



Working in partnership with the people of the Himalaya

Annual Report 2017–18

Sustainable education, health and environmental projects

AUSTRALIAN
HIMALAYAN
FOUNDATION



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About Us

Over the years, thousands of Australians have visited the Himalaya. For many it is an opportunity to trek beneath the world's highest peaks and to appreciate some of the world's most hospitable cultures.

Yet the Himalaya is not just a vast adventure playground. For the local communities life is anything but easy – with access to basic health and education services often out of reach. In response to these needs, the Australian Himalayan Foundation was formed in 2003 and strives to ensure the long-term viability of sustainable health, education and conservation programs across the Himalaya.

We work in partnership with the people of the Himalaya to help the most disadvantaged meet their priority needs through integrated improvements in education, health and the environment.

These cost-effective projects are combined with practical on-the-ground outcomes in some of the poorest, most under-resourced areas of the Himalaya across Nepal, Bhutan and Northern India. These programs help to reduce poverty and address human rights like gender equality, child rights and the rights of marginalised groups in rural regions throughout the Himalaya. They are in line with the UN Sustainable Development Goals.

AHF is a registered Australian NGO with no political or religious affiliations. We are members of the Australian Council for International Development (ACFID) and have accreditation status with the Australian Government Overseas Aid Program (DFAT).

Our mission – ‘why we exist’:

To improve the quality of life of the people most in need in remote areas of the Himalaya.

Our guiding principles – ‘how we work’

Our work is guided by:

Strong partnerships – we take a participatory approach with communities to understand issues from their perspective and, in partnership with them, work to deliver the outcomes they need most.

Empowerment – we aim to engage and empower people in the communities where we work so any change is sustained.

Alignment and harmonisation – we work closely with national governments to align our focus with their policies and priorities and we harmonise our approaches with Australian development programs and those of other development partners.

A long term view – we are committed to building long-term capacity in the communities in which we operate.

Our geographic focus

Our geographic focus will remain in the remote, rural areas of Nepal, Bhutan and the Indian Himalaya that are most in need.

Our vision – ‘what we will help to change’

We work in partnership with the people of the Himalaya to help the most disadvantaged meet their priority needs through integrated improvements in education, health and the environment.

Respect – we are cognisant of cultural and social sensitivities and are inclusive and respectful of all the people we work with.

Value for money – we monitor our projects to ensure they are evidence-based and relevant, delivered efficiently and are cost-effective.

Excellent governance – we have robust internal processes and governance and work diligently with partners and governments to safeguard monies entrusted to us.

Independence – we are a secular NGO with no political or religious affiliations, goals or policies.

Our goals – ‘what we will achieve’

Our current Strategic Plan has five Program Goals directly linked to education, health, environment and climate change, integrated community development, and gender and social inclusion. Four Operational Goals support AHF delivery of these Program Goals and relate to good governance, a diversified funding model and improved monitoring, evaluation and learning.

| Full details are available in the *AHF Strategic Plan 2015–2020* on our website.

Chairman's Review

In a year of significant outcomes and challenges for AHF, the landmark achievement was I think the completion – with remarkable results – of our “Build Nepal Back Better” post-2015 earthquake rebuilding program in Nepal, with 87 classrooms built in 26 schools.



Not only did the AHF and our partners REED in Nepal directly oversee the program – which importantly included an on-the-job training component for locals in carpentry, stonemasonry and other construction work – we also led and co-ordinated a major international rebuilding effort, which included the amazing new earthquake-resistant design developed and provided pro bono for us in Australia by David Francis, Davenport Campbell, TTW and Hassell, for many of those classrooms. And Glen Bowden supported us greatly with her solar panel work. Thank you all!

Importantly, in 2017–18 we were also able to maintain our support for the people of the Himalaya in on-going education, health and environmental programs, which our loyal donors and partners continued to support so generously. That generosity

- trained over 1500 teachers
- delivered a better education to over 20,000 students
- gave, through our student support packages (\$250 per child per year) 800 of the poorest, most disadvantaged children from Bhutan and Nepal the opportunity to attend school
- trained over 40 Amchi traditional medicine healers of the Himalaya and more than 35 local health workers in the remote Zanskar Valley in Ladakh

- helped launch our new Nurses for Nepal program, training women from remote, cut-off communities to become qualified nurses.

And we've done all this while continuing to operate on “the smell of an oily rag” (e.g. we still only have three full-time staff positions, with a few part-time and a superb team of volunteers). This means we can put at least 80 cents in every donation dollar directly to Nepal, Bhutan or Ladakh for vital, practical benefits and support for the people.

We are proud and thankful that the fact we keep administration costs so low is increasingly recognised in the community, and recognised as very special, hence support for us and our projects continues to grow steadily, despite the NGO/charity sector, particularly in the area of overseas aid, reaching new heights of competitiveness.

Sadly, in mid-2018 our CEO Carolyn Hamer-Smith announced she was leaving us, she and her husband Kinzang are returning to Bhutan. Since her arrival at AHF in 2012 she has expertly and passionately overseen and driven major progress at AHF, while maintaining – indeed nurturing – the great “family” culture we have. She managed us through some momentous times, including the 2015 Nepal earthquakes and the subsequent Appeal, and the outcome of that is testimony to her ability, as is the fact that during her tenure our annual revenue virtually doubled. I and the Board and staff have loved working with her and have greatly valued her commitment, advice, and professionalism. (And the good news is that she has agreed to continue to fly the flag and assist us from Bhutan). Thank you so much Carolyn, on behalf of the entire AHF family.

And thank you to all partners and donors and to the Board, staff and volunteers, for your commitment and support in 2017–18.

Simon Balderstone
Chairman

From the CEO

Thank you for another unbelievable year. We appreciate your support, the trust you put in our team and partners and the passion you have for improving the lives of those living in the remote areas of the Himalaya.



Carolyn in the Zaskar Valley, Ladakh

This year we laid some important groundwork for new developments in our environmental work. With rapid glacial melt and disappearing snow lines, the Himalaya will undoubtedly be one of the first regions to feel the full effects of climate change and this year we designed two new environmental projects aimed at educating and mobilising local communities so they can be as prepared as possible to cope with these changes.

In the remote Zaskar Valley of Ladakh high in the Indian Himalaya where communities are cut off for six months of the year by heavy snow, we are already seeing people become the first refugees of climate change as water shortages take hold.



In partnership with the Snow Leopard Conservancy India Trust, we will soon begin working with local communities, in particular with the women in these communities, to establish and monitor climate change data and devise local solutions to water shortages.

We also invested time and resources in strengthening our partnerships in the field this year. We are extremely grateful to AHF volunteers David Nott, Reena Malik, SallyAnn Hunting and Sinora Tamang who gave so generously of their precious time and valuable expertise to travel to Nepal, Bhutan and Ladakh to train our partners. Each one invested considerable time and effort to help build the capacity of our partners in areas such as good governance, leadership, project management and strategic planning. Training such as this assists each one of our partners to become strong, independent NGOs with the capacity to respond to needs in their country that governments can't. We believe that supporting the development of these organisations is an important part of our work and we thank these volunteers for giving of themselves in this way. Immense thanks also goes to Mark Morrissey for strengthening our operations and safeguards, particularly regarding issues of child protection as we deepen our commitment to being a child-friendly organisation.

This year we also appointed our first full-time Head of Fundraising & Communications, raised over \$1.2 million dollars, funded 8 different programs across 3 countries in remote locations and spent time thinking strategically about how to help more people, in more places, in the years to come.

Sadly, this also marks my last year with the AHF so as I move on to new adventures, I would like to say how grateful I am for the opportunity to have worked in partnership with the people of the Himalaya for the past six years and for the privilege of working with you all. What an adventure it has been! I would also like to thank the Board for the opportunity to serve in this role, I have learned enormously from each of you and for the support and incredible hard work of the AHF team – staff and volunteers alike. You all inspire me.

Tashi Delek!

A handwritten signature in black ink that reads "C. Hamer-Smith".

Carolyn Hamer-Smith
Chief Executive Officer



This year we have strengthened our operations and safeguards, particularly regarding issues of child protection as we deepen our commitment to being a child-friendly organisation

Program Review

Namaste,

It is AHF's vision, as articulated in our Strategic Plan – 'to work in partnership with the people of the Himalaya to help the most disadvantaged meet their priority needs through integrated improvements in education, health and the environment'.

To this end we entered into a new partnership recently with a dynamic local Nepalese NGO, Action for Nepal, on a health project titled 'Nurses for Nepal' (N4N) whose major focus is improving maternal and child health as well as delivering health and hygiene education to rural schools. We are pleased to inform you that two nurses have been appointed to support health clinics in Waku and Cheskhham, both very remote locations in the Solukhumbu. The nurses are already working with schools and mothers' groups to improve health education while providing medical services to the local communities.

This reporting period saw the successful completion of our 3 year project with the Snow Leopard Conservancy (SLC). A strong participatory approach is a guiding principle in all our programs, from the needs assessment to all stages of project implementation and has been an integral aspect of this project which illustrates that securing local livelihoods has helped to mitigate human wildlife conflicts and save the snow leopard.

In the words of a local farmer Sonam Tashi of Stongdey village in Ladakh: "Before the construction of the corral (supported by the project), we lost a lot of livestock to the snow leopard ... now we don't lose any livestock". The project reports that the negative attitudes of local people towards the snow leopard have changed significantly. For example, when a snow leopard entered the village of Zangla, the local people reported it to the authorities rather than killing it, which had been a common practice previously. In the past year, we also started planning with SLC India for the next phase of the project that will build on lessons learnt to integrate climate change, people and wildlife interventions.



In line with our Partnership Strategy, we continued to work this year to build the capacity of our local partners, particularly Action for Nepal, Snow Leopard Conservancy India and RENEW Bhutan.

Special thanks are due to SallyAnn Hunting, David Nott and Reena Malik, all experts in strategic planning and organisational change for generously volunteering to run training and coaching on governance, project management, capacity assessment and strategic planning. The feedback from the partners was that they gained immensely from the training at both an organisational and personal development level.

At the heart of AHF's efforts is always the aim to provide better opportunities in life for children in the remote Himalayan mountains through quality, inclusive education. As such, our flagship Teacher Training and Quality Education (TTQE) program continued its long running efforts in Nepal by upskilling teachers, strengthening school governance, providing educational resources and empowering children, women, parents and school committees. The project piloted the development of a new 'Namuna' or model school and early grades literacy improvement project, in keeping with the recommendations of the 2016 external evaluation.

In the past year, the project reported a dramatic increase in learning achievement in Nepali in the pilot schools with results 12.46% above the district average of 59.24%. We also supported our partner, REED Nepal, to carry out gender and disability inclusion analysis for this project.

In Nepal and Bhutan, 800 students from very disadvantaged families, including the very poor or survivors of domestic violence, received scholarships to continue their school education. In the Indian Himalayan town of Kalimpong, we continued to support youth to be trained in Tibetan performing arts and music. This project also commenced music training for youth who are blind or have visual impairments, which has been appreciated by the local community. A significant number of trainees have gone on to find employment or supplement their earnings as artists and music instructors.

All that we do is made possible by the generous contributions of our supporters and volunteers for which we are immensely grateful. Thank you, dhanyabaad, and kadrinchhey-la!

A handwritten signature in black ink, appearing to read 'Tshering Lama O'Gorman'.

Tshering Lama O'Gorman
Head of Programs



Building Nepal Back Better

The Nepal earthquakes in 2015 damaged over 35,000 classrooms across the country, leaving more than a million children, including those in the remote mountain communities, lacking access to safe learning spaces. Of the 300-plus schools that AHF supports through the Teacher Training & Quality Education program, more than 200 were assessed as being in urgent need of rebuilding or repair.

In 2017–18 AHF completed the Rebuild Project adding 45 classrooms in 12 schools to those previously built totalling 87 classrooms in 26 schools since early 2016.

All the classrooms incorporate seismic design principles ensuring the safety of staff and children in the event of more earthquakes.

As part of this project AHF pioneered an innovative lightweight steel frame design for these schools that incorporates contemporary seismic design principles. AHF is so grateful for the pro bono assistance of Australian engineering and architectural firms in producing this design, Taylor Thomson Whitting (TTW), HASSELL and architect David Francis. The design for these amazing classrooms, now being used by hundreds of students in remote Nepal, won Good Design awards for Social Impact, Engineering and Architecture.

The total expenditure on the Rebuild Program in 2017–18 was \$197,228.

Although 2017–18 marked the end of the Rebuild Program we are very pleased to continue working together with Davenport Campbell on the master-plan for Shree Garma Secondary School which was badly damaged in the earthquake and this year the focus has been on funding a multipurpose school hall for community literacy classes, teacher training and other needs. In addition to this we are working towards providing solar power for schools in the Solukhumbu region, starting with the school hall at Garma. We are looking forward to seeing the results of these ongoing projects in 2018–19 and beyond.

One of the unique strengths of the Rebuild Program was the way that the AHF worked together with a number of key stakeholders to Build Nepal Back Better including our implementing partner, REED Nepal, the Himalayan Trust UK, Himalayan Trust NZ and pro bono consultants from Australia.

By working with these NGO's with a similar focus and drawing on the expertise of our pro bono consultants, we were able to maximise both reach and impact through:

- the efficient use of resources
- sharing expertise; and
- reducing duplication of effort
- working towards aligned objectives.

One of the key lessons for us all was that in a post disaster situation, it was imperative to incorporate a flexible approach to programming. For example, the original budget was subject to multiple changes over the period due to the unstable environment in which we were operating. This raised ongoing challenges throughout the project implementation. Despite these issues, we were able to achieve successful outcomes due to the strength of these collaborations and the agile approach we adopted.

Teacher Training & Quality Education – Our Flagship Program

In this reporting year, our flagship program Teachers Training and Quality Education (TTQE) continued to deliver on its long term goal of providing better opportunities in life for children in remote Solukhumbu, Nepal through improving the quality of education.

TTQE is implemented by our Nepalese NGO partner REED Nepal with the technical support of AHF in program design, management, monitoring and evaluation. REED is the only Nepalese NGO whose professional teachers' training is accredited by the Nepalese government's National Centre for Educational Development (NCED). In the past year, 406 basic level school teachers received certificates from the NCED on professional development for their cumulative training from REED in the past 3 years.

Together with continuing the capacity building of the rural school teachers on improved teaching practice, the project piloted the development of 'Namuna' or model schools. These schools are reporting increased motivation and accountability of teachers and committees. Parental engagement is increasing and the use of corporal punishment is significantly reduced with trainers demonstrating positive teaching strategies to replace the 'stick'. Early grades literacy program in Nepali language commenced in 8 schools. Training to teachers on literacy improvement was supplemented by appropriate learning materials and intensive follow up. The average learning achievement in Nepali language in the past year increased dramatically by 12.46% in these schools against the district average of 59.24%. Model schools and literacy improvement will be expanded to more schools in the next year.

Through increasing child-friendly education (CFE) methods and practice boosted by a strong support of Child Clubs, children are becoming confident and empowered. 72 Child Clubs were registered in the district in the past year. There is active and equal participation of girls in Child Clubs. Female members in the school committees are attending meetings and taking part in decision-making as the program is focusing on strengthening school governance and gender mainstreaming. In addition, field reports show that teachers are increasingly using formative assessment of students rather than relying only on examinations. Waste management and personal hygiene are visibly improving. Schools have commenced preparation of

school safety and disaster preparedness plans. Training and mentorship of head masters and school management committees are demonstrating increased engagement and leadership. This is also leading to more participation by parents and community members in school improvement.

Local elections were held for the first time in 20 years in Nepal as the country moved to a decentralised, federal state. This resulted in local governments now having significant financial resources and power. In keeping with TTQE's key approach of ensuring strong stakeholder engagement, project staff consulted closely with the new local government bodies and developed collaboration between schools, project and local governments. There is an indication of strong support for the project's initiatives by the local government which could result in increased government resources for local schools. The project invested in staff capacity development, in monitoring & evaluation (M&E), literacy improvement and gender and social inclusion. The M&E framework and database and reporting was upgraded. Gender and disability inclusive analysis were completed and will be incorporated into the next phase, commencing in the upcoming fiscal year. We supported a specialist teacher for the deaf and hearing-impaired children in Garma School from this year. A workshop on disability inclusive education was carried out for TTQE program staff with the pro bono support of Sinora Tamang, an inclusive education specialist.

Key achievements in the year:

20,264 students in **239 schools** benefited from the program

1,569 teachers benefited from mentoring and training

401 teachers benefitted from in-service beginner and refresher training

196 schools received support with educational resources

8 schools received training, materials and mentoring in early grades literacy improvement

7 schools received ICT support



Story of Change

Together with the other selected schools who piloted the early grades literacy improvement program, the Janajagriti Basic School in Solududhkunda rural municipality reported significant improvement of 10.59% against the previous year in the learning achievement scores of the children in Nepali in grades 1–3. The learning achievement in Nepali for the reporting year was 64.59% compared to 54% in the previous year. Ms. Keshari Shrestha is a grade 3 teacher of this school. She received training from the project last year in literacy improvement and has proved to be exceptionally skilled and motivated. As a nominated key teacher, in previous years, she also received training from the project on child-friendly education approaches and subject teaching skills. Besides her own school, she is also helping 5 schools nearby on literacy improvement approaches and skills for early grades. According to Keshari

"The literacy improvement program is really effective and showing early results. Children are more engaged and enjoying learning. They are also becoming closer to the teachers and confiding their interests and worries as teachers work individually with them."

Ms Keshari Shrestha, Grade 3 Teacher, Janajagriti Basic School in Solududhkunda, Nepal



Our Programs

Education & Lifelong Learning

Working with women and girls

Bhutan

In partnership with local NGO RENEW, AHF supports a flagship education program in Bhutan, recognising that investing in education, especially of women and girls, is fundamental to creating strong, stable families, communities and countries.

One aspect of the program provides children from some of the remotest disadvantaged corners of Bhutan with access to an education by providing textbooks, school uniforms, school bags and lunch. The second focus is on skills development and income generation through vocational training for underprivileged women who endure economic hardship and have no social support in their communities. Women are trained in the creation of traditional textile production, enterprise development, economic management and financial literacy.

Together, these projects form an integrated community development program to provide a pathway for as many girls that are attending school as boys to access further opportunities including receiving technical skills to provide long-term livelihoods. This in turn enables these women and girls to become strong, independent members of their communities.



Health

Maternal health

India

Zaskar in Ladakh, India is one of the remotest areas in the Himalaya. Heavy snowfall from November to May completely cuts its inhabitants off from the rest of the world and from basic health services. In these difficult snowbound months, the traditional health practitioners (*amchi*) are the only health care providers available to the locals.

AHF partners with Servants of Society (SOS) and Ladakh Institute of Prevention (LIP) to support the *amchi* to serve the Zaskar community better. AHF funds annual workshops for *amchi* aimed at improving their traditional healthcare practices, as well as equipping them with modern health care techniques. This training focuses on maternal health and the female *amchi* are trained in monitoring prenatal visits, attending births in their own villages and educating new mothers in the community on safe childbirth practices.

This year, we trained 26 *amchi* in developing their skills and furthering their understanding of modern medical care and 3 female *amchi* were supported specifically to provide healthcare to mothers and young children. A medical camp was held by SOS in association with LIP and the Zaskar Amchi Association where over 200 people were examined and treated.

Nepal

Difficult terrains, long distances to reach a well-equipped health centre, lack of education, poverty, untimely identification of high risk pregnancies contribute to a high infant mortality and maternal mortality in Nepal's mountain districts.

AHF works in response to this need to improve the capacity and resources in local health centres; and this year in Solukhumbu, we began implementing the Nurses for Nepal project which supports a trained nurse in two Primary Health Centres, Waku and Chheskam. The nurses work with the local health staff to increase their capacity to respond to basic health needs in their

communities. The nurses also run workshops with community members, especially women and children, raising awareness of common health problems, how to prevent them and the health care services that are available.

In the first year of the project two qualified nurses were recruited and provided with extra training to begin working in Waku and Chheskam. Community orientation on the project was carried out with local health authorities, community members and schools to ensure that the communities involved have a high level of ownership of the project. Education materials were developed and workshops have begun being carried out with mothers groups and schools. In its first year the project will have reached 500 community members, 90% of whom are women and children.

Environment

Conservation and sustainable livelihoods

India

With as few as 4,500 snow leopards left in the world, AHF works with the Snow Leopard Conservancy to protect these majestic beasts through partnerships with local communities to construct snow leopard safe corrals across the Zaskar Valley of Ladakh in the Indian Himalaya. Traditionally the farmers build low-level, dry stone wall corrals for their livestock – a critical means of income for farmers in these remote areas. However these corrals are open and exposed to attacks from snow leopards at night which may mean an entire herd is wiped out.

Through the construction of a simple wire roofing supported by wooden beams, these corrals are enclosed and in this way prevent snow leopards from accessing the livestock. It is a simple and effective means of preventing the deaths of snow leopards at the hands of farmers.

In 2017–18 10 snow leopard proof corrals were built, contributing to a total of 31 corrals over the three year project, which has exceeded the target. These corrals have resulted in up to 95% reduction in livestock depredation by snow leopards this year.



Arts & Culture

Preserving cultural heritage and creating livelihood opportunities

India

In conjunction with the Australian Tibetan Society, AHF supports Gangjong Doeghar Tibetan Performing Arts in Kalimpong, India to help preserve Tibetan cultural dance and music, and provide opportunities for young people of the region to pursue a career in arts. The centre trains local girls and boys in music, dance and the Tibetan language and has been successful in keeping Tibetan dance and music traditions alive, with many of their artists gaining employment in local schools and in cultural organisations overseas.

Himalayan Art Awards

The Himalayan Art Award provides support for a select number of emerging artists in the Himalaya for a period of one year and in return, the artists donate one major and one minor artwork to the AHF. The works are auctioned in Australia at our major events and the funds raised are designated for future awards, creating a fully sustainable arts program.

This project supports young artists across the region who would otherwise struggle to find the resources to express their talent, and has provided a launching pad for successful careers. This year we supported two Nepalese artists Bidhata KC and Manish Lal Shrestha to develop a body of work focussing on mixed media that was exhibited at the Siddhartha Art Gallery in Kathmandu.

Story of Change

Owner of both cattle and sheep in the remote Zanskar Valley, Tsetin Pelki relies on them for her livelihood. Six years ago a snow leopard broke into her home enclosure and killed the entire herd of cattle. The next night it returned, broke the glass window in the home and killed the sheep that Pelki had brought in to the bottom of the house for protection. She and her family awoke to find the snow leopard in the house and were forced to flee in the middle of the night. The following year, with support from AHF, we were able to build an enclosed corral for her livestock and she hasn't experienced a snow leopard attack since. With no more snow leopard attacks they and other local farmers are no longer tempted to kill the leopards and they are able to live peacefully in that valley. They have not had a single retributory killing in the last 2 years.

Schools for the Himalaya

Our Schools for the Himalaya project provides an opportunity of cultural exchange and fosters strong and lasting relationships between schools in Australia and those in the Himalaya.

Schools in Australia are encouraged to raise funds to help improve basic facilities and educational resources. There are also opportunities for Aussie students to visit these schools and gain firsthand experiences of the effectiveness of our educational programs in Bhutan and Nepal.

In this last year, our Director Barbara Hall, who founded the Schools for the Himalaya program, took a group of school children to the Solukhumbu. In addition to raising funds for our Programs, the students were immersed in the life of the remote Himalaya, spending time visiting rural schools and experiencing first hand what it is like to be educated in Nepal.

Nepal was the guest nation for the annual Festival of International Understanding in Cowra (regional NSW) this year, and as a part of this Festival, senior students from the local high schools raised funds for the AHF. Our Head of Programs, Tshering Lama O'Gorman, also presented to a number of primary school children on life in Nepal and how it is different for children in the region.





Board of Directors & Staff

Board of Directors

Simon Balderstone AM (Chairman)

Founder and Director of consultancy company; Adviser to Olympic movement; Member of the 1984 First Australian Everest Expedition; Award-winning journalist; Former Prime Ministerial adviser, SOCOG Board member and General Manager; Elected to the United Nations Global 500 Roll of Honour for Excellence in Environmental Achievement.



Julia Booth

Julia has 20 years of experience in the development and management of projects in the private, government and NGO sectors, with a focus on livelihood and education programs for women and children. She has a long history of cultural exchange with the Himalayan region, in particular with Bhutan. Julia teaches at USYD Business School in Strategy, Innovation and Entrepreneurship and Media communications.



Christine Gee AM

Co-Founder Australian Himalayan Expeditions (now W.E) from 1975 to 1986; Royal Nepalese Honorary Consul General for NSW and ACT from 1987 to 2009; attaché to Nepalese Olympic Team for Sydney 2000 Olympics; since 2012 CEO, Bryce Courtenay International, preserving the literary legacy of Christine's late husband Bryce Courtenay; in late 2018 appointed 'ClimateForce' 2019 Ambassador.



Barbara Hall

Barbara is a long-time secondary school teacher. As a teacher at the International Australian School in Singapore she began, with husband Lincoln Hall, the AHF "Schools for the Himalaya" program and has visited the region regularly, determining first-hand the needs of schools.



Peter Hillary

As the son of Sir Edmund Hillary, Peter is a life-long adventurer having summited Everest twice, traversed the South Pole overland via Shackleton Glacier and managed the first high-altitude traverse of the entire Himalayan range. Peter is an expedition leader, public speaker, leader of philanthropic missions, author and photographer.



Greg Mortimer OAM

Greg successfully climbed Everest in 1984 as a member of the first Australian Everest Expedition and the first to climb K2 and Mt. Vinson. He has led over 80 expeditions to Antarctica and is the co founder of Aurora Expeditions. Greg is the Vice President of YHA and a Director of Mawson's Huts Foundation and he has received the Order of Australia Medal for his contribution to Australian mountaineering.



Garry Weare (Deputy Chairman)

Himalayan guide and operator with 40 years of experience in the Indian Himalaya; Former Director and now Himalayan Consultant to World Expeditions; Hon Secretary (Australia) Himalayan Club; author and photographer including Lonely Planet's Trekking in the Nepal Himalaya (all five editions).



Amit Thapa

Head of Community Engagement at Rabobank Australia & New Zealand, Amit is a seasoned Human Resources professional with experience working in strategic regional and international roles. Born in Nepal, Amit has a deep understanding of local strengths and the challenges inhibiting development in the region and is the Chairperson and Co-Founder of FONA (Friends of Nepal Australia).



We are providing what is needed most to those who need it most in that part of the Himalayas. And I'm pretty proud of that.

– Simon Balderstone

Ambassadors

Michael Dillon AM *AHF Ambassador*

Adventurer and one of the world's leading mountain cinematographers and documentary filmmakers with 40 films to his credit; member and Director of Photography on the First Australian Everest Expedition 1984; AFI award winner. After many years of service as a Director, Mike now continues his support as an excellent Ambassador for AHF.

Andrew Lock OAM *AHF Ambassador*

Andrew is acclaimed as Australia's most accomplished high-altitude mountaineers. He became the first, and still remains the only, Australian to climb all 14 "eight-thousanders" and is the 18th person to ever complete this feat. He climbed 13 of the 14 without using bottled oxygen, only using it on Mount Everest, which he has summited twice. AHF is proud to have Andrew as its first Ambassador.

George Hillary *AHF Youth Ambassador*

George has always had strong connections with Nepal, through his father, Peter Hillary, and late grandfather, Sir Edmund Hillary. He has been fortunate enough to travel through the area on several occasions, during which time he has been able to foster a more personal connection with the Nepalese communities, as well as the projects and goals of AHF.

Dylan Hall *AHF Youth Ambassador*

Dylan's passion for the Himalaya was first ignited as a young boy travelling in the early 1990s. As the son of founding AHF Director Lincoln Hall, he has always had a close association with the Himalaya and travelled to the Khumbu and Everest Base Camp in 2005.

Alice l'Anson *AHF Youth Ambassador*

Alice visited Nepal for the first time when only 11 years old and felt a connection with the country and the people straight away. Her passion for travel and international aid led her to complete a Bachelor of Arts in International Studies. Alice is the daughter of renowned Lonely Planet photographer Richard l'Anson.

Jackson Bursill *AHF Youth Ambassador*

Jackson joined as a Youth Ambassador following his work establishing Neverest, a fundraising event for AHF in which over 150 people walked or ran the equivalent vertical height of Everest to raise funds for AHF. Jackson hopes to continue to work on events and programs that will raise the profile of AHF.

Tenzin Choegyal *AHF Ambassador*

Born to a nomadic family in Tibet, singer songwriter Tenzin draws on his Tibetan roots to create original compositions. In 1997, he came to Australia with little more than a bag, his Dranyen and a voice full of passion for Tibet. Tenzin has created a successful international musical career playing at prestigious events like the WOMAD festivals and Carnegie Hall, New York performing with composer, Philip Glass.

Jen Peedom *AHF Ambassador*

Jen is known for her gripping, intimate portraits of people in extreme circumstances and her internationally renowned documentaries SOLO, MOUNTAIN and SHERPA; which was critically acclaimed on the international festival circuit (winning multiple awards including a BAFTA nomination in 2016). She has a profound passion, respect and understanding of the people of the Himalaya and their needs.

Richard l'Anson *AHF Ambassador*

Richard is a freelance photographer who has built a career on his twin passions for travel and photography. He has published thirteen books including five editions of the best-selling Lonely Planet Guide to Travel Photography. As one of five photographers selected for the first series of National Geographic Channel's television documentary Tales by Light (now on Netflix), he is also a Master of Photography and represents Canon Australia as a Canon Master Photographer.



Alyssa Azar

AHF Youth Ambassador

Alyssa is an Australian mountaineer and adventurer. She began trekking in 2005 with her first challenge, crossing the Kokoda Track in Papua New Guinea. After completing Mt Kilimanjaro in 2011, she began climbing. On the 21st May 2016, she successfully summited Mt. Everest becoming the Youngest Australian to summit Mt Everest.

Joe Bonington

AHF Ambassador

Joe is the founder of Joe's Basecamp. He has trained with world leaders in fitness, strength and conditioning (his passion) and holistic health; been a trek leader of groups to the Annapurna region, Everest, Kokoda, Kilimanjaro and Bhutan. With a long family history of mountaineering and adventure, he broke new ground himself, being part of the first ascent of Danga 2 (6200m) in Nepal.

Cheryl Bart

AHF Ambassador

Cheryl and her daughter Nikki Bart made history on the 23rd May 2008 when they became the first Australian mother and daughter team to climb the Seven Summits (the highest mountain on each continent) the last being Mt Everest. Cheryl has a successful career as a lawyer and company director, and was on the Board of the Australian Himalayan Foundation from 2013–2017.

AHF Staff

Carolyn Hamer-Smith

Chief Executive Officer

Tshering Lama O'Gorman

Head of Programs (part time)

Hannah Ireland

Program Manager (part time)

Karen Locke

Head of Fundraising and Communications

Kerryn Plummer

Operations Manager (part time)

Linda Jocelyn

Finance Officer (part time)

Key Volunteers

Lucy Osborn

Sue Fagoaga

Upala Sunthakar

Debbie Dukes

Advisers

Dr Christopher Birch

Legal Adviser

Roger O'Meagher

TTQE Volunteer Manager

Jim Strang

Education Adviser

Sinora Tamang

Disability Adviser

The organisation benefits from the expert advice of three Advisory Committees to the Board – the Program, Finance & Governance and Fundraising & Communications & Advisory Committee and we wish to thank all those who serve on these committees and have given so generously of their time and expertise.

State Representatives

Victoria

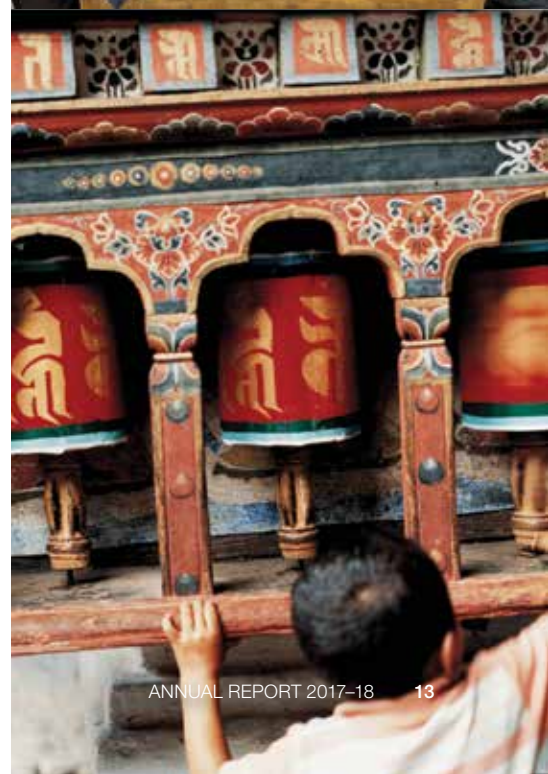
- George Hillary
- Jeff Kilpatrick
- Doug Grant
- Mike Dillon
- Angela Han
- Jules McLean
- John McGauran

Queensland

- Heather McNeice
- Krista Waddell
- Karen Murray
- Susie Pitts

ACT

- Zac Zaharias







Thank You

With heartfelt thanks to our major donors, sponsors and loyal supporters that make this work possible:

- Accor Hotels
- ACME Foundation
- Adventure Associates
- Annie McNiven
- Ascent Private Wealth
- Australian Aid Program, Department of Foreign Affairs and Trade
- Australian Pharmaceutical Industries
- Bill and Jane Gross
- Caroline Jones
- Chairman's Trekkers Support Group
- Cowra Shire Council
- Davenport Campbell
- David Francis
- David Nott
- Edwin Trevor-Roberts
- Footprints Network (World Nomads)
- Gary McCaw
- Glen Bowden
- HASSELL
- H&K Johnston Family Foundation
- Heather McNeice
- Intelligent Risks Pty Ltd
- Jackson Bursill
- Jeanette and Peter Young Foundation
- June Canavan Foundation
- Karen Murray
- Kathmandu
- Lambourne Partners
- Lateral Events Management
- Lowenden Foundation
- Mark Baker and Michelle Lim
- Mark and Lucy Osborn
- Mark Morrissey
- McNair Charitable Foundation
- MPA Construction
- Neil Fergus
- Nicola Heppell
- Pemba Capital
- Pharmacy Catalyst – Instigo
- Pharmacy Phusion
- Reena Malik
- Robin Hams
- Ruth Fitzhardinge
- Simon Baggs
- Susie Pitts
- Taylor Thomson Whitting (TTW)
- The Dick and Pip Smith Foundation
- The Himalayan Trust NZ
- The Himalayan Trust UK
- The Ian Watson Foundation
- The Sun Foundation
- The Sunrise Foundation
- Work Arena
- WTP Australia
- World Expeditions

We would also like to thank the following individuals and groups who raised funds through treks and challenges in support of the AHF:

2017 Bhutan Kathmandu Summit Club Trekkers, 2017 Top Ten Summitters and Will Sayer on his Mt Everest summit. There are many other people who over the past year have individually raised funds for the AHF while trekking or climbing in Nepal, Bhutan and the Indian Himalaya and we are incredibly grateful to you for your efforts.

Our sincere thanks also go out to our Annual Supporters and our regular individual donors who are

the backbone of AHF and the work we do – we are immensely grateful for their ongoing support.

Finally, we are truly grateful for the commitment and incredible support of all our volunteers with special thanks to Lucy Osborn, Sue Fagoaga, Upala Sunthakar, Ruth Luthi, Roger O'Meagher, Debbie Dukes and the Members of our Advisory Committees on Fundraising, Programs, and Finance & Governance.



Financial Information

Strategy

We continue to build up our Overseas Aid account in order to fully commit to our long-term programs.

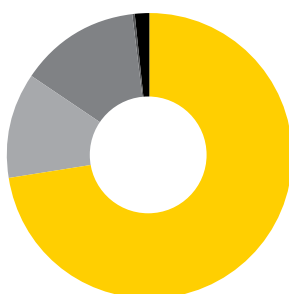
Donations

Donations go into our Overseas Aid Account for program payments and associated program costs. The funds are held in a bank account with all interest credited for future program payments. In line with our commitment to high standards of program delivery, AHF endeavours to maintain administration costs to no more than 20% of donations each year. This ensures the AHF maintains transparent and accountable processes and robust, professional standards consistent with industry practice.

Directors' Benefits

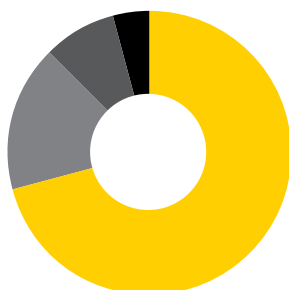
The Chairman and all other Directors did not receive payment or benefit of any kind.

How we raised our funds in 2017–18



Donations & Supporter Contributions	\$914,981	(72.59%)
DFAT	\$150,000	(11.90%)
Events (Gross)	\$171,230	(13.58%)
Interest	\$5,040	(0.40%)
Community Education	\$19,230	(1.53%)
Total	\$1,260,481	(100%)

How we spent our funds in 2017–18



International Program Expenditure & Support Costs	\$943,926	(70.93%)
Fundraising Costs (Govt & Public)*	\$220,554	(16.57%)
Administration**	\$111,746	(8.40%)
Community Education***	\$54,598	(4.10%)
Total	\$1,330,824	(100%)

* Fundraising costs include all costs associated with events plus expenses integral to applications for government funding and other grants.

** The AHF has maintained its commitment to keeping administration expenses to no more than 20% of donations for the year.

*** Community Education expenses include regular AHF Supporter evenings, which are not organised as fundraising events, but as an opportunity for our supporters and friends to gain an update on the AHF. Community Education costs also include a percentage of expenditure from general fundraising events that are assigned to promoting our development programs.

Income Statement

For the year ended 30 June 2017

Income Statement	2018 \$	2017 \$
Revenue		
<i>Donations & Gifts</i>		
- Monetary	912,931	889,675
- Non Monetary	–	–
Bequests & Legacies	400	–
<i>Grants</i>		
- DFAT	150,000	150,000
- Other Australian	–	–
- Other Overseas	–	–
Investment Income	5040	6,283
<i>Other Income</i>		
- Fundraising Revenue	171,230	125,530
- Supporter Contributions	1,650	7,480
- Community Education	19,230	10,600
Revenue for International Political & Religious Adherence Promotion Programs	–	–
Total Revenue	1,260,481	1,189,568
Expenditure		
<i>International Programs</i>		
- Funds to Overseas Programs	731,390	904,147
- Program Support Costs	212,536	294,605
<i>Fundraising Costs</i>		
- Public	181,537	171,138
- Government & Multilateral	39,017	42,619
<i>Community Education</i>	54,598	22,629
Accountability & Administration	111,746	173,738
Non-Monetary Expenditure	–	–
Total International Aid & Development Expenditure	1,330,824	1,608,876
Expenditure for International Political or Religious Adherence Promotion Programs	–	–
Total Expenditure	1,330,824	1,608,876
Surplus/(Deficit) Ordinary Activities	(70,343)	(419,308)

The accompanying notes form part of these financial statements.

Balance Sheet

As at 30 June 2018

	2018 \$	2017 \$
Assets		
<i>Current Assets</i>		
- Cash & Cash Equivalents	890,429	958,748
- Trade & Other Receivables	2,012	7,228
Total Current Assets	892,441	965,976
Non Current Assets – Property, Plant & Equipment	1,067	1,049
Total Non Current Assets	1,067	1,049
Total Assets	893,508	967,025
Liabilities		
<i>Current Liabilities</i>		
- Trade and Other Payables	15,662	14,739
Provision for Employee Entitlements	15,266	19,363
Total Current Liabilities	30,928	34,102
Total Liabilities	30,928	34,102
Net Assets	862,580	932,923
Equity		
Retained earnings	862,580	932,923
Members' Guarantee	–	–
Total Equity	862,580	932,923

Statement of Changes in Equity

For the year ended 30 June 2018

	Retained Earnings \$	Total \$
Balance at 1 July 2016	1,352,231	1,352,231
Excess of Revenue Over Expenses	(419,308)	(419,308)
Items of Other Comprehensive Income	–	–
Balance at 30 June 2017	932,923	932,923
Excess of Revenue Over Expenses	(70,343)	(70,343)
Items of Other Comprehensive Income	–	–
Balance at 30 June 2018	862,580	862,580


Our Financial Reports have been prepared in accordance with the requirements set out in the ACFID Code of Conduct. For further information on the Code please refer to the ACFID Code of Conduct Implementation Guidance available at www.acfid.asn.au. A copy of the full statutory financial report for 2017–18 is available on request.

Australian Himalayan Foundation Ltd's reserves are comprised entirely of retained earnings held for unrestricted purposes. There were no adjustments, transfers or asset revaluations made in 2017–18.

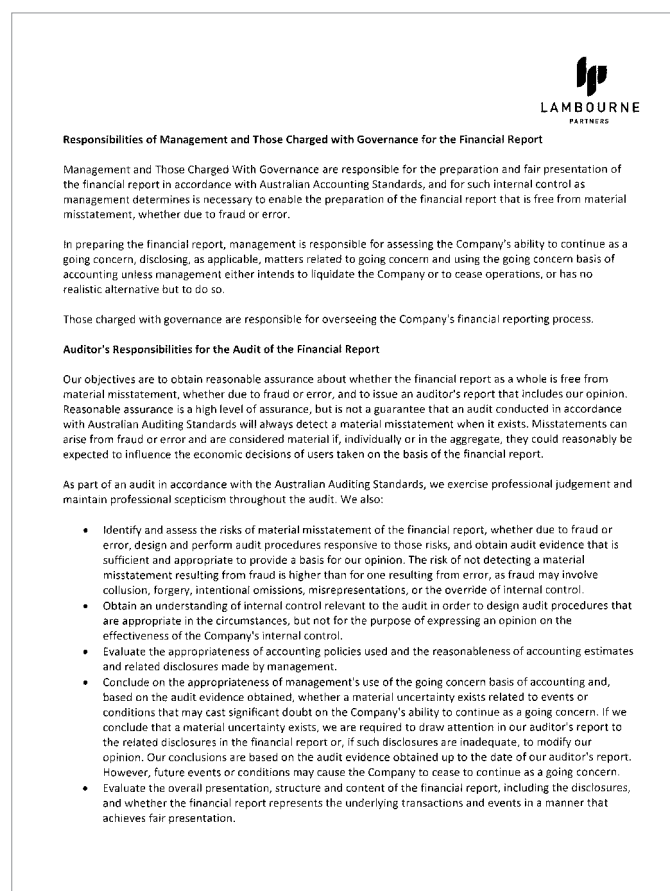
Independent Audit Report Scope and Opinion

AUSTRALIAN HIMALAYAN FOUNDATION LIMITED ABN: 81 099 510 255		
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDING 30 JUNE 2018		
	2018 \$	2017 \$
10 CASH FLOW INFORMATION		
Reconciliation of Cash Flow from Operations with Profit from Ordinary Activities after Income Tax		
Profit/(loss) after income tax	(70,343)	(419,308)
Add/(Less) non-cash items:	-	-
Depreciation expense	-	-
Movement in balance sheet accounts:		
(Increase)/decrease in trade and other receivables	5,216	(7,228)
Increase/(decrease) in sundry creditors	923	(4,796)
Increase/(decrease) in employee leave provision	(4,097)	2,276
	<u>(68,301)</u>	<u>(429,056)</u>
11 COMPANY DETAILS		
The registered office and principal place of business of the company is:		
Suite 2, 105 Alexander Street CROWS NEST NSW 2065		
12 VOLUNTEER SERVICES		
The value of volunteer services to the company during the financial year was \$148,314 (2017: \$96,270). This amount is based on the time volunteers donated to the company and is valued in accordance with Australian Council For International Development and Department of Foreign Affairs and Trade guidance.		
13 MEMBERS' GUARANTEE		
The entity is incorporated under the Corporations Act 2001 and is an entity limited by guarantee. If the entity is wound up the constitution states the maximum contribution receivable from each member towards meeting any outstanding liabilities and obligations of the entity is \$100.00		

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 LAMBOURNE PARTNERS	
AUSTRALIAN HIMALAYAN FOUNDATION LIMITED ABN: 81 099 510 255	
INDEPENDENT AUDIT REPORT FOR THE YEAR ENDED 30 JUNE 2018	
Opinion	<p>We have audited the financial report of Australian Himalayan Foundation Limited (the Company), which comprises the balance sheet as at 30 June 2018, the profit and loss, statement of changes in equity, statement of cash flows and table of cash movements for designated purposes for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the Directors Declaration.</p> <p>In our opinion, the accompanying financial report presents fairly, in all material respects, the financial position of the Company as at 30 June 2018, and its financial performance, changes in equity and its cash flows for the year then ended in accordance with the accounting policies outlined at Note 1 to the financial report.</p>
Basis for Opinion	<p>We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the Group in accordance with the auditor independence requirements of the Corporations Act 2001 and the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.</p> <p>We confirm that the independence declaration required by the Corporations Act 2001, which has been given to the directors of the Company, would be in the same terms if given to the directors as at the time of this auditor's report.</p> <p>We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.</p>
Emphasis of Matter – Basis of Accounting	<p>We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist the Company to meet the requirements of the applicable legislation and codes of conduct. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.</p>
Lambourne Partners <small>(22) 4980 9900 info@lambourne.com.au lambourne.com.au Level 1, 56 Hudson Street, Hamilton NSW 2303</small> <small>Liability limited by a scheme approved under Professional Standards Legislation</small>	

Independent Audit Report Scope and Opinion (cont)



Phone: 02 4969 6600 Fax: 02 4969 6655 Email: info@lambourne.com.au

Complaints Policy

The Australian Himalayan Foundation is a member of the Australian Council for International Development (ACFID). We are a signatory to the ACFID Code of Conduct, and are committed to adhering to its high standards of corporate governance, public accountability and financial management. Information about how to make a complaint can be found at <https://acfid.asn.au/content/complaints>

AHF has an open and transparent complaints policy that can be found on our website. Complaints related to breaches of the code or any other matter can be directed to Carolyn Hamer-Smith (CEO) on 02 9438 1822 or email carolyn@ahf.org.au.

The Department of Foreign Affairs and Trade is the Australian Government agency responsible for managing Australia's overseas aid program.



DFAT's accreditation process provides both the federal government and the Australian public with confidence that where the Australian Government provides grants to Australian NGOs to implement aid and development programs, it is funding professional, well-managed, community based organisations capable of delivering good development outcomes.

As an officially accredited aid agency, the Australian Himalayan Foundation is required to demonstrate that all relevant financial and program policies and procedures are in place and adhered to when providing funds to our in-country partners. These included acquittals, audits (in Australia and overseas) and monitoring and evaluation reports. In addition the AHF is obliged to develop stringent risk assessment guidelines and policies, and provide evidence of co-operation agreements with relevant statutory authorities in the countries where programs are implemented.







How can you help?

You can help to make a difference in the Himalaya in the following ways:

Join as a Supporter

Our supporters are crucial to our development – we are a community-based organisation and rely on a pool of talented supporters to provide expertise, inspiration and assistance. We hold regular events and keep supporters informed through our Yakety Yak newsletter and updates to our website and social media.

Make a Bequest

Create a living legacy to assist future generations in the Himalaya by remembering the AHF in your will.

Supporter Categories

All supporter fees are tax deductible:

Individual	\$50 per annum
Family	\$75 per annum
Bronze	\$250 per annum
Silver	\$500 per annum
Gold	\$1,000 per annum

Make a Donation

All donations to the AHF are greatly appreciated, and can be made online or by post. Donations of \$2 or more are tax deductible.

Trek for the AHF

Trekking in the Himalaya provides an ideal opportunity to raise funds for the AHF. Contact the AHF office for further information.



**AUSTRALIAN
HIMALAYAN
FOUNDATION**

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Email: info@australianhimalayanfoundation.org.au
www.australianhimalayanfoundation.org.au

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Brian Rapsey and Hamish Cairns