



F R I E N D S
of Volunteers Initiative Nepal

N E T H E R L A N D S

*Empowering Marginalized Communities
of Nepal*

Annual Report 2011

2011

2011 was a big year for Friends of VIN, Netherlands – it was our first year! We would like to thank everyone who supported us and encouraged us to make this happen!

- Ann Wilson, Friends of VIN, Founder and Executive Director



Happy New Year!

We work in cooperation with Volunteers Initiative Nepal (VIN), our partner organization based in Nepal. We are proud to present our achievements in Jitpurphedi* 2011 in our 4 focus areas; Women's Empowerment Project, Children's Development Program, Youth Development Program and Community Health Program.

A teacher affects eternity; he can never tell where his influence stops.

- *Henry Brooks Adams*

School girl in Jitpur Lower Secondary School



* The municipality of Jitpurphedi is located about 45min outside Kathmandu

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Introduction

Friends of VIN is a non-profit organization which aims to empower marginalized communities by providing enhanced educational programs and community training to promote equality, economic well-being and basic human rights. Here is our annual report of 2011. Happy reading!



2011 in Figures (1)

Women's Empowerment

- Jitpurphedi women's cooperative Ltd has reached 229 members and is doing NPR 715,000 worth of transactions. (USD 8,462 [*exchange rate 6-JAN 2012])
- A total of 167 women received training on vegetable farming
- A total of 89 women participated in the literacy class and received basic literacy and numeracy skills.
- A total of 184 women received life skill sessions on communication, stress management, self esteem, problem solving and time management

Child Development

- Over 36 children benefited from VIN's sponsorship program which is continuing to support their education
- A total of 220 children received training on public speaking, 40 on community drama, 685 on children's rights.
- We provided regular support for 3 children's homes in Kathmandu
- 15 ECD* teachers were trained on ECD concepts and child friendly teaching and learning approaches.
- ECD parents were informed about child development and their role at home in supporting their child's education.

* Early Childhood Development. See Appendix

2011 in Figures (2)

Youth Development

- 120 youths were involved in the executive committees of the youth clubs.
- All members received club management training and 15 members received life skills training.
- 6 youths volunteered in different VIN programs.

International Volunteers

- 76 international volunteers and 10 international interns joined a total of 15 VIN programs.

Community Health and Environment

- We continued regular access to medical services at the health post by the VIN doctor.
- A total of 2,749 patients received health check-up services by the doctor.
- 22 health camps were done in schools of the Jitpur community and a total of 770 benefited from the camp.
- ECD and primary children of all schools of Jitpur community received orientation on hand washing and tooth brushing.
- 12 ECD teachers received training on first aid and participated in health and sanitation training.
- Women's group members were informed about breast cancer, uterine prolapse, breast feeding, and other health-related topics specific to women.

Women's Empowerment: Micro-Credit Project/Women's Cooperative

The major objective:

- to implement an autonomous and sustainable micro-credit system.

Jitpurphedi Women's Co-operative Ltd reached 229 members and executed investment transactions worth the value of NPR 715,000 (USD 8,462 [*exchange rate 6-JAN 2012])

Of this, NPR 302,000 (USD 3,574) has been repaid already .

To strengthen the cooperative's human resource assets, the following training was given:

- Entrepreneurship and skills development
- Legal rights
- Uterine prolapse awareness
- Family planning
- Business ideas
- Accountancy
- Gender equality



“We are saving money now that can be used in the future. Even by saving a little money now becomes a larger amount of money later”.

- Santa Phuyal, president of Adarsha women's group.

Income Generation Program

3 focus areas

- Vegetable production (seasonal and off-seasonal)
- Goat raising
- Organic farming

The off-seasonal vegetable production has been especially successful as it now allows the women to earn money even in the dry season.

The conclusion of the organic farming project, initiated in October 2010, showed that although the output in kg per plot was less for cauliflower and cabbage, the cost of production was higher for non-organic farming. In short, the study suggests that growing organic cauliflower and cabbage is profitable and therefore recommended.



“In dry seasons, we couldn’t do anything; now with the trainings in farming we can farm other vegetables”.

- Sarswoti Ghimire, member of Shivpuri Women’s Group.

*For more details, see Appendix

Education and Life Skill Training

Since 2009 VIN has worked together with the local government and the district education office to deliver a successful literacy program.

Since April, 6 classes have been running in Jitpurphedi VDC*. The classes include basic literacy, numeracy, problem solving and health awareness.

In 2011 a total of 89 women participated in the literacy class and gained basic literacy and numeracy skills.



Literacy in Nepal

Total population: 48.6%

Male: 62.7%

Female: 34.9%

Literacy figures for Nepal:
(age 15 and over who can read and write) [Source: CIA World Factbook]

* Village Development Committee. See Appendix

Children's Development

The Children's Development Program is one of our major focus areas. Through this we seek to empower the whole village; parents, teachers and children alike.

Main components:

1. Early Childhood Development (ECD)
2. Children's Clubs
3. School Attendance Program (Child Sponsorship among others)
4. Teachers' Training
5. Children's Home



"Through the Children's Club, VIN has helped the overall development of students. Since last year we have been doing Children's Club programs in our school. It really helped our students in knowledge, skill and behavioral change".

- Radha Krishna Aryal, principal of Northstar English School

ECD

VIN has been implementing different programs in ECD centers to improve the learning environment of young children - in order to develop their cognitive, emotional, social and physical potential.

VIN has conducted teacher training in ECD concepts in order to help them to properly and effectively use their materials and have helped to make the learning environment more child-centered.

"After joining VIN I had the opportunity to participate in different types of training related to ECD. I learned how to develop and use the local materials. An important thing I learnt was to teach ECD children how to express their feelings."

- Sarita Aryal, ECD teacher, Pachmane ECD



Morning Assembly at Kalikasaran Lower Secondary School – Nov 2011

Children's Clubs

We want to focus on children's innate talents and creativity through the setting up of Children's Clubs to encourage the children to run it themselves by providing club management training.

The main contents of the training were; conduction of meeting, minutes writing, member's role and responsibility, rationale of the Children's Club, magazine publication, fundraising, account keeping, action plan preparation, resource mapping etc.

Apart from a Public Speaking Class, the following were offered:

- Community Drama Class
- Child Rights Advocacy
- Drawing Class
- Children's Camp



Public Speaking Class in Children's Club of Northstar English School

"Because of the Children's Club management training given by VIN we are able to manage our Children's Club effectively"

- Kabita Tiwari, president Jitpur Children's Club

United Children's Club (UCC) organized various school programs such as:

- Inter School Debate competition
- Quiz contest
- Singing competition
- Cultural Program during the two biggest festivals Dashain and Tihar

School Attendance Program

The overall goal is the development of children (6-17 yrs) through access to quality education. In order to increase school attendance, a group of our local staff paid home visits to parents to make sure they enrolled their children in school and advised them about their supporting role in their child's education.

United Children's Club Activity



Home visits

Teachers' Training

- ECD materials development
- Games and rhymes for ECD teaching
- Learning methodologies for children
- Educational activities which can be used for ECD kids
- How to use teaching aids/materials in ECD class.

Also, a two-day psychology training was organized for the ECD and primary school teachers in all eight schools in the Jitpurphedi Community.

A total of 65 teachers participated and all were very happy to learn about other ways of maintaining discipline in class without physical punishment and were surprised to learn that physical and verbal assault could have a negative effect on children.

International volunteer Samira Feulner facilitated the Teachers' Training



Up to 35% of all primary and secondary school teachers are not professionally trained as teachers.

Children's Homes

We currently work with three orphanages in Kathmandu helping provide destitute children with the care and devotion they need.

These orphanages however lack sufficient funding, and rely on donations.

We want to ensure that all children from the orphanages attend school and are able to receive a full education, despite their extremely disadvantaged circumstances.



We aim to start building our own orphanage – check this website for more information:

<http://www.nepalchildrenhome.org/>

Youth Development

We want to encourage local youths to actively participate in the youth clubs (formed in 2009) and consequently contribute to the community.

A youth club offers various training:

- Proposal writing
- Participatory Rural Appraisal
- Computer classes
- English classes
- Life skills training
 - Goal setting
 - Decision making
 - Critical thinking
 - Communication skills
- Youth Club management training
 - Minutes writing
 - Fund raising
 - Role and responsibility
 - Bookkeeping
- First aid training



Life skill training for local youth in Jitpurphedi (2011)

Community Health

The community health program was implemented to improve the basic health conditions of the Jitpurphedi community.

Objectives:

- To increase people's access to quality health services in the community
- To increase people's access to hygiene and sanitation facilities
- To improve health practices of the people in the community
- To provide training on basic first aid

Areas of implementation:

- Health post
- Community
- Schools



Volunteer demonstrating pelvic floor exercises



Resuscitation practice



Trash cans set up by VIN

Health Post

- To provide quality health services, we coordinated with the government run health post to provide a doctor's service.
- The doctor saw 2,749 patients spread over 115 days.

Community

- Different programs on hygiene and sanitation were conducted
 - Waste management
 - Health issues specifically relating to women (menstrual related topics, family planning, breast cancer examination, and more)
 - First aid training
 - Toilet construction – another 86 toilets were constructed

Schools

- Health camp
 - Oral hygiene
 - Tooth brushing techniques
 - Drugs
 - HIV/AIDS awareness session
 - School environment cleaning
 - Hygiene and sanitation awareness



Health camp performed by international volunteers.

- Kalikasaran Lower Secondary School



Learning the importance of hand washing

Volunteer Programs

We offer 18 volunteering programs and 5 internships. Most of these are related to our community programs

In 2011, we received 76 volunteers and 10 interns who partook in 15 different programs.

The objective is to mobilize international volunteers for community development and to utilize their skills, expertise and knowledge in the most benefiting way for our community projects.



Volunteers before starting their 3-day induction program

Website Launch

In October we held a website launch party at the ABC Treehouse in Amsterdam where about 50 people defied the winds and the rain and came to hear us speak about how Friends of VIN came about and what we do.

In late October we visited 1st The Hague British Scouting Association for an info night about FoVIN and a crash course in momo making. In early 2012 the scouts will do a gang show to raise money for FoVIN.



**NOW WE ARE
READY TO GO**

Wait is over.
The official website of FVIN is finally ready
to go live.

We believe the best part of life lies in the service to the
humanity. And our first step towards this noble deed is to
broadcast our voice to yours. Come, join hands in hands and
make a difference.



Empowering marginalized
communities of Nepal



Trip to Okhaldunga

- Our next project location



View of the terraced hills in
Okhaldunga District

In November, photographer Elisabete Maisao and founder Ann Wilson went to Nepal with the purpose of documenting some of the various volunteer programs that we offer and to visit our next project location; Okhaldunga, to meet several key stakeholders from the local communities.

Select photos will be on show at the Amphora Galerie in Amsterdam from March 31st.

We conduct a base line survey in April 2012 to obtain qualitative data for our future development projects which will help us define which priorities should be made.

We expect to start our development activities towards the end of 2012.

Appendix

VDC

Village Development Committee. A village development committee (VDC) in Nepal is the lower administrative part of its local development ministry. Each district has several VDCs, similar to municipalities but with greater public-government interaction and administration. There are 3,913 village development committees in Nepal. A VDC is further divided into wards, the number depending on the population of the district, the average is nine wards.

ECD

Early Childhood Development. In Nepal, there is little effort from the government and other sectors to nurture and develop children from a young age. Realizing that childhood is the foundation for every citizen, the government has put forth some efforts to change the status quo. The government has encouraged setting up Early Childhood Development centers in the community. Due to scattered and rural village settings, the schools are not easily accessible for small children and most children stay at home doing nothing. They do not have any toys or other playing materials at school or at home. The Nepal government has encouraged setting early childhood development centers at schools but does not provide required facilities and teachers. The teachers are not trained at the centers. They do not have child friendly classrooms and resources.

Appendix

Income Generation Program:

VIN developed an explorative concept paper in order to determine the profitability of organic farming, exploring different types of farming tools like poultry manure, livestock urine, and local pesticide. The research started in October 2010 on cauliflower and cabbage crops.

From the study, it was found that cauliflower and cabbage production was 200 kg and 290 kg respectively per plot in the organic system which was significantly lower than that of the non-organic production system i.e. 260 and 350 kg per plot. Average price per unit of both organic and non-organic cauliflower and cabbage was found equal i.e. NRP 50/ Kg. The revenue per plot was found to be lower in the organic production system compared the non-organic system.

This study revealed that growing cauliflower and cabbage is a remunerative and successful agro-enterprise during the cool winter season in Jitpurphedi VDC in the Kathmandu District. While comparing the organic and non-organic systems on a per unit area basis, the cost of production, productivity and gross revenue were higher in the non-organic system, which favors the adoption of non-organic agricultural practices.

In short this study concludes that adoption of organic cauliflower/cabbage production is economically profitable and holds comparative advantages from a health point of view. Thus adoption of organic cauliflower/cabbage production system is recommended.

VIN will continue the organic farming pilots during the coming year with other vegetables like tomatoes.