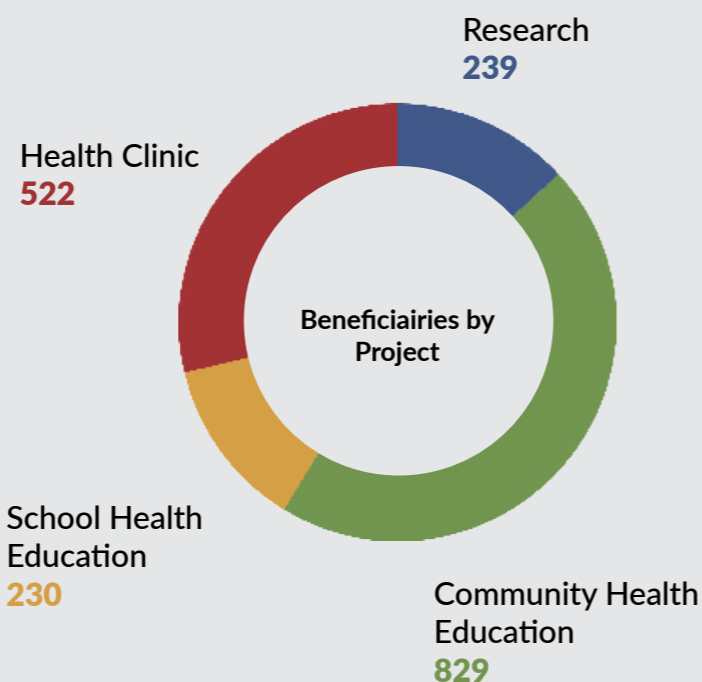
Our Public Health and Medical Care Program

The Public Health and Medical Care Program is designed to address the communities' needs in terms of health and health education. Our organization has been working with community health centers for the improvement of health indicators in the local context. The goal of Public Health and Medical Care Program is to promote healthy communities. The program has two components: the Public Health Initiative and the Medical Care Initiative. The first aims to prevent disease, and prolong life through healthy lifestyle and promoting health, while the second aims to

control and treat diseases. Each component has various projects (see the table below).

Public Health Initiative: It focuses on health, hygiene and sanitation education, promotion of hand washing and toilet using, support for building hygienic toilets and trash collecting bin, organizing health clinic and outreach camps, conducting school health and community campaigns for healthy lifestyle, prevention of communicable and non-communicable diseases, provision of quality health services to senior citizens, physically and mentally impaired people, single women, and ensuring safe drinking water and institutional delivery. The initiative includes the following specific projects: health hygiene and sanitation education, school health education, first aid training, and health research.

Medical Care Initiative: it is an integrated program with the purpose of preventing disease, improving life expectancy, treating the diseases and promoting human health through organized efforts and informed choices of society, organizations, public and private, communities and individuals. In the end, it aims to improve the quality of life through prevention and treatment of disease, including mental health. This is done through surveillance of cases and health indicators, and promotion of healthy behaviors.



Our Results

Under this program, different activities were conducted in 2019, in order to develop and deliver quality medical and health care services to the target population of Tarakeshwor and Siddhicharan municipalities. Major projects, activities carried out and beneficiaries are the following:

- **Research:** we have implemented three studies in Kavresthali about key health topics - attitude and practice on antibiotic resistance, the mental health status of women, and the status of cardiovascular diseases - involving 239 people.
- **Community Health Education:** we have raised awareness about the use of antibiotics and cardiovascular prevention by means of public campaigns in the different villages of Kavresthali reaching 804 people. We also have promoted healthy lifestyle through yoga practice involving 25 women in Jitpurphedi and Siddhicharan.
- **School Health Education:** we have educated 150 children aged 3 to 5 and 80 parents of Early Childhood Development Centers about health hygiene and nutrition.

Volunteers Involved in the Program

A total of 25 volunteers (13 international and 12 local) have been involved in the program throughout the year. Volunteers who worked in the clinic have also worked in health education and school health programs. Their involvement in the specific projects is presented in chart.

Our Challenges

- **Lack of volunteers and equipment:** we need to involve more skilled and competent volunteers in our program - such as Nepalese medical and nurse students - and to raise funds for medical equipments and supplies
- **Collaboration with other non governmental organizations:** in order to enhance our action locally and to exchange knowledge and skills.





FOR EARTHQUAKE PREPAREDNESS

The goal of the Disaster Risk Reduction Program is to minimize the risk of natural disaster and provide relief and safety to vulnerable communities. After the devastating earthquake of 2015, we have been mobilizing volunteers and we have provided financial support and materials for the reconstruction of the houses at our various project locations.



177

Volunteers involved in reconstruction



13

House hold supported



7

Houses completely reconstructed

Background

The devastating earthquake of the 25th April, 2015 resulted in over 8,500 deaths and left thousands of people injured. Over 600,000 houses were destroyed. The places we have been working - Kavresthali, Jitpurphedi, Okharpauwa, Bhadaure, Taluwa and Thulachhap - were badly affected. According to the data collected by our organization after the earthquake, in Jitpurphedi 900 households and six schools were affected, while nine people were killed and 15 injured. In Okharpauwa 1,500 houses and eight schools were damaged and ten people died and more than 15 people were injured. Likewise, in Bhadaure, Taluwa

and Thulachhap, 553 houses and six schools were destroyed. There were no cases of casualties and a few people were injured. In response to this, we initiated the Disaster Relief and Recovery Project to support the earthquake victims and provide emergency support. This later developed into the Disaster Risk Reduction Program with three project phases: Rapid rescue and Response, Rehabilitation and Reconstruction and Sustainability. We are now focused on implementing the third project phase, Reconstruction and Sustainability since 2017.



Introduction of the program

We have been mobilizing volunteers for the reconstruction of earthquake hit houses at our various project locations. In addition, we provide financial support and materials per the needs of family. The goal of this program is to minimize the risk of natural disaster and provide relief and safety to vulnerable communities.

The objectives of this program are as follows:

- Educate Communities on Disaster Risk Reduction, Response, Mitigation and Preparedness
- Promote and ensure disaster resilient infrastructure
- Develop skill and involve affected people in entrepreneurship

We prioritized as beneficiaries the families with

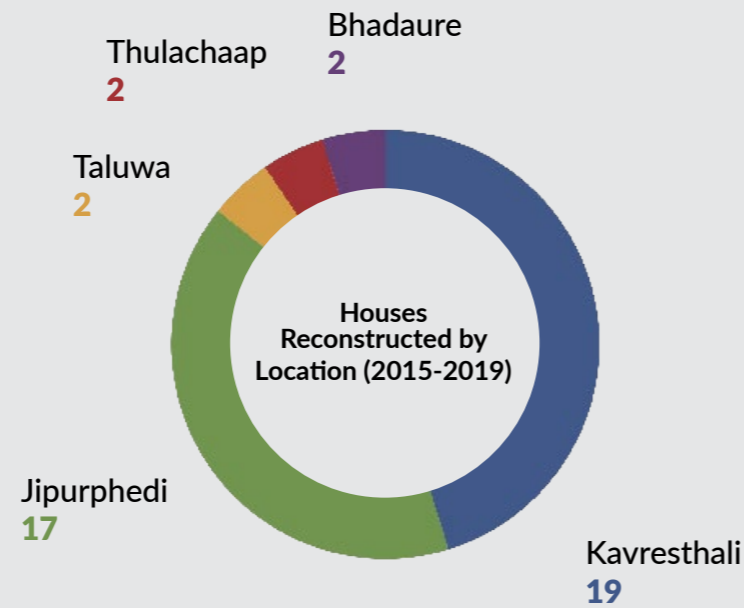
the following characteristics: financially in need, presence of a person with disability, single woman- or widow-headed, and lack of regular income.

The following steps have been taken before starting the house reconstruction:

- Coordinate with the local government to get the list of families that meet our selection criteria.
- Survey every family from the list to identify their situation.
- Collect the required documents such as victim card, citizenship, land certificate, house design, application, and recommendation letter from the local government from the victim families.
- Conduct a meeting with the family to set a plan, and determine the involvement of both our organisation and the family in the project.

Major Achievements in 2019

In 2019, we successfully involved 162 international volunteers and 15 local volunteers in this project as semi-skilled labor, where they were engaged in the following activities: demolished old structure, sorted reusable materials from old structure, dug the foundation for new building, carried construction materials to the site, mixed concrete, plastering and coloring. We provided financial and volunteer support for rebuilding six houses, and manpower for seven houses. Till date, our organization has supported the reconstruction of 42 houses: 19 in Kavresthali, 17 houses in Jitpurphedi and two each in Bhadaure, Thulachhap and Taluwa. Out of 13 households supported by us in 2019, seven families have resettled in the newly reconstructed houses.



Our Challenges in 2019

Some of the challenges we have faced are:

- Untimely delivery of construction material:** families are unable to buy materials on time. They will get money by installment method from the government by step by step work likewise. First in foundation level, second after the damp proof concrete and third in finishing level. Due to this they don't have enough financial resources on time.
- Difficulty to follow the plans:** We are expecting to finish building a house between six to seven month, but due to the lack of financial resources and of workers and volunteers, the estimated deadline is often postponed.
- Expectations of volunteers are high:** volunteers expect modern technology in rural areas. We are working with poor families and the working areas are in mountainous regions. Due to the mountainous areas, we do not have access to modern technology for construction. For digging, we don't use machines. For delivering the materials, we don't have facilities of transportation: we have to carry the construction materials manually. For mixing concrete, we don't have mixers.



A Story of Relief and Reconstruction

Chandra Bahadur Lamichane, aged 60 years, has been living with his wife and their 9-year-old granddaughter, Supriya in a temporary house made of mud and bamboo, after the Nepal earthquake in 2015. Chandra's only son succumbed to a disease six years ago, while the daughter in law got remarried, thereby turning into a family of three from a family of five. They used to live in another house nearby, but it collapsed during the earthquake. Thereafter, they had to stay in a tent for over seven months. The current house they have been living in was lent to him by his brother. It used to be a two-storeyed house, the upper floor collapsed in the earthquake; they managed to repair the rest and make it livable. However, this house is getting older; it might fall apart anytime. To add to it, there are many holes on the used CGI sheet roof. Chandra and his wife make a living by selling vegetables and livestock. They make around 3,000 Rupees monthly, which is not enough. Chandra has a back problem that makes it difficult for him to work on a farm, so his wife bears the burden of earning a livelihood. Their granddaughter, Supriya receives subsidy from the government for education. Supriya's mother left her when she was one year old, so Chandra took on the responsibility to raise Supriya. Last summer, we helped rebuild Chandra's house by providing financial support and manpower. Upon completion, when asked about the future plan, Chandra smiled, and said: "There is nothing we want, only the best for our granddaughter, Supriya."

FOR OUR ENVIRONMENT

The Environment and Conservation Program aims to conserve, promote and protect the natural environment and the indigenous knowledge, and to prevent, abate and control water, land and air pollution in order to enhance health, safety and welfare of this and future generations of Nepal.



35

Farmers trained on permaculture



10

Training on water treatment



86

Students educated on waste management

Introduction

The Environment and Conservation Program aims to conserve, promote and protect the natural environment and the local cultures, and to prevent, abate and control water, land and air pollution in order to enhance health, safety and welfare of this and future generations of Nepal.

The program has the following objectives:

- Identify common environmental problems and climate change associated factors
- Prevent and control water, land and air pollution and develop best practices for environment conservation, protection and promotion
- Educate on protection and conservation of natural and cultural heritage sites

Our Results in 2019

- **Water research:** Drinking water quality is tested in Kagatigaun village of Okharpauwa. Water samples from two water tanks supplying water to the village are tested for physical, chemical and biological parameters. The water was found good except in tank 1 where nitrate is higher

than permissible amount.

- **Water treatment education campaign:** we organized educational campaigns at 10 spots of Kagatigaun village. We posted laminated posters on the wall for villagers to aware them. We explained the techniques of water treatment methods to villagers.
- **Garbage management campaign:** trash management campaign with principles of 3R (Reduce, Reuse and Recycle) has been organized in Kavresthali. We taught techniques of making decorative items and containers from different plastics in our surroundings.
- **Permaculture training:** 35 farmers have been trained on different techniques of farming. They have been trained on insecticides and pesticides, organic insecticides and pesticides techniques, interrelationship web of life, types of seeds, growing of microorganisms, composting and use of human manure as a fertilizer.
- **Waste management educational campaign in school:** 86 students of Rakta Mala Basic School (Siddhicharan) have been oriented on waste management.



AN OVERVIEW OF OUR VOLUNTEERS

In 2019, we welcomed 573 local and international volunteers in our organisation. Thanks to their passionate and skilled work, we have implemented activities within the six main and other additional programs. Working with our volunteers is an exceptional chance of mutual learning and intercultural exchange.



498

International Volunteers



75

Nepalese Volunteers



2/3

Aged 18-34



21

Workcamps

The Volunteering Program

Our organization has been providing safe and supported volunteering opportunities to volunteers from Nepal and abroad since 2007. Volunteers contribute to the delivery of our programs in education, health and environment, basic infrastructure and economy, and are the backbone to organisation.

We have diverse volunteering programmes to get involved. We offer:

- Long and Mid Term Volunteering opportunities for individuals, ranging from two weeks to four months.
- Group Camps whereby a group of people who

already know each other deliver activities for one week or more.

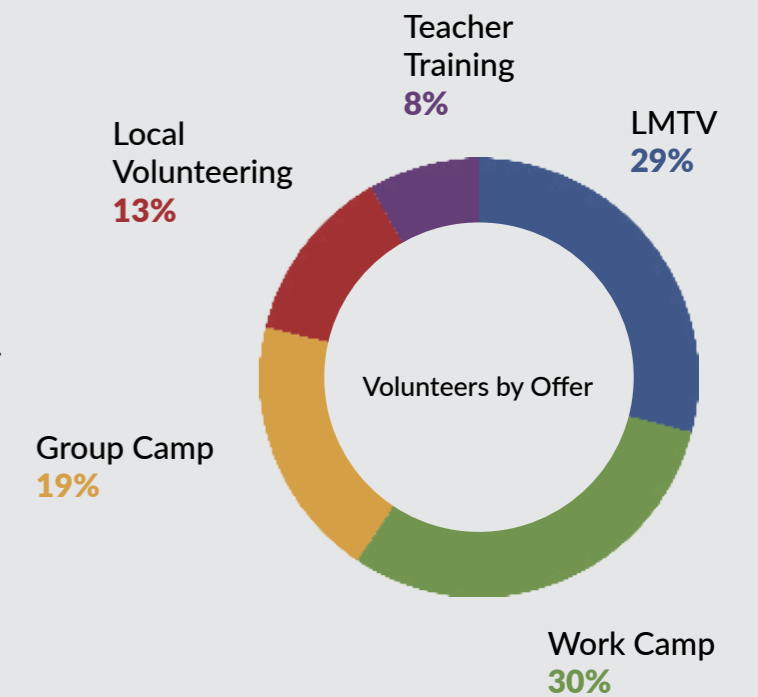
- Work Camps, whereby a group of individuals work together for two weeks delivering sessions and
- Family Volunteering, whereby we arrange appropriate activities for all members.

We offer volunteering opportunities for national and international people who are interested in experiencing the culture of Nepal and gain new skills. We support volunteers from pre-departure to in country induction. Once on placement, we provide ongoing supervision to volunteers. This includes field visits, monthly meetings and other logistical support.



An Overview of our Results

Our goal is to increase the volunteer workforce by 15% annually and, at the same time, we focus on professional volunteers who can share their knowledge and expertise. This year we have increased national volunteers by 12%; international Long and Mid Term Volunteers decreased by 27.2%, but at the same time we had more Group Camps than the previous years. In 2019 the busiest months with the highest volunteer numbers were from May to September. Our volunteer profile has shown that 66.5% of volunteers were aged 18 to 34 and two thirds were female.



Our Volunteers in 2019

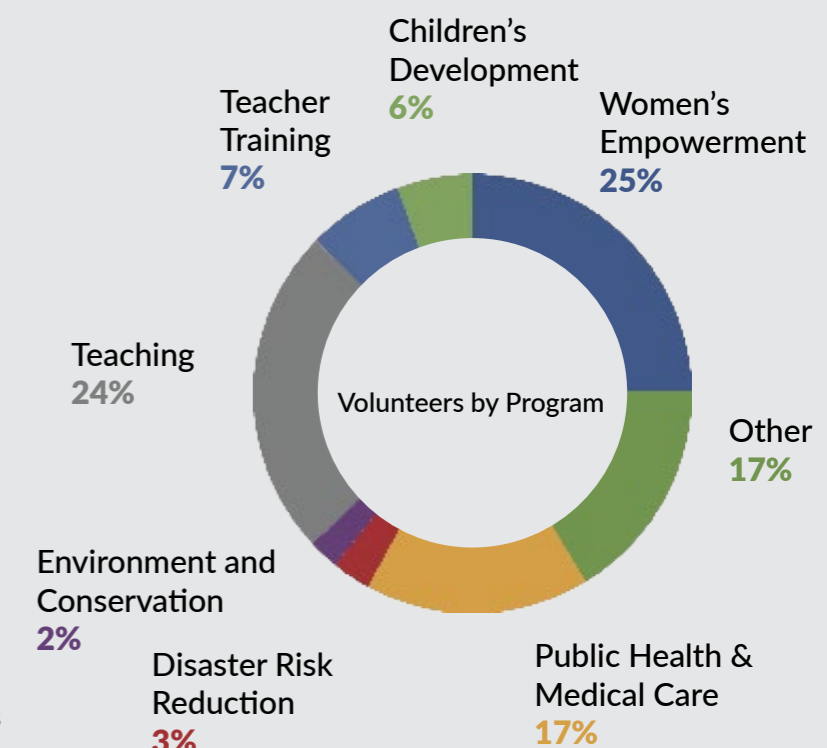
Trends in the Top 8 Sending Countries

Compared to 2017 and 2018, there was less variety in sending countries of volunteers than in 2019. In the last three years we have seen a steady decrease of volunteers coming from Taiwan, and the USA. France, Italy, Netherlands as well as Spain and the United Kingdom are again increasing the number of volunteers after a dip in 2018.

COUNTRY	2017	2018	2019
Australia	20	30	23
France	88	66	94
Italy	37	29	40
Netherlands	31	20	28
Spain	45	34	40
Taiwan	138	119	85
UK	49	57	45
USA	54	50	19

We have also seen volunteers from Europe have remained the same but there's a trend that more volunteers from Asian countries have taken up volunteering with us. Since last year, they have increased by 43.7%, passing from 158 to 227. The trend of our most popular programs in the past have also continued this year with Children's Development, Teaching and Disaster Risk Reduction.

Two new host families recruited in 2019 and we also have rooms available in the newly opened Women Cooperative Building in Jitpurphedi as well as the Community Learning Center in Okhaldhunga.





How the Volunteers Rate their Experience With Us

Our volunteering programs bring people from all over the world together. Whether it's national or international volunteers, the majority of volunteers agree that the main positive attribute about volunteering with us is meeting new people and making new friends. This has been made very clear in the volunteer feedback across all the programs. 88% of all volunteers are satisfied and very satisfied with their volunteering experience and would recommend the organisation to others.

"VIN is an inspiring organisation. We loved the work that we did and all of the VIN staff were caring and professional. We made great friends along the way and our experiences will always resonate in our memories with great fondness."

"My experience at VIN has been unique and valuable. I have learned a lot about the Nepalese culture and also about myself while volunteering in

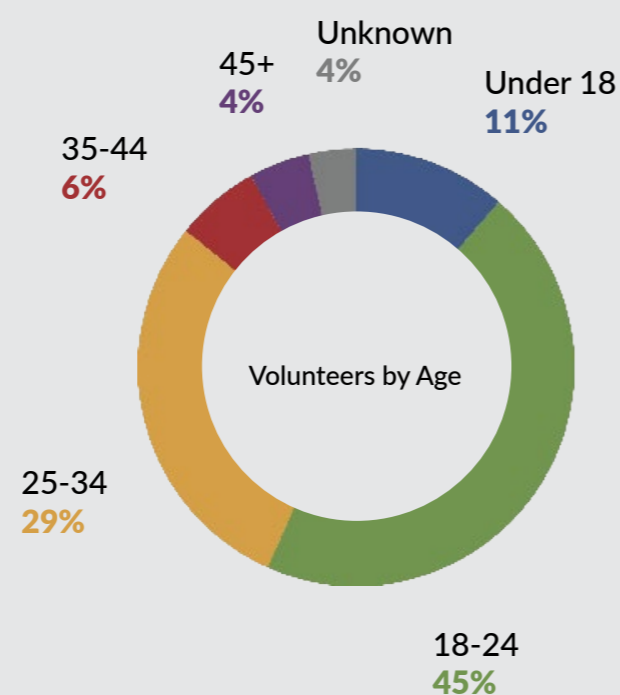
the community. I will treasure the memory of some of the women I have worked with in the women's empowerment program. Living with my host family has given me insight into a very different way of life. The other volunteers that I have been lucky to work with have become very dear friends."

"My two months volunteering was a great experience for me. It was a really meaningful and heart-satisfying job. I feel awesome to share my skills, experiences and time for needed one. I am thankful to VIN for giving me this opportunity."

"My volunteering experience with VIN was very rich and intense. From the project itself with the children, by meeting other volunteers or meeting local people, I learned a lot and I think this experience makes me grow up a lot. I could truly discover Nepali culture and way of life which is a priceless adventure and very worthy! I would recommend volunteering to anyone willing to discover new things and help others!"

Major achievements in 2019

- Work Camps and Group Camps increased by 18% from the past year
- We hosted the NVDA (Network Voluntary Development in Asia) in Nepal for the first time. This network aggregates 33 organizations across Asia.
- It has been the second year for us to host EU Aid Volunteers. We increased their number from 4 in 2018 to 6 in 2019.
- We established a new partnership with Samsung and together we organized an e-commerce training for 30 women in order to increase IT literacy
- We recruited two new host families
- Organized trips increased by 45%
- National volunteers increased by 12%





A Volunteering Story

My volunteering work was teaching English at Drikung Kagyu Rinchen Ling Monastery in Nayapati for 10 weeks. It was truly an unforgettable experience and I wish I could have stayed longer. The monks are a cheerful crowd, always happy and friendly. Their laughs are addictive. Definitely worthwhile attending to learn about an essential part of the monks' lives. It was also special for me to discover the Tibetan tea (slightly salty) and tsampa, the typical Tibetan breakfast. It is barley flour that you mix with Tibetan tea and you can add sugar or dried cheese to enhance the taste. Interestingly, not many of the monks at Rinchenling liked tsampa so on those days the dining hall was almost empty at breakfast time.

I taught 4 different classes. I enjoyed it very much and was happy to see how the monks improved their English over time. The biggest challenge is that their level of English can vary quite a bit. Some attended school before coming to the monastery and had previous knowledge while others struggled to keep up in class. The age range was between 14 and 19. They are Buddhist monks of course, but they are teenagers like anywhere else in the world. They enjoy games, playing football, and interacting on social media. If you want to take photos ask them first but they will most likely always say yes. You are also allowed to take photos inside the great hall during puja.

Coming from Switzerland, I had to get used to some things at first but after the first week I already felt at home. The monks also took good care of me whenever I needed anything. The life in Nepal/at the monastery has a different pace and vibe than what you may know from Europe or the US. There is some structure but it is flexible and so are times. I found that patience and equanimity are the key. Don't expect to get anywhere or do anything fast. The bus comes when it comes, the doctor will see you when your ticket is called, and traffic decides when you arrive at your destination. My personal advice is to just go with the flow, take in all the wonderful things you see, hear, taste and smell, and enjoy your time in this beautiful place called Nepal.

Michelle Grumbrecht

What we have learnt from the volunteers in 2019

2019 was a challenging year for VIN because the number of international LMTVs has decreased and we rely on their program fees for survival. The climate of volunteering has changed a lot and the competition on international volunteering schemes are fierce. We also rely on partners to send us international volunteers, but have noticed a decline in the number of partners who send us volunteers.

Volunteers' feedback across our programmes have shown that we need to improve the quality of our host families. This includes strategically locating

host families close to our working areas, providing better access to wifi and hot water for volunteers. Volunteers have provided us with feedback on how to better structure the activities they deliver and that we need to improve the scheduling of activities, which includes providing enough national volunteers. We also need to improve the clarity of information in regards to who the supervisors on site are, how frequently programme officers support volunteers and how the logistics for volunteers are organised. We received mixed feedback about our induction as well: this includes it being too short, too long and not enough project specific information.



A DREAM COME TRUE THE WOMEN BUSINESS CENTER

Tinpipla, Jitpurphedi



The 28th of November we have inaugurated the new Tarakeshwar Women Business Center at the presence of the State Urban Development Minister Rambir Mandharon. The center is a multifunctional building which serves as the headquarters of the Jitpurphedi Women Agriculture Cooperative Limited cooperative, and as a venue for cooperative meetings, women workshops and classes. A prayer ritual performed in Hindu and Buddhist traditions called puja was previously celebrated to bless the new building. A total of 585 people have participated in the two events.



PLANS FOR 2020

Our main and general goals for 2020 are:

- **Monitoring & Evaluation:** to develop a monitoring and evaluation system to follow up more closely the quantity and quality of activities, services and products delivered, and of the level of learning and satisfaction of the beneficiaries. In order to collect relevant data for the overall improvement of our projects, we have started training and tutoring the staff, and designing a proper plan for each specific program.
- **Community Learning Center in Thulachhap, Okhaldhunga:** to complete the construction of the NaraTika Community Learning Center in Thulachhap, Okhaldhunga. The building will serve the needs of the communities in terms of development, allow us to address those needs through relevant projects, and host a high number of volunteers for the purpose of implementing our activities.
- **Staff Development:** we believe in quality programs to successfully achieve our goal of empowering marginalized communities. This comes primarily from our staff knowledge and skills. We are committed to staff development to improve their competencies and support their work.

Additionally we aim to reach the following objectives within specific programs:

For Women, With Women

We are committed to:

- **Develop the policies of the Women Business Centre,** including a management and recording system to register the loans, credits and the income generation activities of the beneficiaries. For this reason, we aim at facilitating bank and accountant training and cooperative education training for the cooperative staff and members.
- **Develop an online business and e-commerce platform for the women's handcrafts.** For this purpose, the women are going to receive IT skills training, apart from regular Computer

literacy classes.

- **Improve the quality of the women's handcrafts,** through a closer quality check and educational visits to training centres or production sites for each income generation activity.
- **Expand the market for the sale of the women's products,** through the thorough planning of new marketing strategies, the networking with local businesses, and the organization of Open Market Events at the Women Business Centre, a monthly fair where women's agricultural products and handcrafts are going to be displayed and available for the customers.
- **Expand the offer of technical training,** including a proposal writing training for selected women and a farming and livestock managing training. Also, we are going to work hard to overcome the challenges we are facing in the implementation of the program in Okhaldhunga district, and bring education and life skills workshops to those areas on a more regular basis.

For Children, With Children

Within this program we aimed to:

- **Find new sponsors:** increase the visibility of the sponsorship project through an online campaign using different media and organizations that could relay our call for more sponsors.
- **"Get the adults on board":** conduct an awareness campaign with the school management team as well as with the parents to sensitize about the importance of creating a child rights-friendly environment at school.
- **Conduct an Education Needs Assessment:** we have planned to inquire about the school settings and the quality of education delivered in the wards where we are working in Okhaldhunga district through a needs assessment. On the basis of this study, we will design and implement new projects addressing the specific needs identified.

For Youth, With Youth

In the last few years, the program has slowed down because of difficulties in the youth involvement. We have been working on a needs assessment exploring the experience of the youth aged 18 to 30 living in Tarakeshwor and on the reasons why the previous project is not working. On the basis of this study, we are planning to develop new projects tailored to the local youth needs.

For Healthy Communities

We have planned to conduct the following activities:

- Health Needs Assessment in the municipalities located in Okhaldhunga district in order to identify the major issues in the health field and to address them with specific projects, health campaigns included.
- Continue cardiovascular disease campaign in Tarakeswhor.

For Earthquake Preparedness

Within this program we are going to:

- Develop a monitoring system to follow up more closely the quality of materials and design of earthquake-proof houses.
- Continue supporting the victims of the earthquake.
- Start with house reconstruction in Okharpauwa: coordinate with the local government to get a list of the families in need in order to bring them support.

For Our Environment

Within this program we aim to:

- Train 100 farmers about organic farming, permaculture techniques, greenhouse or tunnel farming and micro-irrigation techniques in Okhaldhunga district
- Establish a permaculture training field at NaraTika Community Learning Center
- Conduct campaigns and workshops about environment conservation in Kathmandu and Okhaldhunga districts
- Support locals to build water storage tank in Okhaldhunga district



FINANCIAL STATEMENT 2019

The financial statement 2019 is based on the Nepalese fiscal year that follows the Nepali calendar going from July 2018 to June 2019. The statement is the result of an analysis conducted on our official audit documents.

Currency	NRP, Nepalese Rupee
Total Income	123,405,703.21 NRP
Total Expenditure	120,200,287.47 NRP

Funds that We Have Raised and How We Spent Them

Total income

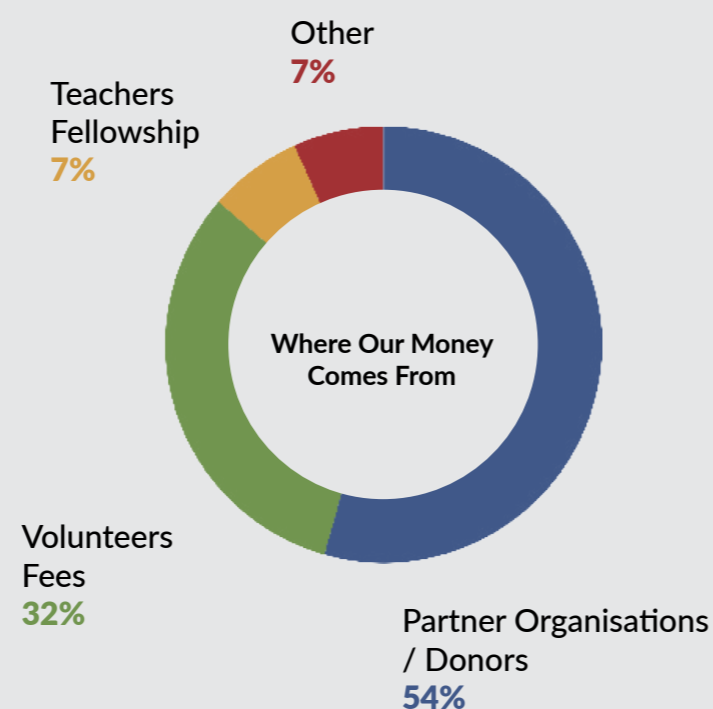
External Source	92,423,054.30 NRP
Internal Source	30,982,648.91 NRP
TOTAL	123,405,703.21 NRP

Where Our Money Comes From

A total of 92,423,054.30 NRP was raised from the public in 2018-19 (fiscal Nepalese year) through donors, partner organizations, community fundraising and individual givings. At the same time, 30,982,648.91 NRP have been accumulated from internal sources. Donors and partner organisations have contributed to 54% of the total income, while the second most relevant item comes from the volunteers' fees. Last, teachers' fellowship, individual givings and community fundraising have covered 14% of the total. Individual givings include the fees of

the sponsorship project within the Children's Development project and charity fundraising coming from the Travel and Adventure program.

Partner Organisations	67,090,884.83 NRP
Volunteers Fee	39,469,313.78 NRP
Teachers Fellowship	8,572,459.90 NRP
Other	8,273,044.70 NRP

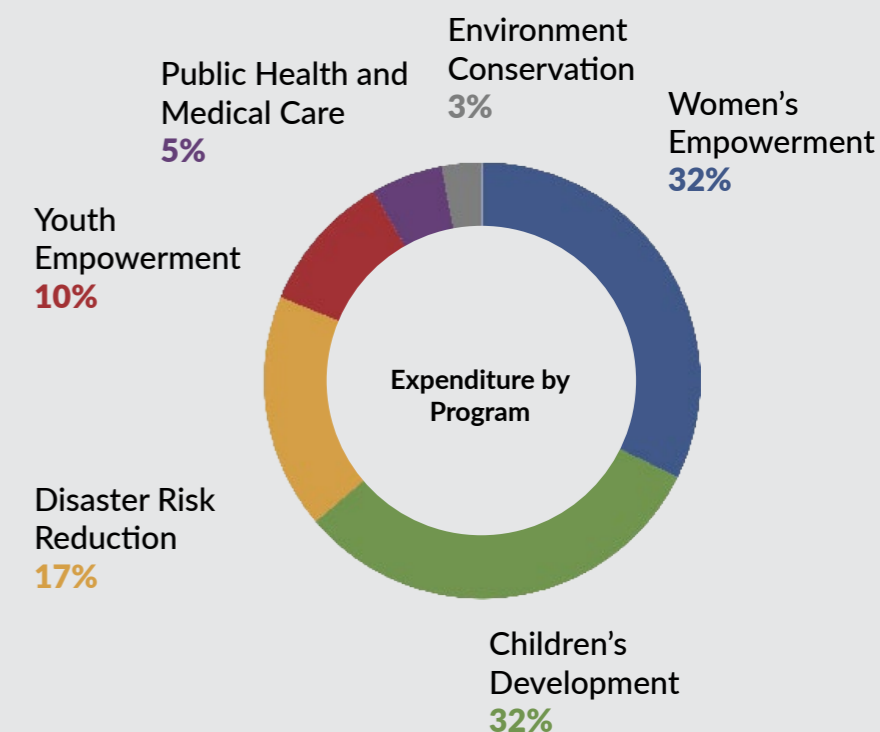


Expenditure by Program

Two thirds of the expenditure per program has been addressed to the Women's Empowerment and Children's Development programs. Nonetheless, we need to consider that 80% of the expenditure for the first program has been used for the

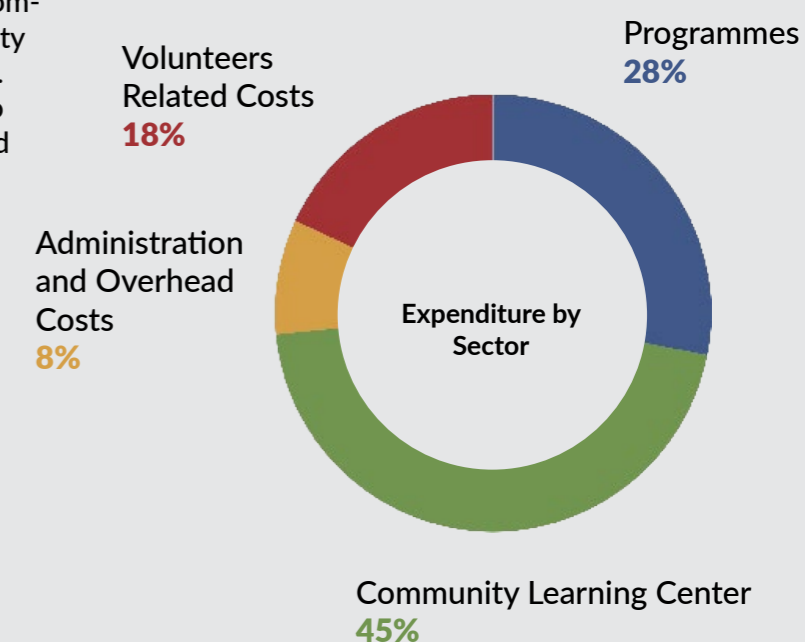
construction of the Tarakeshwor Women Business Center. The rest of the program is self sufficient since most of the activities are directly run by the women themselves. Follow the Disaster Risk Reduction program and the other programs.

Women's Empowerment	10,902,778.20 NRP
(including 8,643,012.07 NRP for the Women Business Center)	
Children's Development	10,630,699 NRP
Disaster Risk Reduction	5,885,984.01 NRP
Youth Empowerment	3,524,399.32 NRP
Public Health & Medical Care	1,791,631 NRP
Environment Conservation	1,006,778 NRP



Expenditure by Sector

Throughout the year, the biggest funds commitment of our organisation has been directed to complete the construction of the NaraTika Community Learning Center, with 45% of the total expenses. Programs and volunteers related costs, aiming to the implementation of the projects, cover around the same percentage, precisely 46% of the total expenditure. Follow administration costs mostly related to the payment of salaries.



Community Learning Center	54,534,980.67 NRP
Administration and Overhead Costs	10,202,602.43 NRP
Programmes	33,742,269.53 NRP
Volunteers Related Costs	21,720,434.84 NRP
TOTAL	120,200,287.47 NRP

KEY PEOPLE AND ADMINISTRATIVE INFORMATION

Board of Directors

Bhupendra Ghimire
Founder President

Shantiram Khatiwada
Vice President

Dinesh Khatiwada
Secretary General

Narayan Kaji Ghimire
Treasurer

Loknath Neupane
Member

Radhika Baral
Member

Surendra Kumar Bogati
Member

Management Staff

Bhupendra Ghimire
Founder and Executive Director

Dinesh Khatiwada
Volunteer Manager

Laxmi Prasad Ghimire
Program Manager

Coordination Staff

Om K Shrestha
Program Officer (Women's Empowerment)

Shyam Krishna Koirala
Program Officer (Children's Development)

Deepak Ghimire
Local Facilitator (Reconstruction)

Subheksya Singh
Volunteer Coordinator / Mentor

Diwakar Shrestha
Volunteer Coordinator

Ashish Regmi
District Program Coordinator (Okhaldunga)

Uttar Kumar Shrestha
Program Officer (Okhaldunga)

Manoj Basnet
Overseer (Okhaldunga)

Sirjana Thapa Magar
Cooperative Manager (Okhaldunga)

Sharmila Karki Katwal, Cooperative Manager (Okhaldunga)

Office and Administrative Staff

Mibis Shrestha
Webmaster and SEO Officer

Rachana Mukhia
Communication Officer

Manita Basnet
Office Accountant

Support Staff

Shantiram Khatiwada
Lawyer

Surendra Man Joshi
IT Consultant

Narayani Dongol
Office Assistant and Cook

Muna Sangten
Hostel Assistant

Akkal Bahadur Sangten
Driver

Registered Address

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Near Geetanjali School
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Post Box # 19877
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Organisation Registration Number

Charity Registration No: 147/062/63
Social Welfare Council Affiliation No: 20910
PAN No: 302408474

Auditors

M.K. & Associates
PAN No: 500096277
ICAN No: 26471 COP No 'B' 2267
120 Inbahal Marg, Ward No 30
Kathmandu, Nepal

ACKNOWLEDGEMENTS

Our partners in 2019

Asociación Building Bridges, Spain
 Associazione di promozione sociale Joint (Joint Global Voluntary Program), Italy
 Better World International Workcamp Organization (IWO), South Korea
 COCAT, Catalonia, Spain
 Concordia Siège National, France
 Council on International Educational Exchange (CIEE), Japan
 Etudes et Chantiers International – ANEC, France
 GlobAlong, France
 IBG - Internationale Begegnung in Gemeinschaftsdiensten e.V., Germany
 IBO Italia, Italy
 INEX- SDA, Czech Republic
 International Volunteers for Social Development Association (DaLaa), Thailand
 Jeunesse et Reconstruction, France
 Legambiente Onlus, Italy
 Love Volunteers, New Zealand
 Lunaria, Italy
 Macao New Chinese Youth Association (MNCYA), Macao, China
 Never-ending International workCamps Exchange (NICE), Japan
 Pistes Solidaires, France
 Service Volontaire International (SVI), Belgium
 Servicio de Voluntariado Internacional (SVI), Spain
 SIW Internationale Vrijwilligersprojecten, Netherlands
 Solidarites Jeunesses, France
 Vision Youth Action (VYA), Taiwan
 VolTra, HongKong, China
 Volunteer DreamWalker, China
 Volunteers For Peace Vietnam (VPV), Vietnam
 Youth Action for Peace (YAP), Italy
 Mahrberg Foundation, Switzerland
 Concordia, UK
 INEX, Slovakia
 Tarakeshwor Municipality Office, Ward No. 2 and 3 Offices
 Siddhicharan Municipality Office, Ward No. 1 and 2 Offices
 Chisankhugadi Rural Municipality Office, Ward No. 6 Office
 Kakani Rural Municipality Office, Ward No. 1 and 2 Offices
 Kathmandu Metropolitan City Office, Ward No. 16 Office

Our Donors in 2019*

We greatly appreciate the support of the following organisations:

Asociación Cazalla Intercultural, Spain
 Association pour le Développement des Initiatives Citoyennes et Européennes (ADICE), France
 Better World International Workcamp Organization (IWO), South Korea
 Friends of Volunteers Initiative Nepal Netherlands, Netherlands
 Friends of Volunteers Initiative Nepal United Kingdom (FoVINUK), United Kingdom
 Funds for NGO, USA
 GlobAlong, France
 Learning English with Laughter, Canada
 Limited Resource Teacher Training (LRTT), United Kingdom
 Love Volunteers, New Zealand
 ObzorArt, Bulgaria
 Partners in Sustainable Learning (PiSL), USA
 Samsung Group, South Korea
 Világjáró Önkéntes, Hungary
 Taiwan-AID (Taiwan Alliance in International Development), Taiwan
 WeHelpNepal, USA

We are also very grateful to all the individual volunteers and sponsors who supported our work with their fees and scholarships.

Recognitions

National PABSAN (Private & Boarding School Association Nepal) Kathmandu, Teacher Training, January 2019

National PABSAN (Private & Boarding School Association Nepal) Kathmandu, Teacher Training, August 2019

Jitpurphedi Women Agriculture Cooperative Limited, Women Business Center, November 2019
 Rakta Mala Basic School, Siddhicharan Municipality, Early Childhood Development Center, November 2019

* The list of the organisations is based on the Nepalese fiscal year that goes from July to June. So, the names listed refer to donors supporting our programs from July 2018 to June 2019.

EU Aid Volunteers
We Care, We Act



This annual report has been realized with the contribution of the EU Aid Volunteers sent by the international NGOs Mondo, ADICE and FOCSIV, to support our organization.


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 Empowering Marginalised Communities
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