2014 has seen the successful completion of 4 important projects for ME. These projects focused on disaster risk reduction and resilience building women empowerment, and trade and business in the NTFP sector. New projects will start in 2015 in the same direction but including lessons learned from past actions.

Our first lesson learned is that the role of civil society is essential for bringing together government, community-based organisations, the private sector, media and political representatives into a constructive dialogue for sustainable development in Karnali. The Alliance of Disaster and Climate Resilience initiative in Kalikot district and the Karnali Kachahari platform administrated by KIRDARC are good examples of civil society’s positive role and contribution to constructive change.

The second lesson learned is that creating the conditions for the poorest and the most marginalized people to reduce their vulnerability to disasters, boost their self-confidence, and increase their access to employment and income is possible even in the harsh environment of the Karnali region. It is certainly a long process, and it certainly requires continuous and additional efforts, but we showed that it is possible thanks to a pro-active inclusion approach, better governance in all sectors and ad-hoc efforts to adjust actions to specific needs.

The last lesson is that Karnali is not condemned to be isolated, remote and under-developed. In fact, a lot of resources and capacities already exist and with sufficient guidance from government, local civil society, and courageous private entrepreneurs, Karnali may well one day become for Asia what Switzerland is for Europe: a rich, mountainous region.

On a more personal note, after 6 years of rich and exceptional working experience, I am moving on to other professional adventures. I would like to express my deep gratitude first to our donors for believing in the development of Karnali and trusting us that we could bring positive change for the poorest segment of the population. My thanks also go to all the partners and teams engaged with us for their constant efforts to deliver quality action. And finally a big thank you to my amazing and courageous team at Mission East, dedicated to their work and always enthusiastic about the development perspective in Karnali region. I wish all of you great success in continuing the work we have engaged together.

Christophe Belperron
Country Representative
ABOUT
MISSION EAST

Mission East is a Danish non-profit international relief and development organization that works with the most vulnerable communities in Eastern Europe and Asia. Mission East makes no political, racial or religious distinction between those in need.

Mission
To help the vulnerable through humanitarian relief aid, development assistance, the linking of relief, rehabilitation and development, and supporting community capacity to organize and assist themselves.

Values
To empower people and communities in crisis affected countries to lift themselves out of poverty and marginalization.

Values in Action
Honesty, integrity, compassion, valuing the individual, and respect for all people. Mission East specializes in rural community development, disability and special needs.
MISSION EAST NEPAL

In June 2007, after a decade long civil war ended in Nepal, Mission East began operations in the country. The war left development efforts in ruins and vulnerable populations even more at risk, particularly in the remotest areas of the country such as the isolated mid-western Karnali region.

Mission East began its programs in this region, focusing on three Karnali districts: Humla, Mugu and Kalikot. The projects, called the Karnali Support Program (KSP) were based on a humanitarian support approach that considered the effects of the conflict and focused on three sectors: water, sanitation and hygiene (WASH), food security, and local community capacity building.

From 2007 until 2011, 8 projects costing more than 2.9 million Euros and serving more than 30,000 Nepali people were implemented.

Moving away from the post conflict situation but considering the high vulnerability of Karnali and focusing on structural poverty, Mission East Nepal renewed the KSP program in 2012 (KSP II) for another 5 years, under the title social inclusion for better resilience and livelihood development. In its first year, the renewed strategy covered 36 Village Development Committees (VDCs) and reached almost 25,000 people. Last year, the program added over 2500 more beneficiaries.

Mission East works in the most remote areas of Nepal, focusing on four districts:

<table>
<thead>
<tr>
<th>Districts</th>
<th>Working VDCs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Humla</td>
<td>Limi, Muchu, Dandafaya, Simikot, Chhipra, Lali, Saya, Gothi, Jaira, Kalika, Shreenagar, Darma, Mimi, Melchham, Rodikot, Shreemastha</td>
</tr>
<tr>
<td>Mugu</td>
<td>Dhainakot, Kalai, Rara, Mangri, Pulu, Mugu, Pina, Rowa, Ruga</td>
</tr>
<tr>
<td>Jumla</td>
<td>Guthichaur, Patarashi, Patamara, Dillichaur, Chhumcahur</td>
</tr>
<tr>
<td>Kalikot</td>
<td>Fukot, Nanikot, Ramnakot, Thirpu, Khina, Dhualagoha</td>
</tr>
</tbody>
</table>

The program operates on 5 thematic areas:
1. **Water, sanitation and hygiene (WASH)**
2. **Livelihood diversification and business development**
3. **Agriculture development and food security**
4. **Empowerment of vulnerable and excluded groups**
5. **Eco-system Management**

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**MISSION EAST NEPAL**

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Mission East Focus: Karnali Zone

Karnali is the largest, most remote zone in Nepal and is comprised of 5 districts, 4 in which Mission East operates. Much of Karnali has no road access, leaving populations cut off from infrastructure and public services. The mountainous geography also renders the area prone to dangers such as landslides, floods and fire that can lead to potentially fatal epidemics of cholera and diarrhea.

The isolated geography coupled with poverty, low education, poor health, and deep-rooted harmful socio-cultural practices lead to narrowed life opportunities, particularly for women. Limited livelihood opportunities and gender inequality in these regions have also contributed to the poor social and economic situation of women.

Our Partners

- Asia Network for Sustainable Agriculture and Bioresources (ANSAB)
- Karnali Integrated Rural Development and Research Centre (KIRDARC)
- Nepal National Dalit Social Welfare Organisation (NNDSWO)
- Rural Community Development Center, Mugu (RCDC)
- Rural Development Group Programme, Jumla (RDGP)
- Samjhauta Nepal
- Women Welfare Service, Humla (WWS)
- Nepal Red Cross Society, Humla-Chapter (NRCS)
Access to clean water is a major concern in rural Nepal. Lack of clean water sources combined with practices of open defecation leads to a high prevalence of water-borne diseases in at-risk communities. Poor hygiene linked with frequent natural disasters including landslides and floods often leads to outbreaks of diarrhea, cholera, dysentery, and other diseases that can be lethal for the most vulnerable groups, especially children. In Nepal, epidemic outbreaks are the leading cause of death.

Mission East has been engaging in WASH initiatives since 2007. While significant progress has been made, unexpected natural disasters increase the need for WASH activities. Furthermore, many communities still lack the capacity for early detection of epidemic outbreaks in liaison with district health authorities.

In August of this year, the government sent out a special bulletin warning mid-western Nepal of extremely heavy rainfall. Unfortunately, many remote communities did not receive the warning and were taken by surprise when they were hit with massive flooding and landslides. Thousands of people were displaced, farmlands destroyed, and roads and hydro stations damaged. Out of the ten districts affected, Surkhet was hit the hardest.

**Surkhet Disaster in Numbers**

- 125 people dead
- 100 injured
- 5 bridges washed away
- 262 houses destroyed
- 1800 households and
  over 7000 people affected
Mission East’s Response

Many NGOs and INGOs came to assist the affected districts. Due to the loss of homes, displaced people were housed in temporary shelters and camps for up to several months. In order to be most useful, Mission East and its implementing partner KIRDARC, focused its support on WASH activities within 6 camps.

WASH actions in Surkhet:
- 300 hygiene kits distributed
- 8 water reservoir tanks replaced
- 20 kits for pregnant and breastfeeding women distributed
- 35 gender-sensitive toilets constructed for displaced people
- 50 household item kits allocated
- 2210 people benefitted

Preventing Hidden Discrimination

Mission East’s support during the Surkhet disaster extended beyond the distribution of aid items. As people were displaced and gathered together in temporary camps, the risk of discrimination against vulnerable populations such as Dalits and single and pregnant women intensified. Mission East worked to advocate against such discrimination to protect the already vulnerable groups.
ECOSYSTEM MANAGEMENT

The Himalayan Mountains are a key resource for local populations living nearby although unfortunately climate change and deforestation threaten this fragile ecosystem. Landslides, flooding, and mudflow are catastrophes occurring with increasing frequency in these areas and thousands of people, communities and development initiatives are at risk.

To combat this risk, Mission East works in six areas of the Kalikot district to mainstream disaster risk reduction (DRR) and climate change adaptation (CCA) into local development initiatives and also by providing training to communities. The goal is to strengthen community, civil society organizations and local government capacity.

This year:

30,000 beneficiaries received in total 48 DRR trainings
3 implementing partners, 126 CBO's and 7 NGO’s were supported in mainstreaming DRR in their actions
2 FM radio stations broadcasted 33 DRR episodes and 25 advocacy jingles
26 trainings on sustainable harvesting of forest products conducted for 30 CFUG’s and 700 people
32 CFUG’s in Jumla, Mugu and Humla district received support to revise their Forest Management Plan.
Raising Awareness
This year the International Day for Disaster Reduction (IDDR) was celebrated in the Kalikot district under the theme “Living with Disability and Disaster”. Mission East supported the District Disaster Relief Committee in facilitating and organizing this important event, which raises awareness and advocates for change. Street dramas, rallies, traditional songs and an earthquake preparedness demo were the main attractions. Five people living with disabilities were awarded certificates.

Community Forest Groups
Deforestation is rampant in the Karnali region and puts many communities at risk by damaging a much relied upon ecosystem. To fight this practice, Mission East supports and trains local community forest groups (CFUG’s) to ensure the sustainable growth and harvesting of forest products. Connecting community forestry with disaster management also broadens the scope of action for a more effective disaster management plan. With its partners, Mission East maintains 32 CFUG’s in the area. Due to CFUG activities this year 19,000 hectares of forest are now better managed and out of risk of deforestation.
INCOME GENERATION

The mountainous mid-west region of Nepal is one of the most underprivileged regions of the country. Nevertheless, the region also has potential to contribute to poverty reduction through high value Non Timber Forest Products (NTFP’s) with proper training and access to the market, products such as medicinal and aromatic natural plants, fruits, honey, incense and paper can provide a means for generating sustainable income for local populations.

There are still barriers however, and entrepreneurs often face the challenge of disorganized markets, a lack of capacity in small service providers and weak institutional policy and support.

With this in mind, Mission East has been implementing ATIS-Karnali, a three year project aimed at promoting the trade and business of NTFP’s though: entrepreneur development, sustainable harvesting, organizing local traders and producers, and advocating for the reduction of barriers to NTFP enterprise establishment. The project operates in 16 VDCs and is implemented by 5 NGO partners.

This year, through 98 trainings, support and advocacy, Mission East has seen:
- Enhanced entrepreneurial skills of NTFP producers, processors and traders in business development, marketing, quality assurance and quality control
- Improvement of sustainable management and harvesting of NTFPs
- Stronger negotiation capacity of trade stakeholders
- Increased opportunities for vulnerable groups in the NTFP sector
- 2 products in Jumla district received organic certification

After more than 2.5 years of operation the project has seen incomes for the beneficiaries increasing.
Supporting Business through Trade Fairs

Mission East supported small businesses to attend local, regional, and national promotional events, including organised trade fairs, seminars and exhibitions. These opportunities allow enterprises to interact with a wide range of buyers, traders and technology providers. This year, supported enterprises sold NRs 200,000 worth of product.

In January 2014, three small businesses, Rara juice, Himali Incense and Chhanchharihalna participated in a trade fair in Nepalgunj. The NTFP products displayed included essential oils, sea buckthorn juice, incense, dried apples, walnuts, marsi rice, beans and nettle powder. More than 10,000 people visited the stall.

Socio-economic empowerment for women

In partnership with WWS, Mission East’s projects support the socio-economic empowerment of women through literacy classes, developing enterprise support and creation and maintenance of women's groups.

- 7 profitable enterprises identified in Humla
- 200 women engaged in profitable income generating activities
- NPR. 250,000 for enterprise development provided by the VDC
- 424 women organized in 40 women’s groups with 7 networks
- 1 newsletter published in April 2014
In the areas where Mission East and its partners work, the most vulnerable people lack access to education, employment, and social safety. These same groups are often left out of local decision making processes and development trends and their needs thus go unaddressed. Such exclusion stems from deep-rooted cultural and traditional behaviours and is exacerbated by extreme poverty.

Because the overall population suffers from poverty, Mission East addresses the most vulnerable by systematic integration of such groups in the main thematic approaches rather than stand-alone projects that could increase their exclusion.

Focusing on 3 specific groups: women, Dalits, and people with disabilities Mission East adopts an inclusive approach in each of its projects to build the capacity of its partners in inclusion.

Some Mission East activities that are centered around empowerment of vulnerable groups include: awareness raising, literacy and vocational trainings, forming and strengthening women groups, and helping people claim social safety nets.
PROJECT HIGHLIGHT:

I have a voice: women advocating for development in Nepal

This project is geared specifically at the empowerment of vulnerable women to claim their development rights.

18 Women's groups formed

431 women organized: 33% Dalit, 10% single, and 8% women with disabilities

3 literacy courses developed and 397 women completed 12 months of courses

29 proposals submitted by women's advocacy groups to local authorities

137 women including 42 Dalit, 12 women with disabilities and 8 single women participated in VDC councils

Nrs.245000 in government grants allocated to women last year

JAUSARA: A Year Transformed

Jausara is a 24-year-old Dalit woman from Humla. As a child, she did not go to school and never learned to read and write, although she dreamed of doing more with her life beyond family farming. Last year, she joined Mission East’s literacy classes in her village and through literacy she learned about caste discrimination and the rights of all people, including Dalit people. She tells us that she also learned that the VDC allocates money specifically for Dalit people including scholarships for children.

Now, Jausara is the secretary of a newly formed network of women that has begun a discussion on education, health and participation rights of women. She plans on advocating for the rights of women, particularly Dalit women, all the way up to district level.

After only a year of literacy classes, Jausara expresses her new found confidence: “Now I can talk to my husband, in-laws and community people without hesitation. I have found Dalit representation is mandatory everywhere and we are no longer to be undermined. I urge other illiterate women of our community to attend the literacy class so that they can reach their potential and feel stronger!”
Mission East Focus: People living with Disabilities

In remote areas like Humla and Kalikot, almost 5% of the population are living with disabilities - more than double the national average. Unfortunately, in these isolated areas, people living with disabilities often face discrimination and are isolated from society. Traditional and spiritual views dictate that a child born with a disability is a punishment for the family, and consequently they are often hidden away, abused and neglected. Very few people with disabilities receive any kind of education. In particular, women and girls with disabilities face an even higher risk of gender-based violence, sexual abuse, and exploitation.

Women with Disabilities Survey

In partnership with WWS, Mission East conducted a survey on the situation of women and girls with disabilities in Humla. 540 women and girls were interviewed. Here are some key findings:

- 47% have no access to education
- 83% have no access to health care
- 66% do not participate socially
- 98% reported they did not have enough food for 12 months
- 91% had no disability identity card

Mission East is using this study to make important recommendations to both local and national stakeholders that will work towards improving the lives of women and girls living with disabilities.

MY STORY UPDATED: Ramjhita

In our last program review, we introduced Ramjhita, a now 15-year old girl living with multiple disabilities including visual, verbal and physical impairments. At that time, Ramjhita had joined a Mission East women’s group and was attending literacy class. She has since become a role model for the group. This year, Mission East has helped her to travel to the district headquarters and apply for a government disability allowance. She now receives the allowance monthly, of which she uses some money to buy essential needs for herself and shares the rest with her family. Her father has bought a solar panel with the income. Ramjhita aspires to continue her education and dreams of attending a school for people living with disabilities.
Despite rich natural resources and biodiversity, the Karnali region has the highest level of poverty in the country. Due to the remoteness of the region the population has limited access to market opportunities and low productivity of the lands leads to rampant deforestation. This results in increased vulnerability to disasters and climate change, chronic food shortages and malnutrition. Contributing to the food shortages is limited access to farmable lands which barely provide enough food for 3 to 6 months a year.

At the end of this year:

150 farmers will be trained in:
- Composting
- Bio-pesticide use
- Nursery beds
- Vegetable crops

Across the Karnali River: Climate Smart Farming

Mission East and its partners are collaboratively working to engage 250 vulnerable households in sustainable agriculture and green business development based on a climate-smart agricultural model. The model aims to increase productivity of local climate resistant crops based on a solar pumping irrigation system using zero carbon emission technology.

The project expects to address local food shortages and also generate food surplus that will be sold by local producers, making the model economically viable and sustainable. This year saw the beginning of the pilot phase.
KNOWLEDGE DISSEMINATION

This year, Mission East Nepal and its partners put a focus on disseminating knowledge and best practices by releasing a series of publications relevant to its work. Here are some highlights:

**Roaring Voices, Winds of Change**
This publication concentrates on case studies of women participants in the “I have A Voice” project, emphasizing the benefits for individuals and communities while also suggesting areas for further work.

**Risks, Hazards and Vulnerability in the Mountainous Region of Nepal: A Focus on Karnali**
This report addresses 5 issues identified during implementation of Community Based Disaster Risk Reduction activities in the Karnali context. The issues are then used to make key recommendations to partners and stakeholders.

**An Unseen Reality: Recovery Following Small Disasters in Remote areas**
A report examining the recovery experience of remote communities in the aftermath of disaster. The report presents the findings of a study carried out by Mission East in the Kalikot district and aims to influence future support in the face of disaster recovery.
Training Guideline for Mainstreaming Disaster Risk Reduction into Development

A manual intended for community-based organisations focusing on how to mainstream disaster risk reduction into activities, it aims to support local initiatives in preparing for disasters.

Inclusion in Community Based Disaster Risk Reduction

This pamphlet outlines the ACAP (Accessibility, Communication, Attitude, Participation) framework tool. The tool is used in DIPECHO projects to ensure inclusion of people with disabilities.

International conferences

This year, a Mission East partner representative attended an international conference on Disaster Risk Reduction (DRR) in Thailand and shed light on the inclusion of Dalit people in DRR activities.

Accountability in Action

To facilitate transparency and accountability, Mission East Nepal has established a dedicated email address for stakeholders, beneficiaries, or general public to send feedback. Send us a note if you have something to say!

complaints.nepal@missioneast.org
UPCOMING

Inclusion Matters
Operating under the theme “Inclusion matters”, this coming year Mission East will be training Nepali NGO’s on inclusive development, aiming to build the capacity of local civil society. Through its partnerships with other INGOs working in the same direction, such as ICCO cooperation, Mission East will train 25 NGOs on inclusive development, focusing specifically on women and people living with disabilities.

Women and Climate Change
Mission East and its partners are also working on a project focusing on the convergence of climate change resiliency and gender sensitivity in community development. The goal is to advocate for climate-adaptive and risk sensitive development while bringing the most vulnerable people such as women, Dalits, and people with disabilities to the center of the process.
FINANCIAL OVERVIEW
FY 2013-14

Program/Admin budget segregation FY 2013-14

<table>
<thead>
<tr>
<th>Total Budget</th>
<th>Program Expenses</th>
<th>Admin Expenses</th>
</tr>
</thead>
<tbody>
<tr>
<td>NPR 67,433,125</td>
<td>NPR 55,297,326</td>
<td>NPR 12,135,798</td>
</tr>
<tr>
<td>82.0%</td>
<td>18.0%</td>
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</tbody>
</table>

Thematic cost distribution FY 2013-14

<table>
<thead>
<tr>
<th>NPR</th>
<th>Thematic Cost</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>6,154,038</td>
<td>Health and Hygiene, Epidemic Control</td>
<td>9%</td>
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<tr>
<td>18,057,801</td>
<td>Climate change and DRR</td>
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<td>26,171,987</td>
<td>Livelihood and Economic Development</td>
<td>39%</td>
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<tr>
<td>17,049,298</td>
<td>Empowerment of most vulnerable and excluded groups</td>
<td>25%</td>
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</tbody>
</table>

DONORS

- AEC Foundation, Denmark
- Civil Society in Development (CISU)
- CBM International
- Danish Mission Council Development Department (DMCDD)
- European Commission - Development & Cooperation (EUROPEAID)
- European Commission - Humanitarian Aid & Civil Protection (ECHO)
- ICCO COOPERATION
- Ole Kirken Fond
- Läkarmissionen, Sweden