



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 2012

Greetings from the ED

I can't believe another year just flew by!

At home in the Netherlands, we conducted a couple of fundraising activities and grew stronger ties with the International School in Dusseldorf.

We also set up partnerships with IFMSA-NL and Robin Travels and continued to raise awareness about our activities in Nepal.

In the field in Nepal, our partner VIN continued our various activities in our pilot community development area Jitpurphedi, where we have entered the phasing - out stage.

We are about to move our activities to Okhaldunga, our next focus area of development in Eastern Nepal.

Thank you for taking the time to bread about our year's progress and we hope you gain a better understanding of our efforts at home and in Nepal

Friends of VIN, Founder and Executive Director
Ann Wilson



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Introduction

Friends of VIN is a non-profit organization registered in 2011 with the **Dutch chamber of commerce** (KvK-52433706).

Together with our partner organization our aim, in Nepal, is to empower marginalized communities by providing enhanced educational programs and community training to promote equality, economic well-being and basic human rights.

We perform various fundraising activities in Europe, form partnership with private institutions and apart from financial support, Friends of VIN act as a sounding board for our partner organization in Nepal, **VIN**.



New Partnerships



"Ann and Friends of VIN have been an energizing breath of fresh air. As the young head of an NGO, Ann is a role model for many students who really want to make a significant difference in the world".

- Virginia Reiss, CAS coordinator at ISD.

Founded more than 40 years ago, the **International School of Dusseldorf** is a flagship International Baccalaureate World school. It's an institution that fosters an awareness and concern for the well-being and dignity of every individual.

We went to ISD several times last year and some of our visits included an introduction to Friends of VIN, collecting a check from the seven 11th grade students who raised money in the name of a "Mathathon" (24 hours of non-stop revision math, read the interview here: <http://friendsofvin.nl/july-2012>), announcing the winners of the Photo Exhibition Raffle, and we appeared as a guest teacher in a Humanities class for eighty 8th grade students.



Robin Travels is a travel agency that promotes social responsible travel. By booking your accommodation through their website, you will sponsor Friends of VIN's programs as well as 3 other projects.

"Making a reservation with Robin Travels is not only the solution of a practical problem, but it is a contribution to the life travels of somebody else," says Michele Pittaro, Founder and CEO of RT.

We are super-honored to have been chosen by RT to receive their continuous support and we look forward to endorsing their socially responsible travel agency.

New Partnerships



Medical volunteers at school health camp

IFMSA-NL is an international platform for medical students. They address global health problems by organizing projects to create awareness about different aspects of global health problems. They are going to facilitate medical volunteers to our project area in Jipurhedi, located about 10km outside Kathmandu.

“IFMSA-NL also looks forward to this collaboration and agrees that both parties can learn a lot from each other. We hopefully will facilitate a lot of volunteers to be stationed in Nepal through FoVIN, for the health program provided in Jitpur within the next year and many years to come.” Danitsha Nanhekan, National Public health Officer IFMSA-NL 2012-2013.

We look forward to sending out our first IFMSA-NL volunteers to Nepal through Friends of VIN!

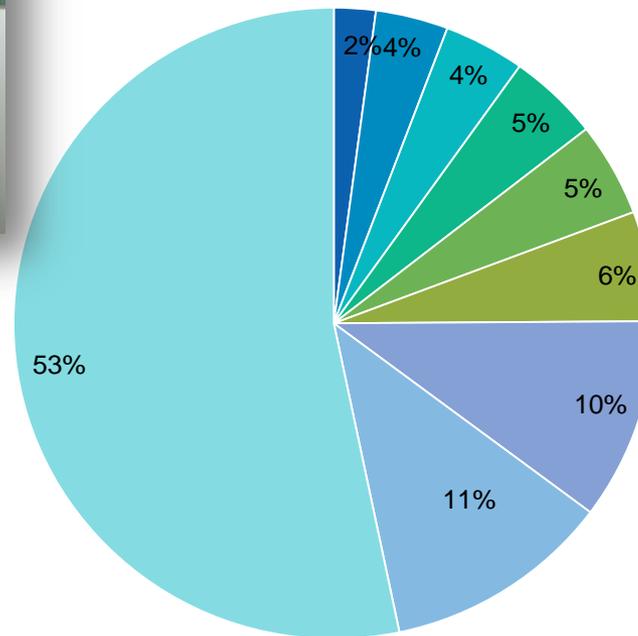
Donations and Fundraising Activities 2012

Our main fundraising activities in 2012 were the raffles that accompanied the photo exhibition: 'Turning the Wheels – Nepal' by photographer Elisabete Maisao.



From left to right: Elisabete Maisao, Greet Weitenberg, Ann Wilson, Brea Quinn

- **37% came from the photo raffle**
- **10% was raised by the 1st Hague British Scouting Association**
- **53% were donations**



- DEC Sales of book: Turning the Wheels - Nepal
- JUN Raffle and Photo Exhibition at ISD
- MAY Raffle and Photo Exhibition at Canon Europe N.V
- SEP Raffle and Photo Exhibition at Cisco Systems B.V
- SEP Raffle at Genscape
- MAR Raffle and Photo Exhibition at Amphora Art
- FEB 1st Hague British Scouting Association
- JUN Mathathon at ISD
- 2012 DONATIONS

Okhaldunga – our next project location

Between 8-11 November, VIN and Friends of VIN visited Okhaldunga where we had meetings with all wards in Taluwa VDC and one meeting for all wards in Bhadaure VDC.

The purpose was to present the initial findings of the baseline survey conducted earlier this year and to learn of the communities' priorities for future projects.

The most recurring topics were access to water, irrigation, youth migration and lack of employment opportunities.



View of Taluwa, Okhaldunga



Taluwa VDC meeting

Okhaldunga

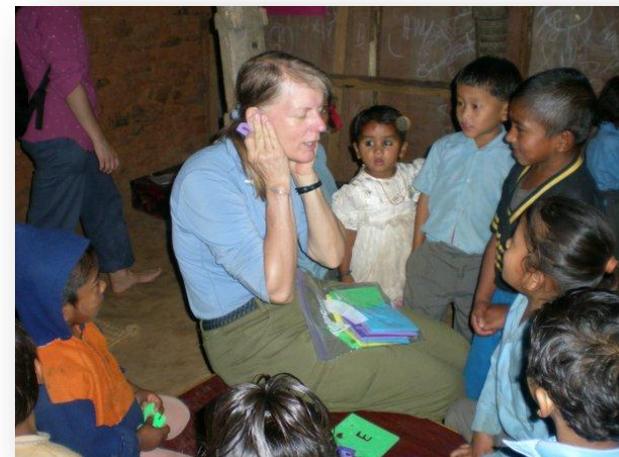
Our first initiative will be ECD teacher trainings before the Nepalese school year starts in April. With the help of a previous volunteer, we will have an ECD curriculum based on the principles of Montessori*.

Some of the most important elements are:

- Mixed age classrooms, with classrooms for children aged 2½ or 3 to 6 years old by far the most common
- Student choice of activity from within a prescribed range of options
- Uninterrupted blocks of work time
- A constructivist or "discovery" model, where students learn concepts from working with materials, rather than by direct instruction
- Specialized educational materials developed by Montessori and her collaborators



Demonstration of ECD class to parents in Okhaldunga



Volunteer with ECD Class

*Montessori education is an educational approach developed by Italian physician and educator Maria Montessori

Ongoing Programs in Nepal



Organic Farming Training



Early Childhood Development (ECD)
Demonstration in Okhaldunga



Health Camp



Mode of transportation between
meetings in Okhaldunga



Youth Life Skill Training



Income Generation Program:
Sewing

Programs in Nepal

Our development programs in Nepal are executed by our partner organizations and, often, international volunteers.

We have **4 main focus areas**, namely:

- Women's Empowerment
- Children's Development
- Youth Development
- Community Health

On the following pages we will highlight activities from these 4 program areas.



Children's Club

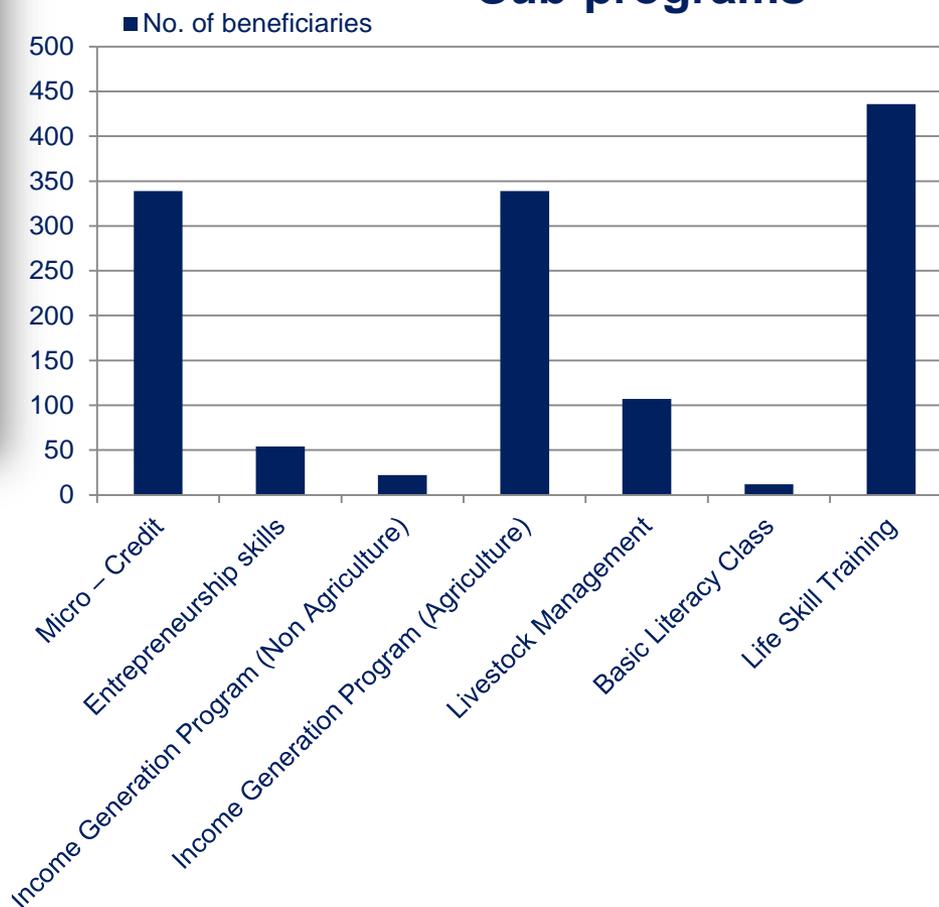
Women Empowerment Program



Entrepreneurial Skills Training

In 2012, VIN carried out 7 distinct sub-programs under its “Women Empowerment” main goal. In this presentation, we will detail data for 3 main activities by size and impact.

Women Empowerment Program 2012 Sub-programs



Micro-Credit

USD exchange rate 31-DEC-2012		87.757		
Women's Cooperative		2011	2012	YoY Growth
women		229	399	174%
Total savings	\$	4,363	\$ 11,192	257%
Total Loans	\$	(8,147)	\$ (18,747)	230%
Total Paid back	\$	3,446	\$ 7,843	
	\$			
Balance		(338)	\$ 288	

The micro-credit program is very successful and we saw a year-on-year growth in number of participants as well as in the amounts that were saved, lent out, and paid back.

	GDP 2011* per capita	Savings equivalent in NL/ actual savings NP
Netherlands (NL)	\$42,772	\$382,357
Nepal (NP)	\$1,252	\$11,192

The savings made by the women in Nepal is the equivalent to more than \$382K based on the Dutch GDP

(* Latest World Bank figures, based on Purchasing Power Parity)

Access to financial services (credit, savings, insurance and pensions) is still unequal between men and women in Nepal.

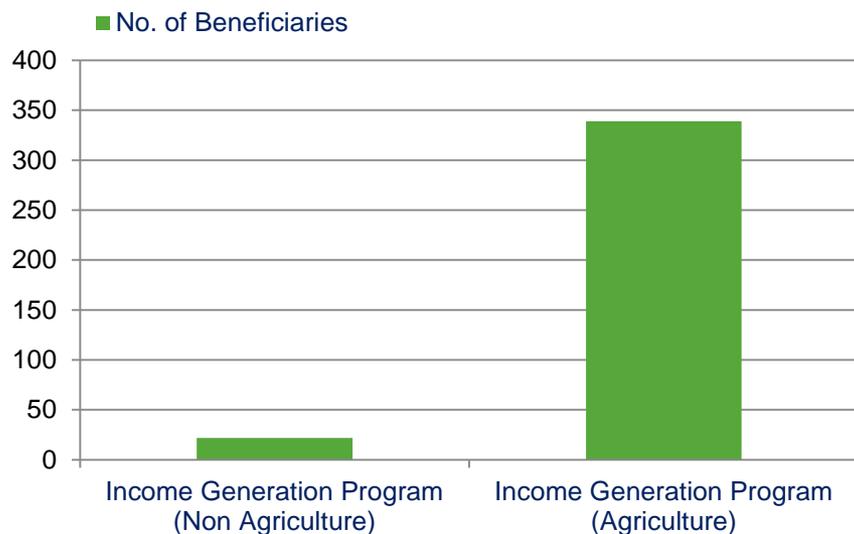
When women control decisions regarding economic activities, e.g. credit and savings, their welfare as well as their household's will improve.

VIN united women in various groups and formed a savings and micro-credit cooperative. Almost all women are currently involved in the cooperative and all are equal shareholders.

Lalita Nepal (a co-operative member):
"After taking a loan, I bought a cow and made income from it. It has been very helpful for me. It made my life easier."

Income Generation Program

Income Generation Program (Agriculture) 2012



Agricultural Income Generation Program

Income Generation

Both non-agricultural and agricultural programs were conducted.

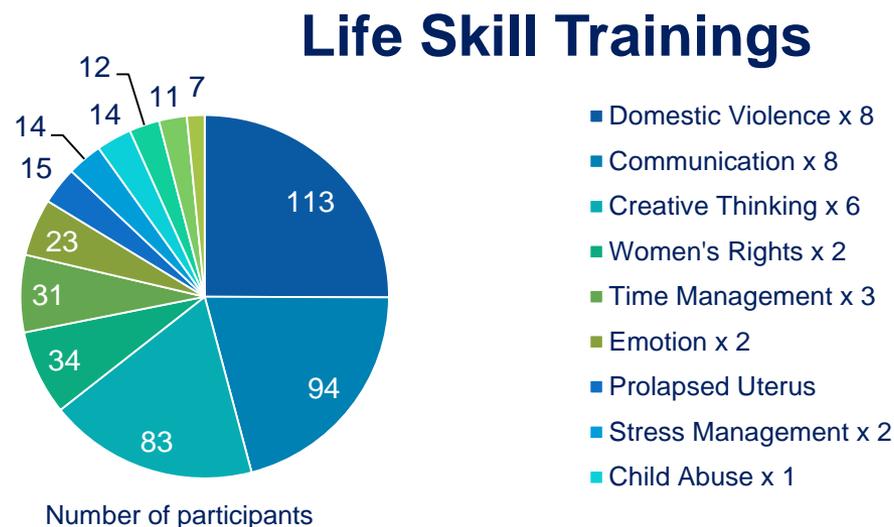
Initiated by 5 women, a sewing and tailoring course was conducted for 22 women.

The agricultural training included commercial vegetable farming (339 women) and basic livestock management training (107 women).

Life Skill Training



Life Skill Training



Education and Life Skill Training

Education is the most effective tool of empowerment. Together with international volunteers, VIN conducted several literacy and life skill trainings whose goal is to make these women more self-aware, more confident, more empowered.

Children's Development Program

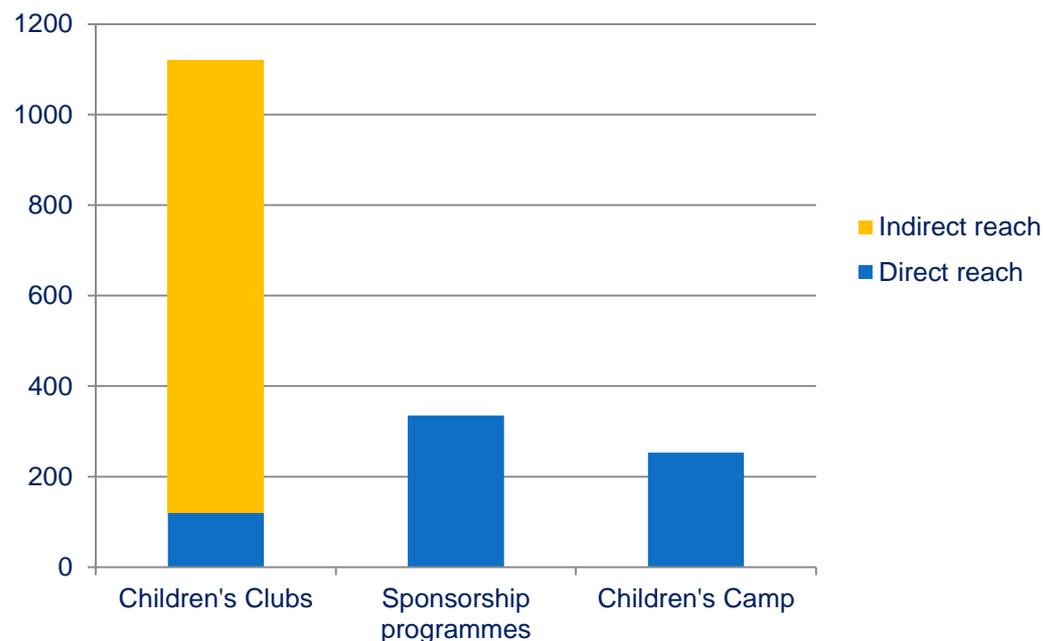
Children's Development

VIN has targeted its programs towards the children of Jitpurphedi to nurture their various talents.

Children's Club

120 students from 8 different schools have formed children clubs which serve as a medium for various extracurricular activities such as debate sessions; poetry competition; quiz contest; volleyball competition; cultural programs; report writing; village and school cleaning campaign; Children's Rights training and more.

The children's club is an initiative to inspire them to be creative and for the children to connect with other children, to discuss and find a solution to their problems.



"We used to conduct various training in schools through our CC but we had no idea about keeping records of them". – Sandip Phuyal, joint secretary, Jitpurphedi United Children Club.

In November 2012, the united Jitpurphedi Children's Club (comprised of all 8 children's clubs) published the annual magazine 'Creative Souvenir'.

Children's Development Program

Scholarships / Sponsored Children

VIN also runs child sponsorships.

To date, 70 children (25 live in orphanages in Kathmandu, 45 are from Jipurphedi community) are sponsored by VIN and by the help of private international sponsors. These children come from impoverished families who cannot afford to send their children to school. There are still 53 children awaiting scholarship.

The sponsorship naturally includes school fees but also notebooks, books, school uniforms and school bags.

Training conducted specifically for sponsored children included English class (32 children) and art class (30 children). In the art class, the children learned how to make post cards and other greeting cards. The objective is to stimulate the creative side but also for them to produce cards that can be sold both domestically and abroad.

In January 2012, VIN conducted winter camps at 2 schools. The primary purpose of the camps is educational and cultural development. A total of 153 children participated.



Distribution of school uniform and stationaries for sponsored children

Youth Development Program

VIN has identified youths as the most active and productive resources and want to mobilize these to enhance development in their local communities.

9 youth clubs have been formed in Jitpurphedi. The major objective of these is to make the youth the main drivers of development in their villages, and to empower them by skills trainings to minimize the brain drain of Nepal.

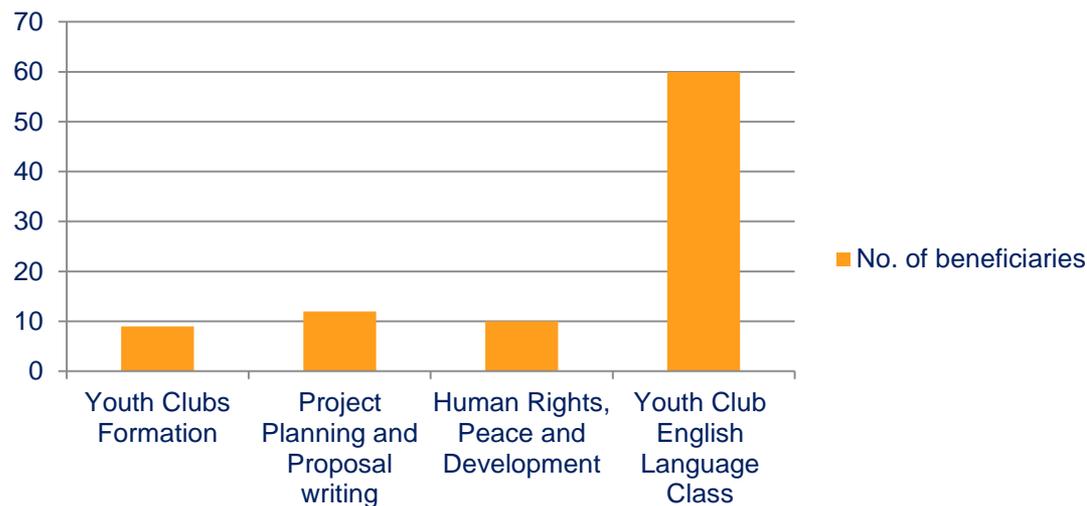


Life Skill Training for Youth



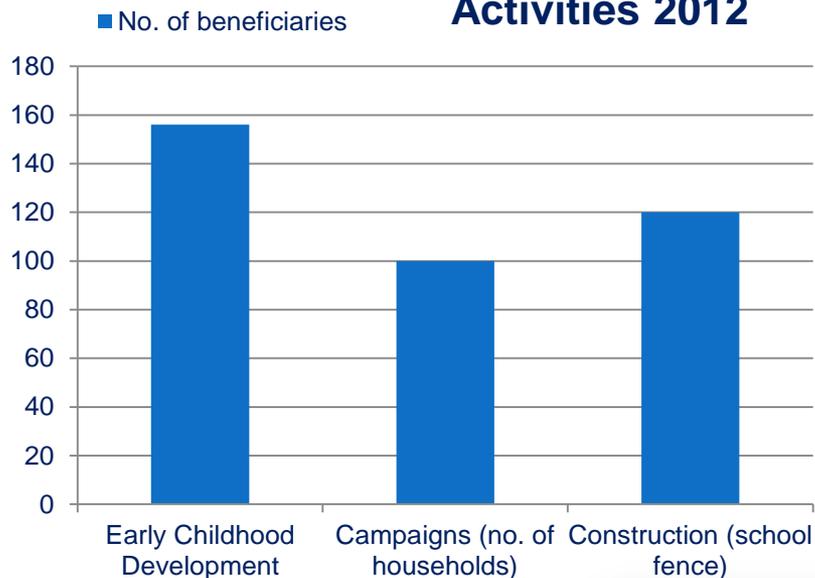
English Class for Youth

Youth Development Program Activities 2012



School Improvement Program

School Improvement Activities 2012



Among the three major subprograms in school improvement, the **ECD** (Early Childhood Development) is of central importance.

VIN has been conducting regular meetings with teachers and parents of 3-5 year old children living Jitpurphedi. The role was to enable people to share ideas, solutions to issues, make revisions to the curriculum, discuss the children's participation and learning development, what support is needed from the parents and head teachers and the role they play in their children's development.



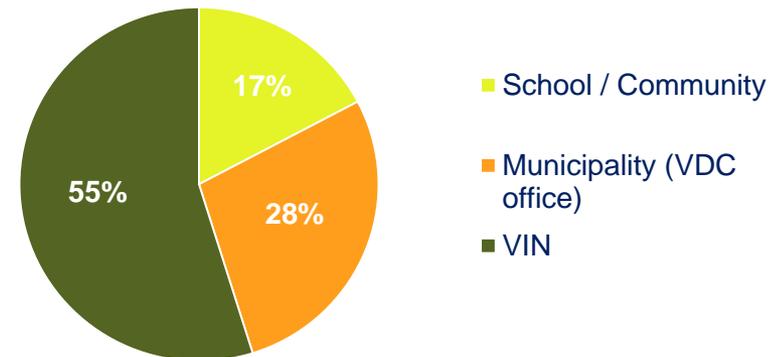
Parent-teacher meeting

School Improvement Program



School playground

Contribution to School Wall Construction



Fence construction in Dadagaun

School Safety in Dadagaun

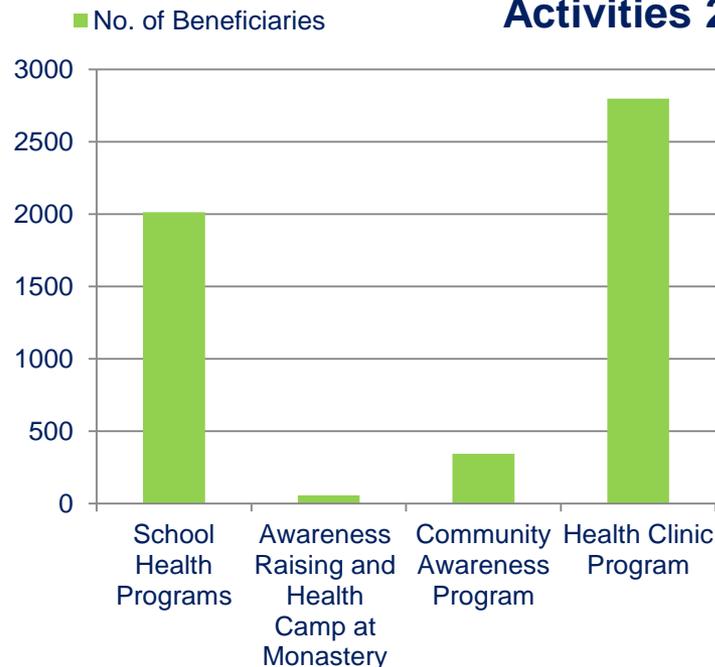
For years the school playground, which also serves as a playground for the village, has been unfenced. It has been quite unsafe for the children to play on as it drops hundreds of meters down the hill.

Community Health Program

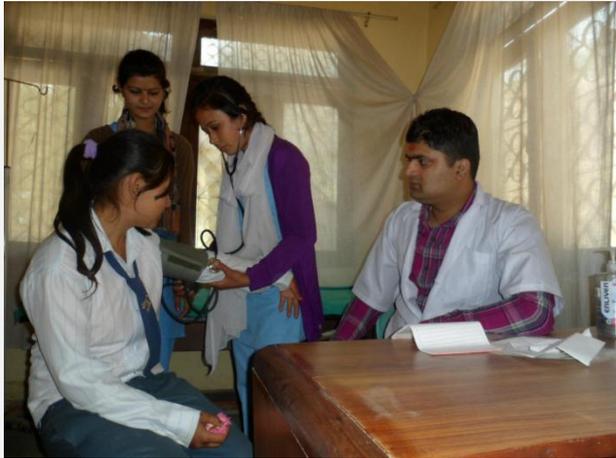
The objectives of the Community Health activities are:

- To discover common health problems and risk factors among community people
- To control communicable and non-communicable diseases
- To increase people's access to quality health service at community level
- To increase people's access to hygiene and sanitation facilities
- To improve health and hygiene practices of community people
- To provide basic health and first aid training

Community Health Program Activities 2012



Community Health Program



Health Clinic

The health clinic in Tinpile, saw 2800 patients throughout 2012. Most of the diagnoses were acute infections like acute respiratory infections, gastroenteritis, conjunctivitis, otitis and wounds.



Health Camp

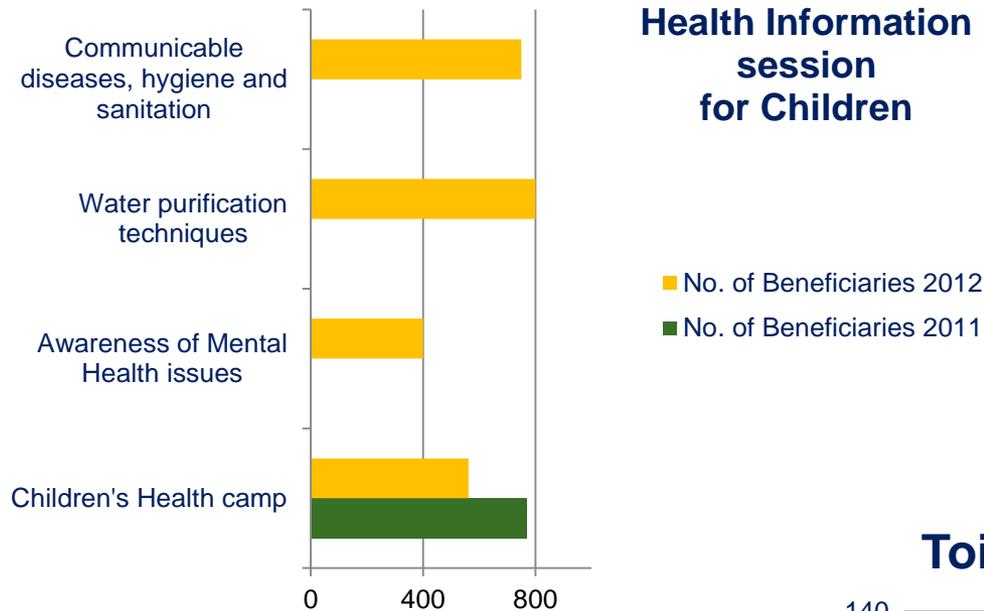
More than 2000 children benefited from health camps conducted in schools in Jitpurphedi.



Health education done by volunteer

Our international Volunteers played a crucial part in educating children about the importance of basic hygiene such as hand washing and tooth brushing.

Community Health Program



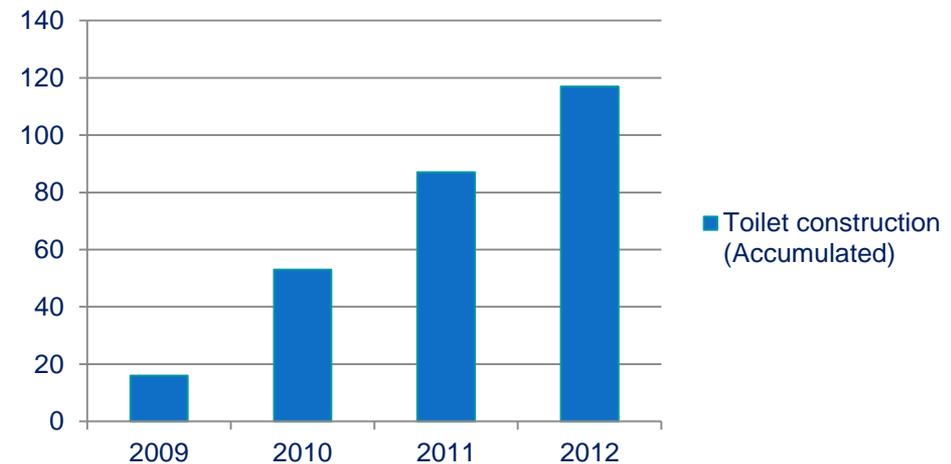
To achieve the above mentioned objectives, VIN has conducted several, health camps at schools to check the general health and oral health of the children, to perform deworming and inform them about basic hygiene and sanitation practices.



Until today, VIN has facilitated the construction of 117 toilets, and it's estimated that more than 400 households have constructed toilets for themselves after learning the benefits. This means that almost 80% of the Jitpurphedi households now have access to toilets.



Toilet Construction



Our Volunteers

Friends of VIN, together with VIN, offer altogether 18 volunteering and 5 internship programs.

Volunteering Program Rationale:

- To make a sustainable difference in the most marginalized communities
- Volunteers take part in structured programmes where volunteers have the opportunity to contribute, together with VIN's onsite team, in achieving a lasting difference for their target community's shared vision.
- Overseas volunteers will form part of an already existing local network of volunteers and have the opportunity to fully immerse themselves in Nepali culture and life.
- Through VIN's focus on improving educational systems, volunteers have a unique opportunity to contribute in planning, organizing, and shaping the programs, thereby contributing in a meaningful and rewarding manner.
- To most effectively support volunteer and the local projects we work with, VIN is part of the community, working in partnership with grassroots organizations.

We take our work very seriously.

We are committed to excellence in everything we do.

After all, this is what every volunteer and each local community we work with deserves.

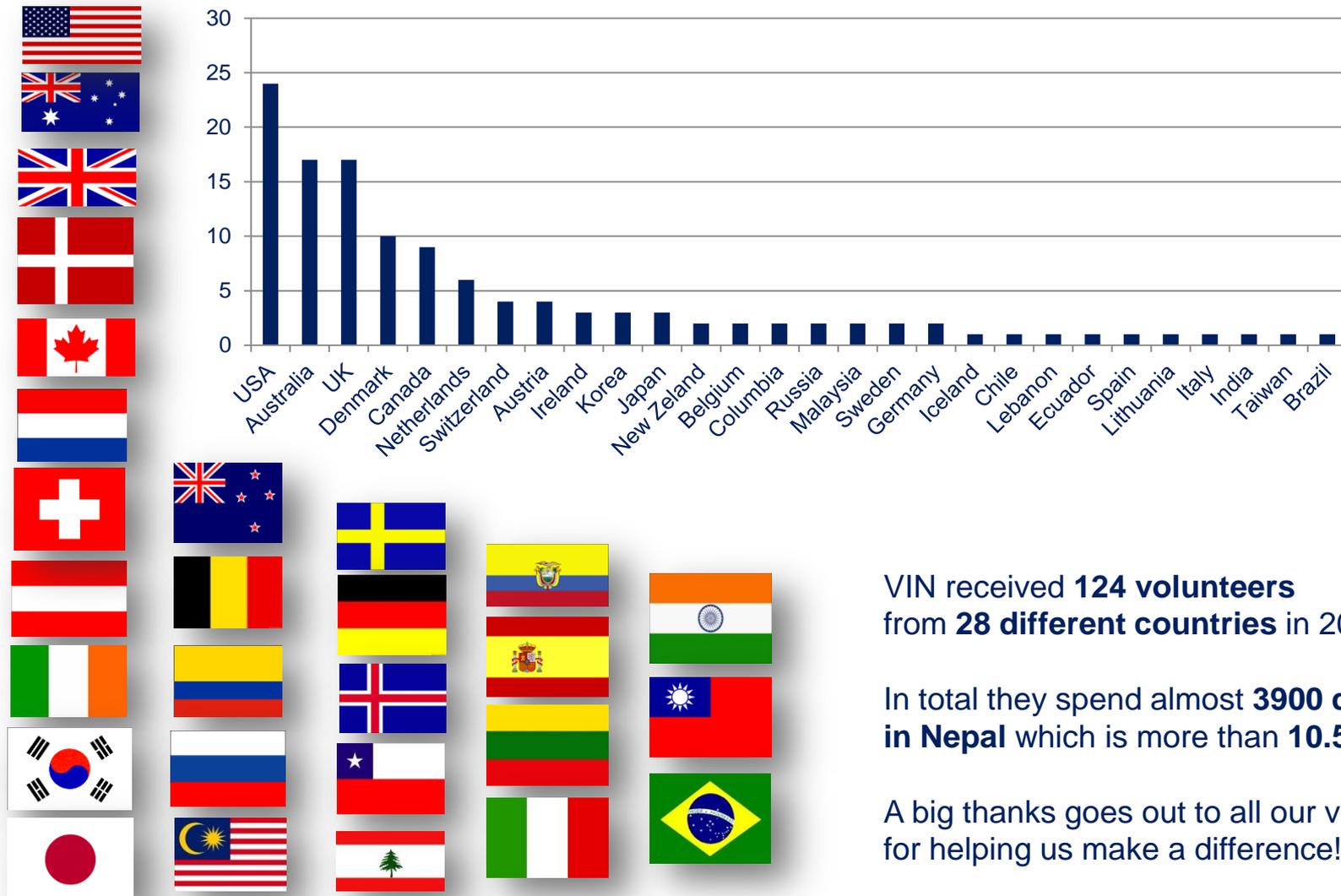


Volunteer with her class

Volunteers – interesting facts 2012



Volunteers by Country of Origin



VIN Volunteers Testimonials

"I found it my goal to understand such joy. Why were these simple people so happy and why did I find myself caught up in their joy. Was it the religion, was it the simplicity of life, the interest in helping others or was it their close supportive community."- Dave Nessia, USA, Buddhist Monastery



"I offered VIN my subject, which I teach in an Austrian highschool, and they liked it. It was a great experience to teach in 5 secondary and 3 primary schools in art, basics of drawing and some creative exercises."- Marlies Haas, Children's Camp



"Volunteering in toilet construction maybe a hard work, but the smiling faces and the warm 'Namaste' I received each time I arrived in the village is such a reward and a source of motivation. I had a really good time working by team with the men of the families, laughing with women and joking and playing with children."- Pail Bedard, Canada, Construction and Manual Work

"I have so many great memories of my time in Nepal and I will never forget the children at LFN children's home. Seeing their happy and excited faces every day was such a heart-warming experience."- Louise Murphy, UK, Children's Home.



Friends of VIN Testimonials

Intern at Friends of VIN

For 6 months, we have had the pleasure of working with **Irina Enache**, a master's student of New Media and Digital Culture at the university of Amsterdam.

Sadly, she no longer has time to work with us due to her university responsibilities.

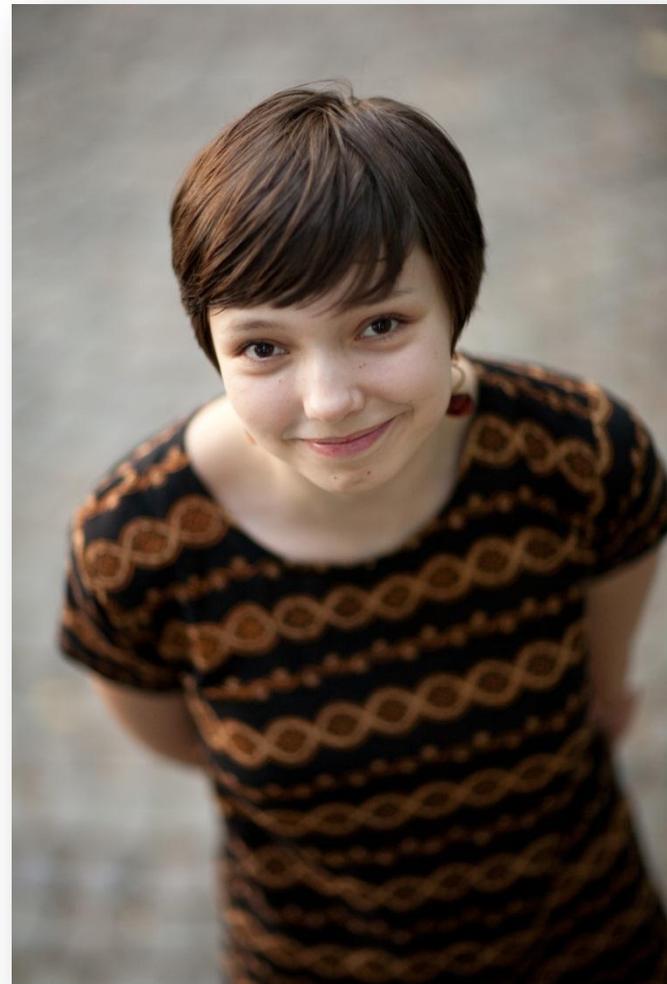
We wish Irina the best of luck with her studies.

“My experience in the last 4 months of internship has been truly great. I am assisting in the social media strategy and partnerships, an activity I am keen on gaining experience.

The environment of the HUB as well as my collaboration with Ann helps me in this aim. It's an opportunity to learn about doing social media for an NGO, but also to discover a lot about Nepal. I highly appreciate that the team communicates very openly, offers great input and help, recognizes the work I do and allows an informal collaboration.

I think the best way for getting to know an NGO is actually working with them”.

- Irina Enache, Social Media Intern at FoVIN



Friends of VIN testimonials

"Working with Friends of VIN has been an enriching experience. With such passion and diversity; to witness the impact of a dedicated few has been nothing short of amazing."

-Damian Norton, IT



After having an inspiring meeting with Ann from Friends of VIN Netherlands, in 2011, I decided to do volunteering for VIN for 8 weeks in Nepal.

The time went by so quickly and when I returned, I had the feeling that my contribution in those 8 weeks were not enough. So, I decided to keep supporting VIN, by joining the Friends of VIN, NL team. There I am helping out in maintaining and developing the Friends of VIN NL website that will hopefully inspire more people to support our programs in Nepal.

- Michiel Janssen, IT

Thank You!



Last but not least we would like to thank all of you for your incredible support.

For small, independent and ambitious NGOs like FoVIN and VIN, supporters are, without doubt, the most important pillar. Whether it is volunteers' skills and dedication on the ground, the thoughtful donations, various collaborations and partnerships – for us this is extremely valuable.

We thank you and promise to continue the two-way communication, as well as the common concern for how marginalized Nepalese communities can reach their development goals.



Juna & Ann
Friends of VIN, NL

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.

Montessori

Montessori education is characterized by an emphasis on independence, freedom within limits, and respect for a child's natural psychological development, as well as technological advancements in society. First, children and developing adults engage in psychological self-construction by means of interaction with their environments. Second, children, especially under the age of six, have an innate path of psychological development. Based on her observations, Montessori believed that children at liberty to choose and act freely within an environment prepared according to her model would act spontaneously for optimal development.



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