



# Impact report: Remote Community Development

July – December 2023



## Welcome to Adara's Remote Community Development Impact Report.

Between July and December 2023 saw our work grow in leaps and bounds. As part of our AdaraRemote model, education, child protection, youth development, health, and community resilience is being strengthened across our partner communities in Humla and Ghyangfedi in Nepal.

This approach has been expanded to three new villages and two new schools in Humla. Higher education opportunities are being localised for students including for Grades 11 and 12 (Plus Two). Maternal, newborn and child health services are being expanded; learning from our 25 years' experience in Uganda. Community resilience to humanmade and natural disasters and climate change in communities is also being built.

**This is all possible thanks to your generosity and support.  
Thank you!**

## 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.

# The context

**An estimated 3.4 billion people – around 43% of the global population – live in the rural areas of low- and middle-income countries.** Despite the decrease in global poverty since 1990, a person's place of residence still largely determines their access to essential services.

While educational advances were being made in Nepal, the COVID-19 pandemic saw an estimated nine million students in Nepal affected (UNESCO, 2020). Literacy rates have steadily grown, from 5% in 1954 to 76% in 2023 (Nepal Ministry of Education), however, despite progress in increasing access, the quality of education remains a concern. It is also thought that the gap between advantaged and disadvantaged children in their equitable access to quality education is widening (Dawadi et al., 2020).

Many schools in Nepal lack qualified and an appropriate number of teachers, and don't meet child-friendly school standards or are earthquake-resistant (UNICEF, 2019). Nepal has made progress with early childhood education, with 75% of age-appropriate children are attending lower basic education. However, by the upper basic level, attendance rates decrease to 50%, and by secondary it decreases to 48% (UNICEF, 2019). This is particularly true for girls, as one in three girls are married before the age of 18 (Journal of Global Health Reports, 2023). Only 33% of children in the lowest resource households attend secondary school in comparison to 68% of children from the wealthiest households (UNICEF, 2019).

Adara works in some of the most remote regions of Nepal. The Humla district is situated in the Himalayas in the north-west of the country. It's the only district not connected to the country's main road system, and the harsh climate poses a wide range of challenges for its 55,000 residents. When Adara started work in 1998, access to education was a challenge and enrolment rates were extremely low. The only hospital and a few health posts were significantly understaffed and under resourced. The region's reliance on subsistence agriculture and its unreliable food supply chains have resulted in poor nutrition and food security, particularly for children.

In Nepal, girls face a disproportionate set of barriers. They are often denied an education as families prioritise sending boys to school. They experience daily threats to their safety and wellbeing – including through child trafficking and early marriage – and stigma around their sexual and reproductive health. These issues are exacerbated in remote regions like Humla.

25 years on, Adara partners with seven Humli schools, five health posts and four birthing centres to deliver our comprehensive model of remote community development – AdaraRemote. Focused on education, child protection, youth development, health, and community resilience, we are seeing significant improvements in partner communities. Almost all children in supported villages are going to school, half of them are girls, primary health and maternal, newborn and child health services are increasingly available locally, and food security is increasing. However, there is still much work to be done!



Another region Adara works in is Ghyangfedi. Adara started working there in 2015. Ghyangfedi is in the Nuwakot District in central Nepal. It is around 80km or a five-hour drive north of the capital, Kathmandu (depending on the weather and the roads!). This region faces a range of social, economic and geographic challenges that have resulted in high levels of poverty. Ghyangfedi has also long been known as the epicentre of child trafficking in Nepal.

Ghyangfedi was hard hit by the earthquake in 2015, with 100% of buildings collapsed and the roads into the region destroyed. 10% of the population lost their lives. Following the earthquake, Adara was invited to provide emergency relief here by the Nepali government due to our long history working in child protection. We started by providing emergency relief, like food, shelter, and basic goods distribution. Then, in partnership with the local government, we rebuilt the main school, Shree Ghyangfedi School, which opened in 2017. From there, we worked to strengthen the surrounding feeder schools to help prevent younger students walking long, often unsafe distances to go to school.

Now, Adara works across eight schools in Ghyangfedi to deliver holistic education, child protection, youth development, health and community resilience services and support. Again, there has been so much achieved over this time, yet we are not resting until we've got the job done.

**This work is possible thanks to your incredible support. Thank you for standing with us and remote communities living in poverty!**

*Photo: young students from one of Adara's feeder schools in Ghyangfedi.*



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.

In this time, we have developed a comprehensive and holistic model for community development – AdaraRemote. This model has five focus areas:



**Education:** Through our work with model schools Yalbang School in Humla and Shree Ghyangfedi School – we have developed a comprehensive remote education model. It focusses on 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.



**Youth development:** Youth living in remote communities are often left behind due to a lack of access to vocational and tertiary educational opportunities. They are often not available locally, meaning they must travel to capital cities or abroad – which poses significant economic barriers. Adara is working to localise and improve tertiary and vocational opportunities for youth and build pathways into meaningful employment.



**Child protection:** We strive to ensure children are safe and can thrive. We do this by strengthening child protection systems and influencing policies; sharing knowledge; developing reporting systems; enhancing child participation in education; and raising 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 marriage where we operate.



**Health:** We ensure communities in our target areas have access to health services year-round. As part of this work, we strengthen the health system; ensure access to quality healthcare; improve nutrition; 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.



**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 providing agriculture training, knowledge and technology so that people have increased access to nutritious food.



# Programme highlights

July to December 2023



**We reached over 1,900 students across 15 schools in Humla and Ghyangfedi, Nepal!** By providing quality and accessible education, we have removed barriers faced by students living in remote communities.



**Across Humla and Ghyangfedi, 100% of students passed their Secondary Education Exam.** With these fantastic results, students can proceed to higher education or vocational training!



**There are now 13 Adara-supported teachers across eight schools in Ghyangfedi,** an increase of 18% when compared to the start of the year. By providing quality teachers and maintaining a healthy teacher to student ratio we can improve educational outcomes for students.



**We launched a telemedicine service in Chauganfaya that has already provided specialised health services to 67 patients.** This enables patients living in remote Humla to receive the medical care they require without having to travel long distances to see a specialist doctor.



**We provided greenhouse development support and training across six villages in Humla.** Over the past six months we provided 489 people with greenhouses across these villages. We aim to improve income generation and food security in remote communities like Humla by promoting the growth of their own fruit and vegetables all year round.

# Education in Humla

Our remote education work in Humla spans seven schools and currently benefits over 1,200 students every year. Humla is an incredibly remote region, set high in the Himalayan mountains. After 25 years, we are seeing high participation in education, with 99% of households in Adara-supported communities sending their children to school. Over the six months of this report, **52% of students were girls** and 100% of students from target schools received a full scholarship, including stationary, bags, shoes and uniforms. We know that by expanding equality of opportunity and creating pathways to successful employment through these scholarships we can improve retention of students and educational outcomes.

**Between July 2023 and December 2023, key activities included:**

- By December 2023, there were **1,274 students enrolled** across seven schools in the Humla district. Almost all schools had a **student average attendance rate of above 90%**. It is excellent to see such high attendance rates – we know by increasing retention in schools we can reduce the risk of child trafficking and early marriage.
- Finding quality teachers willing to work in such a remote region is challenging. **Currently, there are 73 teachers across all seven schools, of which Adara supports 17.** We also provide a range of incentives for teachers, including professional development and training opportunities and in some cases, accommodation.
- **280 students at Yalbang School, and over 500 students at Syada and Santa school benefited from Adara's midday meals programme.** Both Syada and Santa struggle with extreme poverty and poor nutrition – our BMI assessment conducted at Syada School in 2021 showed that 42% of the students were stunted. Therefore, the addition of midday meals aims to increase both student attendance and nutritional outcomes.
- **Three new earthquake-proof classrooms** were constructed at **Santa School** in the past six months, meaning the primary school can be classified as a lower secondary school! Now children from Grades 6 to 8 no longer have to walk three hours every day to their neighbouring school and can receive an education closer to home. There was also new toilet blocks built at Syada and Santa Schools to help improve water, sanitation and hygiene (WASH) for students.



Photo: newly constructed Santa School classrooms; Yalbang students attending computer class; young boy attending school in Humla.

# Your impact: Rani's story

**In a remote district like Humla, parents face limited options when trying to ensure their children have a quality education.** In some cases, children turn to domestic work to help support their family. In others, traffickers convince parents their children are being sent away for boarding school, when in fact they are tragically being placed in labour or sex trades in Kathmandu or abroad.

By providing educational opportunities in the village of Syada, Humla we have been able to provide other children like Rani with career aspirations within reach. For Rani, her dream job is nursing.

Rani, pictured right, has three siblings and lives in Syada. Her parents, who are both farmers, struggle everyday to support their family and occasionally need to travel to other parts of Nepal or India in search of more work. "Whatever we grow is simply not enough to food to feed our family. So, I travel to various places, risking my life and leaving my family behind to support them," says Rani's father.

Before Adara began working in Syada, the local school was lacking in teachers and there were no learning materials or classrooms. Rani's parents sent her to a private boarding school in a nearby village so she could receive an education. The fees were a huge challenge for her family, and they struggled to make ends meet. Rani spent six years at this boarding school and found it hard to visit her parents due to travel costs and the strict visiting regulations of the school. She missed them terribly.

When Adara launched its partnership with Syada School, we began implementing our remote education model. We improved classrooms, supplied midday meals, and provided more teachers and essential resources, like school uniforms and bags. We are also performed significant infrastructure works to ensure there are enough classrooms, toilets and recreational spaces for the 351 students.

Lots of children including Rani were able to return home to Syada and attend school locally.

Rani is now 14 years old and studying in Grade 8, she likes to talk a lot and her teachers call her "Chatter Box."

Rani is inspired by Florence Nightingale for her selfless dedication and service to mankind. "I may not become a Florence Nightingale, but I want to give back to my community and become a nurse. That is my dream."





# Education in Ghyangfedi

**Education is vital in ensuring children are kept safe from the dangers of trafficking and are provided with the opportunity to learn and thrive in their community.** That's why we've partnered with Shree Ghyangfedi School and surrounding feeder schools to provide holistic education, child protection, youth development, health and community resilience activities.

After the 2015 earthquake, Adara was instrumental in rebuilding Shree Ghyangfedi School. Now, there are eight Adara-supported schools providing quality education in the region. In 2023, there were 634 students enrolled, a 13% increase from 2022. 53% of all students are girls. Adara ensured students, teachers and the schools had the resources they needed to maintain quality and keep children engaged, healthy and safe. This ranged from uniforms, backpacks and school supplies, to professional development and training opportunities for teachers, to upgrading school infrastructure, including toilets.

## **Between July 2023 and December 2023, key activities included:**

- **We are improving the student-to-teacher ratio with the goal of improving student learning outcomes.** There are now 13 Adara-supported teachers across eight schools in Ghyangfedi, an increase of 18% when compared to the start of the year. We also advocated for additional teaching staff for Bolung Katunje Basic School. At the time, there was only four teachers for 72 students across five grades. Adara submitted a request to the rural municipality education department, which was approved! The new teacher started in August 2023, already alleviating pressure on the other teachers.
- **The majority of schools in Ghyangfedi had an average attendance rate above 93%, with four schools having a 95% or higher attendance rate.** These high attendance rates reflect engagement from both students and their families. It helps reduce the likelihood of child trafficking and early marriage, and contributes to students progressing through high school and onto higher education opportunities.
- **Adara supported the distribution of uniforms, including socks, shoes and underwear, and warm jackets for winter to all 600+ students.** These jackets encourage children to attend school in the colder weather and keeps them protected from sickness and flu. Pictured above are some students wearing their comfortable new jackets, perfect for the winter months. We also provided the eight schools with 3,358 exercise books, child-friendly reading books and equipment, white boards, kettles, first aids kits, medicines, and more!
- **During the first week of December 2023, Shree Ghyangfedi School organised a sports week** where students participated in a range of activities including volleyball, badminton, long jump, tug of war, and sprints. The sports week encouraged students to get out of their comfort zone, promoted the benefits of physical activity and helped build self-esteem and confidence.



*Photo: students wearing their new jackets at Shree Ghyangfedi School.*

- **Adara supported the opening of an innovation centre at Shree Ghyangfedi School** in September 2023. The innovation centre looks to further support the learning and development of students. It will be used for a range of activities – including supporting the students in their technology classes and a hub where students can brainstorm innovative ideas to help their community, for example, water and waste management.
- **We are continuing to provide fit-for-purpose and child-safe school infrastructure, as a key part of our AdaraRemote education model.** In 2023, some examples of this work in Ghyangfedi include:
  - upgrading the construction at two feeder schools – the Red Panda Bal Jyoti Basic School and Suryamati Basic School. These schools are located at least an hour from Shree Ghyangfedi and have a combined 57 students aged three to eight years old. Students have been learning in temporary classrooms, and the new buildings are set to open in time for term one in March 2024.
  - supporting the construction of a kitchen building for Nava Sikchya Niketan feeder school, which had around 40 students aged three to nine years old. The kitchen will mean children can now receive nutritious midday meals at school – which are set to start in 2024. The two-room building was constructed using local stone and sand by skilled local labourers.
- **In September 2023, Students from Grades 8 to 12 attended a workshop on internet safety – ‘Child Safe Net.’** Many villages in Ghyangfedi now have internet access in schools, health posts and even some households. Due to the increasing usage of the internet, we believe it is vital that students are educated on the dangers and risks involved, in order to keep them safe. A quiz conducted during the training session showed that many older students browse the internet for up to two hours a day! Topics discussed included online bullying, abuse and exploitation, and gaming addiction. Students found the workshop very informative and will incorporate their learnings into their online behaviour.



*Photos: students already using the innovation centre at Shree Ghyangfedi School; students happy learning; students after their internet safety workshop.*

# Youth Development

**An important part of our AdaraRemote model is supporting youth through high school and onto tertiary or vocational education opportunities.** Historically, this has been via scholarships for students to pursue higher education in the capital, Kathmandu. Increasingly, we are looking at how to provide higher education opportunities closer to home.

In 2023, 100% of the students who completed their Secondary Education Examinations (SEE) exams at Yalbang School and Shree Ghyangfedi School passed, with 98% scoring a C or higher. This is only the fourth time students have sat their SEE exams at these schools. They can now proceed onto Plus Two (Grades 11 and 12).

Historically, students would have to travel to other districts or the capital, Kathmandu, to access Plus Two, however back in 2022, we announced the launch of Plus Two classes for students in Humla and Ghyangfedi. Now, they can enroll in classes, such as law and science. Completing Plus Two is needed to pursue tertiary education, like university. This programme provides greater employment opportunities and a higher quality of secondary level education, meaning the community can benefit economically in the long-term.

Other highlights on how we are strengthening pathways for youth into meaningful employment and independence in 2023 include:

- **There are 51 students currently studying Plus Two subjects** across Yalbang School and Shree Ghyangfedi School including science, law and agriculture! It's amazing to see Humla and Ghyangfedi become hubs for education.
- There are also **56 youth from Humla and 33 youths from Ghyangfedi receiving a scholarship to pursue tertiary education or vocational training.** These scholarships are a shared effort between the government, Adara and the student's family. Our contribution is financially supporting their everyday costs, like food and transport, and providing additional support services, such as career guidance, interview preparation and confidence building sessions.
- Out of the 302 youth who have graduated from Adara youth development programme, **86% are currently employed, self-employed or studying further and semi-employed.** They are engineers, nurses, dentists, farmers and more!



*Photo: welcoming a new batch of Plus Two students to Grade 11 at Shree Ghyangfedi School!*

# Child Protection

**Child trafficking, child marriage and child labour remain a concern in Nepal.** It is estimated that 33% of females are married before the age of 18, and 8% by the age of 15 (Journal of Global Health Reports, 2023). Approximately 1.1 million children are engaged in child labour, which is around 15% of children between the ages of five and 17 years (Nepal Labour Force Survey Report 2017/18). In regions like Humla and Ghyangfedi, child trafficking has a long history and factors such as high rates of poverty, unemployment and gender inequality continue to perpetuate this issue.

**We are more determined than ever to double down on our child protection work to keep children, particularly girls, safe from trafficking and early marriage.**

To do this, we are:

- strengthening partner school's child protection systems in line with national and international policies and legal frameworks regarding child protection.
- running child protection education for teachers, school management committees and parents.
- raising awareness within communities on the importance of education, particularly for girls, in the hope it will prevent trafficking and early marriage.
- case managing children at-risk of withdrawing from school, such as those with reduced attendance rates.
- creating a safe environment for girls at school, such as separately gendered toilets and menstrual hygiene support.
- helping establishing child clubs to encourage school participation and knowledge of child rights.
- advocating to the government at local, district and federal levels to help influence policy decisions.
- working with our partner The Himalayan Innovative Society (THIS) to raise awareness of child trafficking, provide education support to those at risk of trafficking, and work with the government at local, district and federal levels to influence child protection policies.

In early 2024, Adara also recruited a Child Protection Coordinator to oversee child protection across all areas of our programmes in Nepal. Primarily based in Humla, they will strengthen child protection systems in all Adara-supported schools, and within the community and government. We'll share more on this in your next report.

*Photo: students on their way to school in Ghyangfedi.*



In the second half of 2023, students from the Shree Ghyangfedi School formed a girl's safety group, which aims to educate and protect them from all forms of violence, abuse and trafficking. 61 female students signed a letter of support for the group.

Currently the group has 17 committee members who will assess and recommend areas of improvement at the school to further support girl's education and safety. Training will be provided where needed to members and teachers.

The first meeting took place on 8 December 2023 and the outcomes were exciting.

Committee members have committed to:

- Investigating why girls aren't attending school if they are absent for more than two days and keeping a record of girls' parents, relatives, siblings, and neighbours to contact them in these instances.
- Investigating and resolving any form of bullying at the school.
- Visiting the local community, meeting parents, and spreading awareness on the importance of girls' education.
- Motivating and educating parents on the importance of sending girls to school.
- Overseeing activities that will assist the retention of students, including managing the cleanliness of the school and midday meal distribution.

We are incredibly encouraged to see this initiative developed and driven from the female students.



#### Other child protection activities between July and December 2023 include:

- Educating students on child trafficking and child protection at **11 schools in Humla via an anti-trafficking wall painting activity**. Students used their creativity skills to paint anti-trafficking messaging. The top painters are selected and allowed to paint on a wall of the school – spreading the messaging to other students and the wider community.
- Creating and distributing child protection **documentaries** and **comic books** to schools in Humla to help build awareness and understanding in a child friendly way.
- Continuing to produce an **anti-trafficking radio programme** that is broadcast throughout the Humla region twice every week.
- Ensuring there is a child protection focal person in each rural municipality to monitor cases of trafficking in the community. In the past six months, Adara supported our partner, The Himalayan Innovative Society, to **visit six rural municipalities to conduct risk assessments**.
- **Delivering child protection and safeguarding trainings** to students, teachers, local government staff, hostel staff, child clubs and school management committees across Yalbang, Chauganfaya and Syada schools to establish child protection mechanisms, reporting systems and improve child protection.

**A key aim of our holistic AdaraRemote model is to improve the community's access to quality healthcare services.** We do this by partnering with health posts, birthing centres and schools to strengthen the health care system. Our long-term goal is to work with the community to encourage the local government to provide staff and medical supplies to ensure sustainability of this work. We also provide emergency medical support and deliver ongoing training to health workers and the community through our outreach education and awareness programmes.

**Between July 2023 and December 2023, key activities included:**

- **Across all eight Adara-supported schools in Ghyangfedi, 433 students participated in an annual health examination.** Held over two days in December 2023, two paediatricians held consultations with students and their parents. The main concerns were signs of tooth decay, some students being underweight, and youth mental and emotional health. Adara will now work with the schools and parents to plan follow up services, including dental camps, youth mental health counselling, and considering how we can further supplement student nutrition.
- **Adara was able to support the construction of the Kholsi health post in Humla.** We provided doors, windows, toilets, furnishing and a fresh running water system. This health post is now complete and there are plans to add a birthing centre service that will support a community of mothers to receive quality maternal health care.
- **Maternal and newborn care training was conducted for 553 mothers and fathers in Syada, Santa and Yangu villages** to raise awareness about available local birthing services, and the importance of antenatal and postnatal care and childhood vaccinations.
- Adara's Maternal, Newborn and Child Health experts in Uganda travelled to Nepal to conduct **intensive training in Helping Babies Breathe (HBB) and Essential Care of Every Baby (ECEB)** for health post staff and community health workers. The trip was a wonderful opportunity to for share their expertise and knowledge across the globe.
- **In two Adara-supported birthing centres in Chauganfaya and Syada there were zero maternal and newborn deaths reported.** A total of **15 mothers** gave birth across these two birthing centres, with **100% of women attending postnatal care appointments.** It is fantastic to see the importance of postnatal and follow up care growing in the community.



# Your impact: Rashna's story

**In the remote and mountainous district of Humla, there are many complexities associated with pregnancy and birth.** These are exacerbated by under-resourced health facilities and a shortage of trained nurses and health workers. Geography also poses a challenge. Even if a birthing centre exists, the mountainous and often long walk can be too difficult to manage while in labour.

A focus on providing quality maternal and newborn health care in remote areas will not only reduce mortality rates but provide women with a supportive environment for their physical and emotional needs pre and post birth. Adara supports four birthing centres in Humla, Nepal to provide women with a safe and dignified birthing experience. One of these is in Chauganfaya.

Rashna is 26 years old and lives in Chauganfaya village. Rashna is a Female Community Health Volunteer (FCHV) who was trained and supported by Adara to work with women in her community. She has worked to encourage institutional delivery – giving birth in a health centre rather than at home. This allows women to access medical care they might require during and after birth.

Luckily, Rashna lives five minutes away from the Chauganfaya birthing centre, which was opened in 2022. While she was pregnant, she was able to attend eight antenatal care (ANC) visits and had multiple consultations with the nurses and other health staff. “I feel so lucky and blessed to have such a well-equipped birthing facility in my village. Otherwise, I would have to walk several hours to Simikot for every ANC visit. Because of this I would most likely miss some of my ANC visits or would deliver at home.”

In exciting news, Rashna welcomed her healthy baby girl in October 2023 – delivering at Chauganfaya birthing centre. Sushmita, an Adara supported nurse was by her side. Sushmita said, “Because Rashna completed all eight ANC visits, we didn’t experience any complications and were quite confident that it would be a normal delivery.”

**The provision of skilled nurses and CHWs coupled with access to well-equipped and well-resourced facilities can ensure safer childbirth practices in Humla and improved health outcomes for mothers and babies.**

*Photo: Rashna and her daughter.*



# Resilient Communities

With climate change causing increasingly dangerous weather conditions, community resilience is a key component of our AdaraRemote model. Through infrastructure and agriculture projects, we ensure communities are prepared for, and able to respond to, natural and human-made disasters. There are several examples of how we are integrating this area of focus into our remote education work. Enjoy reading some of these highlights below!

## Between July 2023 and December 2023, key activities included:

- In November 2023, Adara helped deliver a **two-day disaster responsiveness training** at Shree Ghyangfedi School for teachers, students, parents and all seven feeder schools! There were over 120 participants and training was a mix of theory and practical work, led by the police force. The session included roleplaying evacuation techniques and identifying hazards. All participants – student's teachers and staff found the training extremely informative and engaging, with schools being recommended to practice their earthquake drills twice a year.
- Another successful initiative is our **One Child, One Tree programme**. All students across 15 Adara supported schools in Nepal are provided with a non-timber fruit tree that they learn about, plant and nurture. Once it produces fruit, it then provides another food source for students and their families. This is building student knowledge of the environment, helping prevent erosion and landslides, and increased food security in the region. 1,338 students in Humla were provided their saplings in the first half of 2023. Aside from some native wildlife enjoying their taste (we have plans to build some protective fencing to prevent this!) the trees are growing well. In August 2023, there were 660 avocado tree saplings provided to students in Ghyangfedi.
- Further, in the case of another earthquake, **Adara is working to ensure the infrastructure in all partner schools are fit for purpose**. That they have adequate space, resources and facilities, and are child-safe and earthquake proof. In the last six months, there were several infrastructure projects underway. There were two feeder schools rebuilt in Ghyangfedi – Red Panda Bal Jyoti Basic School and Suryamati Basic School – and new classrooms were built at Chauganfaya, Santa and Syada schools in Humla. They all used environmentally friendly, earthquake safe and insulated local materials, and using local labour where possible.



*Photos: students practicing the evacuation and fire response drills during the disaster training.*



**As part of our community resilience work, Adara is improving food security.**

Food insecurity in Nepal is driven by a multitude of factors. Global inflation and the volatile price of cereals, such as wheat, are disproportionately impacting low-income countries. This further exacerbates acute malnutrition, particularly for mothers and children, and excess mortality. Stunting and wasting among children remain high, and Nepal sits above the average for the Asia region.

Climate change and unpredictable weather patterns are also negatively impacting remote regions like Humla, where more than 86% of the community are reliant on agricultural production for food and income generation. Adara partners with communities to provide a suite of interventions that help improve food security. These include greenhouses, seeds, orchard and fruit or nut tree planting, and school food initiatives like midday meals.

**Between July 2023 and December 2023, key activities included:**

- There are currently **44 students enrolled in the Agricultural Education programme** at Yalbang School in Humla. In partnership with the Himalayan Children's Society, this course aims to strengthen the skills and knowledge students need to grow nutritious food for their communities and prepare them for a career in agriculture locally or regionally. These skills will not only increase productivity and food security in the region, but also teach the students about best practice in sustainability.
- **Poultry training was conducted in September for farmers of six target villages.** Select farmers received five chickens and training on how to raise different breeds of chicken. They were also taught how to construct a chicken coop. We hope the protein and nutrients in the eggs will improve nutrition and food security and provide an additional income stream for these families.
- **Training for tiller machines (used to break up hard, compact soil) were conducted in Syada and Kermi villages** after farmers were provided with the machines in the previous months. Tiller machines are faster than traditional forms of farming, increasing productivity in the region.
- **We provided greenhouse development support and training across six villages in Humla.** Over the past six months we provided 489 people with greenhouses across these villages, as well as solar training. We aim to improve income generation and food security in remote communities like Humla by promoting the growth of their own fruit and vegetables all year round.



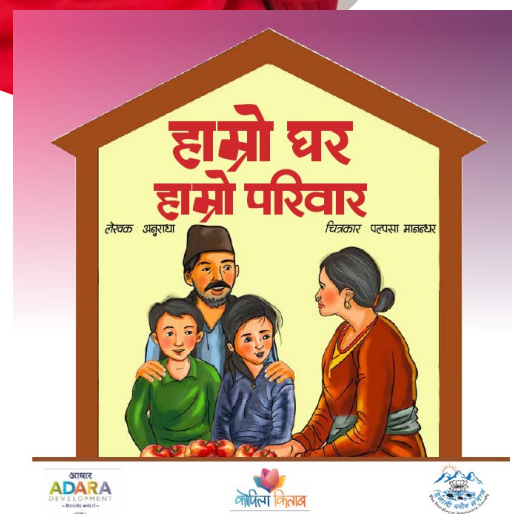
*Photo: Tsering from Adara's Humla team holding fresh greenhouse-grown vegetables!*

# 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.

Some examples that bring this stream of work to life from July to December 2023 include:

- **In August 2023, staff and students participated in Nepal's National Youth conference held in Kathmandu.** Adara's Nepal Country Director, Pralhad Dhakal, and Youth Projects Coordinator, Pema Rama Lama, highlighted our experience working with youth and emphasised the importance of transformative participation. Youth presented on some of the challenges they face including education, youth mental health issues, and climate change.
- **In December 2023, Adara hosted an orientation on Alternative Childcare Initiatives, in collaboration with the National Rights Child Council.** This event was to share our learnings from working with children and how strategies such as positive discipline and individual child planning can be implemented in childcare.
- After two decades of experience building and maintaining greenhouses in Humla, **we are developing a manual** so others can replicate this in their own communities. This will be shared across Humla to improve food security and nutritional outcomes. But, as with all our knowledge sharing activities, our vision is global. We can see this intervention adding value in many other low resource settings.
- **Sneak Peak:** Together with one of Nepal-based partners, The Himalayan Innovative Society (THIS), we will be publishing a children's story book to raise awareness of the challenges and issues faced by children including trafficking and child marriage. The book is currently being finalised and we look forward to sharing more soon. This book will not only educate children throughout Humla and Ghyangfedi, but can be shared and scaled widely across other settings – positively impacting children's lives everywhere!



*Photos: a young student from Ghyangfedi; a snapshot of our new child protection storybook.*

# 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:

- **Child protection and safeguarding training and practices.** Teachers and staff of schools and Female Community Health Volunteers (FCHVs) will be provided with child protection training and Adara will review all current policies and procedures.
- **We are nearing the end of several school infrastructure projects.** Over the next few months, we will complete the construction and furnishing of the two feeder schools mentioned in this report – Red Panda Bal Jyoti Basic School and Suryamati Basic School. We are in the final stages of providing desks, tables, boards and benches so students can receive quality learning opportunities from March 2024!
- **Youth will be provided with lifeskills and personal development training in Ghyangfedi.** This will support them with preparing for and understanding their higher-education and employment opportunities. We will also coordinate vocational training for youth who have graduated their Plus 2 courses at Ghyangfedi Secondary School – providing them with clear employment pathways.
- **Syada School construction is ongoing and will provide quality education for over 360 students.** Now we have collected the materials we require for rebuild we can begin construction of eight new child-friendly and earthquake proof classrooms, as well as building a new water system for fresh drinking water and handwashing usage. A new toilet block will also be constructed with separate toilets to improve hygiene and retain girls, especially when they are menstruating.

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!**

*Photo: a women in Humla.*



## Contact Us

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

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