



Impact Report: Remote Community Development

January – June 2023



About Adara

At Adara, our mission is to bridge the world of business and the world of people in extreme poverty.

The Adara Group consists of an international development organisation, Adara Development, and two corporate advisory businesses, Adara Partners and Adara Advisors.

We have two very different parts but one shared purpose: to bring quality health and education services to communities in need.



Transforming communities

We envision a world where every person has access to quality health and education services, no matter where they live. We bring this to life by delivering leading programmes across Maternal, Newborn and Child Health, and Remote Community Development.



Amplifying impact

Since 1998, we have touched the lives of more than 600,000 people living in poverty as well as countless others through our influence, networks and knowledge sharing.



Building partnerships

For 25 years, we've been forging partnerships across sectors and countries. Thanks to our business-for-purpose model, 100% of every donation supports our work with people in some of the world's remotest places.

Remote Community Development



Education

Through our work with Yalbang School in Humla, Nepal – which is recognised as a Centre of Excellence – we have developed a comprehensive remote education model. It includes strengthening the education system, enhancing learning outcomes, providing essential resources for education, creating a child-friendly school environment, improving child health, and ensuring child protection and participation. We implement this model across 15 schools in Nepal.



Child Protection

We ensure children in our programmes are safe and able to thrive. We achieve this by strengthening child protection systems through influencing local and national policy; knowledge sharing; developing responsive reporting systems; enhancing child participation in education; and raising community awareness about the dangers of child trafficking and child marriage. By improving quality of education and helping to keep children – especially girls – in school, we aim to eliminate child trafficking and child marriage in our areas of operation.



Health

We ensure communities in our target areas have access to year-round healthcare. As part of this work, we strengthen the health system; ensure access to quality healthcare; improve water, sanitation and hygiene; and enhance access to maternal, newborn and child health services. We do this by supporting and improving local government health posts and birthing centres, and investing in community health outreach and education. We are also providing Maternal, Newborn and Child health care by establishing birthing centres and training staff.



Resilient communities

With climate change causing increasingly dangerous weather conditions, community resilience and disaster relief are growing areas of our work. Through infrastructure and agriculture projects, we ensure communities are prepared for, and able to respond to, natural and human-made disasters. We also improve food security and nutrition outcomes by improving agriculture skills, knowledge and technology so that people have increased access to nutritious food.

AdaraRemote

Since 1998, we have worked alongside remote communities – particularly those in Humla and Ghyangfedi in Nepal to increase access to health, education and other essential services.

Over this time, we have developed a comprehensive child-centred model for community development – AdaraRemote. This model focuses on education, ensuring that all children in our communities of operation, especially girls, have access to quality education from early learning to tertiary level.

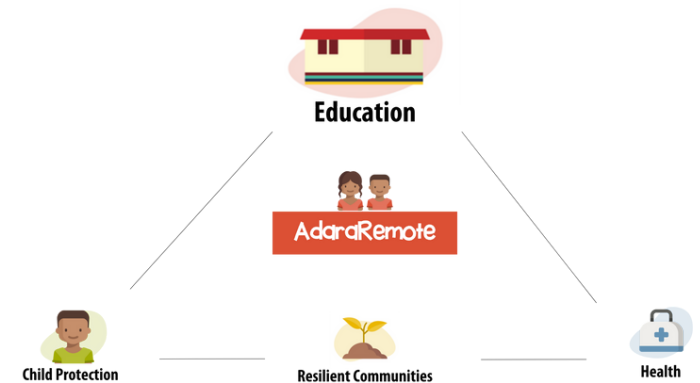
AdaraRemote is underpinned by three foundations: strengthening child protection, building resilience to disasters and climate change, and ensuring people can enjoy good health. We believe that these foundations – together with strong education programmes – can support communities to truly thrive.

Education is at the centre of AdaraRemote because of its power to transform the lives of children, women and their communities. We have learnt this from our work with many schools in Nepal over the years, but particularly from the Yalbang School.

The Yalbang School was our first ever project. Together with our partner, the Himalayan Children Society, we built the school and an accompanying hostel for children in surrounding villages.

Today, Yalbang is a Centre of Excellence in remote education. In 2017, it was recognised by the Nepal government as a top five school in the entire country and the best school in remote Nepal. Through this experience, we have identified six core components that we believe are essential to the development and maintenance of a model school: strengthening the system, enhancing learning outcomes, providing essential resources for education, creating a child-friendly school environment, improving child health, and ensuring child protection and participation.

Our AdaraRemote education projects now span 15 schools across the remote Humla and Ghyangfedi regions of Nepal, where we have taken the learnings and best practice from Yalbang and adapted the model to the unique needs of each community.



25 years of Adara

In March 2023, Adara celebrated our 25th anniversary! It has been incredible to reflect on what we have achieved since we began bridging worlds and changing lives.

To celebrate, our Founder and Chair, Audette Exel, returned to Humla, to where our story began. She trekked her way through Adara supported villages and was greeted with Nepali and Tibetan blessings and wishes along her journey.

In our 2022 Operations Report, we celebrated some of the achievements we've seen in our Remote Community Development over this time:



From 1998 to 2022, the total number of schools we have support across Nepal has increased from 1 to 18. In this period, enrollments have increased from three students to 1,993. From 2016 to 2022, 323 students in four Adara-supported schools passed their Secondary Education Examination (SEE).



From 2005 to 2022, 459 greenhouses have been built in 20 villages in Humla. According to 99% of participants in our Humla household survey, these greenhouses have increased food production, so people have sufficient food for more than six months.



From 2013 to 2022, there have been 44,578 visits to the eight Adara-supported health posts. The number of visits annually during this time has increased by 360%. From 2002 to 2022, there have been 16,254 visits to the Tibetan Medicine Practitioner.

Over the coming years, we will continue to be guided by our values of compassion, passion, teamwork, mutual respect, integrity and excellence, unconventionality, and deep humility. And we will continue to be inspired by the people and communities we work alongside.

Thank you for being a part of our journey, this work is possible because of you.



Photos: Celebrations throughout Humla for Adara's 25th anniversary.

This year, we also launched a new strategic plan that will run from 2023 to 2025. The theme of our strategy is “Strong Foundations, Broad Horizons”. It acknowledges that we are building on our 25-year history of service delivery to bring quality health and education services to people living in some of the world’s remotest places. At the same time, we are seeking to broaden our impact through scale and knowledge sharing.

The global context is presenting complexities to this work – further exacerbated by natural and human made disasters, conflicts and inflation.

Due to the Russia-Ukraine war there is still an ongoing fuel crisis, which is impacting supply chains and the provision of food and infrastructure. Rises in costs of living and ongoing unreliable weather patterns are having huge impacts on agriculture. This in turn is increasing malnutrition and food in security. Overall reductions in economic productivity is placing young girls at increased risk of missing out of an education, thus also of trafficking and early marriage.

It is more important than ever that we collaborate and coordinate efforts to address issues of poverty and inequality in low-resource settings.

At Adara, we are determined to provide essential services to some of the world’s remotest locations, despite these unprecedented times. We are continually working in partnership with our local teams in Nepal to help strengthen communities so they can be sustainable as we tackle these ongoing challenges together.

Over the following pages, you will read how our programmes in the remotest parts of Nepal are providing essential services to communities. We are continuing to scale the impact of our work and sharing our knowledge globally.

This is all thanks to your incredible support! Thank you.



Programme highlights

January to June 2023



We now provide midday meals to over 1,000 children across Nepal. We aim to improve student health and educational outcomes, including retaining students, reducing drop-outs and improving overall attendance. Nutritional needs are also being met, especially for those students who are from families struggling financially to provide food for their family.



In the last 6 months we had 1,748 patients report to the Adara-supported health post in Syada, including 14 mothers who delivered at the birthing centre and were then seen for follow-up postnatal care. As understanding grows on the importance of post birth follow-up and care, it is exciting to see that all mothers who delivered at the birthing centre attended these postnatal appointments.



We are seeing great improvements in academic results – 99% of Adara-supported students across three secondary schools passed their Secondary Education Examination (SEE) in 2023. This academic achievement allows these student to progress to tertiary or vocational education.



We have introduced a new feeder school in Ghyangfedi to ensure young children even in the most remote parts of the region can access quality education. The new school was built in the village of Kigang after it was brought to our attention that young children from four catchment areas could not make the long distance (a four-hour walk each way) to Shree Ghyangfedi School. This meant it was likely they would miss out on an education altogether, but especially in monsoon season. Construction began in May 2023 and will provide education for over 40 children aged three to eight years of age.

Education in Humla

Adara has worked in Humla since 1998 to expand access to high-quality education services and increase participation in education, especially for girls. Our remote education work in Humla spans seven schools and benefits over 1,330 students every year. We are seeing high participation in education, with 99% of households in Adara-supported communities sending their children to school. And over the six months of this report, there were no student dropouts. We know that by expanding equality of opportunity and creating pathways to successful employment we are also incentivising school enrolments by supporting students with scholarships. Currently, 100% of students from target schools are receiving full scholarships from Adara – we are providing students with stationary, bags, shoes and uniforms.

Key Highlights:

- There were **202 new students enrolled** at schools across the Humla district in 2023, an **increase of 16%** compared to 2022 enrolments. It is great to see our community sensitisation and student incentive activities working.
- We are supporting **17 teachers across seven schools**, compared to 12 teachers in the previous six months. Professional development training opportunities are also provided to all teachers to ensure students are receiving the best possible quality of education.
- **Midday meals have been introduced for over 500 students** at two schools in Syada and Santa with the aim to improve attendance rates, improve educational outcomes and help to meet children's nutritional needs.
- Yalbang School students sat their final exams in March and April 2023. **100% of students passed their SEE exam, with 86% scoring a B or higher.** This academic achievement allows a student to progress to tertiary or vocational education.



Photo: Young boy attending school in Humla

Your impact: Dhanny's story

Children from our new target village Syada are more vulnerable to child trafficking due to high levels of poverty. Many are displaced within Humla and greater Nepal, to seek out work or fend for themselves. By providing educational opportunities in Syada we have been able to prevent instances of child displacement and trafficking.

Dhanny, pictured right, is the youngest of seven children and resides in Syada village in Humla. His parents, who are both farmers, work tirelessly with their limited number of livestock to support their large family. In addition to farming, they take on extra labor jobs to make ends meet.

Unfortunately, Dhanny's school didn't have enough teachers, quality teaching and learning materials, or sufficient classrooms, toilets and drinking water. As a result, the children in Syada village were forced to relocate to various hostels and homes across the Humla district to work as domestic helpers while they were not attending school. The lack of educational opportunities in Syada village and the increase in child labor has created significant child protection issues and increased the overall vulnerability of children in these villages. Moreover, the children who were not working or attending school were at an increased risk of being trafficked.

Dhanny's parents were struggling to support their seven children and decided to send him, their youngest son who was only five years old at the time, to a monastery in Kathmandu. Dhanny became a monk for over three years and was then sent to a school in Kathmandu for a year. However, living away from home was mentally challenging for him, and he only has sad memories of that time.

When Adara launched its project work in Syada, we began developing the school, improving classrooms, supplying midday meals, and providing more teachers and essential resources, like school uniforms and bags. Now, Dhanny's parents have decided to bring him back and enroll him at Syada School.

Dhanny is now 11 years old and studying in Grade 6. "We wouldn't have sent our son away from us if the school was how it is now, but we are now glad that he is with us," said his mother.



Photo top: Dhanny wearing his school uniform.

Photo bottom: Dhanny at school learning.

Education in Ghyangfedi

Access to education in Ghyangfedi is expanding! Since our partnership with Shree Ghyangfedi School began in 2017, we have seen the development of seven surrounding feeder schools in the region. The purpose of these feeder schools is to provide children who were travelling long distances the opportunity to attend a school closer to their home and simultaneously reduce the burden on Shree Ghyangfedi School, which was previously at capacity with student attendance. These feeder schools have relieved the pressure of teachers and school resources, improving the quality of education overall for students.

Key highlights:

- **Student enrolment has increased by 8%** from 2022. Over the past six months, we have supported 607 students to receive a quality education. 107 of these students were newly enrolled at the start of the school year in April-May 2023.
- **Uniforms and education materials were distributed to over 600 students across seven schools.** This distribution not only provided vital learning resources to students but also helped promote equality and uniformity between schools. The new uniforms and additional resources including kettles for boiling water for baths and hair clippers have helped address hygiene issues in the younger students.
- We celebrated the **19 students who passed their School Education Examination (SEE)** and can now go on to pursue tertiary or vocational studies, improving their pathway into meaningful employment. To further strengthen their opportunities, **76% of total graduated youths** from Ghyangfedi were provided with a scholarship for higher education/vocational training are currently employed in the job market.

A key activity for students recently has been the introduction of career guidance sessions. As SEE exams were approaching, it was decided that career guidance would be a helpful tool to support students to make decisions regarding their future employment opportunities. Each class (Grades 9, 10 and 11) participated in two-hour sessions (six in total) over three days. The experienced trainers have been working in career counselling for 22 years. Through their research and expertise, they developed a workbook that students completed that reported on their personality traits and interests coupled with their top three career choices.

Photos: (top) new uniforms in Ghyangfedi; (bottom) career guidance session for senior students of Shree Ghyangfedi School.



- **Teachers at Ghyangfedi School were provided with the opportunity to attend a three-day telescope making workshop.** All participants were thrilled to expand their theoretical and practical knowledge in astronomy, with part of the class focusing on designing and then constructing a telescope. A few of the teachers even signed an agreement with Nepal Astronomical Society – this will contribute greatly towards future learning opportunities for the students!
- **Students in Grades 8, 9 and 10 attended self-defence training, in Ghyangfedi.** Sadly, girls and women in Nepal often experience regular various forms of harassment, abuse and discrimination. We believed this training was a great opportunity to educate the students (girls in particular) on different types of violence, responding to inappropriate behaviours, and preparing for the unexpected. The trainer also covered topics around the importance of financial security and savings, child marriage, and provided real life examples to further the students' learnings. Girls who participated in the training have since demonstrated an increase in confidence and will be sharing their learnings through role play activities to their teachers.
- **We are continually improving the quality of education by developing the school facilities.** At one of the Adara-supported feeder schools, Nava Sikhya Niketan, we recently built a kitchen facility. We used local resources and labourers for the work. This will allow for midday meals to be distributed more efficiently to the students and further encourage attendance rates.



Plus Two Classes

Last year we announced the very special launch of Plus Two classes for students in Ghyangfedi. The Plus Two programme means students who complete their Grade 10 SEE exams can enroll in higher education classes focused on law and science subjects. This programme provides greater employment opportunities and a higher quality of secondary level education, meaning the community could benefit economically in the long-term.

For the first time in Ghyangfedi history, 12 students sat their Grade 11 board exams, 10 were studying law and two were studying science. We are excited to see the results and development of this programme moving forward.

Child Protection

Child trafficking and child marriage remain stubbornly entrenched in Nepal. Poverty, illiteracy, unemployment, and social inequalities are all contributing factors. In the communities we work with in Humla, we have seen children being trafficked under the pretence of education support. In Ghyangfedi, labour trafficking, often for sexual exploitation, is the most prevalent form of trafficking. This is why we place a big emphasis on community sensitisation to reduce the likelihood of trafficking occurring. One way that we do this is by raising awareness among communities, policymakers and influencers, and implementing anti-trafficking projects with our partner The Himalayan Innovative Society (THIS).

We will continue to run our child-trafficking awareness programme across Adara-supported schools in Humla. As part of this approach, we get students involved in painting large anti-trafficking murals on school buildings that emphasise key messaging as a creative way to educate students and their communities. We continue to form Anti-trafficking Watchdog Committees throughout target villages who help sensitise their community about child protection. They involve a wide range of representatives such as teachers, local government and parents.

Through our scholarship programme, Adara is able to address some of the financial barriers that sometimes prevent families from being able to send their children to school by providing critical school supplies such as uniforms and stationery. This increases the likelihood students will be able to stay in school and reduces their risk of trafficking.

Other activities to reduce child trafficking include:

- We are currently supporting **82 young people across Humla and Ghyangfedi** to access higher education through the provision of scholarships, case management, and training and development opportunities.
- Educating students via **documentaries** and distributing trafficking related **comic pocketbooks** to school children in Humla.
- Students in Grades 10 and 11 from Ghyangfedi met with parents from different villages **to incentivise enrollments at school.** They explained that a safe home environment, education, hygiene and nutrition were part of a child's basic rights. Parents are now encouraging their children to attend school on a regular basis.
- Continuing to produce an **anti-trafficking radio programme** that is broadcast throughout the Humla region.



Sara (pictured) is a 14-year-old living in Ghyangfedi, Nepal. Sadly, she lost her father to the 2015 earthquake. Afterwards, her mother remarried and left Sara and her two older brothers when she was only seven years of age.

Sara is currently studying in Grade 9 at Shree Ghyangfedi School and is planning on taking her Secondary Education Exams (SEE) next year. She dreams of becoming a doctor. "I love to study and am so appreciative to see education improvement in Ghyangfedi," says Sara. "The teachers are all very helpful and hardworking."

Research shows that a lack of schooling can increase the risk of trafficking and child marriage. **By providing the opportunity for students like Sara to attend school, Adara is helping children reach their full potential.**

A key aim of our holistic AdaraRemote programme is to improve the community's access to quality healthcare services. As part of this work, we strengthen the health system; ensure access to quality healthcare; improve water, sanitation and hygiene; and enhance access to maternal, newborn and child health services. We do this by supporting and improving local government health posts and birthing centres and investing in community health outreach and education.

Key highlights for 2023 include:

- In Ghyangfedi, the school runs regular sessions to **educate girls on menstrual hygiene management, personal hygiene and sexual and reproductive health.** The most recent session addressed physical concerns the girls had during their periods and the importance of maintaining personal hygiene. They were recommended to avoid the traditional methods of using rags and instead start using and appropriately cleaning reusable cloth sanitary pads.
- At the two birthing centres Adara supports in Chauganfaya and Syada, senior nurses provided training to nurses and female community health volunteers (FCHVs) from surrounding health centres on helping babies breathe, essential care for babies, and breastfeeding. Nurses and FCHVs now have increased knowledge and improved abilities on delivering babies safely and caring for newborns.
- It was incredibly positive to see that **all 14 mothers who delivered at the Adara-supported birthing centre in Syada, Humla attended their follow-up postnatal appointments.** This demonstrates an increase in understanding on the importance of post birth care.
- In Humla, **water, sanitation and hygiene training** helped raise awareness on personal and community hygiene and proper waste management. At the end of the training, 461 households were provided with handwashing soap.
- In one Adara-supported health post in Ghyangfedi, we **distributed baby carriers and mosquito nets** to women attending the centre for antenatal and postnatal care appointments. This increased the likelihood that women would deliver at the health post and not at home, reducing birthing complications.



Delivering healthcare services in such remote communities poses a range of challenges across resourcing, access and community perceptions. For example, in Ghyangfedi and Humla, **shamanism is still prevalent in the community**, which involves the belief that spirits can be used for healing. This can have negative impacts on attendance rates to health services. To address these issues, we will investigate equipping shamans with the knowledge and skills required to appropriately refer patients to health facilities. We hope this will build trust between healthcare professionals and shamans, bridging the gap between traditional beliefs and conventional healthcare services.

We conducted a health needs assessment to address the **lack of basic medicines at the health post** in Ghyangfedi – this had resulted in health workers redirecting infants and children to the school where these medicines were readily available. The health needs assessment was shared to the chair of rural municipality and within a week their team responded positively and supplied all the basic medicines to health post. Now the health post is equipped with all appropriate medicines, and they won't need to divert patients to the school and other cities.

In 2022, we opened a new birthing centre in Chauganfaya. **In the past six months, we have seen nine healthy babies born at this facility**, and an increase in mothers attending the centre for antenatal and postnatal appointments. At this centre and the connected health post, Adara has added a basic lab facility and built a staff quarters and kitchen facilities. This allows for increased quality care to be provided and for healthcare workers who travel long distances to have accommodation.

Your impact: Alina's story

Prior to the birthing centre, Alina, would walk five hours to get to the district hospital. Now it takes her 10 minutes to get to Chauganfaya birthing centre to receive antenatal care. Lots of women would choose not to walk the long distances for healthcare, so would end up delivering their baby at home. This was the case for Alina and her first child, "my first labour experience was very painful with no nurse support, but luckily, I didn't die. I was lucky."

Recently, with the introduction of ultrasound services at the centre, Alina was diagnosed with placenta previa, meaning her baby could only be born by cesarean section. This could only be done at the district hospital, so she was referred there. Her travel was delayed due to necessary preparations in the family home. When Alina reached her 40 weeks of pregnancy, she began experiencing labour pain. Her husband tried to rush her to the district hospital but there were issues with the roads. Alina was brought back to the birthing centre. One of the Adara trained and supported nurses immediately identified the high-risk situation she was in and contacted the senior nurse and doctor at the district hospital for advice.

Fortunately, the delivery was successful, and a healthy baby was delivered weighing 3.5kg! We are proud to announce the Adara supported nurse, Sushmita Bohora, has won the Swasthya Khabar Health Award. This award honours individuals making significant contributions to the achievement of health-related Sustainable Development Goals in Nepal. Your support is allowing many mothers and newborns, like Alina, to access quality hospital care closer to home.



Photo: Alina with her baby daughter at the Chauganfaya birthing centre.

Knowledge Sharing

We believe the knowledge created through our programmes is not ours to keep. We strive to scale the impact of our programmes by sharing data, research conclusions, training packages and lessons learned. We are taking our very best ideas and our biggest mistakes, distilled from more than two decades of working in the field, and sharing them locally, nationally and globally. We want to ensure that those who need this knowledge most can access and use it, in a format that best suits them.

Between July 2022 and June 2023, our Knowledge Sharing activities included:

- **Organising a two-day knowledge sharing program for principals and child club members of four schools in Humla**– Sita Secondary School, Balmandir Secondary School, Karnali Secondary School and Saipal Secondary school. Representatives from these four schools visited Yalbang School to observe the classrooms, library, computer and agriculture labs, kitchen and hostel. The purpose of this visit was to share the recent developments of Yalbang School and demonstrate the successful implementation of the hostel for remote education. The hostel is a significant step towards providing equal educational opportunities to all students, regardless of their geographical location. It enables students from remote areas to access education without having to worry about traveling long distances to attend school. By staying close to the school during the term, these students can focus on their studies and participate in extracurricular activities, which would have been challenging otherwise. We have plans to implement this knowledge sharing event every year and extend the invitation to other schools.
- Our Knowledge Sharing team is working to **develop a remote education package that documents the six core components** that are essential to the development and maintenance of a model school in a remote community. The package will focus on areas such as strengthening the system, child health and nutrition, creating a child friendly environment, and our recently developed quality improvement tool, which will be piloted in Q3 2023. This package will be available to other organisations free of charge, to increase our impact and enable other institutions to think holistically about remote education programmes.
- In June, our team along with our partners from The Himalayan Innovative Society (THIS), **led an interactive workshop on Family Separation, Displacements and Anti Trafficking of Children in Kathmandu**. The workshop was an opportunity to inform key stakeholders of the high rates of children that are trafficked from the Humla and Karnali district and discuss possible local practices and approaches to support children and prevent separation and displacement. The workshop resulted in a commitment from the National Child Rights Council to monitor child homes that are not registered with them and enforce minimum standards within these homes. This is a huge step towards further protecting children from the dangers of trafficking.
- **Strengthening our Knowledge Sharing work in Nepal:** Earlier this year, we were extremely fortunate to hire our own Knowledge Sharing Manager, based in Nepal – Pragya Lamsal. By having Pragya on the ground and working alongside our amazing teams there, we can ensure that knowledge sharing activities are being implemented, evaluated and shared on a regular basis. This is vital to ensuring we are scaling our work and deepening our impact.

As we commemorate our 25-year milestone, we are not only celebrating but also expanding our reach by sharing our knowledge and expertise in delivering high quality healthcare to women, newborns, and children, both within healthcare facilities and in their homes. This Maternal, Newborn and Child Health (MNCH) work has primarily operated in Uganda, where we have developed a model of care in partnership with Kiwoko Hospital – called AdaraNewborn. It has the power to halve maternal and newborn deaths and stillbirths in low-resource settings. We are proud to extend this expertise to health posts and birthing centers in Humla, Nepal. In April 2023, members of our Global Health team visited Humla to provide specialised training for nurses, midwives, and female community health volunteers, focusing on newborn care.

Some of the key knowledge sharing activities included:

- **A three-day intensive training in Helping Babies Breathe and Essential Care of Every Babies for staff from Adara-supported birthing centres.** The training focuses on immediate and follow-up care for newborns and involved practical work. Attendees expressed this was a huge benefit to their learning, instead of focusing just on solely theory. The small class size also allowed for critical hands-on practical training and one-on-one instruction.
- **Implemented a training session for female community health workers (FCHVs) in Chauganfaya.** The training focused on supporting a mother and child and assessing a baby for danger signs. Molly MacGuffie, Adara's Clinical Programmes Manager, who is also a Board-Certified Lactation Consultant provided training in breastfeeding techniques and lactation support.
- **The team visited various birthing centres to witness staff demonstrate learning in their own environments.** This allowed staff to reinforce what they had been taught in the training sessions and run through practice scenarios.

The impact of the training was evident with all the staff being actively engaged with demonstrating their learnings. They were also able to provide guidance and support to their colleagues. There is still more to be done and the team were often reminded of the challenges of working and living in a remote place like Humla. However, Adara is excited for what the next 25 years may bring.

We look forward to seeing our teams in Nepal and Uganda continue to exchange knowledge and share insights from their programmes with the goal of reducing preventable maternal and newborn deaths.

Photos: Helping Babies Breathe Training in Humla, Nepal.



Resilient Communities

A core part of AdaraRemote is building resilient communities who are prepared for, and able to respond to climate change, increasingly dangerous weather conditions, and natural and humanmade disasters. We are achieving this through infrastructure and agriculture projects, including improving agriculture skills, knowledge and technology to strengthen food security and nutrition outcomes.

Ghyangfedi and Humla are both prone to natural disasters due to their mountainous locations and during the monsoon season, they are prone to landslides and floods. **Some key activities introduced to reduce the burden of these disasters on communities include:**

- **Ensuring new construction of land and buildings are safe for students and can protect against harsh weather conditions.** At Ghyangfedi School, newly acquired land has recently been transformed into an area for students to enjoy sports and gardening activities. A new safety wall was built around the space to protect the children from potential landslides and stairs were introduced to assist the students when walking down to the area to avoid accidents due to the steep terrain.
- **Sourcing materials and staff locally for construction work.** At Adara, we provide vocational training for youth in areas such as electrical, carpentry, plumbing so that more jobs are created, and skills are built locally to support the economy.
- **Introducing new technology such as interlocking bricks to better prepare for natural disasters such as earthquakes.** Interlocking bricks are made by mixing soil, sand and cement and are also environmentally friendly, contributing to improved sustainability outcomes.
- **Over the next quarter we will be implementing some disaster preparedness training** for children, parents and teachers. This will be facilitated by an expert from Kathmandu and will aim to provide skills and build resilience to the local community when responding to disasters.



Photo: One of the newly built Chauganfaya classroom buildings, and others underway.

Nutrition and food security

As part of our community resilience work, Adara is looking to improve food security. In 2023, we expanded our agricultural support to directly equip and train farmers in modern farming techniques. We know that we can improve food security and nutrition outcomes if we grow agricultural skills and knowledge.

One of the ways we do this is by educating youth through our Agriculture and Farming programme at Yalbang School in Humla. In partnership with the Himalayan Children's Society, over the next three years we aim to target approximately 100 students from Grades 9 to 12 to provide them with them with technical and managerial expertise in agriculture, animal husbandry and horticulture. These skills will not only increase productivity and food security in the region, but also teach the students about best practice in sustainability. We are continuing to provide greenhouse support to the Humli community, who are often greatly impacted by food shortages when flight schedules are disrupted due to the rising cost of fuel.

Some nutrition and food security highlights so far this year include:

- **A poultry farming trial has commenced!** Select farmers received chickens and training on how to construct chicken farm structures. The building of these chicken coops are underway. We hope the protein and nutrients in the eggs will improve nutrition and food security and provide an additional income stream for these families.
- **Five tiller machines (used to break up hard, compact soil) were distributed** to Syada and Kermi villages to upskill farmers in modern farming techniques. Traditionally, farmers would use ox to plough their fields – taking them several days to finish their farm work, but tiller machines are much faster, increasing productivity.
- **Seven target schools in Humla have planted almost 1,500 trees** in and around school areas, with the aim to plant 6,000 trees by 2025. We hope to improve reforestation and environmental protection in this region.
- **Vegetable seeds were provided** to the parents of students at Shree Ghyangfedi School to ensure their children are receiving a nutritional diet at home. They could also sell these vegetables locally as a form of income. Similarly, farmers in Humla were provided with seeds to grow and support their economic productivity.
- **There are currently 65 students who participate in the Agricultural Education Project.** Students were taught how to replant grape vine cuttings after they had been grown in the greenhouse at Yalbang hostel. They also observed the status of previous planted saplings and were taught how to irrigate where necessary for those plants situated in low moisture soil.
- **Students were taught about the structure of the beehive in the agriculture lab** and were shown how to assemble a beehive, understand the process behind bees collecting honey and how they can extract the honey.

Photos: poultry farming; children planting a tree sapling; distribution of mini tillers.



The next chapter

Adara has ambitious goals to continue making a positive impact in remote communities across Nepal. In the coming months, just some of the projects Adara will be working on include:

- **In November, a general health examination will be conducted** in all eight schools in Ghyangfedi for over 600 students. Their health will be assessed and any conditions treated appropriately.
- **Disaster preparedness training will be completed** at Shree Ghyangfedi School for students, parents and teachers including running drills and educational sessions on what to do in the event of a natural disaster.
- **We are partway through a number of infrastructure projects in Humla** – over the next few months we will complete the Chauganfaya and Santa Schools' classrooms and Syada School toilet block. We will also finish Kholsi health post improvements that were started by the Nepali government so community members can start using the facility.
- **We will begin work on Syada School construction** as the current area is small and not suitable for almost 400 students. Over the next six months, we will begin collecting materials for the rebuild.
- **Lab services at the Chauganfaya health and birthing centre will commence** and allow for testing and diagnostic services to be provided for mothers, babies and the broader community locally.

Together, we've ensured that thousands of people across Nepal living in poverty can access the quality education and health services they deserve. We look forward to updating you on our continued progress over the next six months.

Words cannot explain how grateful we are for your ongoing support. We are all in this together. Thank you!



Photos: Young girl during assembly at Yalbang School.

Contact Us

Thank you for standing with Adara to provide essential remote community development services.

Jessica Kubowicz

Senior Partnerships Manager

jessica.kubowicz@adaragroup.org

Georgie Kershaw

Partnerships Manager

georgie.kershaw@adaragroup.org