



Sambhav Nepal
possibility knows no bounds



Annual Report 2022
with the motto **CREATIVITY**



Sambhav Nepal



EDUCATION

HEALTH

OPPORTUNITIES

EMERGENCY

WE BUILD ON THESE PILLARS



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1. Namaste

Dear Donors, Friends, Members & Interested Parties



How do you begin an annual report on a year marked by war, political tensions and natural disasters?

Perhaps by not forgetting the positive news. At Sambhav we can look back on many positive moments. And this thanks to your valuable, generous support. You enable us to implement projects in Nepal that have a very positive effect. In 2022, we were able to make a big push for our health projects. Exactly at the end of the year, the donation pots for four major projects were filled. Three in the area of health, one in the area of education.

Here in Switzerland, we have been working flat out and enjoying ourselves, holding various events, first and foremost the big, traditional Sambhav event on the shores of Lake Zurich. This time we didn't have to fight the rain – it was the hottest day of the year. The positive feedback encourages us to hold this event again in 2024. In autumn, our trip to Nepal was on the agenda: The Experience.

Pictures say more than a thousand words. Sonam, a local photographer and good friend, has captured this adventure in a short film. Experience first-hand how small and big miracles happen in Ratmate: sambhavnepal.ch/veranstaltung/the-experience

Our smaller, more private events are also very popular. The ALAYA workshop with coffee sommelier Willy Zemp is a highlight for coffee connoisseurs. And there can't seem to be enough of the Cashmere Atmosphere either.

Take a look at our website, under events, to see what events we are creating for you this year.

CREATIVITY

Our motto 2022 is fulfilled

When the world is upside down, it takes a great deal of creativity to keep the focus on goals and what is important.

CREATIVITY as a motto in the past year meant for us to never give up to use our qualities, even in difficult moments, in such a way that we achieve our goals. So that people can live independently, their children can go to school, they can be cared for in case of illness or accident and they have prospects for the future.

This goal may seem unrealistic, but we believe in it and remain creative.

The year 2022 shows that we have come another step closer to our goal. Thanks to you. Thanks to your trust in us.

Namaste

Melanie Kreuzer
February 2023

What could we do with your donation in?

EDUCATION



Taking for **six thousand five hundred** children care, giving warmth and providing a learning impulse.

Delighting a **hundred** children with a new primary school.

HEALTH



Producing **twelve thousand** SAFEMO-ONDAYS hygiene kits.

Procure **Sieben** more Himalayan Ambulances.

Equip **three** health station laboratories with life-saving materials.

EMERGENCY ASSISTANCE



Thirty-two family houses built (soon we will have 108).

Ensuring the survival of **twenty-six** families with an emergency action.

CAREER OPPORTUNITIES



Integrating **five** young, talented people from remote mountain areas and poor backgrounds into our PCL project Batch 2022.

Equip **two** women's committees as a pilot project.

Build **a** volunteer house with multiple uses.

To enable **thirty-six** people to earn a regular income through the Interlocking Bricks Manufacture.

Planting **five hundred** new coffee plants and thus giving even more farmers prospects.



2. Projects

108 houses



The third phase of our 108 houses project is in well underway. Soon, 32 more happy families will be able to move into their new homes.

After eight years, they can leave the transitional corrugated iron huts. They are very much looking forward to this special moment. The new houses are built with our Interlocking Bricks. These bricks are handmade by the semi-skilled farmers themselves. This is done without any environmental impact and with minimal power consumption, because the bricks are not baked in ovens, but pressed. They allow for a much more stable construction and offer a much better indoor climate. They are earthquake-proof and protect against the cold in winter and the wet in the monsoon. The production directly on

site not only eliminates high transport costs, but also Generates income for the farmers. This enables them to build a house on their own, to use the money for their children's education or whatever else they desperately need.

All houses are equipped with biogas installations, which also contributes to a better and easier life. The compost from agriculture is converted into energy for cooking.

We want to complete phase III by autumn 2023.

Our dream is to be able to implement the remaining 34 houses in Phase IV.

Every house pays off twice: Families who move in and families who are paid for their work. This contributes to our goal: Ensuring the independence of the mountain villagers.

Costs for a house:

Beneficiaries:

Project duration:

Outcome:

Would we do it again?

approx. 17,500 Swiss francs

Families who have no possibility to rebuild their house

25 months for 34 houses (Phase IV)

Reconstruction of housing for families

Yes – 34 more times. Then 108 houses will have been built.



One of the 74 houses. We are getting closer to 108 houses.

Interlocking Bricks



The project is and remains a success story. The Bricks manufactory is „very important“, as the residents say; it helps the village to become economically sustainable.

In 2022, more local residents have received the training to make bricks and build houses. A total of 36 people have now been trained. They created 70,000 interlocking bricks last year.

Ten people (men and women) are at work every day and have a salary. They take turns according to their own needs and availability (as they are all still self-sufficient farmers). The Interlocking Bricks manufactory makes a decisive contribu-

tion to people not having to take jobs in foreign countries.

Also as part of this project, eight people learned how to build the walls for the houses optimally and earthquake-proof. They were actively supported by a Swiss bricklayer who spent three weeks in Ratmate with his family.

The factory that produces the bricks is run by Yam Rana. The business is running smoothly and many farmer families can benefit from it.

Our „Career Opportunities“ project has achieved the desired effect and created endless possibilities. „We are very proud of it“ is the feedback from the locals.

Current:

Beneficiaries:

Success:

Operation runs profitably.

Local families of the mountain villages

Income is generated.



Transport from production to the construction site.

2. Projects

HimalayanAmbulance



Six Himalayan Ambulances are already busily travelling through the mountains in the Himalayas bringing people from remote villages to hospitals in the valley. People who would not have the opportunity to receive care without the off-road ambulance. The impact of these life-saving vehicles is enormous. We are touched by the feedback and reports we are receiving from Phase I. Each of the six Himalayan Ambulances transports **over 170 people per month** to a hospital, very often for difficult births.

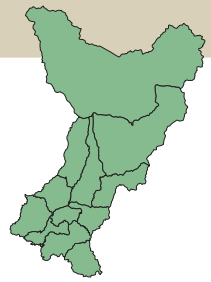
„Now residents of mountain villages no longer have to worry when an emergency arises – they know that there is the Himalayan Ambulance that will save them.“ These are the grateful words that are addressed to us.

The year 2022 has enabled us to start Phase II. Seven more Himalayan ambulances will soon be in operation. The hospitals take over the ambulance and ensure its operation and staff, take care of repairs and the procurement of new equipment at the end of its service life.

For the upcoming phase III, we evaluated the greatest possible impact. To this end, we held many discussions with authorities and those affected. The research has resulted in the following:

Next, Himalayan**Street**Ambulances are needed. This means intensive care ambulances (with ICU) for the paved roads and with more space on board.

Why? Because it is the logical continuation of our project. The off-road ambulances are designed to provide emergency aid and to get people out of the remote, inaccessible areas. They are not suitable for longer transports to the big cities. Moreover, they are not available for 3 to 5 days where they are really needed – in the mountains. With the Street Ambulances, we are closing this gap and can help people even better.



Costs:

approx. 93'000 Swiss francs
per HimalayanStreetAmbulance

Beneficiaries:

Thousands of people

Project duration:

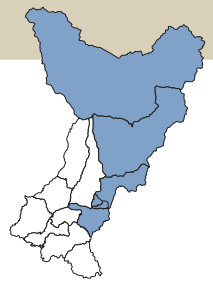
10 months

Outcome:

Lifesaving off-road and on-road



The new vehicle: HimalayanStreetAmbulance with Intensive Care.



Caring – giving warmth



A project that touches hearts. The distributions of this valuable set facilitate

the everyday life of the school children. It is a learning impulse that brings hope and new opportunities and also puts priceless smiles on the children's faces.

Schoolchildren often walk barefoot to school, sometimes for hours, with their exercise books in their hands. The set gives them warmth and protection in the cold winter months. And the notebooks enable them to do their homework. Without written homework, they would have to stay away from class.

Especially nice – anyone can join in. The impact of this relatively small financial commitment is immense. For only 29 Swiss francs per child, the set includes: Tracksuit, school backpack, notebook, shoes, socks and woolly hats.

Next on the list are the following districts: Sahid Lakhan and Gandaki Rural Municipality and Gorkha Municipality, and an increase in the already favored areas. Do you also want to join in and give care and warmth? That would make us very happy!

The happy faces of the children when they receive their kits: sambhavnepal.ch/projekt/sorge-tragen-waerme-schenken/

Outlook:

Gandhaki Rural Municipality: 6,500 schoolchildren
Gorkha Municipality: 9,000 schoolchildren
ATTENTION: Due to inflation, we anticipate a 10% increase in commodity manufacturing prices from 2024.

Cost:

Beneficiaries:

Project duration:

Outreach:

Outcome:

Would we do it again?

188,500 Swiss francs for Sahid Lakhan

6'500 schoolchildren

6 months

A lot of volunteer work,

because we love this project

Learning impulse for school children

Over and over again ...



Link to donation:
sambhavnepal.ch/spenden

Children with warm tracksuits and school equipment.

2. Projects

SAFE MOONDAYS



DPhase II is underway and another 12,000 SAFE MOONDAYS kits will be distributed soon. This time in Tsum Nubri and Dharche, the two highest situated areas on the border to Tibet. Especially in these extremely remote regions, the kits mean an enormous relief for the girls and women in their daily lives. They are also an important contribution to health.

With this phase, we have equipped a total of 19,755 girls and women with this valuable and, for them, priceless hygiene kit. Why is it so valuable? Girls do not go to school during their menstruation. That is 20% of the school time or even more. Which clearly does not provide a solid education. Women often cannot go to work on the fields during their menstruation, which is also

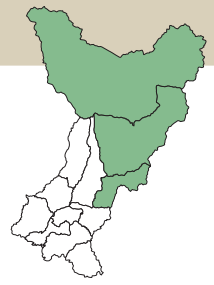
not feasible for vulnerable people living in self-sufficiency.

Making menstruation days safe days for women is the reason for the development of our SAFE MOONDAYS project. A set costs 11 francs. **Who is participating?**

Outlook:

Gandaki and Sahid Lakhan Rural Municipality will be the next two regions.

ATTENTION: Due to inflation, we anticipate a 10% increase in commodity manufacturing prices from 2024.



Costs for the next round:

Beneficiaries:

Project duration:

Outcome:

Would we do it again?

126'500 Swiss francs

11,500 girls and women in Bhimsen

8 months

Safety, hygiene, freedom

Absolutely. The donation pot is open.

sambhavnepal.ch/spenden



Grateful girls with the SAFE MOONDAYS kits.

Bhairabi Extension



In October 2022, the groundbreaking ceremony for the extension of the Bhairabi primary school building as well as the volunteer house took place.

The multi-purpose indoor hall and the conversion of the old school rooms are under construction and will soon be used for various purposes. The multi-purpose indoor hall is being built on the grounds of the Bhairabi Primary School. The hall will be used by the children for sports, presentations, workshops and during the monsoon for dry break times. The villagers can also use the hall for social events, weddings and other

purposes. The hall can also be rented out which helps the school financially.

The volunteer house, on the site of the temporary school rooms after the earthquake, now serves as accommodation for visitors, volunteer workers and teachers from all over the world who come to us every year to conduct teacher trainings or to supplement the regular classes. It has three bedrooms, two toilets, a kitchen and a common or dining room, as well as a small garden – with a view of the 7000-metre Himalayan peaks.

Completion:

October 2023

Outcome:

A primary school in the Himalayas and a volunteer house with exemplary character



The school children are really looking forward to the new indoor hall.

2. Projects

Our coffee gardens



Our coffee gardens are thriving and growing. ALAYA does not grow on plantations, but is embedded in the fields and jungle of the Himalayas – between grain and vegetable fields. The farmers select the optimal locations according to direction, sunlight, water availability and space so that coffee cherries can thrive and ripen optimally. The farmers take care of the coffee trees with all their experience and decades of farming tradition. The soil is not exposed to fertilizers, everything grows organically and through the power of nature. The pulping station(*) is in the making, and Yam Rana is leading the construction and process implementations. The first pulper is already on site and is used for the many small batches of farmers. Everyone is allowed to participate, and the group produces quantities that can be usefully processed into parchment or green beans. ALAYA coffee is already very popular in Swit-

zerland. Customers appreciate the unique aroma and variety of flavors of the Himalaya coffee bean. The roasts „Original“ and „Pipo“ from Willy Zemp, the only coffee sommelier in Switzerland, as well as „Manbu“ and „Ratmate“ from the traditional family roastery Caffè Ferrari offer everything a coffee heart could wish for.

100% ALAYA coffee is also in the composable capsules for Nespresso machines.

„Delano Lungo“ and „Tamino Espresso“ offer the full taste without any unnecessary flavor enhancers.

Where can you get ALAYA coffee? In our web shop, of course, as well as in Jelmoli, the BachserMärt organic shop and in the BENU pharmacy in Witikon. And soon at further locations, too!

www.sambhavnepal.ch/shop/alaya

Pulping station and coffee trees:

Costs:

Beneficiaries:

Outcome:

approx. 64,000 Swiss francs

Farmers of the Himalayan villages in Gorkha
Prospects, income, self-employment



A coffee tree full of coffee cherries.



() In a pulping station, the pulp of the coffee cherries is removed by means of a so-called pulper. The processes of fermentation, washing and drying, sorting and selection take place here.*

*Would you like to learn more? Visit our workshop with Willy Zemp, the coffee sommelier (details under „Events“).
sambhavnepal.ch/veranstaltungen*

PCL Health



Three in one. Education, health and career opportunities.

Sambhav enables young people with a particularly successful secondary school certificate to receive training at Proficiency Certificate Level (PCL). Our aim is to raise the level of education, create sources of income and provide health care in remote areas.

Our first batch has started in 2019 – Soon these three young ladies will graduate. In total, 15 young ladies and one young man are studying. For all of them, a dream has come true.

Launch 2019: Bipana, Pratima and Priti
Start 2020: Dipa, Jyoti, Parwati, Shova and Susmita

Launch 2021: Bibash, Sanchita and Sharmila
Launch 2022: Prakriti, Bipana, Siya, Ashika and Pushpa

They are studying PCL Nursing, Health Assistant, Radiography, Pharmacy, Lab Technician and Physiotherapy. Bibash already has the Certificate and is doing the Bachelor of Science in Medical Imaging Technology. We are proud of the consistently good performance of the students. They prove that all people can be successful if they are given the opportunity.

Total costs (per study place):
Begünstigt:

Duration:
Would we do it again?

19,760 Swiss francs
young girls and boys with an outstanding secondary school leaving certificate
4 years
Yes. Preferably annually.

By the way – as soon as the students have finished their studies, they will share their knowledge in the villages as volunteers, conduct workshops and provide improvements.

If they have a permanent job, they put money into the pot for another outstanding student to get a place at university.



Four happy trainees: Pushpa, Ashika, Bipana and Prakriti

2. Projects

Emergency: Manbu landslide



On 18 July 2022, a large landslide in Manbu destroyed 26 family homes. Fortunately the school shelter was spared. But the families no longer have a roof over their heads – and this during the monsoon, which brought very heavy rainfall last year.

We reacted immediately and knew how we could help most effectively: Corrugated aluminium sheets. This enabled emergency shelters to be

built immediately – and the materials can later be reused in the construction of a new house. A few days after the landslide, we distributed the aluminium sheets. Despite the monsoon, difficult access and flooded roads, Prem and his team managed to implement the emergency aid quickly. The families are immensely grateful.

Thanks to all who helped to make this emergency action possible.

Costs:

Beneficiaries:

Project duration:

Outcome:

7,254 Swiss francs

26 families

Fortunately only a few days

Hope



Immediate aid thanks to generous donations.



Collection of the life-saving metal sheets.



On foot through soggy terrain.



Joyful and grateful.

108 Women's Committees



The pilot project was successful and we see the great impact that can be achieved through the women's committees.

This project enables the important tasks for the well-being of the community to be carried out better and with more opportunities.

Our plan: To benefit as many women's committees as possible by distributing furniture and other utensils for committee tasks. They can not only use them for their meetings and activities – they can also lend them and generate a contribution to the committee treasury.

This is important because the committees take on the most important tasks such as forest and

nature conservation, water control, harvest coordination and school activities. They also act as a kind of police in case of incidents in the villages. They are discussion leaders and mentors, they mediate and find solutions.

In our project proposal we describe in detail the tasks of the women's committees.

Furniture & utensils:

Costs:

Beneficiaries:

Project duration:

5,950 Swiss francs per committee

1 - 20 Women's Committees

6 months

An office building:

Costs:

Beneficiaries:

Project duration:

52'000 Swiss francs

10 Women's Committees

12 months

Outcome:

Important support for the community



Committee meeting without Office House.



Preservation of tradition.

2. Projects

Health Post Lab Material



The lack of laboratory equipment severely limits the work of the health stations. They have little possibility to make a correct diagnosis on their patients. This in turn leads to inability to treat.

The laboratory equipment that we are making available with this project enables diseases to be detected and treated properly.

This innovation offers enormous opportunities

and is a great contribution to health care in remote areas.

Three laboratories have been funded in 2022. Procurement is underway and we will distribute them as soon as possible.

We hope to be able to equip other laboratories as well.

Costs:

Beneficiaries:

Outcome:

Would we do it again?

104'231 Swiss francs for 3 laboratories

All people of the respective regions

Making diagnoses, saving lives

Preferably 108



Ultrasound machine



X-ray machine



Refrigerator for medicine



Incubator for premature babies

108 Naumati Baja (musical instruments))



In Nepal, local tradition and culture is a valuable asset that is lived, preserved and cultivated. People draw strength and joy from it. Through constant exchange we learn where the biggest obstacles to cultural preservation are. That is why we have launched the „Naumati Baja” project. In Nepal, it is a tradition that every village has musicians who play the nine instruments, called „Naumati Baja”. The music group is an

important part of weddings, ceremonies, new openings and many other occasions. Since many mountain villages no longer have a Naumati Baja set, the tradition is in danger of dying out. The preservation of this cultural heritage is close to our hearts, and so we want to help village after village to keep this tradition alive.

Costs:

Beneficiaries:

Outcome:

Would we do it again?

68,796 Swiss francs for 20 music groups

Big and small

Sounds that delight our hearts.

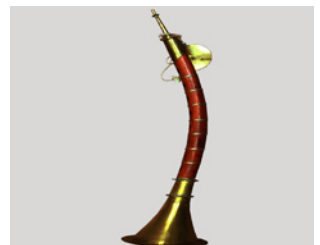
Absolutely. Gladly 108 times.



Damaha



Jhyali-Jhyamta



Sahnai

2. Projects

Details to all projects on sambhavnepal.ch/projekte

Successes

Education and health are the foundation for an independent life. For us, this is a matter of course – in Nepal, it is a privilege. This is why our education and health projects are particularly close to our hearts.

New

We have many ideas for new projects that bring us ever closer to our goal. We present three of them here:



Durbar School in Sinsneri

This secondary school in the mountains is attended by many children from a large catchment area. We would like to help ensure that this school can continue to provide a solid education. We are planning the expansion with more classrooms and the improvement of the infrastructure.



108 Youth Clubs

Sports equipment enables young people to play sports regularly. This not only strengthens health, it also promotes cohesion and allows friendships to develop. Sport and leisure are elementary for young people. They promote social skills and empathy. And: It is a lot of fun for the children!



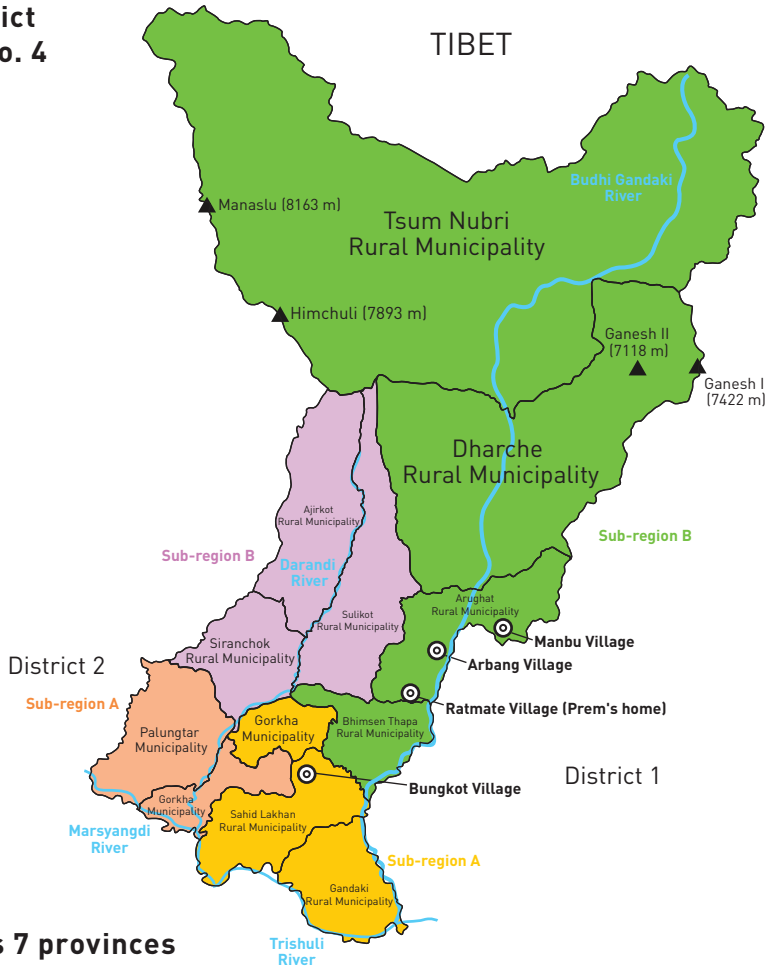
Buddhi Gandhaki Hostel in Arughat

We would like to build a school shelter for the largest school in District 1 of Gorkha. This is a big project that will have an impact on the whole region.

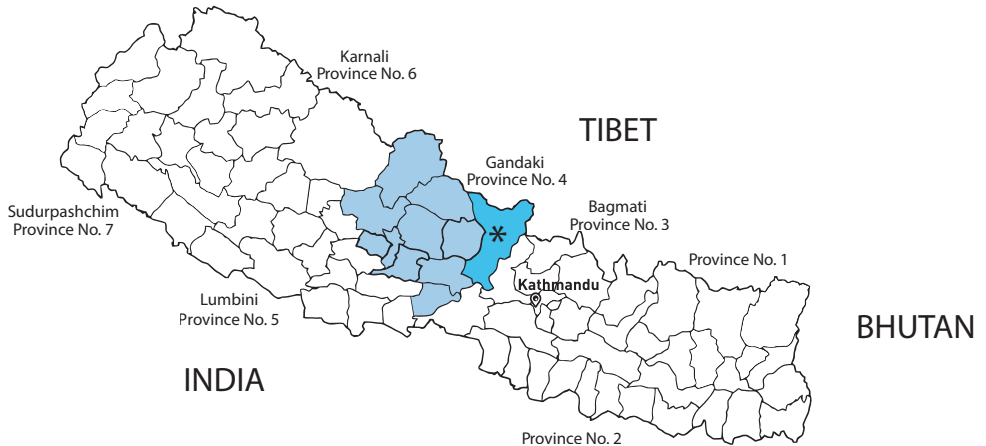
Many children cannot complete secondary school because they simply live too far away to get to school. We can help with school accommodation. This school offers all levels up to college. With the school accommodation, we will make it possible for thousands of young people to get a higher education. For them, this means a life with opportunities for the future.

3. Our area of operation

**Gorkha, District in Province No. 4
«Gandaki» ***



Nepal with its 7 provinces



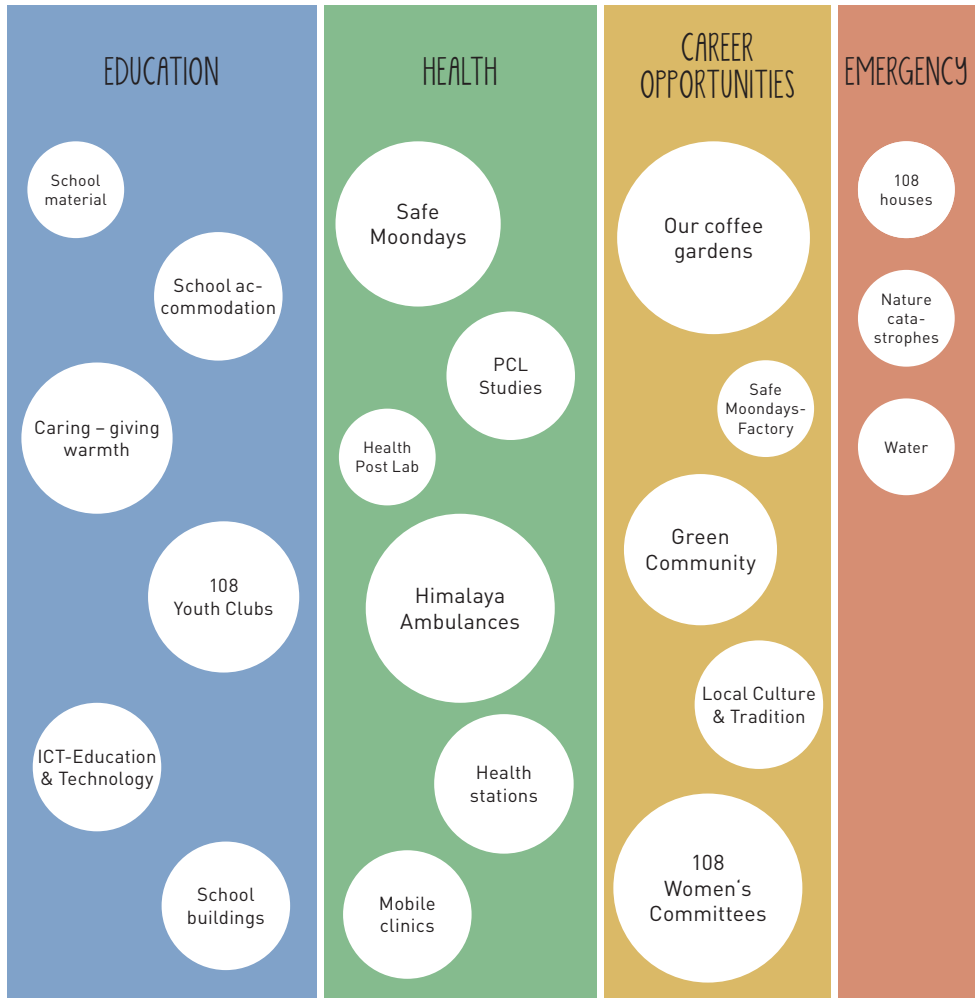
4. Our strategy

Our projects are based on the four pillars „Education“, „Health“, „Career Opportunities“ and „Emergency“.

We have a clear goal in mind: To support people to be able to live independently. For a healthy life in and with nature.

Sustainability and relevance as well as impact and appropriateness are at the forefront of our projects. We ensure that these principles are followed and we place great emphasis on preserving local tradition.

Donation goals:



5. Helping out

Donations

Every donation directly supports the projects, is tax deductible and is certified. As a donor, you will be informed about the projects and have a direct contact person at all times. It is thanks to you that all our projects are possible. We are very grateful to you!

The Experience

We enable you to travel with us to a place in the Himalayas where there is no tourism and where people live self-sufficient in their original culture. A journey of a special kind. Let yourself be enchanted ... Onsite we show our projects, work on construction projects – and for a few days you can experience firsthand what it means to be a resident of a mountain village in the Himalayas. Harvest rice, learn about manual farming and much more. Prem and Melanie lead this trip and share their years of experience in the Himalayas. Details of the trip are available on the website at „THE EXPERIENCE“ can be seen.

The tour takes place every two years in late autumn. More information on sambhavnepal.ch/veranstaltungen.



On the road with children in Ratmate village.



The Ping, Nepal's traditional bamboo swing, is only set up on important holidays.

Membership

A passive membership is free of any obligations. As a member you become part of Sambhav and support our vision and projects.

The annual contribution for individuals is 108 francs (the auspicious number in the Himalayas) and is tax deductible. The annual contribution for a family is 216 francs, for companies 540 francs.

Members enjoy the following privileges:

- Discounted participation in Sambhav events
- Annual voucher for our shop
- Various discounts on our assortment

For joining or leaving the association, a formless notification to a member of the executive committee is sufficient.

6. Events 2022

Sambhav Event 2022 for «SAFE MOONDAYS»



Finally, after three years – our Sambhav event at GZ Wollishofen took place.

We relied on the tried and tested, but also came up with something new: The ALAYA coffee bar and the Sambhav drinks bar. As we had chosen the hottest day of the year, the number of visitors was smaller than before. Despite the heat wave, we were able to collect **5,783 Swiss francs** for SAFE MOONDAYS.

Witikon village market



Finally it took place again. Even though it was cold, the fair had many visitors. Neighbourhood events are simply something great. Sambhav's cash box was filled with **4,007 francs**.

Cashmere Atmosphere No. 4 to 8

A unique atmosphere: the Cashmere Atmosphere. In the Sambhav showroom, the precious yarn can be seen, felt and tasted. Everyone enjoys the cozy surroundings, a glass of prosecco and the exciting conversations. This is what makes shopping fun.

All Cashmere events generated a total turnover of **17,071 Swiss francs**.



Coffee workshop with Willy Zemp

When Willy Zemp talks about coffee, you can feel the pure passion.

And when he brews an ALAYA Espresso with a master hand, the coffee lover is overwhelmed with happiness. The participants were thrilled – and we will offer this event again.

Willy gave the workshop as a gift and together with the coffee sales Sambhav was able to raise **1'127 Swiss Francs**.



The Experience (the journey to Nepal)



„I have already experienced practically everything that can be experienced, and I can no longer be impressed by something simply. This trip however has impressed me greatly „ is the touching feedback of one participant.

The participants got to know Nepal from a very special side. See more in the film on our website under „Events“.

HolisticWELL in Zollikon

The indoor market in the centre of Zollikon with the theme of awareness and health. The organizers invited Sambhav to have a booth. And this was really successful, not only in sales, but especially in personal contacts and new opportunities.

1,953 Swiss francs and a new participant for THE EXPERIENCE.

Mala & Bracelet Workshop



This year, in addition to the Mala-Workshop, there was one for bracelets (Bracelets) with Soraya Bram, which is also suitable for children. The artist Soraya brings that certain something and enchants with her South American energy. The mala and the 108 – you can learn more about them in the workshop.

There were **480 francs** for Sambhav and new donors.

xmas Line Train

Actually, no Christmas market was initially planned. But Les Deux Women and Men, our sales partner for cashmere in Zug and Flims asked us to offer the fine cashmere at the xmas line in Zug. And so Melanie stood in the Christmas hut for two days.

Joyful turnover of **1,600 francs**.



Events 2022 total: 32,041 Swiss francs

7. Our product line

We select only high-quality products and source them directly and fairly, practically only

from Nepal. This is how we support local crafts and local economy.



Cashmere

The „Sambhav Line“ consists of AMARA, NIMBUS, AURORA, APOLLO and CALICO. Cashmere pure or combined with silk. For a unique touch. See for yourself and discover our jumpers, ponchos, scarves, hats, Baby hats and blankets as well as the huge cuddly blankets in 4ply AMARA.



Lemongrass spray

The room spray in organic quality from Bhutan. Lemongrass fragrance for natural freshness in the room.

Tibetan singing bowls

Handmade singing bowls from Bhaktapur, Nepal.

Made according to Newari tradition. Bowls from 5 to 50 cm in diameter and other sound works.



Spices and Himalayan salt

Turmeric and chilli from the gardens of Ratmate, Devi Ma or Ganesh in Demeter quality. Sown, tended and harvested by hand and processed with a stone mill. Also available is the valuable Himalayan salt „Halit“ from the Karakoram.

You can order all products online:
sambhavnepal.ch/shop



City Backpacks Kali & Nila

The practical backpacks with laptop compartment. Discover the advantages of Kali & Nila.

They can become your very own personal companion with an imprint.



ALAYA Bean Coffee

A touch of Himalaya in our coffee cups. Experts rate it as excellent. Organic & fair, bought directly from the mountain farmers in the Himalayas.

6 varieties, 100% Arabica.



Moon Time Books

Menstruation knowledge for young and old. Back to the Roots is a concentrated load of valuable knowledge and how to live cyclically with immense joy. The children's book is beautifully illustrated and explained with pictures.

Himalaya Herbals products

Toothpaste, facial cleansing and other care products of the Ayurveda line „Himalaya Herbals“.

ALAYA capsules

Compostable Nespresso®-compatible capsules, with 100% coffee and no other ingredients. Pure coffee enjoyment.



8. Internal

Members

At the end of 2022, we had 39 memberships, including 6 family memberships. There were six new members during the year. We are happy about every new member and hope to welcome more.

Association meeting

On 7 May 2022, we held our meeting at the Sambhav headquarters. The entire board and active members were present. The minutes of the last meeting, the annual report and the annual accounts were approved and the board members were discharged.

Board of Directors

The Board of Directors elected a new member at the 2022 Association Assembly: Lea Pitts (lawyer) will now represent the „Legal Support“ department.

Revision

The audit for 2022 was carried out by Erwin Fuchs (trustee from Zurich). We are pleased with his letter of recommendation and thank him for his voluntary work. The documents are available on our website.



9. Finances

Income

In the calendar year 2022, 854,836 francs in total income was generated. The net income from donations, membership fees, events and the sale of goods amount to 776,561 francs. Of this, 646,522 francs are earmarked for projects.

Products

The income of 131,358 Swiss francs was offset by the cost of 78,274 Swiss francs, resulting in a net profit from our Himalayan products of 53,084 Swiss francs. The proceeds from our events amount to 32,041 Swiss francs.

Project expenditure and funds

The 2022 project expenditure amounts to 655,234 Swiss francs and was used for the following projects: Bhairabi Extension, PCL Study, Caring – Giving Warmth, Manbu Landslide, Himalayan Ambulances, Health Post Lab Material, Safe Moondays, 108 Houses and Our Coffee Gardens. The project fund for emergency aid has been increased by 150,000 Swiss francs.

Operations

Operating expenses amount to 83,605 francs for administration and fundraising, which is 9.8%.

Result

The 2022 business year closes with a surplus of 37,723 Swiss francs. The equity capital now amounts to 325,650 Swiss francs.

The complete and audited financial statements are available on the website.
sambhavnepal.ch/sambhav-nepal/jahresrechnung-und-berichte



10. Our Motto 2023

With experience to success.

EXPERIENCES

is our motto for the year 2023

The year 2022 was marked by CREATIVITY.
We also want to pursue this further.

Together with you and the people of Nepal.
Togetherness and cooperation is our priority.



12. Dates

Details to all events on
sambhavnepal.ch/veranstaltungen

Events 2023

1. Halbjahr

27. Januar	LagerFAIRkauf ChangeMaker
16. Februar	Cashmere Atmosphere No. 9
15. März	Association meeting
22. März	ALAYA Coffee Workshop with Willy Zemp
31. März	Bracelet Workshop with Soraya Bram
1. April	Mala Workshop with Soraya Bram
13. Mai	Spring market in Dietikon

2. Halbjahr

16. September	Village market in Zürich-Witikon
im Oktober	Charity Yoga for SAFE MOONDAYS
im Oktober + November	Cashmere Atmosphere No. 10-12
Ende Oktober/November	THE EXPERIENCE to Nepal
im Dezember	Christmas market in the Zurich area

ALAYA

**Would you like to book a Coffee Tasting?
An event for business partners, families or friends.
Gastro events also possible. Please contact us.**



Dhanyabadh



Dhanyabadh means thank you in Nepali. We thank you all for your trust and generosity. Together we make the impossible possible.

Our motto „Creativity“ has guided us through 2022, and we have been able to pursue our goal thanks to creative ideas and approaches. Many projects have entered a new phase, which shows us that our approaches and project impacts are sustainable.

Our experience and direct contact remain one of our special qualities that make our actions strong.

We hope and do everything we can to ensure that you continue to trust us and that we can walk this exciting path together. Please let us know if there is anything we can do better. We always want to expand our experience, remain creative and flexible.

Dhanyabadh for your trust in us.



Melanie Kreuzer
President, Sambhav Nepal (Switzerland))

Prem K Khatri
President, Sambhav Nepal

Marianne Aeberhard
Finance, Sambhav Nepal (Switzerland))





Sambhav Nepal

possibility knows no bounds

Every donation helps
PostFinance

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Sponsorship Annual Report

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