



ANNUAL REPORT 2023



CONTENTS – still to be done

- **Introduction Friends of VIN**
- **Happy New Year 2081**
- **Our Approach**
- **Program Updates (General)**
- **Volunteers 2023**
- **Plans for 2024**



Friends of VIN is an SDO

Ever since we entered the world of non-governmental, non-religious, non-profit organizations, we decided to not label ourselves with a negative pre-fix, so Friends of Volunteers Initiative Nepal (FoVIN), Netherlands, calls themselves an SDO – a **Social Development Organization**.

FoVIN was founded in March 2011 and our work centers on putting the efforts for change in the hands of local people and we actively encourage local people to volunteer within their communities, aiming to unite all sectors of society in working together to set up and run local projects. We run these programs with our Nepal-based partner, Volunteers Initiative Nepal (VIN) and once the community is self-sustainable we remove our active presence and move on to a new area. Our goal is to facilitate empowerment and improvement of basic living conditions and to make marginalized communities independent and self-sustainable.

We perform various fundraising activities in Europe, form partnership with private institutions and apart from providing financial support and sending volunteers to Nepal, Friends of VIN also acts as a sounding board for our partner organization in Nepal, VIN.



Happy 2081!

FoVIN NL team would like to wish you all a Happy Nepalese New Year 2081 with the sincere hope that the world will be a safer place this year.

2023 saw steady progress of constructing water tanks in Okhaldhunga; we supported the construction of a 30,000 liter water tank benefiting 30 families and also the construction of 43 water tanks built for irrigation. They are part of a bigger project named The Sustainable Food Production Project which was established to support and improve the socio-economic status of Dalits and needy families.

Looking forward, we aim to build 100+ water tanks by the end of 2024 and train communities on cooperative importance and provide entrepreneurship training.

We thank you deeply for your continued support - without you, none of this would be possible.





OUR APPROACH

Poverty is a complex phenomenon; its causes and symptoms are entangled and there is no one-fits-all solution. **FoVIN's mission is to empower marginalized communities** by holistically co-creating healthy, self-sustainable communities where people have access to adequate sanitation, health care, education and economic opportunity. After a period of several years when the community is self-sustainable, we remove our active presence and we move to the next community and repeat our process.

Our six focus areas are:

- ❖ Women's Empowerment
- ❖ Public Health & Medical Care
- ❖ Youth Empowerment
- ❖ Children's Development
- ❖ Environment and conservation
- ❖ Disaster Risk Reduction



Women's Empowerment

The Women's Empowerment Program is essential for the social and economic development. 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.

FoVIN is supporting the continued work of the microcredit cooperative and helps drive women toward autonomy.

Public Health & Medical Care

Nepal has made impressive progress in health outcomes relative to its income level. Life expectancy has been steadily increasing and Nepal's progress in reducing maternal and child deaths has been lauded internationally, even though the maternal mortality remains the highest in the South-East Asia Region. But challenges remain.

Healthcare is not yet universal: access to quality services at an affordable cost remains a goal rather than an achievement for several groups of Nepalis. The rise in non communicable diseases and the constant threat of natural disasters require new approaches.

FoVIN is striving to build a healthier and more sustainable future for Nepal.





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. We aim to reverse this trend by developing and retaining community youth. We want to inspire and encourage Nepal's youth. Engage them in community development or give them vital social and professional skills.



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 to promote children's rights through access to both education, and school- or community-based Children's Clubs.



Environment and 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.



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.



Highlights of 2023



We trained 980 women in life skills

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, decisionmaking and access to policy making and human rights.



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.



During school vacations we conducted different summer camps for the children to engage them with extra circular activities.

Children get refreshments and opportunities to learn many things which develop their skills.



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.



Water tanks and Permaculture



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



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



Volunteers 2023

After COVID-19, it was very difficult for us to get volunteers to come, and we saw a decline in the number of international and national volunteers. One reason could be the recession worldwide that affect the economy of the world.

However, we are slowly recovering from the shadows of COVID19, and the number of international volunteers are increasing slowly every year. We received a lot of feedback from volunteers which helps us improve the service that we can provide to the volunteers. Because without them we will struggle to carry out the projects which help our marginalized communities.

Some volunteer stats

Long-/mid-term volunteers:

They came from 22 different countries; 78 women and 43 men

Work camp volunteers:

They came from 12 different countries; 17 women and 7 men

In total we welcomed 145 volunteers from 25 countries –

THANK YOU SO MUCH FOR YOUR HARD WORK AND DEDICATION!



Total Vol	
Female	95
Male	50
Total	145

Total Vol	
Country	Number
Australia	2
Austria	1
Belgium	4
Brazil	1
Denmark	17
France	38
Germany	5
Greece	2
Hongkong	6
Ireland	2
Italy	13
Japan	8
Kazakhstan	1
Korea	3
Mexico	1
Netherlands	5
New Zealand	3
Poland	1
Russia	3
Singapore	2
Spain	1
Switzerland	7
Taiwan	1
UK	5
USA	13
25	145





Plans for 2024

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 litres 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.

Thank you for
your continued
support during
2023!



We look forward
to seeing you in
2024.



THANK YOU!

Friends of VIN team NL

