



life is education and education is life -john lock



Buddha Jhoti School  
Dang, Nepal



# ANNUAL REPORT

2020/2021

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# PRESIDENT REPORT

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It is a frequent expression heard these days "We are in unprecedented times". So it goes for Her International as well. We have had to continue to carry a skeleton staff with skeleton hours, the Board meets by Zoom and volunteers have been quietly working behind the scenes. Fund raising is always in thought and discussion but gatherings remain on hold. However, our passion is not only refusing to be shaken, but, if anything, has become more determined to look at modifying goals to suit these times while continuing to serve women and girls in any way we can throughout this global upheaval.

Our part-time Executive Director is conveying some of these efforts and their effects throughout this past year and we give a THANK YOU to Kate Phelps for carrying the load with so few hours, communicating with our main partner NGO Creating Possibilities in Nepal and opening possibilities of other partnerships in Canada and abroad, keeping communications open with other groups attached to HER International, large donors and individuals.

Our Operations Director, Karen Hughes, works on in the necessities in keeping the financials in order but also keeping the essentials of our organization in tune, again, with shortened hours. She has introduced us to a new system making it easier for donations to be made on line. So to those who have donated on line, I add my personal THANK YOU! Karen has been a great help in showing me some of the "ropes" to being a new President. Big THANK YOU to her, as well.

Kevin Edgecombe has stepped away from the table, now as Past President, but only a step! We owe another big Thank You to him, his family and buddies for contributing such passion, effort and resulting funds to our organization! Kevin's hours of action over so many years has life-long result for hundreds of women and girls, schools and their communities, particularly in Nepal. I am personally appreciative of his offers to assist the Board when needed.

This past year we have had to say Good-Bye to one of our Co-Executive Directors, Tamara McLellan. We thank Tamara for her great work and give her our Good Wishes! We also say Thank You to several Board Directors and our volunteers and thank them for their generous hours given to HER International!

It is a pleasure to be able to work with our Board Directors and Executive, Jen Zielinski as Vice President and Heather Oishi as Secretary-Treasurer. I am so appreciative of their input, insight and support in my first year as President. The role has me stepping into where large shoes proceeded me, a big change for everyone on our HER International Board!

We welcome new volunteers to join us in many capacities and we look forward to hearing from you! We need you for the "Good of the Charity" wherever you are!

Sincerely submitted,  
Ann Haymond Hill  
Board of Directors President





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## EXECUTIVE DIRECTOR REPORT

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What a year this has been for us all! The health and economic concerns that have been felt all over the world, were also felt deeply at Her International. Health concerns for our staff and participants alike led to bouts of worry and fear, while economic realities meant downsizing our staff, pausing planned programming, and delivering emergency aid for those in dire need.

Despite all of this, these changes have brought about growth and connection. The shift in programming revealed new opportunities to pursue. In moments of need, our donor community responded quickly to support food aid to Nepal. We saw that in the contraction, we could pause and breathe, to gear up for our next leap forward.

Looking ahead at the coming year, we are so excited for the programs we are offering. Our work in Nepal is steady as we are building deep and sustained change that is fostering true self-reliance.

In Canada, we are expanding the work we are doing in our own backyard. As always, we are seeking to fill the gaps in service and collaborate with amazing partners to empower women and girls at home as well.

We at Her International are as committed as ever to our vision of a world where everyone has the opportunity to learn and thrive!

Kate Phelps  
Executive Director

# HER IMPACT

281

**BICYCLES  
DISTRIBUTED**

to get to  
school safely



21

**CLASSROOMS**

working side by side with  
locals, we built classrooms,  
schools, and a community  
centre to support safe  
learning spaces



21,922

**DIRECT IMPACT**

thousands of participants have  
received educational opportunities



2,802

**SCHOLARSHIPS**

scholarships give girls the  
chance to attend school,  
preventing child labour and  
child marriage



1,306

**WORKSHOPS  
HELD IN NEPAL**

training youth, teachers,  
and local leaders for  
improved community  
growth



1,327

**LIFESKILLS &  
MICROFINANCE**



members in village-based women's groups  
gather monthly to learn a life skill and  
participate in microsavings and micloans

801 *saalt*

**MENSTRUAL CUPS  
DISTRIBUTED**

in partnership with donor Saalt, we provided  
safe and sustainable period care to women &  
girls in rural Nepal

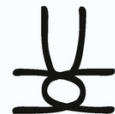
13 **YEARS PARTNERSHIP**

with Nepali nonprofit  
Creating Possibilities to  
implement our work on the  
ground - celebrating our  
shared values of  
trust and co-creation



30,000+

items sold by Unako



UNAKO

**Social Enterprise**

supports Nepali artisans  
through the sale of fair  
trade, environmentally  
conscious goods





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# PROGRAM UPDATES

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## She Learns Scholarship Program

Like everywhere in the world, our students in Nepal have faced significant challenges to continue their education in the midst of a global pandemic. With schools closed during numerous lockdowns, our team has been remarkable in supporting our students in finding ways for them to learn.

### Community classes

The many months that schools were in lockdown, the Nepali government tried to continue home-based education by offering lessons on TV, radio, and online. Unfortunately, for our rural community these methods did not reach them as they have limited connectivity. To keep the children engaged in learning, our team facilitated small, village-based community classes.

### Homework groups

To support children doing their study at home, small groups of students in the same 'Covid bubble' would meet together to do their homework. Headed by an older student who could be there to lead the session, the students worked together to encourage and help one another with questions.

### Student meetings

Medium-sized, socially-distanced group meetings were held regularly to check in with students to learn about how they were coping with Covid and its secondary effects to their academics, mental and physical well-being. They also came together and brainstormed about how to tackle these challenges. The staff gave advice on how to study and teach health facts about Covid and its spread.

### Home visits

Our Project Coordinator, Deepa, continued to check in with our students to see how they were doing at home and how things were going not just academically but also with their family.



## She Thrives

### Lifeskills & Microfinance Groups

These monthly village-level group meetings paused during the lockdowns but started up again when allowed with appropriate safety measures in place. The women reported significant losses to their businesses during the lockdowns, but many are working to recover as the restrictions have eased.

Once able to meet in person, the women continued to support one another through sharing ideas to save money and grow their businesses. This model of peer support has been enormously successful. After 11 years in operation, with 42 groups of over 1200 women, these microfinance groups still report a 100% repayment rate on all loans!

A return to in person meetings also meant that our team could continue our life skills coaching component. They taught topics such as proper hand washing, government business support opportunities, home agriculture for food security, local health post supports, taking care of your mental health, combatting domestic violence, and more.

#### Home visits

Project Officer Sarita continued socially distanced home visits to check in on the women, particularly those who are homebound and/or isolated. Through this she was able to identify families in need of additional emergency support.

#### Emergency support

Not all families navigated the economic effects of Covid well as they lost their incomes from local employment and even those who had gone abroad lost their jobs and had to return home to unemployment. A portion of Her International's annual grant was allocated to supplying rice, oil, and mosquito nets to help those in dire need.

#### Vocational training

With funding from Rotary International, several employment workshops were held to offer training in trades. This training will fund many different classes over the next couple of years and was launched with a basket weaving course and a motorcycle/moped repair course.



# Her Health

## Menstrual Education & Management

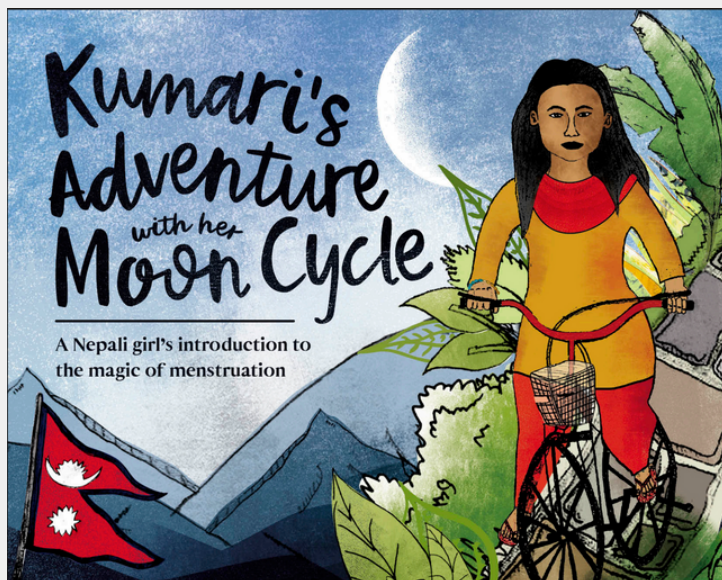
With funding from donor partner Saalt, Her International has partnered with two organizations to bring improved menstrual management and education to Nepal.

### Sustainable period care with menstrual cups

With partner, Creating Possibilities, we have held education classes for 3,133 people and distributed 819 Saalt menstrual cups. Having access to safe and sustainable period care has been critical, particularly during a pandemic. Many have not had access to sanitary pads because they were either unavailable or too expensive. The only other option for menstrual management is to use old rags which leaves users prone to greater bacterial growth and infection.

Menstrual cups are made of medical grade silicone that is antibacterial and lasts for 10+ years. Users can wear a cup for up to 12 hours, giving them the ability to safely go about their day without worrying about managing their period.

Our tracking and monitoring showed that 97% of our participants have continued to use the product after receiving it.



### Local stories to shift stigmas

Her International, in partnership with the nonprofit The Country That Shook, are publishing an innovative book that tells the fictional story of Kumari and her 'mooncycle'. The story introduces feminine health and hygiene through a Nepali lens and a fantastical journey of a girl embarking on menarche.

The story has content from contributors all over Nepal and other parts of the world. It is written to engage one's imagination while encouraging deep thought on social stigmas, as well as loving and taking care of one's body.



# 'Gather Online'

## Learning Hub & Workshops Series

With the onset of Covid and the restrictions we have seen to face-to-face education, Her International launched the 'Gather Online' webinar series. The webinars were inspired by our longstanding in-person popups workshops that have invited volunteer experts to teach the community a skill in a free or donated space.

The sessions below and more continue to be [available on our website](#), along with a list of compiled resources that support home learning.

**WORKPLACE HAPPY HOUR**  
with Linda & Beth

**GROUNDING TECHNIQUES FOR TRYING TIMES**  
WITH TAMARA MCLELLAN

**THE RESILIENT WOMAN'S SECRET INGREDIENT**  
with Her International Founder Michelle Bonneau

**WEBINAR: SUSTAINABLE PERIOD CARE**  
with saalt

**PILATES CLASS!**  
with Sunbal Virk

**WEBINAR: FERTILITY & COVID-19**  
with Chiara Chianese  
PhD, MBA, Fertility Specialist

**Her International Foundation  
Statement of Financial Position  
as at March 31, 2021**

|                      | <b>2021</b>    | <b>2020</b> |
|----------------------|----------------|-------------|
| <b>Assets</b>        |                |             |
| <b>Current</b>       |                |             |
| Cash                 | <b>155,277</b> | 74,396      |
| Accounts receivable  | -              | 1,495       |
| Inventory            | <b>9,668</b>   | 17,671      |
|                      | <b>164,945</b> | 93,562      |
| <b>Liabilities</b>   |                |             |
| <b>Current</b>       |                |             |
| Accounts payable     | <b>8,969</b>   | 8,471       |
| <b>Fund Balances</b> |                |             |
| <b>Reserves</b>      | <b>155,976</b> | 85,091      |
| Unrestricted         | -              | -           |
|                      | <b>164,945</b> | 93,562      |

**Her International Foundation  
Statement of Reserves  
For the year ended March 31, 2021**

|                             | <b>2021</b>    | <b>2020</b>   |
|-----------------------------|----------------|---------------|
| <b>Reserves</b>             |                |               |
| Grants reserve              | <b>28,132</b>  | -             |
| Bikes reserve               | <b>6,393</b>   | 4,993         |
| General reserve             | <b>91,171</b>  | 49,818        |
| Medical Scholarship reserve | <b>27,215</b>  | 27,215        |
| UBC sickle cell reserve     | <b>3,065</b>   | 3,065         |
|                             | <b>155,976</b> | <b>85,091</b> |



**Her International Foundation**  
**Statement of Operations and Changes in Fund Balances**  
**For the year ended March 31, 2021**

|                                       | <u>2021</u>    | <u>2020</u>    |
|---------------------------------------|----------------|----------------|
| Receipts                              |                |                |
| Donations                             | 140,469        | 135,353        |
| Fundraising                           | 2,300          | 37,777         |
| Sale of goods                         | 20,900         | 33,137         |
| Other revenue                         | 748            | 1,164          |
|                                       | <u>164,417</u> | <u>207,431</u> |
| Disbursements                         |                |                |
| Advertising                           | -              | 408            |
| Bank charges and interest             | 3,100          | 3,152          |
| Charitable programs                   | 54,042         | 120,235        |
| Fundraising                           | -              | 38,427         |
| Insurance                             | 705            | 675            |
| Office                                | 7,399          | 5,184          |
| Professional fees                     | 18,248         | 30,300         |
| Purchase of goods for resale          | 10,036         | 3,169          |
| Travel                                | -              | 1,473          |
|                                       | <u>93,530</u>  | <u>203,023</u> |
| Excess of receipts over disbursements | <u>70,887</u>  | <u>4,408</u>   |

