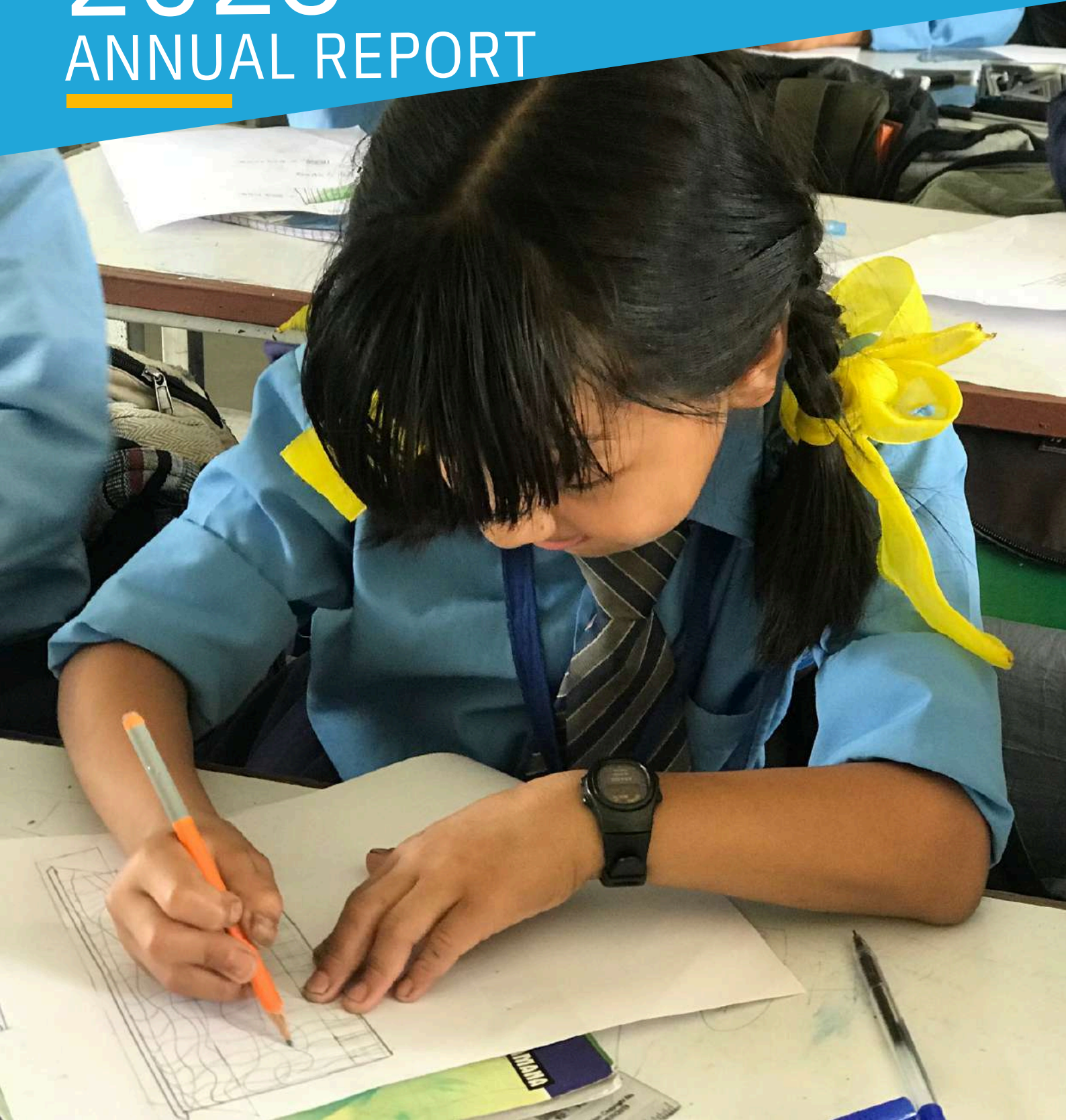


2023

ANNUAL REPORT



Empowering Marginalised Communities

स्वयंसेवी अभियान नेपाल
Volunteers Initiative Nepal

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MESSAGE FROM THE PRESIDENT

BHUPENDRA GHIMIRE

Volunteers Initiative Nepal (ViN) is dedicated to creating "A Peaceful, Prosperous, and Equitable society throughout Nepal." In 2023, we made significant progress in empowering marginalized communities through our various programs, positively impacting the lives of 350,117 people as of 2023.

Our Women Empowerment program saw 958 women in Okhaldhunga join a micro-credit system, 100 women take part in entrepreneurship training, and 1,153 women attend different workshops and classes. For Children Development, we helped 940 children through Early Childhood Development (ECD) programs, educated 2,087 children about their rights and life skills, trained 153 teachers, supported 42 teachers through sponsorships, and held summer camps for over 170 children in Okhaldhunga and Kathmandu.

Youth Empowerment is a key focus, targeting young people aged 16 to 30. This year, we conducted 720 life skills sessions, involved 107 youths in English and career development programs, and trained 34 youths in entrepreneurship.

Our Public Health and Medical Care program addressed rural health needs, educating 1,610 children and adults on health and hygiene, involving 239 people in health research, and benefiting 243 people with osteopath treatment.

Our Disaster Risk Reduction efforts included renovating and constructing two ECD schools, educating 375 people on disaster risk reduction, and conducting three research studies. In Environmental Conservation, we trained 46 farmers and families in permaculture, provided water projects benefiting 559 people, and educated 339 community members on waste management.

The Sustainable Food Production Project, started in 2021 in Taluwa, Thulachap, and Bhadaure of Okhaldhunga, continues to support sustainable food production and improve the socio-economic status of Dalits and needy families. This year, we built a 30,000-liter water tank benefiting 30 families on remembrance of Late George Stocker and constructed more than 43 water tanks for irrigation.

Looking forward, we aim to build 100+ water tanks by 2024, train communities on cooperative importance, enhance staff skills, and provide entrepreneurship training. We plan to form and support child clubs in schools, offer training on life skills and child rights, and support libraries with computer and e-learning training. For youth empowerment, we will conduct needs assessments, form youth clubs, and provide vocational training. At NaraTika Community Learning Centre (NTCLC), we will promote services, continue computer classes and e-learning, develop a vegetable teaching farm, and construct a seminar hall.

In public health, we will continue health, hygiene, and sanitation campaigns, construct water tanks, coordinate water distribution, and offer screenings for diabetes and blood pressure. We will also support farmers in kitchen gardening, promote organic farming, and plant 1,000 trees in Okhaldhunga. Our Disaster Risk Reduction initiatives will include training, coordination with other organizations, research, and forming emergency risk and disaster management committees.

None of these achievements would have been possible without the dedication of our volunteers, the support of our partners, and the resilience of the communities we serve. Together, we are making a meaningful difference in Nepal. I extend my heartfelt thanks to our team in Nepal, Friends of VIN Canada, Friends of VIN Netherlands, Friends of VIN USA, and all our volunteers and donors for your unwavering support and trust.

Warm regards,



Bhupendra Ghimire

The President

Volunteers Initiative Nepal

THE CONTEXT

80%

Living in rural areas

1,750



children trafficked per year

48%

of women experience violence



32%

of children die under age 5



19.2%

youth 18-29 unemployed

1,500



young people migrate internationally on a daily basis

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.

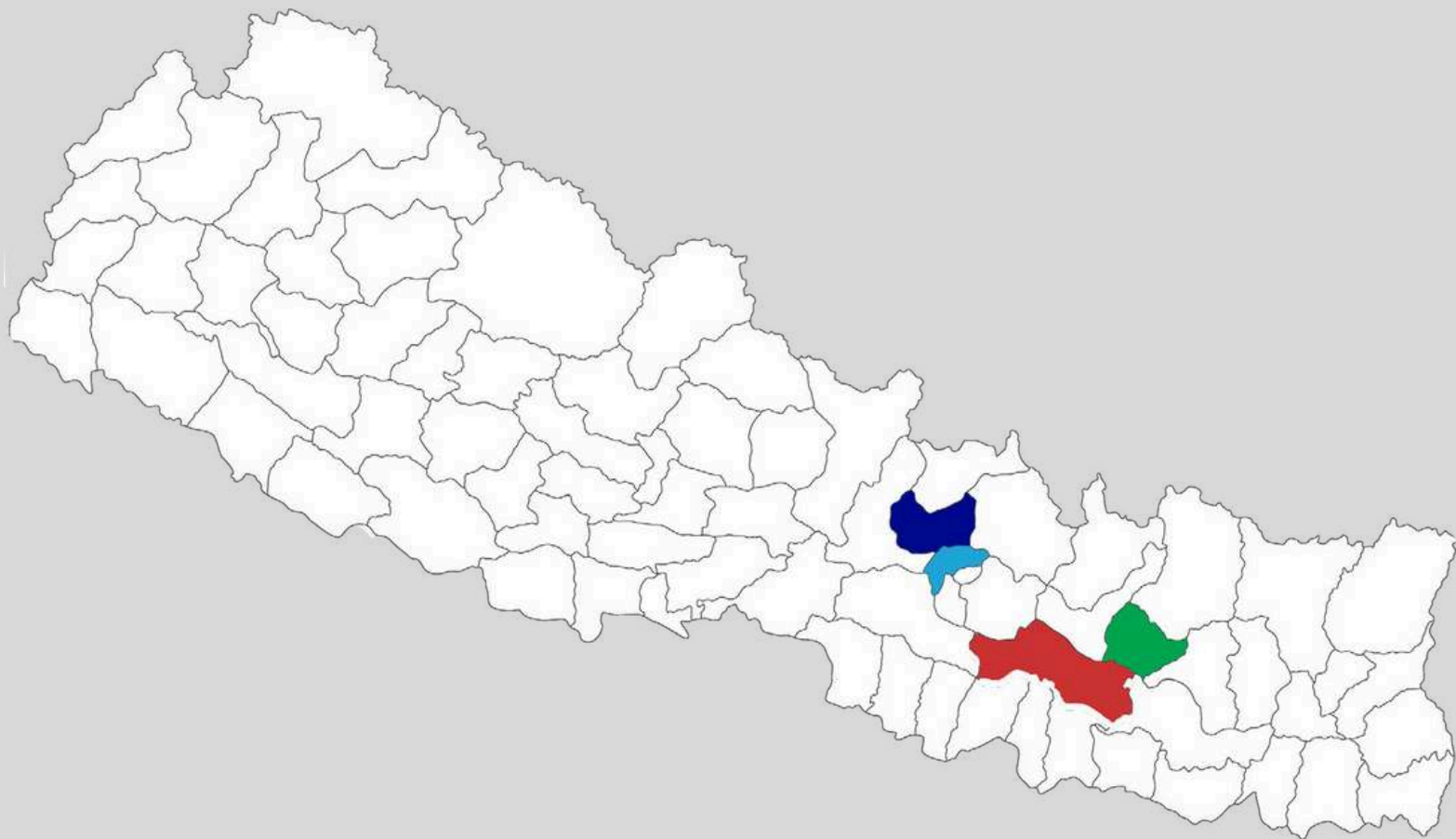
We are impartial: we serve marginalized and disadvantaged people solely on the basis of need and without regard of their cultural, political and social identity.

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

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.



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.

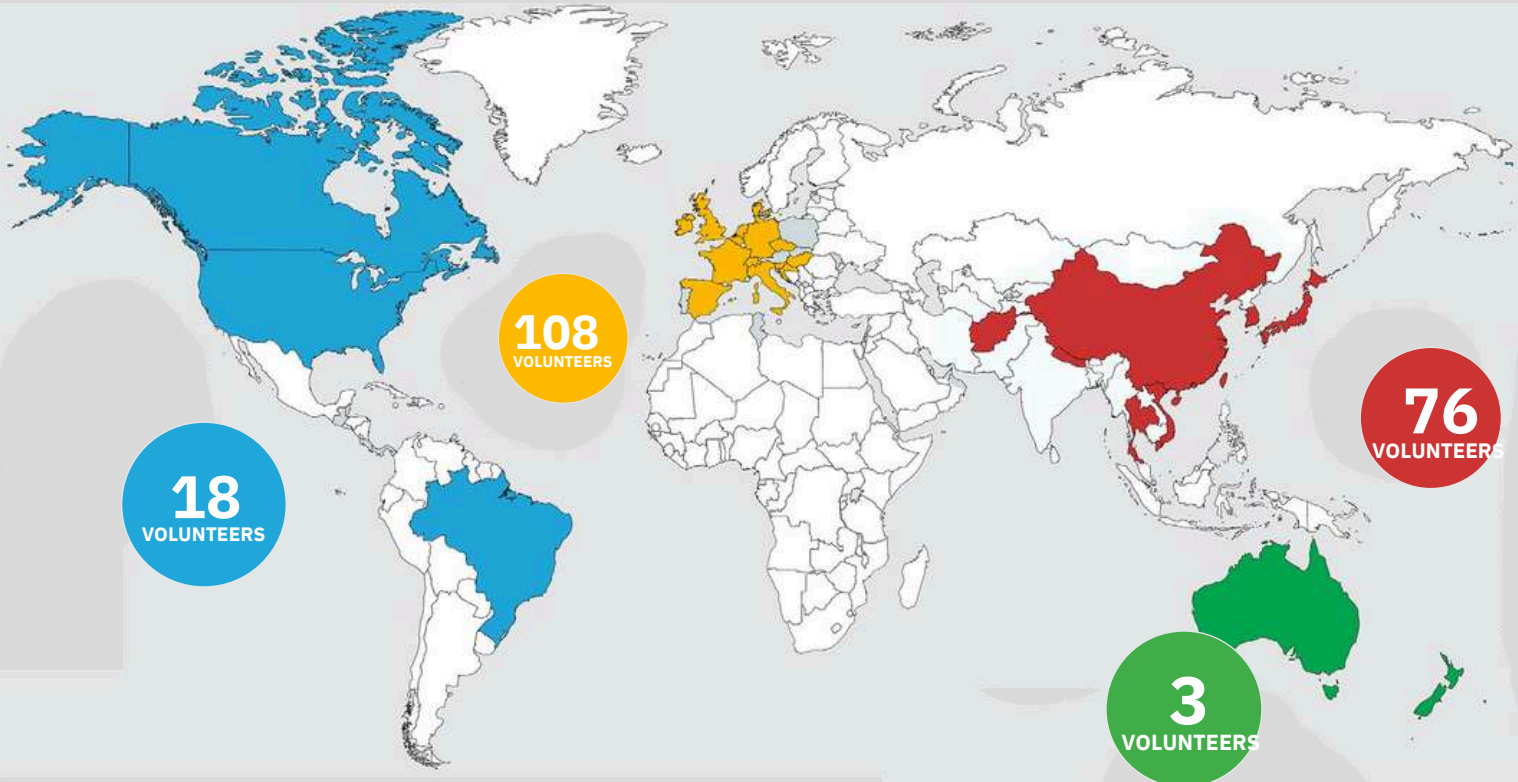
200
SCHOOLS

15
Monasteries

36000
Beneficiaries

4
Districts

WHERE VOLUNTEERS ARE FROM



COUNTRIES

- **ASIA**
- Afghanistan
- China
- HongKong (China)
- Japan
- Nepal
- Singapore
- South Korea
- Taiwan
- Thailand
- Vietnam

- **EUROPE**
- Belgium
- Croatia
- Czech Republic
- France
- Germany
- Hungary
- Ireland
- Italy
- Netherlands
- Spain
- Switzerland
- United Kingdom

- **AMERICA**
- Brazil
- Canada
- United States of America

- **AUSTRALIA**
- Australia
- New Zealand

25
COUNTRIES

207
VOLUNTEERS

25
SENDING
ORGANISATIONS

AN OVERVIEW OF OUR PROGRAMS



Women Empowerment

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.



Children's Development

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.



Youth Empowerment

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.

AN OVERVIEW OF OUR PROGRAMS



Public Health & Medical Care

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.



Disaster Risk Reduction

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.



Environment Conservation

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.

HIGHLIGHTS OF 2023



980-women for women's life skill

Women's education, rights & life skills are very important for women's empowerment. We reach out more than 980 women and provide workshops and sessions Women's education, rights & life skills. This helps women to make decision on health, education, community participation, income generation, self-confidence, leadership, decision-making and access to policy making and human rights.

958- Women become member for the cooperative

VIN has been supporting women cooperatives in Okhaldhunga in different communities to ensure economic freedom for women through establishment of micro credit system. We have supported to form new cooperative in Bhadaure now.



185- Children participated Summer camp

During the leisure time, on the vacation; we conducted different summer camps for the children to engaged them with extra circular activities. Children get refreshment and opportunities to learn many things which develops their skills.

295- Children's life skill

At the NTCLC Library, we provide various life skill trainings and awareness were provided to children on various topics such as : Bullying, library management, SWOT analysis, public speaking etc. The participants were students from grade 5 to 10 from different schools in the community.



Our Impacts by Number- Dec,2023

3,59,117

people reached

29,913

65,512

1,53,013

Women's Life Impacted

Children's Life Impacted

Public Health & Medical Care

63,287

37,383

4,126

Environment Conservation

Disaster Risk Reduction

Youth life Impact



HIGHLIGHTS OF 2023



243-People for the Osteopath treatment

This was based on Okhaldhunga community. The osteopathy team (volunteers) provided osteopathy treatment which is a unique kind of treatment, first time in Nepal. Osteopathy is a way of detecting, treating and preventing health problems by moving, stretching and massaging a person's muscles and joints. It is based on manipulation of the body to improve mobility.

505- Blood pressure check up

With the medical care volunteers, we conducted an awareness session on blood pressure and we took blood pressure check-ups for men, women, young people in different communities of Jitpurphedi and Okhaldhunga.



43 water tanks

We have been constructing water tanks for the irrigation of farmers under the sustainable food production project. This project targets the farmers of the Okhaldhunga community to support them in cultivation, farming by constructing water tanks for irrigation.

43 farmers for permaculture training

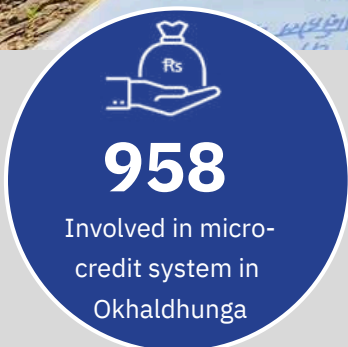
We organized a workshop and training on permaculture for the farmers. This project aims to encourage the farmer to utilize their kitchen garden through permaculture techniques. This helps the farmers to have high production and improve the fertility of the soil.





Women Empowerment

The major goal of Women Empowerment Program is to empower women socially and economically through education, life skills, and income-generation initiatives. VIN provides education and training opportunities to women of various age groups through the teaching of English and developing life skills, supporting the women and girls most in need in Nepal.



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 shoulder 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 2023

Women Life Skill Workshop: to empower women

We organized several life skill sessions for the women in different communities of Jitpurphedi and Okhaldhunga. These life skills session were mainly focused on empowering the women, aware them about women rights, sexual and reproductive health, Mensural hygiene, Self-esteem, confidence building, develop leadership skills, team building, public speaking, aware about domestic violence, stress management and we have been conducting English language class for different women groups who does not even have formal education.

This life skill sessions target all the women and young girls from different communities and this sessions already benefited more than 1153 women altogether in both Jitpurphedi and Okhaldhunga community.



Handicraft Training : to develop skills

We organized handicraft training to the women at the community learning Center. In this training, 24 women actively participated which last for one week. We trained women how to make rug with using unwanted clothes ,that could be used to provide warmth at home and with practice , women could also sell it in good price.

Similarly jewellery making : making necklaces were also taught to women of different communities. The major goal is to free women from financial independent through various entrepreneurship initiatives.



Micro Credit : support for the women

VIN has been supporting micro credit cooperative in Jitpurphedi and in Okhaldhunga. The program has been supporting 4 women cooperative ;Taluwa and Thulachap in human resource, administrative supplies, life skill trainings , cooperative training, providing loan etc. Likewise, the program has also initiated to support new women cooperative ; Bhadaure, and the formation of women group is in process. More than 958 women already becomes the members for the micro cooperative and have been benefiting from the cooperative.



Entrepreneurship Development Project

We have conducted a research at the jitpurphedi community for the Entrepreneurship development that focused for the women. The aim to conduct this research was to find out the interested women who wants to start a business or be an entrepreneur.

Similarly we organized many sessions for the entrepreneurship development for the women from different communities. More than 100 women benefited from this entrepreneurship development training. We have planned to organized vocational trainings like beautician training, sewing and tailoring, toy making etc. in 2024 for the women who are interested in developing business.

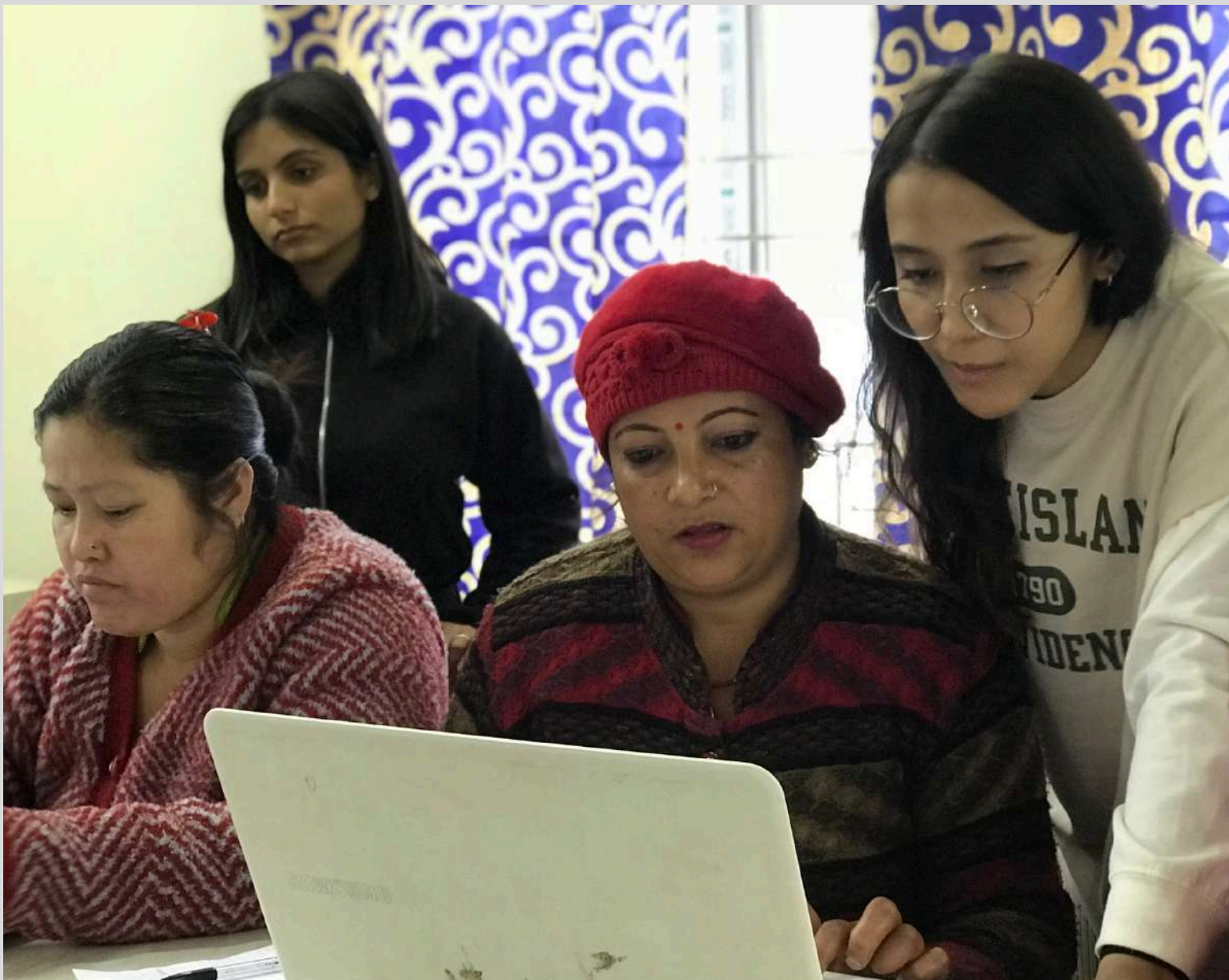
Our Challenges

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 2023 are the following:

Geographical difficulties: Okhaldhunga district is a very remote 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. However with the support of local staff, we still organize many program.

Busy schedule of the women: the everyday life of the women in these rural villages is very busy. They have so many responsibilities to take care of their families , households work, the family, the farm, working in the field, due to which 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.



A Story of Empowerment

When you suddenly become a single mother of 2 kids, with no job skills, you find a way. This is the case of Ambika Phuyal's journey to independence, and VIN's role in empowering her to find the resources she needed. When Ambika's husband suddenly passed away, she needed income and quickly. Looking everywhere, she was ultimately encouraged by VIN to go to the Women's Business Centre in JitpurPhedi. At that quaint building nestled among the bustling sounds of local buses, she found many women like herself all seeking independence for various reasons.

There, not only did she find community among the many bright young women committed to education, but also quickly developed concrete skills that enabled her to provide for her family. Before her training, Ambika was an expert on taking care of her children and her house, but, with the help of VIN, now she is also an expert soap maker. Every morning, Ambika precisely mixes lye, oils, and sweet fragrances, creating several bottles of bright pink and purple soap. While the mixing process was nebulous at first for her, requiring careful and exacting measurements, her soaps quickly became popular at the schools and markets she sells them at.

Originally, she intended that the soaps would pay for her living expenses and keep her kids in school, but her business has confidently grown past this. Her sales generated an unexpected surplus of money that have done far more than secure her future; in fact, the business has been so successful that she can afford to begin building a second building (pictured) to expand her soap making business complete with a future soap making machine that will expedite the process and reduce her workload. With a little encouragement and knowledge, Ambika is well on the way to a secure future for herself and her children: and VIN is proud to call her an empowered woman.

-Ambika Phuyal



Women's Empowerment Programme- Our reach out by the end of 2023	
Projects	Beneficiaries
Micro Credit	7,298
Enterpreneurship Development	6,357
Infrastructure Development	3,000
Education & Life skills	12,967
Total Beneficiaries	29,652
Infrastructure Development & Support	
Women Business Centre Constructed	1
Women Cooperative formed and support	4
Women group formation	267



Children's Development

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.

**940**

Involved in ECD

**2087**Educated on children's
rights and life skills**153**

Teachers trained

**42**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 2023

Refreshment for Children: through Summer camp

During Summer, we organized three workcamps at Raktamala School and Karkala Devi School in Okhaldhunga, and one summer camp at Jitpurphedi School in Kathmandu. The summer camp involved a series of activities, including sports, art, music, dance, academics, and cultural events, all aimed at developing children's knowledge and skills. These initiatives were designed to promote learning activities during public holidays, providing a platform for holistic development.

More than 170 children participated in these three summer camps in Okhaldhunga and Kathmandu, benefiting from the diverse range of activities and learning opportunities provided.

Children's Life skills facilitation

We organized various life skill trainings and awareness to children on various topics such as : Bullying, library management, SWOT analysis, public speaking etc. in the NTCLC library. The participants were students from grade 5 to 10 from different schools in the community.

There were more than 295 children who were benefited from this activities. This helps the children to development personal and professional goals.



Teaching English: to the children

English is one of the important language worldwide and it is very essential in this global world. We organize different English classes at the community schools and at the Buddhist monastery. We organize this classes to the young children and the monk. Our volunteers conducts this English language classes focusing mainly on improving English speaking. We organize this classes in the community schools and Buddhist monasteries where more than 400 students and monk are benefited every year. We conduct extra activities like games, arts and craft, sports, singing and dancing and so many recreational activities.

Early Childhood Development

We organize different recreational classes for Early Childhood Development. These projects primarily focus on children aged 3-6 years old. We organize this classes at the community school and community learning Center in Okhaldhunga. We conduct various skill development programs and encourages young kids in activities such as learning, playing, singing, dancing, making arts, craft and painting. Through these engaging activities, volunteers aim to nurture the holistic growth and well-being of the young children.



Projects	Beneficiaries
Children's Life Skills Facilitation	35,545
Children's Education Sponsorship	765
Early Childhood Education	10,680
Child Protection	2,885
Teacher's Development	4,423
Street, Orphan & conflict victim Children	834
Infrastructure Development	7,075
Total Beneficiaries	62,207
Infrastructure Developed and Support	Number
Early Development Centre constructed and renovated	56
Children's Education Sponsorship	765
School's compound wall construction	10
Library Constructed and Managed	18
Classroom Construction & Renovation	70
Classroom Painting and Rnovation	31

Youth Empowerment

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.



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

The Youth Empowerment Program in Nepal was designed to address the current needs of Nepalese youth aged between 16 to 30, who comprise of the country's workforce.

A significant proportion of youth in Nepal are facing unemployment issues, leading many to seek opportunities abroad for employment. The lack of education and a skilled workforce among the youth is a major contributing factor to Nepal's unemployment crisis.

The goal of the Youth Empowerment Program is to socially and economically empower youth through education, life skills, and entrepreneurship development. By doing so, the program's objective is to enable this demographic to actively contribute to the sustainable development goals for Nepal.

Main Achievements in 2023

Youth Entrepreneurship Training:

34 youth from Kathmandu district have been trained on Entrepreneurship development skills. We organize entrepreneurship development training for two groups of youth; one at the jitpurhedi community and another at the VIN headquarter. They youth got opportunity to learn how to start a business or become entrepreneur.



Basic Computer training workshop : for youth

To adopt the growing technology, computer skill is one of the very essential. So, we organize the basic computer training workshop for the youth from different communities. We organize computer training both in Jitpurphedi and Okhaldhunga. We provide basic computer training where youth learn about the MS word, Excel, PowerPoint, Internet and social media and its code of conducts. More than 85 youth benefited from workshop.



Youth Empowerment Programme - Our Reach out by the end of 2023

Project	Beneficiaries
Youth Clubs & Life Skills	2,289
Entrepreneurship Development	260
English and Career Development	1,577
Total Beneficiaries	4,126



Public Health & Medical care

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.



1610

Children & adults
educated about
health



239

People involved in health
research



243

Osteopath treatment



505

Blood pressure and
sugar check-up in
Jitpurphedi &
Okhaldhunga

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).



Our Results

Osteopath Treatment and Blood pressure check up

We successfully conducted health camp for the Osteopath treatment in different communities of Okhaldhunga. Our medical care volunteers supported to contribute in this project. They gave osteopathy treatment to different aged group of people. We reach out to 243 people from different communities.

Our volunteers reach out to 505 men and women to check up blood pressure who were from different communities at Jitpurphedi and Okhaldhunga. They aware to the people regarding blood pressure through many awareness sessions.

Public Health Awareness

We conducted workshop on the mensural hygiene and sexual reproductive health at the women business center in Jitpurphedi. This workshop was given to the young girls and women from different communities.

The volunteers conducted awareness sessions in different communities and schools on important topics such as Uterus problems and prevention, Menstrual hygiene , Sustainable mensrual cups, puberty and reproductive health, diarrhoea and prevention, first aid and prevention, Hypertention and sugar prevention depending on the need of community .

More than 1079 children, women, and youth benefited from different awareness sessions conducted in communities of both Jitpurphedi and Okhaldhunga.

Volunteers Involved in the Program

There were 27 international volunteers who participated in this program. Some of them were in public health project who were placed at different communities and some were assigned in medical care at the hospital.

Our Challenges

It was a little bit challenging to place the volunteers at the health post as there is lack of health equipment and supplies and doctor who could guide the volunteers. And our volunteers could not perform any medical surgery at the hospital because, they do not have license to practice.



Public Health and Medical Care - Our reach out by the end of 2023

Projects	Beneficiaries
Public Health Education	24322
WASH Campaign (Public Health)	40294
Infrastructure Development for Public Health & Medical Care	66758
Medical Care	20932
Health and Wellbeing	694
Public Health Research	13
Total Beneficiaries	153013
Infrastructure Developed	Number
Facilities Upgrade, Pathology lab at the Public Health Posts	3
Labor Room Establishment	1
Toilet Construction for Families and Schools	3000

Disaster Risk Reduction Education

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.




2
ECD School constructed


375
DRR Education and awareness


3
DRR Research

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



DDR Education and Awareness

We conduct different sessions to raise awareness among the people on what to do/what not do in the events of a natural disaster. Nepal is very sensitive with regard to the natural calamities like landslide, flood, forest fire, earthquake and hazards like snake bites.

The community people were trained to be self-resilient and develop key guidelines and approaches as disaster response. For instance; giving practical and applicable advice or drills to people, how to pack an emergency bag, how to organize large furniture in your house, where to take shelter at times of disaster etc. could create a self-reliant task-force of local people.

Around 375 people benefited from this project.

Disaster Risk Reduction Programme - Our reach out by the end of 2023

Projects	Beneficiaries
Rapid Responser	7463
Rehabilitation	6100
Reconstruction and Sustainability	19,305
Disaster Preparedness	3940
Disaster Risk Reduction Research	15
T. Beneficiaries	36,808
Infrastructure Developed and Support	Number
Support Tarpauline in Rapid Response	700
Transitional Classroom Constructed	550
Trasistional Classroom Constructed	50
Toilet Construction	3000
Early Childhood Development Centers	13
Women's Business Center	1
Community Learning Center	1

Environment Conservation

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.



46

Farmers family trained on permaculture



559

Benefitted drinking/irrigation water supply



339

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 2023

Litter Picking Campaign: These sessions targeted school children and women from various communities, urging them to maintain cleanliness by using dustbins and adopting the 3R principle: reuse, reduce, and recycle. In addition to educational efforts, volunteers organized practical initiatives such as litter picking activities in schools and communities. The aim is to instill a sense of responsibility and promote sustainable waste practices among the participants, contributing to a cleaner and healthier environment.

- **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 and community:** Many sessions were organized at the school to aware the children about the waste management. Similarly awareness activities were conducted with different groups of women in the different communities of Jitpurphedi. There were encouraged to use 3R (reduce, reuse and recycle).



Environment Conservation Program - Our reach out by the end of 2023	
Projects	Beneficiaries
Permaculture for Sustainable Food Production	1,334
Agroforestry	21,170
Waste Management Campaign	20,313
Water Resource Management	18,035
Stop Climate Change	1,325
Environment Research	11
Total Beneficiaries	62,188
Infrastructure Developed	Number
Micro Irrigation (Water Tanks)	31
Drinking Water Reserve Tank Construction	1
Water Reserve Ponds Construction	6
Maintenance of Natural Water Resource	2
Nepali Youth Worked/Involved as Volunteer with VIN	913



AN OVERVIEW OF OUR VOLUNTEERS

VIN has welcomed 207 volunteers in 2023, so 175 international volunteers from different countries and 32 national volunteers.



175

International Volunteers



32

National Volunteers



28

Group camps



24

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 organization.

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
- 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

This year, VIN received 207 volunteers that includes international and national volunteers. The number of LMTV volunteers was decreased by 8% compared to last year and the number of workcamp volunteers was increased by 8%. And there is increase in the total number of volunteers compared to 2022.

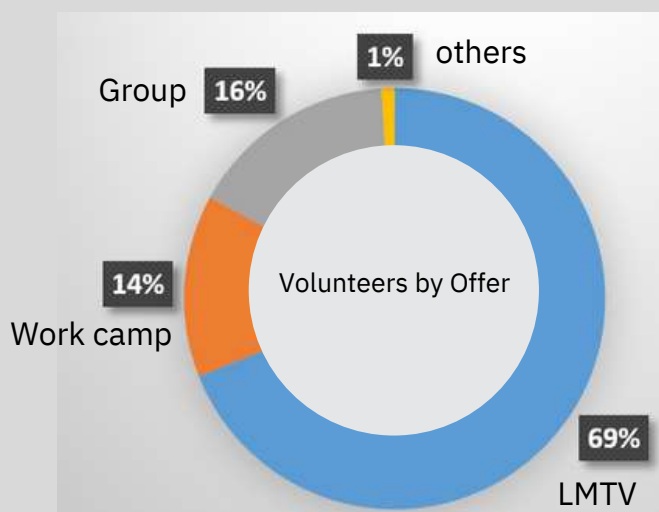
Our Volunteers in 2023

Trends in the Top 8 Sending Countries

Majority of the volunteers (44 volunteers) were send from France, however it was less compared to previous year. Most of our volunteers has been send from France, United states, Denmark, South Korea, Italy, Switzerland and Germany in the year 2023.

Country	Volunteer
France	44
United States	19
Italy	13
Denmark	17
Japan	8
South Korea	26
Switzerland	7
Germany	5

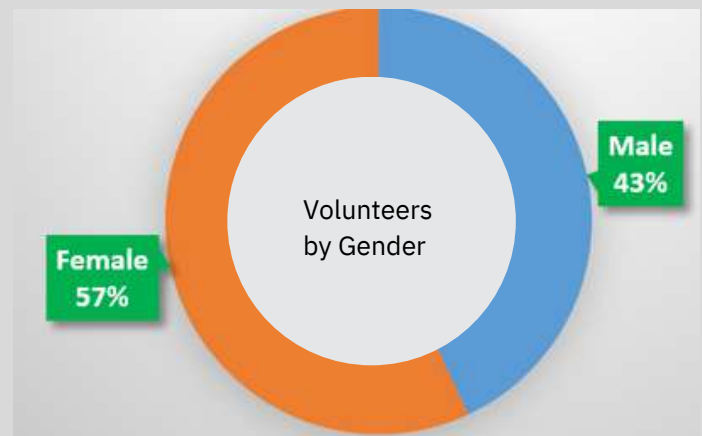
For the LMTV, most of the volunteers come from European countries and for the Work Camp project most of the volunteers from from Asian countries. And they were placed in different communities of Okhaldhunga and Jiturphedi.





Major achievements in 2023

- Work Camps increased by 18% from the past year
- Increase in the total number of volunteers
- Increase in the total number of National volunteers



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 amazing initiative that is working hard to make a positive impact in Nepal. I felt so happy to be able to contribute (if only a little bit) to this. Everyone at VIN has always been super nice, open and helpful. They gave me a feeling of comfort and safety right from the start, which is not always a given when you're so far away from your home. The project itself was also really great! The unconditional kindness and warm-heartedness of the students touched me deeply. They made me feel at home and welcomed me into their family. It was really an incomparably beautiful experience”.

“My experience at VIN has been personally rewarding because I really felt like I made a small difference in the lives of the women in the Women's Empowerment Program. I think we were able to give them more confidence in their ability to be leaders in their communities and as a result, to improve their standard of living. We educated them on the skills needed to be leaders and practiced communication through public speaking and interactive activities. The women were noticeably engaged and appreciated connecting with us and each other”.

“My experience at VIN, altogether I had a very good time volunteering in Okhaldhunga. We made beautiful connections with the other volunteers and with people from the villages. I could really learn a lot and I had some amazing experiences. Thank you to everyone who made this time so special! :)

“My experience at VIN was absolutely amazing. Teaching kids about the environment was a blast and their energy and curiosity made every day exciting. I would definitely recommend anyone interested in environmental topics to join the project”.





A Volunteering Story

Has been personally rewarding because I really felt like I made a small difference in the lives of the women in the Women's Empowerment Program. I think we were able to give them more confidence in their ability to be leaders in their communities and as a result improve their standard of living. We educated them on the skills needed to be leaders and practiced communication through public speaking and interactive activities. The women were noticeably engaged and appreciated connecting with us and each other. An area that I particularly enjoyed was teaching them about self-care, which is greatly needed.

We did breathing exercises, yoga nidra in Nepali, massage, fascia activation and dancing, which was fun and a way for us all to connect. The opportunity to totally immerse in the Nepalese culture was incredibly nourishing! We were lucky to be there during the Tihar festival which was amazing. We weren't working for the best part of a week and in this time we prepared for the festival and participated in all the traditions. A lot of good food and dancing was had by all the volunteers and we were so privileged to be invited into the homes of the local people for very important parts of this festival. Evenings were spent going from house to house, enjoying singing and dancing traditions. Beautiful immersive experiences occurred daily as local villagers invited us (my interpreter and I) into their homes for tea and food. The preparation that VIN gave us with learning phrases in Nepali and culture was extremely beneficial. I was able to have little conversations with people and introduce myself confidently. I can't recommend this experience more. Thank you VIN, life changing!

-Justine Squire, Australia- Women Life Skill project in Okhaldhunga

What we have learnt from the volunteers in 2023

After the COVID-19, it was very difficult for us to get the volunteers, and we saw the decline in the number of the international and national volunteers. One reason can be the recession worldwide that affect the economy of the world. However we are slowly recovering the shades of the COVID-19, and the number of the international volunteers are increasing slowly every years.

We received so many feedbacks from volunteers which helps us to improve the service that we can provide to the volunteers. Some feedbacks were for the project's sustainability that how VIN can bring sustainable impact and change in the project.

Some volunteers requested to have good wifi and filter for drinking water and hot shower at the host family. 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, not enough time for Nepali class.



Water Tank Construction



In the month of July, we have inaugurated Drinking Water Tank in Okhaldhunga. This Drinking water tank was constructed in loving memory of late George Stocker from Canada who was our partner.

This Water Tank has 30000 litres of capacity and provides drinking water to more than 30 families.

We have constructed more than 29 water tank for the irrigation under the sustainable food production. This water tank supports the farmers for the irrigation in their farm.



PLANS FOR 2024

SUSTAINABLE FOOD PRODUCTION (MICRO- IRRIGATION PROJECT)

VIN has been implementing Sustainable Food Production Project in Taluwa, Thulachap, and Bhadaure of Okhaldhunga since 2021.

This project ensures sustainable food production among Dalits and needy families by managing local water resources for micro irrigation projects. The project will support regular nutrition supply and increase the socio-economic status of the families in Okhaldhunga.

This project supports Dalits and needy families:

- To make a water collection chamber close to their houses where they can store water from multiple sources;
- Train farmers for the optimum use of water;
- Train techniques of the micro irrigation system;
- Establish a base for socio entrepreneurship and micro enterprises.

The project ensures water availability throughout the year and supports farmers growing vegetables. In addition, the project is linked up with permaculture and agroforestry projects to ensure sustainable food production. Our strategy to implement this project is in three phases over five years. In the first phase of one year, we did a pilot project with 20 beneficiaries. Our target is to construct water tank to each family of the whole community and train vegetable farming techniques through permaculture.

In this project, we constructed a reinforced RCC water storage tank of 4000 liters for micro irrigation. The tank is filled with water from different sources such as pond, river, stream, springs, and community tap that is available nearby. Also, there will be a rainwater harvesting system in place. In some drought areas, they can collect only rainwater. The storage tank's outlet is connected to a pipeline system linked with drip irrigation or sprinkles for the micro irrigation to the kitchen garden or through a watering can. This will support farmers in growing vegetables in the kitchen garden throughout the year with a small quantity of water. The project will be implemented in multiple phases with tracking of progress. We aim to construct at least 100 water tank in 2024.

WOMEN'S EMPOWERMENT

We plan to orient the group about the importance of groups, and their responsibility, orient soft skills for their capacity build up, connect them through cooperatives, build up the capacity of cooperative staff, and conduct entrepreneurship training in Okhaldhunga. In 2024, we will be helping to establish cooperatives in Bhadaure and unite women from Taluwa, Thulachap, Jitpurphedi and Bhadaure through cooperatives.

Support women to develop their Computer, entrepreneurship skills.



CHILDREN'S DEVELOPMENT

VIN has the plan to form/reform child clubs in schools at Okhaldhunga and in Jitpurphedi. We will orient child club members about life skills, club management, child rights, and extracurricular activities. Publish regular wall magazine in schools and a Creative Souvenir magazine.

- Children will be trained in computers and e-learning through libraries we established at NaraTika Community Learning Centre and Narayansthan School.
- Involve children to use the library regularly in the community.
- Organize ECD Teachers' training, monitor and support ECD centers of the communities.
- Organize training for 150 teachers in Kathmandu and Okhaldhunga on teaching skills and whole school development.
- Organize training and workshops for the teachers and parents. Continuation of children's education sponsorship and support upgrade/improve their education.
- Library construction and management at Taluwa.
- Organize different extra curricular activities, and education through camps and other activities.
- Classes on sports, English language development.

YOUTH EMPOWERMENT

We have a plan to do a youth need assessment in Kathmandu and Okhaldhunga to know the actual status of and needs of youth. We will form youth clubs. We will orient youth about soft skills and organize training on different vocational skills to develop them as entrepreneur. We will support the youth to develop activities and collaborate on the plan with the local government. Train local youth for community development and involve them in development activities as a volunteer. We also plan to conduct regular computer and language classes for them.

NARATIKA COMMUNITY LEARNING CENTER

Promote the available services of NTCLC. Optimum utilization of the resource. Continue computer classes and e-learning. Continue library and children's center activities. Develop the plot as a vegetable teaching farm through permaculture technique.

We have plan to construct the multi purpose seminar hall on the top floor of CLC and bring into use.

PUBLIC HEALTH AND MEDICAL CARE

Regular support and education to community people. Support and awareness campaign on health, hygiene and sanitation.

Water tank construction and water distribution in coordination with Ward in Barchande and Thulachhap.

Research and screenings on diabetics and blood pressure together with prevention education.

Yoga class/practice at NTCLC

Organize health camp at NTCLC in coordination with Municipality

ENVIRONMENT AND CONSERVATION

- Support and train farmers in kitchen gardens through permaculture techniques. Follow up and new plantation in the community.
- Encourage people to do organic farming and organize training on it.
- Support and encouragement on agroforestry.
- Plant 1000 trees in Okhaldhunga.

DISASTER RISK REDUCTION

Preparedness training on disaster risk reduction in the community.

Coordinate with the like-minded organization for it.

Conduction of research on DRR and develop report.

Emergency risk and disaster management committee formation preparation workshop /training in Okhaldhunga.

VOLUNTEERING

Recruitment and mobilizing volunteers in community development activities.

Develop local youth for volunteering activities. We have to host ESC volunteers.



FINANCIAL STATEMENT 2022-2023 July

BALANCE	CURRENCY (NPR)
TOTAL INCOME	31,554,372.27
TOTAL EXPENDITURE	34,089,028.33

The financial statement 2023 is based on the Nepalese fiscal year that follows the Nepali calendar going from the financial year from 1st Shrawan 2079 to 31st Ashadh 20 (16th July 2022 to 15th July 2023).

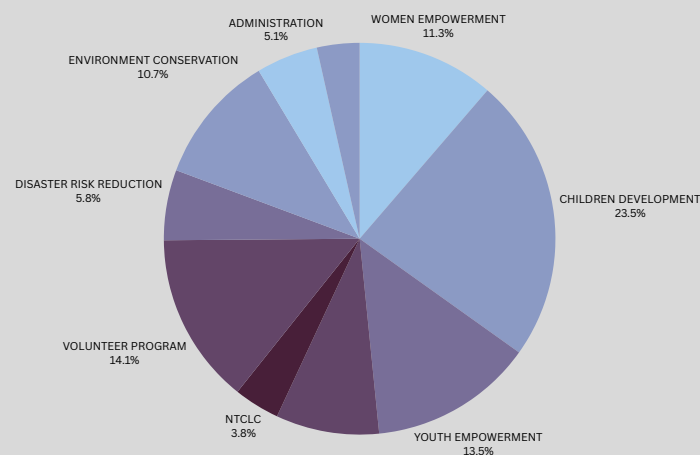
INCOME SOURCES

BALANCE	CURRENCY (NPR)
EXTERNAL SOURCES	12,440,033.14
INTERNAL SOURCES	19,144,339.13
TOTAL	31,554,372.27

A total of 12,440,033.14 NPR was raised from the public in 2021-22 (fiscal Nepalese year) through donors, partner organizations, community fundraising and individual donors. At the same time, 19,114,339.13 NPR have been accumulated from internal sources

EXPENDITURE BY PROGRAM

PROGRAM	CURRENCY (NPR)
WOMEN EMPOWERMENT	3,875,315.62
CHILDREN DEVELOPMENT	8,056,351.90
YOUTH EMPOWERMENT	4,636,931.62
PUBLIC HEALTH AND MEDICAL CARE	2,919,545.97
NTCLC	1,296,485.62
VOLUNTEER PROGRAM	4,843,084.84
DISASTER RISK REDUCTION	1,988,698.67
ENVIRONMENT CONSERVATION	3,663,068.00
ADMINISTRATION	1,745,769.67
DEPRECIATION	1,202,946.37



EXPENDITURE BY SECTOR

The major expenses in 2023 are related to our programs. In the 6 key areas of intervention, the total spending was 34,089,028.33 NPR. The expenses of our volunteers programs were 4,843,084.84 NPR. The administrative cost was 1,745,769.67 NPR and we have to count with the depreciation in the value of 1,063,776.43 NPR.

SECTOR	EXPENDITURE (NPR)
PROGRAMS	3,12,79482.2
ADMINISTRATION	1,745,,769.67
DEPRICIATION	1,063776.43
TOTAL	3,40,89,028.33



KEY PEOPLE AND ADMINISTRATIVE INFORMATION

Board of Directors

Bhupendra Ghimire Founder President

Shantiram Khatiwada Vice President

Dinesh Khatiwada Secretary General

Narayan Kaji Ghimire Treasurer

Bala Ram Gaire Member

Richa Ghimire Member

Surendra Kumar Bogati Member

Staff Members

Bhupendra Ghimire Founder President

Dinesh Khatiwada Volunteer Manager

Richa Ghimire Secretary to the President

Varsha Pradhan Communication Officer

Ashok Thandar Chaudhary Volunteer Coordinator

Manita Basnet Accountant

Cholindra Karki District Program Facilitator

Samita Rana Magar Librarian cum Learning Facilitator

Uttar Kumar Shrestha Program Officer

Srijana Thapa Magar Cooperative Manager

Sanju Aryal Local Facilitator

Shantiram Khatiwada Lawyer

Surendra Man Joshi IT Consultant

Arjun Khatri Gardener and caretaker

Nabaraj Basnet Driver and caretaker

Samikshya Basnet Hostel Assistant

Kabita Khatri CLC Assistant

Januka Aryal Cooperative Assistant

Laxmi Karki Cooperative Facilitator

Sunita Ghimire Local Facilitator

Govinda Dahal Web Master

Narayani Maharjan Office assistant

Organization Registration

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

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ACKNOWLEDGEMENTS

Our partners in 2023

NVDA
 CCIVS
 European ALLIANCE
 Forum
 NGO Federation of Nepal
 Global long, France Joint Association, France
 LOVE- Newzilands
 EXIS, Denmark
 Joint Global Voluntary, Italy
 Service Volontaire International, Belgium
 Solidarities Jeunesses, France
 SVI- Servicio Voluntario International
 CONCORDIA- France
 COCAT- Spain
 Joint Association
 NICE Japan
 Tarakeshwor Municipality Office, Ward No. 2
 and 3
 Offices Siddhicharan Municipality Office, Ward
 No. 1, 2 and 3
 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

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 Inspiring Teachers, UK


Editing and layout: VIN

Content:VIN


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