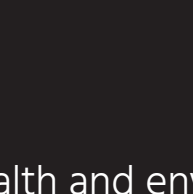
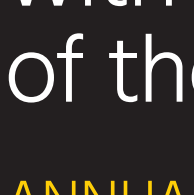
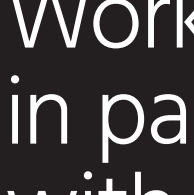


AUSTRALIAN  
HIMALAYAN  
FOUNDATION



PARTNERING WITH  
THE HIMALAYA  
SINCE 2002



Working  
in partnership  
with the people  
of the Himalaya

ANNUAL REPORT  
2021/2022

Sustainable education, health and environmental projects



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“  
...The AHF partnership has helped save lives, helped empower lives and helped those girls grow into beautiful women. Your contributions have not been in vain...”

Tshering Dolkar, RENEW  
Executive Director,  
AHF Partner

## 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 remote communities in Nepal, Bhutan and Northern India life is anything but easy. Access to basic health and education services is often out of reach and climate change poses a growing threat to Himalayan communities, livelihoods and the glaciers, which are a critical source of water for millions of people. Since 2002, the Australian Himalayan Foundation (AHF) has worked in partnership with local organisations to design and deliver cost effective and practical programs that tackle these challenges and help

remote Himalayan families to withstand serious challenges such as poverty, injustice and natural disasters. We strive to ensure the long-term viability of sustainable health, education, conservation and climate adaptation programs across the Himalaya.

Our critical programs help to build resilience, capacity and opportunities for our development partners and the children, women and men we serve. We work hard to safeguard vulnerable groups and promote inclusion and gender equality in everything we do.

AHF is a registered Australian NGO with no political or religious affiliations. AHF prioritises high standards of governance, public accountability, transparency and financial management. We are members of the Australian Council for International Development (ACFID), and signatory to the ACFID Code of Conduct. We are accredited with the Australian Government's Overseas Aid Program (DFAT). And we are an organisational member of the Fundraising Institute of Australia and code compliant.

### 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.

### Our mission 'why we exist'

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

## Delivering to plan



### Goal 1: Improve access to education and develop quality and inclusive education programs

**300** radios and **15,668** workbooks distributed to ECED to grade 5; and **4,890** worksheets distributed to grades 6 to 8 in **100** schools

**460** very vulnerable children (**62%** female) in Bhutan and Nepal supported with uniforms, stationery and fees to help them access/stay in school

**365** teachers received professional development training

**2,720** parents attended orientation on parental education



### Goal 2: Ensure healthy lives and promote children's wellbeing

A new health facility in Waku was completed and opened, serving **4,844** people

**14** Health Facility Operation Management Committee members and **17** Female Community Health Volunteers demonstrated **over 30%** improvement in knowledge of their roles and responsibilities after training

All health staff trained in contraceptive implants show **100% increase** in understanding

**15** staff working closely with children participated in post trauma therapy



### Goal 3: Support climate change adaptation, improve environmental and wildlife conservation

**369** people in Zaskar (India) and Nepal participated in workshops on environmental conservation and climate change

**40** people benefited from the construction of bear-proof canisters or livestock corrals to protect them from snow leopards – resulting in no loss of food items or depredation of livestock

**57** families benefited from water in Kumic village, Ladakh



### Goal 4: Preserve and promote Himalayan cultural traditions

Young Nepali artist Muna Bhadel awarded the latest Himalayan Art Award (HAA) scholarship to produce a body of work in support of contemporary art in Nepal

Former HAA winner, Hitman Gurung, curated the first-ever Nepal Pavilion at the 59th International Art Exhibition – La Biennale di Venezia in 2022, along with Sheelasha Rajbhandari



### Goal 5: Intensify our work to safeguard vulnerable groups and promote inclusion and gender equality

**2,720** parents, **377** school management committee members and head teachers, and **471** student members of child clubs oriented on gender equality, disability and social inclusion, and child safeguarding

Over **120** partner staff and community members attended workshops on complaints handling and whistleblowing, child safeguarding, disability inclusion and gender equality provided directly by AHF



### Goal 6: Deepen partnerships and strengthen capacity of our development partners to implement best practice and sustainable development programs, and to respond to crises

Senior REED Nepal staff attended workshops on participatory strategic planning in India, and REED Nepal's CEO and Program Director presented at the ACFID 2021 Conference

AF Nepal was supported to develop stronger monitoring and evaluation systems

RENEW benefited from the second organisation assessment and further capacity strengthening



### Goal 7: Grow and deepen our supporter base and funding partnerships

Achieved full accreditation with DFAT's Australian NGO Cooperation Program

Donations increased by **19% (+\$150K)** on prior year

We scoped and implemented a new CRM system improving our ability to engage with supporters in the most meaningful way



### Goal 8: Increase awareness and recognition of AHF and community engagement to generate revenue

Over **32** volunteers generously gave over **2,000** hours of valuable time and skills

We hosted Himalaya Day events in **5** cities on the same night with over **300** supporters raising **\$44K**



### Goal 9: Sustain our organisational capacity, strong financial management and accountability

External evaluation of Snow Leopard Conservancy project, with key recommendations for future programming

Total cash reserve increased by **5%**



### Goal 10: Foster a strong team and workplace culture

A united and committed team that works collaboratively and effectively



# Chairman's review

There are heady years in an organisation's life when a series of significant happenings and changes dramatically and positively affect its fortunes and future, and therefore the future of the people it is helping, for many years to come.

2021/2022 – a truly 'milestone' year – was just such a time for us at the AHF with major progress on a number of fronts and some big decisions, which will enable us to greatly expand our assistance to the people of the Himalaya.

Importantly, we decided to increase the proportion of our revenue which will be sent directly overseas to our program partners to 70 per cent, for spending on the education, health and environment projects. Of course, there is some necessary domestic spending on program support, but we are still totally committed to spending the minimum amount necessary on administration.

One such milestone decision came from Canberra when, after an enormous effort from the AHF team and rigorous but fair examination from an assessment panel under the DFAT Accreditation process, we were awarded Full Accreditation status with the Australian Government Overseas Aid Program.

This will mean a major increase in support from the Federal Government, with increased direct program funding, including for our terrific new 'Sambridhi Pashim Nepal' (Prosper West Nepal) integrated project in Western Nepal. The inspiration of great AHF supporter Bruce Estens, this project will address major gaps in education and health services and lift the quality of life in one of the very poorest districts of Nepal.

Also, we began working on a new Climate Change action project in Bhutan, providing vital assistance through monitoring of a significant glacial lake, with glacial loss in Bhutan and the risk of that triggering glacial lake outburst floods, threatening the lives and livelihoods of those living in the region.

And of course, 2022 is our 20th Anniversary year with plenty of milestones along the way (see pages 6–7). I am really proud of our work and achievements over those two decades: with the help of terrific donors and supporters, we have raised more than \$15 million for our (on-going, vital) education, health and environment projects, with huge, practical, cost-effective results. Not bad for a group of old climbing and trekking friends who got together to 'make a difference' and give something back to a region and people they love dearly!

Thank you to all fellow-Directors, staff, and particularly our selfless volunteers, partners and wonderful donors and supporters. I want to especially thank Kerryn Plummer, who left the office after six years of amazing jack-of-all-trades work on office administration, fundraising (particularly Neverest) and social media. Thank you so much Kerryn.

Cheers,

*SR Balderstone*

Simon Balderstone AM  
Chairman

“  
Thank you  
to all fellow-Directors,  
staff, and particularly our selfless  
volunteers, partners and wonderful  
donors and supporters.”

”  
Simon Balderstone  
AHF Chair

# From the CEO

*If I tell you my dream you might forget it, if I act  
on my dream perhaps you'll remember it but if  
I involve you in it, it will be your dream too.*

(Tibetan Proverb)

Our founding directors' dream was simple – to improve the quality of life for children, women and men living in remote

Himalayan mountain communities. For 20 years, thousands of generous and compassionate donors, supporters and partners like you shared our dream and together we have helped thousands of Himalayan people achieve their dreams too.

It has been an incredibly full and rewarding year at the Australian Himalayan Foundation.

As we prepared for and commenced our 20th Anniversary celebrations, we were honoured to capture and share reflections and stories of a generation of Himalayan Dreams.

In May 2022, our supporters were inspired by Delisha's story – a decade after she received a scholarship to attend school through our education project with REED Nepal.

Today, Delisha has nearly finished senior school realising her dreams to become a Bank Manager, support her family and strengthen her community.

In March 2022, with generous help from our AHF supporters, the Waku community realised their dream and opened their new health post (see page 14).

This year, we supported 210 incredibly vulnerable children (132 female) to attend school spanning 75 schools in 18 districts of Bhutan (see pages 10–11), enabling them to set and follow their dreams.

In September/October 2021, the external evaluation of our Snow Leopard Conservancy project in Zaskar found that (apart from one corral that had a construction error) the 45 corrals we have helped communities to build in 40 villages since 2015, have been successful in keeping snow leopards out. Farmers report being able to sleep and dream better (see page 12).



AHF CEO, Angela Ford.

In January 2022, we launched our 20-year interactive timeline of key milestones.

See pages 6–7 and online for many more Himalayan Dreams our AHF family has brought to life.

It is only with fellow dreamers such as our members, donors, supporters, partners, volunteers and team members that we can bring these remarkable stories of change to life.

Heartfelt thanks to every one of you for acting on your dreams and enabling others'.

In a tough year as COVID continued to challenge us, I am thrilled to report that we raised 19% more in donations than the prior year; and we have been awarded full accreditation with DFAT's Australian NGO Cooperation Program, which will grow our government partnership over fourfold.

To achieve full accreditation we had to demonstrate our ability to deliver results against our objectives, value for money, and strong local partnerships that support collaboration, capacity strengthening and sustainability. We are delighted at the marked growth for the Foundation and are determined to continue this climb with the people of the Himalaya.

I extend the deepest gratitude to our full AHF team for always delivering above and beyond, and sharing the Himalayan Dreams that tie our AHF family together.

Dhanyabad,

*Angela Ford*

Angela Ford  
Chief Executive Officer

“  
Everyone had a  
dream for the planning  
of a new Health post... after  
discussion with many groups,  
government and different stakeholders  
finally Action for Nepal was there  
to build the dream of the  
Waku Health Post.”

”  
Mahal Singh Rai  
(Waku school  
principal)

“  
I never thought  
I could go back to  
school, but RENEW and AHF  
made it possible for me, for which  
I will forever be grateful... I also  
regularly visit my school counsellors  
for counselling... now I can finally  
look forward to fulfilling  
my dreams.”

”  
16-year-old survivor  
of abuse and  
child marriage,  
Bhutan

Learn more

▶ Watch video:  
Delisha's story: [bit.ly/AHFDelisha](https://bit.ly/AHFDelisha)



AHF Chair Simon Balderstone with Everest summiter Gabby Kanizay and her brother Joe.

AHF Chair Simon Balderstone.



# 20 years of partnering with the Himalaya

From concept to COVID – the AHF journey so far



Enjoy a snapshot of our key milestones below, and visit our interactive timeline to explore more: [bit.ly/AHF20years](https://bit.ly/AHF20years)



2005

Flagship Teacher Training and Quality Education (TTQE) program launches in Solukhumbu. By 2022, TTQE has helped improve the skills of 2,000 teachers in over 300 schools and provided schooling for over 50,000 students.



2008

TTQE is extended to the much poorer Lower Solukhumbu area. AHF's Schools for the Himalaya is launched.



2009

AHF's Himalayan Art Award is launched and the Tibetan Performing Arts Program in Kalimpong, India are launched. Since 2009, AHF has supported the preservation of Tibetan heritage through dance, music and language, as well as furthering career opportunities in the arts.



2015

In 2015 two major earthquakes hit Nepal, killing nearly 9000 people. The AHF provided critical supplies including shelter, water and medical items for communities in the Lower Solukhumbu and commenced a major fundraising appeal which raised \$1.3 million.



2020/2021

During the COVID pandemic, AHF reaches more than 1.2 million primary school students, and nearly 14,000 students and 1,000 teachers. We partnered with Action for Nepal and REED Nepal and got critical medical equipment, including protection kits and oxygen concentrators to remote health posts.



2001

AHF is formed. At the inaugural meeting, Simon Balderstone, Garry Weare, Christine Gee, Peter Hillary, Lincoln Hall, Michael Dillon and Mark O'Toole (the AHF Founding Directors) underline their commitment to help support the people of the Himalaya achieve their goals.



2006

Snow leopard conservation program begins with SLC (US) to help save the lives of stock, the leopards and the livelihood of local farmers.



2008

AHF's innovative Amchi program which supports traditional medical practices was selected by ABC's 'Foreign Correspondent' as an outstanding example of how an Australian NGO has made a difference in the remote Himalayan region of Ladakh.



2009

AHF commences its girls' education project in Bhutan, in partnership with RENEW (Respect, Educate, Nurture and Empower Women). The project focuses on helping girls access better education and supporting young women and girls who have experienced violence, abuse, or neglect. Today the project reaches around 200 vulnerable children each year.



2011

The first Chairman's Trek is led by Simon Balderstone and Peter Hillary. Peter, Simon and REED CEO, Bhim Bogati, take nine AHF supporters to the Solukhumbu.



2018

After the 2015 earthquakes, AHF's "Building Nepal back better" project is completed, with 87 classrooms in 26 schools rebuilt or repaired.



2022

We design a new program with our main health and education partners – expanding our work into Western Nepal to improve access to basic services.



# Programs overview & partner capacity



Deepen partnerships and strengthen capacity

AHF and our partners commit to meeting good development practice standards and we are continuously enhancing the ways we work. We are a member of the Australian Council for International Development (ACFID) that has a strong code of conduct which organisations like AHF measure themselves against.

We have grown from being volunteer-run, to receiving base accreditation with DFAT in 2012, to being awarded full accreditation this year. This covers a rigorous risk-management process including independent assessment of our organisational structure, philosophies, policies and practices.

The recognition received from DFAT is testament of the great work our partners are doing and of their joint commitment to continued improvements. The increased funding we will receive through the Australian NGO Cooperation Program (ANCP), coupled with the ongoing engagement of our loyal community of supporters, will enable us to extend our program reach and our ability to improve the lives of the people in the Himalaya.

AHF works very closely with our local partners and our Programs team liaises with them regularly to discuss project progress, community development assessments and opportunities, organisational effectiveness, governance and accountability requirements, and areas of work to strengthen.

Led by our Head of Programs, Corinne Stroppolo, this has been a significant year in the foundation's programs portfolio. Below is a summary of the professional development and organisational strengthening provided during the year, and a snapshot of our partners and projects.

Learn more



Visit website:  
[bit.ly/AHFpartners](http://bit.ly/AHFpartners)

An essential aspect of our programs is to work closely with our partners to strengthen understanding of the importance of child safeguarding, gender equality, disability and social inclusion (GEDSI); to reduce barriers and risks to children and vulnerable groups; and to improve their ability to act.

In 2021/2022, three of our partners attended disability inclusion training conducted by an AHF pro bono advisor in order to promote stronger inclusion of children and adults with disabilities in their organisations and projects.

AHF also conducted gender equality training for more than 40 partner staff who had the opportunity to share their experiences and challenges, and to collaboratively workshop joint solutions.

This training and other GEDSI work (see page 15) are priorities for AHF and our partners. We aim to ensure women and girls can equitably access education, health and other vital services, participate and have a voice, and have equal opportunities for leadership and decision-making.

This year, partners gathered with Mark Morrissey and Sinora Tamang, AHF Safeguarding Advisers, to discuss complaints and whistleblowing policies and procedures with the view to further strengthen those areas within their organisations and at community level.

Mark Morrissey also provided in-country safeguarding training to REED Nepal and Action for Nepal and we continued to encourage partner staff to undertake ACFID Introduction to Safeguarding training, which is now compulsory for all new staff within some partner organisations.

Ongoing mentoring in the development of processes and policies for child safeguarding and the prevention of sexual exploitation and abuse was provided. Children and vulnerable people are at the forefront of our considerations and we do our utmost to ensure that their rights are promoted and their lives safeguarded.

## Rural Education and Environment Development Centre (REED) Nepal

Since 2005, AHF and REED Nepal have partnered to provide improved education for children in Nepal. In 2021/2022, we started our new five-year project phase: Teacher Training and Quality Inclusive Education (TTQIE) supported by the Australian Government through ANCP, and our community of AHF supporters (see page 10).

We also worked on the final year of our Everest Youth Climate Initiative (EYCI) (see page 13).

REED and AF Nepal in child safeguarding training.

Child safeguard training in Solukhumbu, Nepal.

In addition, we supported senior REED staff to attend workshops on participatory strategic planning in India, which will inform the development of REED's upcoming plan. With the facilitation of AHF, REED Nepal's CEO and Program Director participated in the ACFID 2021 Conference, presenting their innovative work on distance education during COVID-19.

## Action for Nepal (AF Nepal)

Since 2017, AHF and AF Nepal have partnered to improve the health of remote communities, focusing on women and children's health. This year, we have been delighted to complete the construction of the new health post in Waku ward and started implementation of our new four-year Solukhumbu Women's Health Project (see page 14).

AHF has supported AF Nepal to develop stronger monitoring and evaluation systems by investing in a local consultant to guide the organisation. This will enable AF Nepal to more consistently and efficiently measure the impact of their work.

We have worked very closely with both our Nepal partners to develop an exciting new joint project in West Nepal which will start next financial year and aims to improve health and education outcomes for the population of Khaptad Chhanna.

## Respect, Educate, Nurture and Empower Women (RENEW), Bhutan

RENEW aims to empower women and children, giving specific attention to the survivors of domestic violence and sexual and gender-based violence. Since 2009, AHF has supported RENEW to help ensure vulnerable children can access education. This year, we worked together to improve child safeguarding and provide counselling to the children (see page 10).

In addition, we collaborated with Data4Good, who are kindly assisting AHF and RENEW to increase the use of technology to capture student data, assist with long-term planning and more efficiently analyse impact.

## Snow Leopard Conservancy – India Trust (SLC-IT)

Partners since 2015, AHF and SLC-IT completed their three-year project to improve community coexistence with wildlife and assist adaptation to the impacts of climate change in Ladakh (see page 12–13). An evaluation of the project was conducted with an external consultant and design of a new project was commenced.

“With AHF... our biggest lesson has been that working with a good partner not only is important to bring our planned work into reality but it also helps the organisation to grow.”

Dr Jangmoo Sherpa,  
Action for Nepal

Extract from Mark Morrissey's report following safeguarding training in Nepal with REED and Action for Nepal:

*"I was pleased to observe positive progress in the understanding and knowledge of child safeguarding within the partner organisations. Their leadership on this important issue is to be commended... This work is challenging in Nepal. Societal and cultural barriers impact on the treatment and position of children in Nepali culture and will take some time to address. These barriers also impact on gender and equity issues."*

*"Additionally, the consequence of poverty often impacts the effective implementation of child safeguarding measures. For example, child labour in the trekking industry continues to be a growing problem, particularly since 2021, when tourism resumed."*

*"However, there are also many positive cultural and societal factors that exist in Nepali culture that are protective for children and families. There is the need for an embedded incorporation of 'the child's voice' within organisational culture. Structured child safety processes, robust policy application and the necessary range of safeguarding measures, remains a relatively new issue and challenge for all organisations working with children in Nepal."*

*"However, both Action for Nepal and REED are rising to meet this challenge with commitment and energy. Their leadership is to be commended."*

RENEW team training, Bhutan.



# Education



Improve access to education and develop quality and inclusive education programs.

## Transforming lives with education

Improving education in the Himalaya was the reason AHF was formed. Since then, we have amassed 20 years of experience supporting families, schools and teachers, and working closely with local organisations and government. Education remains central to AHF's strategy as it has the potential to transform individual lives and the wellbeing of communities now and in the future.

## COVID impact

Worldwide, over the past decades, major progress has been made towards increasing access to education and school enrollment rates, particularly for girls. Nevertheless, about 260 million children were still out of school in 2018. The COVID pandemic further exacerbated the problem with, at its peak, 1.6 billion children and youth impacted by school closures imposed in 188 countries, and at least one in three of the world's children unable to access remote learning. The actual number of students who could not be reached is likely significantly higher as even when technology at home was available, children were unable to learn due to skills gaps among their teachers or a lack of parental support.



TTQIE students in Solukhumbu.



Educating young girls in Nepal.

## Supporting vulnerable children

More than ever, with families facing increased poverty, this year our projects with REED Nepal and RENEW in Bhutan proved critical in ensuring at-risk students were supported in accessing and remaining in school.

This enabled students to purchase uniforms, stationery, school fees and hygiene items. In Bhutan, the focus is on children survivors of violence and abuse. Girls are the main recipients (62%) in both countries. Students continued to be monitored by RENEW counsellors and this year additional focal teachers were appointed in schools to further support the children and the project.

An evaluation will be conducted next year in Bhutan, but preliminary reports from field visits show that the support provided had a positive impact on individual students and also benefited the whole family.

## School of the air

To help address these issues, AHF and local partner REED Nepal extended our distance education radio program in the first months of the year as schools were still in lockdown. Lessons in English, Maths, Science and Social Studies were developed and broadcast through two local FM stations. Radios, workbooks and worksheets were distributed while 42 local teachers were mobilised to facilitate the radio lessons and provide necessary support to the students. As the schools reopened, children were provided masks and sanitisers, and orientation of COVID-19 safety measures undertaken in 100 schools in Solukhumbu. Public messages on COVID-19 and crisis management were also broadcast from the two local radio stations.

Her Excellency Felicity Volk, Australian Ambassador to Nepal, Waku school visit.



Assembly in the Everest Region.



Early childhood students in Nepal.

## Teachers' professional development

In Nepal, the government has put an integrated curriculum in place but few teachers have been adequately trained. This year, as part of our Teacher Training and Quality Inclusive Education Project (TTQIE), supported by the Australian Government through the Australian NGO Cooperation Program (ANCP), REED Nepal trained 360 teachers in seven schools, with teachers increasing their understanding by 43% from pre- and post-tests. Training also included orientation on assessment tools and techniques for students' ongoing evaluations to ensure closer follow-up of children; as well as distribution of teaching resources and material necessary for assessments. In addition, and in close liaison with the Center for Education and Human Resource Development (CEHRD) and other education stakeholders, a first group of teachers undertook Teacher Professional Development training which will be continued next year for them to achieve government accreditation.

To build a sustainable and supportive network of informed educators, Local Resource Teachers were mobilised and trained. In the remote communities where we work, this allows less experienced teachers to have the support required.

## Strengthening parental engagement

To improve the value placed on education and ensure life-long learning, AHF and REED Nepal strategically target and include parents in TTQIE to engage them in children's learning. This year, parents/carers of Early Childhood Education (ECED) grade students in 100 schools participated in awareness sessions on the importance of this early stage, and on their roles and responsibilities in creating a supportive environment at the family level. 57 head teachers also attended and highlighted the value of ECED, encouraging parents to increase their visits and to send their children to school regularly. Parents from grades 1–3 participated in similar orientation with emphasis on issues children face at school, child rights, and promoting positive behaviours. The formation of mothers' groups was encouraged and, in 11 schools where such groups exist, another orientation was provided to members, which was an opportunity to share about the mothers' work in the communities, in the schools and with vulnerable children.

## Supporting school leaders and decision makers

This year, coordination meetings were held with representatives of seven rural municipalities to work together in creating child-friendly school environments that promote gender equality, disability inclusion and child safeguarding. Orientation sessions on those topics were conducted with School Management Committees, Head Teachers, Teachers and Parent Teacher Associations, with an aim for these considerations to be incorporated into their School Implementation Plans. To date, at the end of the first year of this five-year TTQIE Project, 13% of 100 schools have done so and others are working on it.

# 100

schools were supported with teaching resources

## Key achievements

**260** radio programs were developed and broadcasted through **2** local FM radio stations in Nepal

**300** radios, **15,668** workbooks for ECED to grade 5 and **4,890** worksheets for grades 6 to 8 distributed to children in **100** schools

**42** local teachers (**24** women) mobilised to support students during school closure and facilitate radio education

**14,658** children were provided with COVID-19 safety materials (masks and sanitisers)

**460** vulnerable children (**250** in Nepal, **210** in Bhutan (2022 school year), **62%** girls) provided with education support

**360** teachers (**192** women) were trained in the integrated curriculum and **23** maths teachers (**5** women) to become accredited by CEHRD

**21** Local Resource Teachers (**10** women) were mobilised and provided with initial training to support other teachers

**2,720** (**2,100** women) attended orientation on parental education

**100** schools were supported with teaching resources; **11,100** sets of student Continuous Assessment System for grades 1–3 students were distributed and **950** sets of CAS facilitation Guides for Teachers

## Learn more



Visit website:  
[bit.ly/AHFeducation](http://bit.ly/AHFeducation)



Watch video:  
*Educating girls and women in Nepal:*  
[vimeo.com/258889585](https://vimeo.com/258889585)



# Environment



Support climate change adaptation, improve environmental and wildlife conservation.

The Himalayan countries of Nepal, Bhutan and India face a number of serious issues including climate change, habitat loss and species extinction, that in turn adversely affect the environment, biodiversity and livelihoods of the local people. Safeguarding the environment and promoting wildlife conservation in the Himalaya has long been part of AHF's work.

Whilst environmental protection interventions are increasingly being embedded in national policy and plans, there is an urgent need to finance local-level initiatives to enhance the resilience of vulnerable communities against the climate crisis.

## Working with local communities and local partners

In the past year, AHF has continued to support environmental activities with our local partners the Snow Leopard Conservancy-India Trust (SLC-IT) and REED Nepal. Both partners work closely with local stakeholders, including university and school students, teachers, school management committees, villagers, local government representatives, forestry community groups, National Park workers, nuns and monks.

## Wildlife conservation

Due to the fragile resource zones in the Himalaya Region, natural disasters are frequent and their impacts are severe. Agricultural production is highly constrained and therefore, livelihood opportunities are often restricted to animal rearing and subsistence farming.

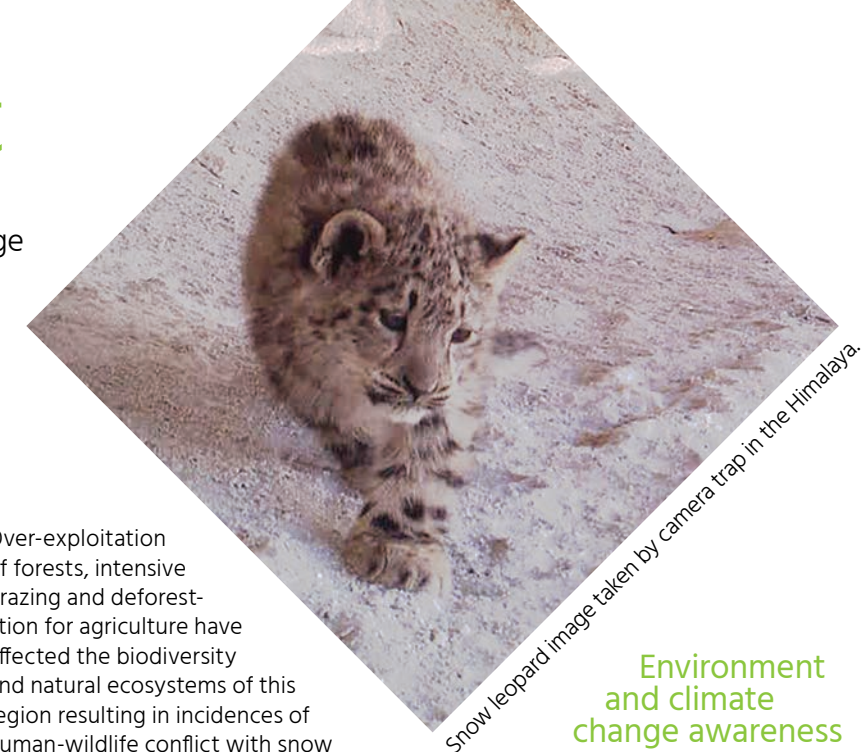
Over-exploitation of forests, intensive grazing and deforestation for agriculture have affected the biodiversity and natural ecosystems of this region resulting in incidences of human-wildlife conflict with snow leopards and brown bears in the form of livestock depredation, crop damage and attacks on food stores. It is predicted that human-wildlife conflicts will escalate in years to come.

AHF works with local partner SLC-IT to help mitigate those conflicts, ensure people's livelihoods are not negatively impacted and promote the conservation of snow leopards and brown bears, which might otherwise get killed in retaliation. We also provide villagers with equipment and training so they can build simple structures and protect their livestock and food items from the predators. The families supported in the past three years of the project, which aims to improve community coexistence with wildlife and assist adaptation to the impacts of climate change, reported zero depredation of livestock and 100% efficacy of the bear-proof canisters, as well as a better quality of life.

## Addressing environmental issues

Glaciers across the Himalaya are shrinking – with some already completely dried up. Across the world, 400 million people rely on mountain glaciers for the water they drink and for farming. In the village of Kumik, Ladakh, a serious water crisis forced residents to abandon their homes and relocate. Those who were left behind did not have the means to migrate. In close consultation with the villagers and a local engineer, AHF supported SLC-IT to install a series of water pipes bringing much needed water to this community.

We also began scoping a new Climate Change project in Bhutan, with the aim to broaden our environmental safeguarding footprint.



Snow leopard image taken by camera trap in the Himalaya.

## Environment and climate change awareness

In both India and Nepal, our projects raise awareness of the importance of environmental conservation and the challenges posed by climate change. In the past year, five communities in Zaskar were informed about environment and climate change issues with participants invited to be involved in conservation action. To date, a number of people have committed to spreading the conservation messages and volunteered to support SLC-IT in various interventions such as glacier or bear monitoring. In Nepal, through the Everest Youth Climate Initiative, teachers and students from eco-clubs have participated in workshops on climate change and adaptation, and students have been mobilised to develop and implement environment action plans.

## Key achievements

**20** people benefited from the construction of **5** livestock corrals to protect them from snow leopards with no depredation of livestock as a result

**20** people supported with the installation of **5** bear-proof canisters to protect their food items with **100%** efficacy

**5** vulnerable families supported with organic farming following climate vulnerable assessment

**88** people in Zaskar and **281** people in Nepal have participated in workshops on environmental conservation and climate change

**4** ecolibraries established in schools in Nepal

**57** families benefited from water in Kumic village, Ladakh

57

families benefited from water in Kumic village, Ladakh

## SLC project evaluation

### Key findings

**Corrals are simple and sustainable constructions that are effective at protecting farmers' precious livestock:**

**45** corrals built since 2015 (all still in use) have resulted in **100% reduction** of livestock being attacked by snow leopards (with one exception where the corral was not built properly and **2** livestock were killed).

Pre-corral baseline (2018) and post-corral (2021) assessment figures report a reduction from **74** livestock killed to only **2**.

**Food stores have been adequately protected from brown bear attacks by the provision of bear-proof boxes:**

**16** families in **4** villages in the 2018–2021 period provided with bear-proof boxes and reporting no loss of food from brown bear attacks

### Learnings/challenges to address:

Further research is required to assess whether such interventions lead to changes in attitudes toward snow leopards and brown bears

Government linkages should be strengthened

Appoint a gender focal person in the next project design.

## Learn more



Visit website:  
[bit.ly/AHFEnvironment](http://bit.ly/AHFEnvironment)



Watch video:  
EYCI Program Nepal:  
[vimeo.com/554601307](https://vimeo.com/554601307)



# Health



Ensure healthy lives and promote children's wellbeing.

Improving health outcomes and access to basic health services in the Himalaya has been a strategic goal for AHF since our inception, centred primarily on women and children who remain among the most vulnerable people. Globally, the COVID lockdown measures have negatively impacted the significant progress made in the areas of maternal and child health. In Nepal, there was a significant rise of childbirth at home in the absence of skilled health care workers, and maternal mortality and neonatal deaths increased more than threefold during the pandemic.

## Our new Women's Health Project in Solukhumbu

To respond to these issues, this year we commenced our new four-year Solukhumbu Women's Health project with our partner Action for Nepal and the local stakeholders. The project works with health representatives in the three wards of Chheskam, Taksindo and Waku to ensure their remote health posts have strong governance and management systems; adequate, well equipped and safe facilities; and improved child and women-friendly services. Following assessments against governmental Minimum Service Standards, each Health Facility Operation and Management Committee (HFOMC) has developed a plan of action and participated in training focusing on their roles and responsibilities.



Female Community Health Volunteer, Waku.

To maximise support for and sustainability of the project, Memorandums of Understanding have been signed with each local government. Two Auxiliary Nurse Midwives have been recruited to meet staffing gaps. Based on skills assessments, the health staff have already participated in training on contraceptive implants and more training is planned.

## Bringing health services closer to the people

For women living in remote and mountainous regions, long distances to health facilities and lack of transport makes accessing maternal care and reproductive health services difficult. Our new project works closely with the Female Community Health Volunteers (FCHV), who are a key bridge between the health facilities and the communities, by providing them with training and basic equipment. Promotion of outreach services is incorporated into the project, notably for postnatal care of mothers and babies.

With generous help from our AHF supporters, this year the Waku community also completed constructing their new health post, which was inaugurated on International Women's Day by the Australian Ambassador in Nepal, H.E. Felicity Volk. The new building, a collaboration between AHF, Action for Nepal, One Heart Worldwide, the local government and community, includes a birthing centre, is accessible for people with disabilities and will benefit the 4,844 people living in Waku for years to come.

## Ensuring equipment and medicines are available

Health facilities in the remote locations of Nepal often lack essential equipment and medicines. AHF provided equipment for the Waku health centre and additional purchases are planned for next financial year focusing on sexual and reproductive health.



First born baby at new Waku Health Post with health worker.

## Mental health response

The COVID-19 crisis has led to a significant and unprecedented worsening of mental health in the population. UNFPA in Bhutan reported a surge in both gender-based violence and mental health concerns, with children and young people particularly impacted. Our partner RENEW has continued to provide counselling to the students supported by our project (see page 10) and provided training to staff to better protect children. REED Nepal provided radio messages on suicide prevention and child safeguarding.

## Key achievements

**4,844** people in Waku benefit from a new health facility with necessary equipment

**14** HFOMC members demonstrate improved understanding of their roles and responsibilities after training (from **65%** to **96%** in Waku; **60%** to **93%** in Chheskam)

All health staff trained in contraceptive implants show **100%** increase in understanding

After training, **17** FCHVs show improved knowledge (from **53%** to **87%** in Waku and **45%** to **85%** in Taksindo) of their roles in promoting and implementing health programs for mothers and children

**15** RENEW counsellors and staff working closely with children participated in Post Trauma Therapy and child protection training

## Learn more



Visit website:  
[bit.ly/AHFhealth](https://bit.ly/AHFhealth)



Watch videos:  
*Teaching good handwashing – Nepal:*  
[vimeo.com/375805126](https://vimeo.com/375805126)  
*Waku Health Post:*  
[bit.ly/WakuDrone](https://bit.ly/WakuDrone)

# Safeguarding, gender and disability



Safeguarding vulnerable groups and promoting inclusion and gender equality.

## Inequality and discrimination

Women and girls, members of minority groups and people with disabilities in the Himalaya experience considerable inequality and discrimination, which limit their choices, opportunities and quality of life. At least one in five women in Nepal experiences mental, physical, sexual and other forms of violence during their lifetime (Nepal Demographic and Health Survey, 2016).

In our health project area of Waku and Chheskam in Solukhumbu, only 46% of women of reproductive age make their own decisions about health care (2021 Evaluation report). The proportion of girls from disadvantaged castes marrying or giving birth early is high: 11% girls married before the age of 15, 46% before the age of 18; 5% girls gave birth before the age of 15, 31% before the age of 18. Women and girls with disabilities experience multiple disadvantages.

The Nepal Ministry of Education, Science and Technology (MOEST) warned that the closure of schools due to COVID-19 would result in approximately 2.15 million children dropping out of school, increasing gender, ethnicity, disability, and economic disparities. Children not returning to school face severe risks of losing their safety net, sexual and gender-based violence, child marriage and human trafficking.

## Promoting equitable access to education and health care for vulnerable children

AHF projects strive to ensure the most vulnerable groups can access education and health services and that they remain in schools. A number of strategies are in place for this purpose engaging a wide range of stakeholders including local governments, school and health representatives, parents, community members and children (see pages 10–11 and 14).

Our partner REED Nepal is working with School Management Committees (SMC) and Head Teachers (HT) to develop School Implementation Plans that integrate Gender Equality and Disability and Social Inclusion (GEDSI) considerations and actions. In the first year of our five-year Teacher Training and Quality Inclusive Education Project, 13% of the 100 schools supported have reviewed their plans and another 52% were working on them. 3,568 people from SMC, HT, teachers, parents and students in child clubs participated in training to raise their understanding of GEDSI and promote relevant actions. In addition, 460 vulnerable children in Nepal and Bhutan have been supported to access and remain in schools.

Closer consultation with organisations for people with disabilities have resulted in an increase in referrals of children with disabilities in Bhutan, and in more tailored and appropriate teaching materials and training for teachers with disabilities in Nepal. This year, AHF also provided more training on disability inclusion to our partners. We plan to implement similar training for our health project stakeholders, together with the provision of home health services, to ensure women with disabilities, among others, have easier access to health care.

## Taking action to end discrimination and violence against women and girls

School stakeholders participated in training on GEDSI provided by REED, covering awareness of child rights, anti-corporal punishments, gender-based violence and suicide prevention to promote child-friendly and safe learning environments. Children's activities such as poster making, essays, drawings, speech competitions, school sanitation, sports programs, and street drama also included GEDSI and child safeguarding, and messages covering those issues were broadcast on FM-stations. Inclusive education and safeguarding content is integrated into REED Nepal's teacher training sessions.

Every year, AHF works with each partner to strengthen GEDSI and child safeguarding in their program and organisation by providing training and mentoring (see pages 8–9).

## Strengthen women's leadership and participation in governance and decision making

AHF and our partners in Nepal also encourage women to hold leadership positions in School Management Committees and Health Facility Operation Management Committees in line with Nepal government requirements. Equitable representation in Parent Teacher Associations, attendance at teachers' training and in child clubs is also promoted.

## Key achievements

**2,720** parents (**2,100** women), **377** SMC members and Head Teachers (**152** women) and **471** student members (**256** girls) of child clubs were oriented on gender equality, disability and social inclusion, and child safeguarding

**10** out of **21** Local Resource Teachers recruited to support other teachers are women

**188** out of **360** teachers trained in the integrated curriculum are women and an additional **5** men and **4** women have a disability

Going to School Support provided to **460** vulnerable children (**250** in Nepal, **210** in Bhutan [2022 school year]), including children with disabilities, from minority groups, girls or survivors of violence or abuse

Over **120** people attended workshops on complaints handling and whistle-blowing, child safeguarding, disability inclusion and gender equality provided directly by AHF for partners, and many partners' staff undertook ACFID Introduction to Safeguarding

**1** teacher who is deaf was supported to teach **6** children who are hard of hearing and **1** teacher who is blind received training and teaching material in Braille

## Learn more



Visit website:  
[bit.ly/AHFprograms](https://bit.ly/AHFprograms)



# Our community

Our amazing community of supporters again rallied throughout the ongoing global pandemic keeping our friends in the Himalaya close to their hearts and extending their generosity and support in this time of great need.

During the earlier part of FY2021/2022, many of us faced extended periods of lockdown as COVID (Delta strain) hit Australia. With this, our team continued working remotely and our broader community found new and innovative ways of staying connected both in Australia and the Himalaya.

The AHF community remained close and we were both motivated and humbled by the incredible generosity that saw us through another challenging period. Our international borders were shut in the earlier part of the year and with this, supporters turned their attention to locally-based activities that have a global impact.



AHF CEO, Angela Ford, at Harmony Day, The Forest High School.

Mark Morrissey was magnificent in his latest fundraiser 'Cycle for Health'. In September he embraced pedal power for the second time, riding 1,040km, this time from Perth to Albany, and raising over \$10,000 to improve healthcare for mums and bubs in the remote communities of Nepal. In October, our incredible Noosa 'team' led by the unstoppable AHF Ambassador Heather McNeice, hosted another successful event with a luncheon in support of families in Bhutan raising over \$9,500.

## AHF's Schools for the Himalaya

Under the Schools for the Himalaya Program, Australian schools raise funds to provide vitally needed basic facilities and educational resources to schools in the remote region of Nepal at the same time as learning about school life in the Himalaya. Our partnership with Lowther Hall Anglican Grammar school continued this year. The attendance of senior students from the social justice committee accompanied by the Principal Elisabeth Rhodes and Senior teacher Tracy Healy made Himalaya Day in Melbourne extra special for the guests! This year the school raised \$5,000. AHF's Angela Ford (CEO) and Karen Locke (Head of Fundraising and Communications) were delighted to visit The Forest High School in Frenchs Forest on Harmony Day in March and talk to the school community about life for students in Nepal; and in June Karen was accompanied by AHF Ambassador Joe Bonington to present during Refugee Week.

To learn more about Schools for the Himalaya visit our [website](#).

When the State of NSW opened up, our Sydney-based team headed to Leura in November for our annual team planning days. Thanks to our incredible and generous long-term supporter, Sue Fagoaga, we spent valuable time reflecting and planning for an incredibly 'full' year ahead.

Our esteemed Chairman, Simon Balderstone along with Deputy Chair Garry Weare, brought the Southern Highlands community together in December for a fabulous fundraising event 'Highlands for the Himalaya'. With 52 locals in attendance, nearly \$14,000 was raised overall for AHF programs.

In January, we were thrilled to commence our 20 Year Anniversary. What began as a conversation between a small group of climbers with a passion for the Himalaya has blossomed into an organisation that helps thousands of disadvantaged people every year and those fruits continue to seed for a lifetime. See our interactive timeline (on the AHF website) for some of the key moments and life-giving impact over two decades. Our volunteer, Ramona Codd-Miller was among the first of the AHF family to travel back to Nepal, spending time with both REED Nepal and AF Nepal in February and March. Ramona attended the long-awaited opening ceremony of the Waku Health Post.

Her Excellency Felicity Volk, Australian Ambassador to Nepal, inaugurated the Waku Health Post on International Women's Day in March: see her message of thanks to some of the key Australian donors (/bit.ly/WakuThanks). This was a particularly special occasion for our extended AHF family as we witnessed the Waku community's long-held vision and dream come to life. We are grateful to you all.

AHF ACT representative and acclaimed mountaineer, Zac Zaharias, launched a new adventure for AHF – the 'Three Valleys Trek' in the enchanting Blue Mountains, where in early April trekkers raised over \$3,000.

In May, we were in absolute awe of AHF supporter Peter Counsell who at the age of 65 years completed the Everest Marathon – the highest marathon in the world, raising over \$5,500 for AHF. Peter told us "It's a 'harebrained' race, with less than 80% of participants even making it to the starting line" – he not only completed it, Peter was the first placed Australian.

AHF Chair with volunteers at Canberra Himalaya Day Dinner.



AHF Ambassador Heather McNeice, Noosa Luncheon.



For the second time, we were thrilled that with the support of the amazing and capable AHF extended team, including Ambassadors, state representatives and local volunteers, we were able to host National Himalaya Day dinners in Sydney, Melbourne, Hobart, Canberra and Brisbane. With over 300 attendees across all the cities, and the incredible generosity of so many prize donors, our community raised over \$44,000.

The combined efforts of our amazing AHF family meant that vital funds reached communities across the Himalaya during a very challenging period. We thank every person who has contributed their time, funds and love from the smallest to the biggest gifts. Monthly giving, jam stalls, physical challenges, workplace giving; every gift adds to the positive impact as our amazing AHF family snowballs and grows.

Inaugural 'Three Valleys Trek', Blue Mountains, run by Zac Zaharias.

## AHF's Himalayan Art Award (HAA)

The AHF continued supporting young Himalayan Artists recognising our latest recipients, Bidhyaman Tamang and Muna Bhadel with the Award. Established in 2008 by Margie Thomas, this award was created in memory of Murray Zanoni. Many of the former winners have enjoyed ongoing local and international success. Most recently this was demonstrated by the participation of many former winners in the Kathmandu. The first-ever Nepal Pavilion was held at the 59th International Art Exhibition – La Biennale di Venezia in 2022 featuring *Tales of Muted Spirits – Dispersed Threads* – *Twisted Shangri-La* curated by Hitman Gurung (2012 HAA Winner) and Sheelasha Rajbhandari.



Supporters on the 'Three Valleys Trek', Blue Mountains.





Edwin and Tessa Trevor-Roberts with Sue Wellburn (centre), Brisbane Himalaya Day Dinner.

# Thank you

Deepest thanks to our major donors, sponsors and supporters who continue to make a difference in the Himalaya.



AHF supporters Emma Huffam and Trevor Builder.

- 2 Sherpas
- 7 By the Lake
- Accor Hotels
- ACME Foundation
- Adventure+ Entertainment
- Alana Maria Jewellery
- Andrew Lock
- Annapurna Salamanca
- Anni McNiven
- Anthony and Maureen Wheeler
- Ascent Private Wealth
- Australian Aid Program, Department of Foreign Affairs and Trade
- BlocHaus
- Bruce Estens
- Chairman's Trekkers Support Group
- Data4Good
- Davenport Campbell
- David and Lauren McGavin
- Dick Estens and family
- Edmund Hillary Clothing
- Epson
- Find Your Feet
- Footprints Network (World Nomads)
- Greg Mortimer
- Haimat
- Hewlett Packard
- H&K Johnston Family Foundation
- Intelligent Risks Pty Ltd

- Jeanette and Peter Young
- Jen Peedom
- Joe's Basecamp
- John Byrne
- Judy Curtis
- Kathmandu
- Kennards Storage
- Knocklofty Gin
- Lambourne Partners
- Lindt
- Mandala Living
- Mari and Paul Notaras
- Mark and Lucy Osborn
- Mark Morrissey
- McNair Charitable Foundation
- Michelle Lim and Mark Baker
- Mike Dillon
- Neil Fergus
- Neill Johanson
- Nepal Dining Room
- Nespresso
- Newa Chhe'n
- Oztent
- Peak Learning
- Pemba Capital Partners
- Pennicott Wilderness Journeys
- Peter Counsell
- Peter Lemon
- Richard l'Anson

- Roger Butler and family
- Roger and Anthea O'Meagher
- Shari Bhutan
- Sinora Tamang
- Start It Up Foundation
- Stellaboo
- Stobart Strauss Trust
- Sue Trimble in memory of Dorothy Trimble
- Tenfold Australia
- The Dick and Pip Smith Foundation
- The Ian Watson Foundation
- The Sunrise Foundation
- The Tar Ra Fund
- Tully Carmady
- University of Sydney
- Wild Magazine
- World Expeditions
- Zaffran

It is only through our loyal supporters that we change lives in the Himalaya. We are ever grateful to all the individuals, groups, sponsors and trekkers who helped to raise funds in support of AHF programs this year. People continue to enable our work through their own inspiring efforts. Our individual and regular donors, corporate partners, family trusts and foundations are the backbone of AHF and the work we do – our heartfelt thanks to you all.

Without our incredible extended team or organising committees, our 'national' Himalaya Day celebrations would not have been possible. Thank you to our Brisbane team AHF Ambassadors Heather McNeice, Andrew Lock and Tenzin Choegyal and MC Edwin Trevor-Roberts along with Damien Butler. In Canberra the great Zac Zaharias was MC and was supported by Susan Tan, Emma Huffam, Trevor Builder, Elinor Burford and Grace Rogerson. Tasmania again was superbly run by TTQIE Volunteer Manager Roger O'Meagher, and fellow educators, Anne Briggs and Gay Lynch.

In Melbourne, AHF Ambassador George Hillary led the evening brilliantly as MC, Mike Dillon was guest speaker and Craig Rossiter, Lily Hillary, Doug and Dev Grant supported the event.



AHF supporters Will and Tammy Sayer.

“ Supporting AHF has been a journey in itself – not only raising funds but also getting involved as volunteers. We love the passion of the AHF crew and also the local partners of AHF that we’ve met in Nepal. ”

Emma Huffam and Trevor Builder, AHF Supporters

AHF and our partners are stronger through their expertise, advice and friendship. We are also extremely grateful for the time and assistance provided by our network of university supporters, particularly Ying Zhang at The University of Sydney, Nick Hopwood at University of Technology Sydney and Nichole Georgeou at Western Sydney University, and the interns that worked with us in the past year, namely Kiah Oosterbeek and Alina Clark.

The unyielding dedication of our team of volunteers and interns continues to inspire and motivate us – the Board and staff pay special tribute to this group for their tireless support and truly remarkable dedication. In 2021/2022, our special thanks goes to Debbie Dukes for her outstanding contribution to the AHF full Accreditation application project among other things. Incredibly, Debbie contributed more than 420 hours of volunteer time to AHF in the financial year. We also thank Sue Fagoaga, Trevor Harrison, Viv Dore, Emma Huffam, Trevor Builder, Ted Giam, Mary Hosford, Zac Zaharias, Susan Tan, Elinor Burford, Freya Powell, Haakon Barry, Sachin Dahal, Soni Porwal and Upala Sunthankar. A big thank you to Data4Good, particularly Veronica Coyle and Barnaby Waights for assisting us with our program data. A special thanks is extended to Ramona-Codd Miller again for her voluntary photography both locally and in Nepal.

Volunteers underpin so much of what we achieve at AHF!

“ AHF is directed by people who have a sincere love for the people of the Himalaya and it is comforting to know that at least 80% of every donation goes directly to improving the lives of those people. ”

Peter Counsell, AHF Supporter



AHF Ambassador Mike Dillon with supporter Peter Counsell.

Working in partnership with the people of the Himalaya



AHF Ambassadors Richard l'Anson and Jen Peedom.



## Did you know?

In FY2021/2022:

Our community contributed over 2,000 hours of valuable, expert and generous time volunteering with AHF.

Our volunteer and in-kind support is valued at over \$206,000 this year.



# Our people

## Board of Directors

### Simon Balderstone AM (Chairman)

Founder, Director of consultancy company – issues management, communications, environment, events; Adviser to Olympic Movement; Member of the 1984 First Australian Everest Expedition; Former Himalayan trek guide, journalist, author, Ministerial and Prime Ministerial Senior Advisor; SOCOG Board member and General Manager; Elected to the UN Global 500 Environmental Roll of Honour.



### 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.



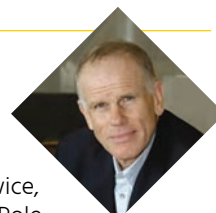
### Christine Gee AM

Christine is CEO of Bryce Courtenay International, and responsible for managing the literary estate of her late husband, Bryce Courtenay. She was co-founder of Australian Himalayan Expeditions 1975–1988 (later World Expeditions), and served as Nepalese Honorary Consul-General (1987–2009). Attache to Sydney 2000 Nepal Olympic team, and is a Life Member of Chief Executive Women.



### 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 (appointed 24 February 2022)

Greg successfully climbed Everest in 1984 as a member of the first Australian Everest Expedition. The first Australian to summit K2, Annapurna II and Chongtar in the Himalaya, and Mt Vinson and Mt Minto in Antarctica. Greg received the Order of Australia Medal for his contributions to Australian Mountaineering, and has been awarded three Australian Geographic Society medals. Greg has led over 80 expeditions to Antarctica, co-Founded Aurora Expeditions, former Vice-President of YHA, and a former Director of Mawson's Hut Foundation.



### Garry Weare (Deputy Chairman)

Garry has been organising and leading treks in the Himalaya for nearly 50 years putting him in a truly unique position to offer advice on the impact of change and development in the region. Garry is a former director and now consultant to World Expeditions, an acclaimed author on the Himalaya and a recipient of a life time achievement award for his contribution to adventure travel in the Indian Himalaya.



### Tony Wheeler AO

An Asia 'hippie trail' trek in 1972 led to the creation of Lonely Planet and the *New York Times* to describe Tony as 'the trail-blazing patron saint of the world's backpackers and adventure travelers.' The guidebooks he helped write include India and Nepal. Since Tony departed Lonely Planet there's been the Planet Wheeler Foundation's education and health projects in the developing world, Global Heritage Fund's archaeology sites and, until the corona-virus pandemic interrupted things, lots of travel to keep him busy.



*“ ... Like many other people I have a love affair with the Himalaya. I've been there many times and whether it's up in the mountains or in the towns and villages, it always has an effect on me. Like so many people we go trekking and then we want to give a little bit back... the AHF brings expertise and hard work to the picture, if it wasn't for AHF these things wouldn't get done. ”*

Tony Wheeler,  
AHF Director

## Ambassadors

Joe Bonington  
Jackson Bursill  
Tenzin Choegyal  
Michael Dillon AM  
George Hillary  
Alice l'Anson  
Richard l'Anson  
Andrew Lock OAM  
Heather McNeice  
Jen Peedom  
Tom Singleton

*“ By providing opportunities, through education, to these young people, the AHF has a positive and long-term impact on them, as individuals... and wider communities. ”*

Heather McNeice,  
AHF Ambassador

## Advisers

Dr Christopher Birch SC  
Legal Adviser  
Neil Fergus  
Risk Adviser  
Roger O'Meagher  
TTQE Volunteer Manager  
Mark Morrissey  
Child Safeguarding Adviser  
Sinora Tamang  
Inclusive Education & Safeguarding Adviser  
Debbie Ooi  
Volunteer Coordinator  
Tom Singleton  
Building Adviser

## Staff

Angela Ford  
Chief Executive Officer  
Corinne Stroppolo  
Head of Programs (part-time)  
Karen Locke Head of Fundraising and Communications  
Kerryn Plummer Digital Manager (resigned June 2022)  
Eleanor Trinchera  
Program Manager (part-time)  
Rishi Dhillon  
Finance Officer (part-time)



# Financial information

This year the Australian Himalayan Foundation (AHF) achieved a net surplus of \$54,547.

The surplus was achieved during a financial period still significantly impacted by COVID-19, with lockdowns during the first quarter of the financial year, and reduced community confidence and activity to hold community events, functions and fundraising activities until February 2022. While AHF was eligible for the NSW JobSaver COVID assistance, this assistance was \$114K less than the JobKeeper scheme in 2021.

On an overall performance basis, AHF realised a \$47K increase in revenue to \$1.242M as a result of increased donations, offset by a decrease in COVID-19 Government Support.

Total expenditure for the 2022 financial year increased \$62K to \$1.188M. The increase in expenditure was primarily due to additional International Aid and Development Programs Expenditure for our programs work in Bhutan, India and Nepal (direct project expenditure and program management/ support) totalled \$838,846 (2021: \$767,900).

## Donations

We saw a strong result in fundraising with Donations and Gifts up by 19% (+\$150k) on the prior year. 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. The AHF commits to spend at least 80% of every donation on our programs. The AHF maintains non-programmatic costs (administration & fundraising) 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.

## Our Sustainability

To assist in providing long-term financial sustainability, to enable full commitment to our long-term development programs, and to help expand current and future programs we continue to build up our Financial Reserves.

At the end of the financial year, AHF has a strong balance sheet, with \$1,032,108 in cash, cash equivalent and cash reserve combined, an increase of 5% from the beginning of the financial year.

Of this cash, \$53,924 worth of cash has been received by way of corporate or private donation or sponsorship specific for future projects. While these sponsorships are non-enforceable, AHF tracks and reports these balances to ensure we are maintaining our donor promises.

Total assets for AHF as at 30 June equated to \$1.062M, and after providing for trade payables and employee entitlements owing (of \$86K), the net assets of AHF as at 30 June 2022 was \$976K.

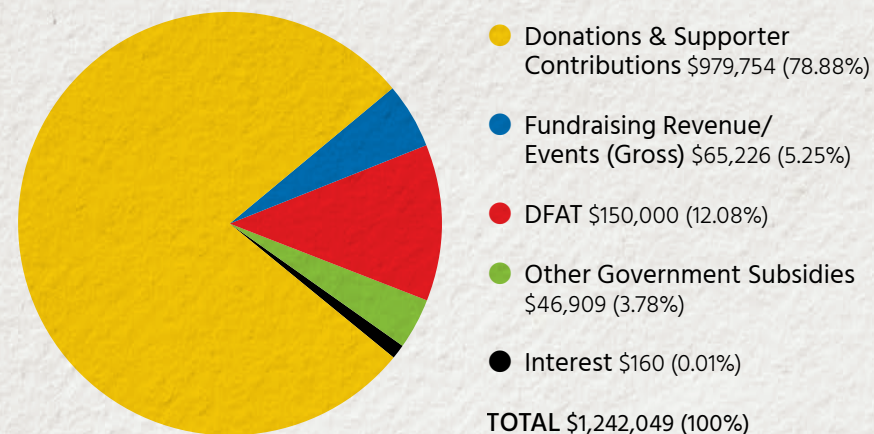
On 3 June 2022, the DFAT Delegate formally approved accreditation of AHF at the full level for a period of five years. We are required to maintain our high standards of project and organisational compliance to meet DFAT requirements. This achievement greatly strengthens and substantiates our organisational capacity and sustainability.

These pages provide a simple overview of our finances. Our full audited financial report is available on our [website](#) or on request to the AHF office.

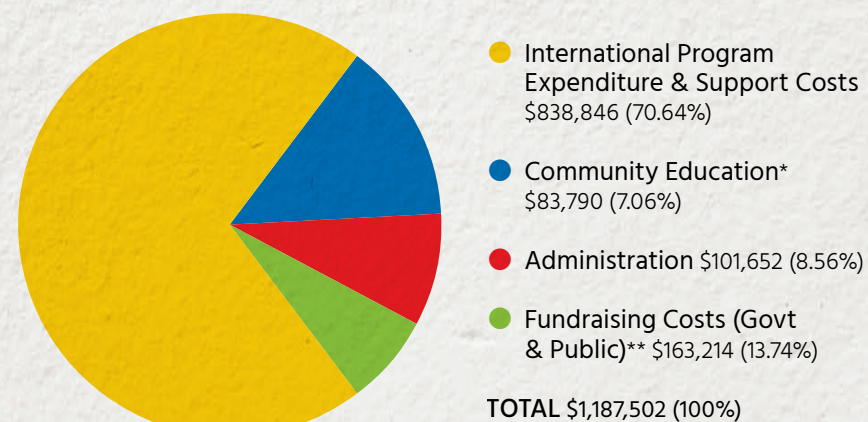
## Directors' benefits

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

## How we raised our funds in 2021/2022



## How we spent our funds in 2021/2022



\*Community Education includes costs related to informing and educating the Australian community of, and inviting their active involvement in, global justice, development and humanitarian issues. This includes the cost of producing and distributing materials, the cost of conducting educational and public policy campaigns, and the cost of personnel involved in these activities.

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

# Income statement

For the year ended 30 June 2022

Income statement	2022 \$	2021 \$
<b>Revenue</b>		
<i>Donations of gifts</i>		
Monetary	979,754	823,538
<i>Grants</i>		
DFAT	150,000	150,000
<i>Investment income</i>	160	388
<i>Other income</i>		
COVID-19 government support	46,909	160,807
Fundraising revenue	65,226	60,370
<b>Total revenue</b>	<b>1,242,049</b>	<b>1,195,103</b>
<b>Expenditure</b>		
International aid and development programs expenditure		
<i>International programs</i>		
Funds to overseas programs	(523,586)	(477,718)
Program support costs	(315,260)	(290,182)
<i>Fundraising costs</i>		
Public	(132,813)	(140,125)
Government, multilateral and private	(30,401)	(30,797)
<i>Community education</i>	(83,790)	(95,961)
<i>Accountability and administration</i>	(101,652)	(90,495)
Total international aid and development expenditure	(1,187,502)	(1,125,278)
<i>Other expenditure</i>	-	-
<b>Total expenditure</b>	<b>(1,187,502)</b>	<b>(1,125,278)</b>
<b>Profit from continuing operations</b>	<b>54,547</b>	<b>69,825</b>
<b>Surplus/(deficit) ordinary activities</b>	<b>54,547</b>	<b>69,825</b>

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](http://www.acfid.asn.au). A copy of the full statutory financial report for 2021/2022 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 2021/2022.

The accompanying notes form part of these financial statements.



# Balance sheet

As at 30 June 2022

	2022 \$	2021 \$
<b>Assets</b>		
<i>Current assets</i>		
Cash and cash equivalents	1,032,108	983,638
Trade and other receivables	3,355	27,801
<b>Total current assets</b>	<b>1,035,463</b>	<b>1,011,439</b>
Non-current assets – property, plant and equipment	–	–
Intangible assets	26,177	–
<b>Total non-current assets</b>	<b>26,177</b>	<b>–</b>
<b>Total assets</b>	<b>1,061,640</b>	<b>1,011,439</b>
<b>Liabilities</b>		
<i>Current liabilities</i>		
Trade and other payables	31,051	45,603
Provision for employee entitlements	54,462	44,256
<b>Total current liabilities</b>	<b>85,513</b>	<b>89,859</b>
<b>Total liabilities</b>	<b>85,513</b>	<b>89,859</b>
<b>Net assets</b>	<b>976,127</b>	<b>921,580</b>
<b>Equity</b>		
Retained earnings	976,127	921,580
<b>Total equity</b>	<b>976,127</b>	<b>921,580</b>

# Statement of changes in equity

As at 30 June 2022

	Retained earnings \$	Total \$
Balance at 1 July 2020	851,755	851,755
Profit/(loss) for the period	69,825	69,825
<b>Balance at 30 June 2021</b>	<b>921,580</b>	<b>921,580</b>
Balance at 1 July 2021	921,580	921,580
Profit/(loss) for the period	54,547	54,547
<b>Balance at 30 June 2022</b>	<b>976,127</b>	<b>976,127</b>

# Independent audit report (IAR)



AUSTRALIAN HIMALAYAN FOUNDATION LIMITED  
A.B.N 81 099 510 255

INDEPENDENT AUDIT REPORT ON THE CONCISE FINANCIAL REPORT  
FOR THE YEAR ENDED 30 JUNE 2022

## Opinion

We have audited the concise financial statements of Australian Himalayan Foundation Limited (the Company), which comprises the statement of financial position as at 30 June 2022, the statement of profit or loss and other comprehensive income, statement of changes in equity, statement of cash flows for the year then ended, and related notes, derived from the financial report of the Company for the year ended 30 June 2022 and the discussion and analysis.

In our opinion, the concise financial statements included in the Annual Report comply with the Australian Council for International Development (ACFID) Code of Conduct.

## Basis for Opinion

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.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

## Concise Financial Report

The concise financial report does not contain all the disclosures required by the Australian Accounting Standards in the preparation of the full financial report. Reading the concise financial report and the auditor's report thereon, therefore, is not a substitute for reading the full financial report and the auditor's report thereon.

## The Financial Report and Our Report Thereon

We expressed an unmodified audit opinion on the financial report in our report dated 27 October 2022.

Lambourne Partners

(02) 4999 6600 info@lambourne.com.au lambourne.com.au Level 1, 56 Hudson Street, Hamilton NSW 2303  
Liability limited by a scheme approved under Professional Standards Legislation.





#### Responsibilities of the Directors for the Concise Financial Report

The directors are responsible for the preparation of the concise financial report in accordance with the ACFID Code of Conduct, and for such internal control as the directors determine is necessary to enable the preparation of the concise financial report.

#### Auditor's Responsibilities for the Audit of the Concise Financial Report

Our responsibility is to express an opinion on whether the concise financial report, in all material respects, complies with the *ACFID Code of Conduct* and whether the discussion and analysis complies with *the ACFID Code of Conduct* based on our procedures, which were conducted in accordance with Auditing Standard ASA 810 *Engagements to Report on Summary Financial Statements*.

**Scott Lucas**  
Registered Company Auditor (4384)  
Lambourne Partners  
Chartered Accountants  
Level 1, 56 Hudson Street  
HAMILTON NSW 2303

Dated: 27 October 2022

## ACFID

The AHF 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.

## DFAT

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 AHF 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.



## Complaints

AHF has an open and transparent complaints policy that can be found at [www.australianhimalayanfoundation.org.au/complaints](http://www.australianhimalayanfoundation.org.au/complaints)

Complaints related to AHF activities or any other matter can be emailed to [complaints@ahf.org.au](mailto:complaints@ahf.org.au) or directed to Angela Ford (CEO) on 02 9438 1822 or email [angela@ahf.org.au](mailto:angela@ahf.org.au)

Complaints alleging breaches of the ACFID Code of Conduct can be made to the ACFID Code of Conduct Committee via [www.acfid.asn.au/code-of-conduct/complaints](http://www.acfid.asn.au/code-of-conduct/complaints)

### Enhancing opportunities for students and teachers with disabilities in Nepal

Quality teaching and access to training is an ongoing challenge in the rural and remote regions of Nepal, and more so for students and teachers with disabilities.

Children in these remote areas don't have sufficient access to teachers, and those that are employed are often poorly trained and not using child friendly approaches in learning. Additionally, the school system is less accessible for vulnerable groups of children such as girls and children with disabilities due to a limited understanding of gender and disability in the community.

The Australian Himalayan Foundation and our local partner REED Nepal recognise the importance of supporting people with disabilities in the classroom to bring about transformational change.

Providing opportunities for teachers with disabilities is a powerful way to deliver and promote inclusive education. Shishir Lama is a teacher in the Solukhumbu region of Nepal and has had a physical disability since the age of eight. He completed his studies at the local high school and then started teaching. Prior to undertaking teacher training through the Teacher Training and Quality Inclusive Education (TTQIE) project, Shishir had limited experience in and knowledge of the curriculum and assessment process, and how to teach in a classroom setting. He now has increased confidence and feels more proficient and better equipped to deliver lessons.

Shishir told AHF's implementing partner REED Nepal of the difference the TTQIE project has had on his life:

*"I am loving the lessons now that I have more self confidence. I no longer feel helpless and love working with other teachers at the school. The disability focus and more support and assistance (have resulted in) a disability friendly environment at the school and community level, creating a more positive message in the community and love and care for children and people with disabilities."*

Shishir Lama, TTQIE teacher

*This work is supported by the Australian NGO Cooperation Program (ANCP).*

Shishir Lama, teacher in the Solukhumbu region of Nepal.



# How can you help?

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

## Stay informed

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.

## Become a regular giver

By giving a monthly gift today, your tax deductible donation will help us to continue our vital work to help the most disadvantaged meet their priority needs through integrated improvements in education, health and the environment.

## Make a donation

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

## Fundraise

Help raise funds to improve the livelihoods of the people of the Himalaya. See our [website](#) for ideas on how.

## Leave a gift in your will

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

## Volunteer

Come and volunteer with us! We have a range of opportunities and would love to hear from you. Please email [info@ahf.org.au](mailto:info@ahf.org.au) or check the AHF [website](#) for more information.

## Travel with AHF

Trekking in the Himalaya, or closer to home, provides an ideal opportunity to raise funds for the AHF. Please contact AHF or check the [website](#) for the latest offers on treks.

## Schools for the Himalaya

Raise funds through your school and foster cultural exchange with Himalayan schools. Please email [info@ahf.org.au](mailto:info@ahf.org.au) or contact the AHF office for more information.



**AUSTRALIAN  
HIMALAYAN  
FOUNDATION**

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Students in class, Solukhumbu, Nepal. Photo: Ramona Codd-Miller.

Design by  
Alison Fort  
Photography  
by Action for  
Nepal, AHF, Christine  
Gee, Conor Ashleigh,  
Gangjong Doeghar,  
Garry Weare, Haakon Barry,  
Heather McNeice, Linda Jocelyn,  
Mark Morrissey, Ramona Codd-  
Miller, REED Nepal, RENEW, Richard  
l'Anson, Rodney Jackson, SLC-IT, Steve  
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