

ADARA
GROUP
- BRIDGING WORLDS -



Impact Report

Remote Community Development

January – June 2024

YOUR IMPACT

With your support, we are improving health, education and community resilience outcomes in remote Nepal through our [AdaraRemote](#) model.

Since the year began, here's what we've achieved with your help:

Over 2,000 children reached in 15 Adara-supported schools with quality education, 53% are girls.

Three new schools built, so that children in remote villages can study closer to home.

54 students enrolled in the Agricultural Education Programme at Yalbang School.

625 households received vegetables seeds to grow nutritious food.

144 patients reached through new telehealth service and 4,426 people attended health post appointments.

100% survival rate for mothers and newborns at Adara-supported birthing centres.

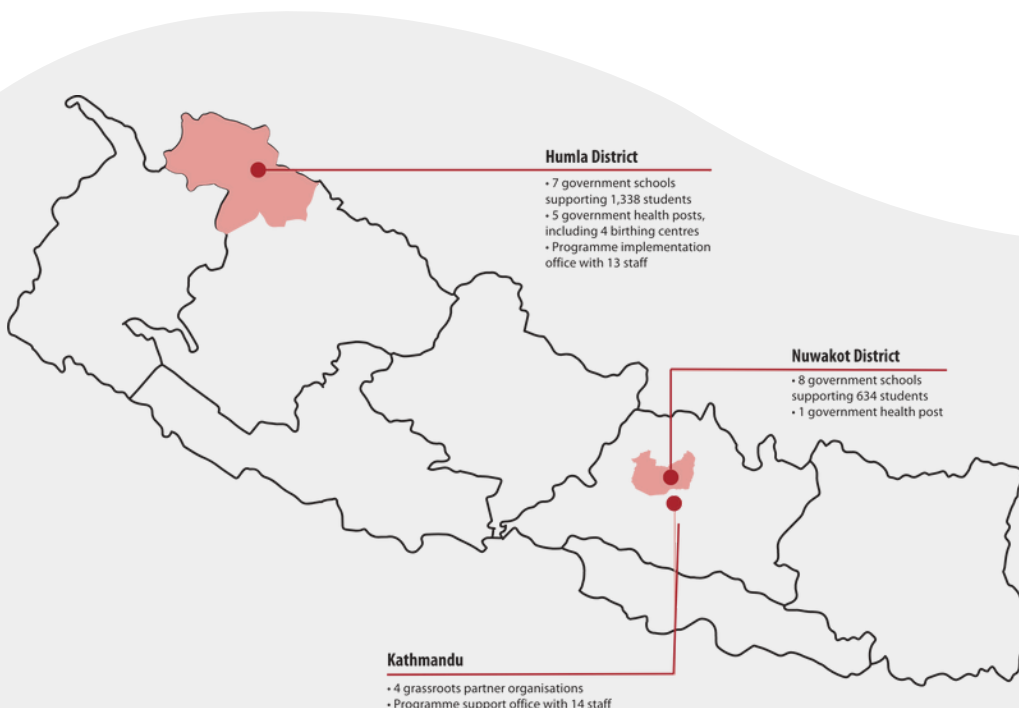


194 students, teachers and staff trained in child protection.

Appointed a new Child Protection Coordinator, Thrinley Lama.

67% of students in Plus Two (Grade 12) are girls.

92% of graduated youth are employed, self-employed, or part time employed and studying further.



Where we work

Our programmes are located in some of the most isolated parts of Nepal – the Humla and Nuwakot districts.

An update on

EDUCATION

We remove the barriers to quality, accessible education. By partnering with a network of 15 government schools to reach 2,000 students, we strengthen the education system and uplift local opportunities for children in remote areas.



- We have begun building a new school building to accommodate 400 students in Syada village. Previously, Syada only had a small school compound, which was unsafe and ill-equipped. The new school building will have eight classrooms across three blocks, and construction is more than 50% complete. The classrooms will be child-friendly and supplied with learning materials. We have levelled ground for a large playground and have begun work on two separate toilet blocks for boys and girls with drinking water facilities.
- We have finished building two new feeder schools in Ghyangfedi. The first has three rooms, for preschool to Grade 1, and kitchen facilities to prepare midday meals for the students, and separate toilets for boys and girls. The second school also has three classrooms and caters for students up to Grade 2. It is nearly complete, with a playground and safety wall still underway. Both schools allow younger students who cannot walk to the Shree Ghyangfedi School to study in their home village.
- We can increased our support for students with their learning by providing 12 before and after school classes at Syada and Santa schools, particularly to those who are struggling with their exams.
- The Government of Nepal has recently changed the grading system for the Secondary Education Examination (SEE), which has impacted the results of students nationally. Because of this, most students across the country failed. Whilst results in both Humla and Ghyangfedi were higher than the national average, many still struggled with the new marking system. We have supported students with additional study guidance, and career counselling, as many prepare to re-sit their exams. We have also developed Quality Improvement Plans to ensure ongoing academic excellence.

Lapka's Story

Despite facing limited opportunities, Lapka always held big dreams for her future. Her local school lacked supplies and teachers. When Adara helped open the Shree Ghyangfedi School in 2017, Lapka was thrilled. Supported with a full scholarship, she graduated Grade 10 and went on to complete a nursing degree. Now, Lapka has returned as Shree Ghyangfedi School's nurse. Her journey showcases what's possible with perseverance, ambition and access to a quality education.

[Read Lapka's story here.](#)



An update on

CHILD PROTECTION

We ensure children are safe, feel safe and can thrive. We do this by strengthening child protection systems in schools, communities and local governments. We also raise awareness of children's rights.



- We have hired a new Child Protection Coordinator, Thrinley Lama, who is based in Yalbang. Her role is to strengthen child protection systems throughout all Adara-supported schools, hostels and communities in Nepal.
- We recruited a new hostel warden and a caretaker at the Yalbang Hostel to ensure students who travel to the Yalbang School from surrounding remote villages are supported and stay safe.
- Adara arranged child protection training for 194 teachers and staff with a focus on developing action plans for child safeguarding, risk assessment, case management, sexual and reproductive health education and child protection awareness building.
- In Ghyangfedi, Nepal's epicenter of child trafficking, we continue to strengthen community resilience against child trafficking to see a reduction in the targeting of young girls. As we increase not only the quality of education, but the number of child-friendly feeder schools in the remote villages surrounding Ghyangfedi, we are increasing the visibility of, and opportunities for, each young girl.



An update on

YOUTH

We support youth to access vocational and higher education opportunities so they can build pathways to meaningful employment. We also elevate their voices, supporting them to influence policies and plans that affect them.



- 92% of the 238 young people who have graduated the Adara Youth programme are employed, self employed or studying higher education.
- There are 70 students studying Grade 12 (Plus Two) subjects across Yalbang School in Humla and the Shree Ghyangfedi School including science, law and agriculture – and more about to begin in Grade 11. 67% of these students are girls. This is a huge shift for many young adults who would previously have to travel to Kathmandu for such educational opportunities.
- We are supporting 51 students from Humla and Ghyangfedi with scholarships to pursue tertiary education or vocational training that is not available locally.
- Adara has supported youth to participate in youth conferences organised by the Nepal Youth Council twice this year. Five youth from Ghyangfedi attended in January and another five from Humla in April. At the conferences, youth were encouraged to get involved in government decision-making processes. They were also trained in leadership, entrepreneurship and networking skills.
- In June, we ran climate awareness training, where we focused on the role and contribution of youth in the climate crisis. We equipped youth with tools and resources to become more involved in climate action including blogs, podcasts, volunteer opportunities, internships, conferences and events. We hope to run more of these awareness-raising sessions in future.



Supporting Humla's Youth

Anyone who has ever worked with young people will know that a strong sense of self is crucial. Recently, we've been privileged to work closely with a group of young women from remote Humla. These remarkable individuals have expressed concerns about their cultural identity being overlooked. Together, we've formed a community where their voices are not just heard but amplified. Our focus now is on supporting these young leaders as they advocate for government recognition of their identity.

[Read their story here.](#)

An update on

HEALTH

We strengthen the health system to improve access to quality care. We do this by partnering with government health facilities, investing in community health outreach systems and supporting traditional health practices.



- Adara has now opened birthing centres in five health facilities in Humla. Since the beginning of the year, 32 women have attended their first antenatal care appointment and 28 babies were born in the centres. There was a 100% survival rate for both mothers and their babies.
- Adara provided maternal and newborn health training for seven health workers from four health posts. Training included topics such as Helping Babies Breathe (HBB), newborn care, maternal and neonatal resuscitation, and how to manage complications after birth.
- We continued to improve the infrastructure and equipment at each of the five public health facilities we partner with. Since the beginning of the year this has involved connecting centres with reliable electricity, constructing toilet blocks, establishing water access, and providing furnishings.
- Many Humlis face significant barriers to accessing quality health services. There are few doctors and specialists in the region, there are vast distances between villages, and the region isn't connected to a road system. Our recently launched telehealth services have reached 144 patients throughout remote villages in Humla. We set up infrastructure to support the service, including internet access, screens, computers and speakers in two local health posts and established contacts with doctors outside of Humla.



Anita's Story

When Anita discovered she was pregnant with her third child, she was relieved to know her experience would be different from her previous two pregnancies. In her remote village, there had never been antenatal or delivery services. Anita is one of the first women in the village of Syada, Humla to have access to a newly opened birthing centre where she could receive antenatal care and give birth. And it was lucky she had access to these services. During one of these antenatal visits Anita was surprised to learn she was carrying twins.

[Read Anita's Story here.](#)

An update on

COMMUNITY RESILIENCE

We support remote communities to anticipate, prepare for and respond to disasters and crises. We do this through food security, agriculture, disaster risk reduction and infrastructure projects.



- There are 54 students enrolled in the Agricultural Education Programme at Yalbang School in Humla. The course allows students to implement their theoretical learning by producing fresh vegetables at a local farm and in the school greenhouse. This blended learning model prepares students for future agricultural careers, income generation opportunities and to become future contributors to improved food security and environmental sustainability.
- To help improve agricultural production and efficiency for local farmers, we have supplied five mini tiller machines in Syada and Kermi villages. These machines will save farmers time compared to traditional hand-ploughing. We also distributed vegetables seeds to 625 households across Humla to help them grow nutritious food for their families and help generate an income.
- We prioritise disaster preparedness in all our remote partner schools to ensure the safety and resilience of both students and staff. This year, teachers at the Yalbang School put their training into action by leading comprehensive fire and earthquake drills. 144 students also participated in a drama on first aid management, satellite phone usage, and the school's emergency response plan.
- We piloted a new poultry project for seven selected farmers from Syada village, to introduce new breeds of chickens for both eggs and meat. Each farmer has been given five chickens, and support from our agriculture team to build coops and how to raise chickens. This is an important initiative to both improve nutrition and generate income for local farmers.



Photo: Agricultural Education students at the Yalbang School

SHARING OUR KNOWLEDGE

We strive to scale the impact of our programmes by sharing our very best ideas and our biggest mistakes locally, nationally and globally. We advocate to relevant leaders and governments to keep issues that are important to our partner communities central to their policy and budget decisions.



- Together with one of our Nepal-based partners, The Himalayan Innovative Society, we are publishing a children's story book to raise awareness about the issues faced by children, including trafficking and child marriage. We hope the book will educate children in Adara-supported communities – and be shared widely to positively impact many more lives.
- In January 2024, Adara and the Sowa Rigpa Association, organised a discussion on "Sowa Rigpa as an Alternative Medical System" to promote this traditional practice in Nepal. Sowa Rigpa, is also known as Traditional Tibetan Medicine. The [event](#) highlighted the need to preserve this ancient healing tradition, discussed its challenges, and emphasised the importance of government recognition and support.
- Early in 2024, Shree Ghyangfedi School hosted an exposure visit for teachers and Adara staff from Humla. Both groups shared their successes and challenges, and discussed new approaches to delivering quality education. They agreed keys to success included strong school leadership and community awareness about the importance of education, particularly for girls. They also talked about having enough teachers and learning resources to deliver engaging classes.



Photo: A page from the children's book Adara is publishing in partnership with The Himalayan Innovative Society



Photo: Adara's Youth Projects Coordinator, Pema Ramla Lama, showing Nepal's Prime Minister our anti-trafficking children's book

WHAT'S NEXT?

As we enter the final 18 months of our 2023 – 2025 strategic period, we have some big and bold plans to scale the impact of our programmes and share our knowledge to increase our global reach.



Over the next six months, we'll be working on the following activities:

- We are introducing Plus Two (Grades 11 and 12) Science classes at Yalbang School to increase student's tertiary study and employment opportunities. We are hiring two new teachers and have almost finished building and equipping a new laboratory. Classes will start later this year.
- We are preparing to distribute scholarships to almost 2,000 students across Humla and Ghyangfedi, providing uniforms, bags, shoes and stationary so all children can attend school without financial barriers or stigma.
- In partnership with a local health post and its staff, Adara will conduct a health examination for all students at eight schools in Ghyangfedi, including dental, and ears, nose and throat (ENT). We're committed to ensure children in Adara-supported schools stay healthy so they can learn and thrive.
- To help prepare the next generation to combat and adapt to climate change, we will run disaster preparedness training for students in Ghyangfedi. They will learn about the types of disasters they may face, and how to respond. We will also distribute 1,400 avocado saplings as part of our One Child, One Tree programme. These saplings aren't just trees. They're a step towards reforestation, improved food security, and better nutrition. Students will also gain hands-on agricultural education that will benefit them for years to come.
- In order to maintain a high level of education at the Yalbang School, we will be working closely with the School Management Committee and our partner Himalayan Children's Society to implement a Quality Improvement Plan. We will be running workshops, holding regular meetings with the teachers and ensuring infrastructure improvements.
- In 2021, we conducted a household survey throughout our partner villages in Humla. We interviewed over 828 households on topics such as water, sanitation and hygiene, food security, child trafficking and education. We are currently pulling together a report capturing the impact of Adara's programmes in the region, which we are excited to share with you soon.

THANK YOU

From everyone at Adara – thank you for your kind support. None of this work is possible without our incredible community of donors.

Here's a short message from our team.



JESSICA KUBOWICZ
Partnerships Director
jessica.kubowicz@adaragroup.org
+61 412 852 644



ROSIE GALLAGHER
Senior Partnerships Manager
rosie.gallagher@adaragroup.org
+61 422 537 311



GEORGIE KERSHAW
Partnerships Manager
georgie.kershaw@adaragroup.org
+61 448 892 115