



HER INTERNATIONAL

Annual Report

2022-2023

HERINTERNATIONAL.ORG

HER PRESIDENT REPORT

Her International is pleased to present its Annual Report, highlighting the dedicated efforts of our team of volunteers, staff and donors. It is through your contributions that we can continue to work together to provide empowerment opportunities for girls and women in Nepal and Canada.

As you will read in the AGM report, along with the continued support of our programs in Nepal, we sponsored the first “She Creates” class for young women in Kelowna and sent a small but mighty team of volunteers on another build in Nepal. With Kevin Edgecombe at the helm the team helped to construct a block of washrooms for use at Janata Secondary School. Washroom privacy is something we take for granted in the western world, however the difficulty of accessing such a simple necessity can hamper school attendance for girls during menstruation.

To ensure that we can continue this valuable work we have been busy planning our fundraising events for the coming year and will look forward to seeing our wonderful community of supporters at the second annual “Walk for Her” on Sunday September 24, 2023.

We have an exciting new event this year featuring two long time Her International supporters and world renowned motivational speakers - Linda Edgecombe and Hugh Culver! The theme for the evening will be “ Finding Empowerment In Community” and will be held on November 15, 2023.

Many of you will be familiar with our monthly newsletters that are filled with heartfelt stories from the women and girls whose lives have been positively transformed through their partnership with Her International. I have been to Nepal and witnessed the gratitude in their shy smiles and respect that was expressed in a bowed head and hands pressed together at their heart centre with a simple “Namaste”. It’s all of you who have made this possible!

Thank you for your continued support of the Her International community.

Namaste,

Deana Hills

SHE LEARNS



Her International provides scholarships to young girls who are at risk of child labour, early marriage, and human trafficking to attend school (kindergarten through university). The scholarships cover everything that a girl will need to be successful in school, namely: school fees, supplies, tutoring (when needed), a bicycle (for older students), self-development and leadership training.

This past year, Her International supported 105 students in grades 1 through 12, and 16 in university. Program officers work with the students and schools daily to ensure that problems are identified early to lead to student success.



As part of the She Learns program, Her International provides bikes to students in grades 7-9 to support their continued studies. Bikes are essential in rural communities for students to get to and from school, as well as to help with the family business and chores. Shila (*photo on the left*) was one of 5 bike recipients this year.

SHE THRIVES



The mothers of the scholarship students become members of our locally facilitated microcredit and life-skills groups. These microcredit groups are entirely managed by the women themselves. They elect their leadership and build their own loan capital through shared microsavings. Her International's supported Nepali staff offer essential training, group start-up supplies, and two modest cash incentives to kickstart the lending pool.

Currently there are 55 groups with 1,687 members across the Nepali region of Dang. Each group meets once a month to contribute to their savings and review prospective loan applications. The members encourage and mentor one another on finances and entrepreneurship. They share their personal struggles and together discuss ways to tackle them. It is also at these gatherings that program officers offer additional coaching and workshops.

SHE THRIVES



In addition to the monthly meetings, the women have opportunities to engage in various enriching events throughout the year. One event is *Maghi*. This is an annual festival when the women gather to build sisterhood. They celebrate female rights and education through competitive events such as sports and public speaking.

Gita, 20 years old, shared her experiences attending the Mothers' Group and Maghi festival.

"I was ashamed to come out of the house earlier. I didn't even want to go to a place where there are many people. Gradually I joined the mothers' group by attending monthly meetings. My new friends encouraged me to participate in a game (at the Maghi festival). I was able to win second place. That's why I guarantee that the mothers group has empowered me."



Another event is the annual micro-finance summit as the groups gather to share their challenges and best practices. Regular literacy classes are also available and have helped women build confidence to run for public office.

SHE THRIVES



Padma (*left*) placed first in the annual speech competition at the last Maghi festival. Below is a portion of her speech.

"Today is the time of technology. Unless women have access to technology, women will not be financially capable. Unless women are economically capable, women and men cannot be equal in our society. Therefore, from an early age, both sons and daughters should be given equal knowledge and culture.

On the other hand, we, women should forget what happened in the past and in the days to come, we should remember that we also have equal rights as men and try to learn everything. I sew clothes by business. The first attempt was to learn sewing. Now I know how to sew. But there is a demand for new designs from customers, I ask my daughter for education because I do not know how to use digital mobile phones very well and I am learning new designs of sewing clothes from the internet and sewing clothes like the customer orders. My earnings are also going well. My husband respects me a lot."

SHE CREATES



Together with our implementing partner Creating Possibilities, Her International runs the transformative "She Creates" program. She Creates is a course that was custom designed by a team of entrepreneurs, trauma-informed social workers, educators, local and international development specialists. It was created to train, empower, and inspire girls towards their personal and professional lives.

The sessions build entrepreneurship, leadership, communication, and technology skills through grounded holistic development. The approach combines presentations, interactive group discussions, and most importantly: learning through hands-on activities.

Additionally, participants benefit from valuable networking opportunities, further enhancing their growth and potential. Local businesswomen and mentors are brought to speak to and coach the participants as they build their small business or "innovation project".

In January 2023, we launched our third year of running the course. This year we are welcoming 74 participants from the villages of Ghoraha and Gobardiha. Together, Her International and Creating Possibilities are paving the way for a brighter future for these aspiring young women!

SHE CREATES CANADA

SHE creates **CANADA**

A unique, 12-session course that teaches personal and community leadership through the hands-on experience of building a small business

LEADERSHIP
Become a leader in your own life and in your community by practicing communication, using your voice, and coaching others

CONFIDENCE
Build confidence through the hands on experiences that push you to step outside of your comfort zone, learn new skills, and reach for your goals

ENTREPRENEURSHIP
Learn the fundamentals of entrepreneurship through building and testing out your own business plan

MENTORSHIP
Be mentored by local business-owners and by peer alumni

COMMUNITY
Connect with participants taking the course around the globe and form a long-lasting community of peer support

From January - March this year, Her International hosted She Creates in Kelowna, Canada.

Each cohort, has the ability to tailor the topics of the program to the unique needs and interests of its participants. In addition to the core content of the course, She Creates Canada [2023] covered : personal responsibility, boundaries, self regulation, and marketing.

Over the course of the workshops, the participants developed their own small business ideas then built them to the point where they could envision that business coming to life.

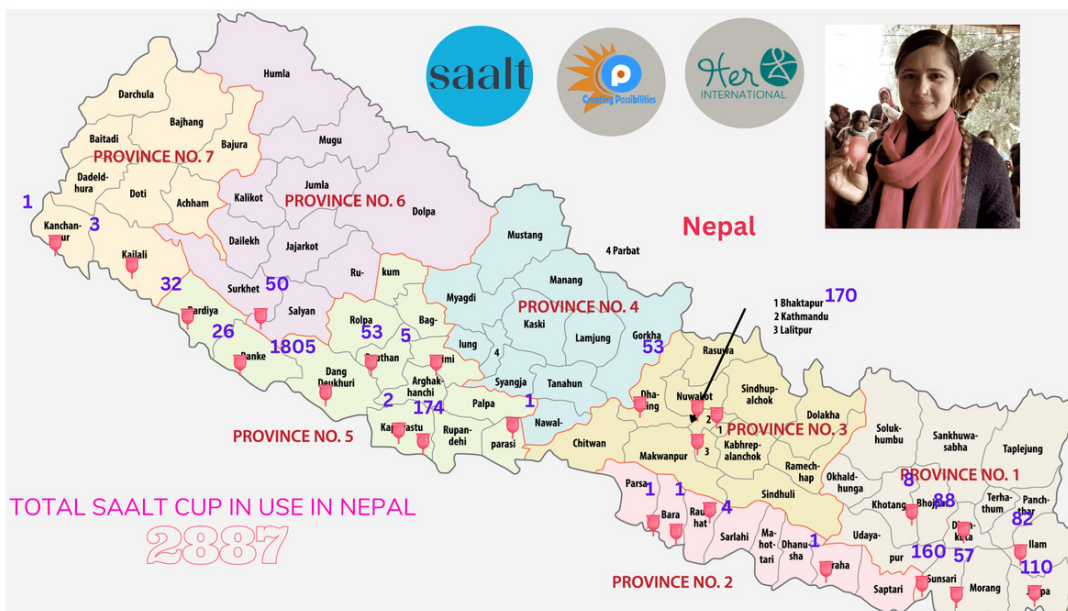
At the graduation, the participants presented their business projects to their peers and experts for encouraging feedback and support.

The students all completed the course, gaining information not only on starting and running a business, but also on learning invaluable lessons about themselves, their skills and superpowers, and their ability to create change in their own lives.

HER HEALTH



In partnership with Saalt, Her International provides education sessions regarding menstrual health and management along with distributing donated Saalt menstrual cups. In Nepal, menstrual hygiene is still a taboo topic. The program officer connects with girls and women in the villages, educational institutions, health posts, and other key stakeholders to provide greater menstrual education and access to safe, cost-effective and sustainable menstrual care.



HER BUILD



In March 2023 a team of volunteers from Canada travelled to Nepal to build two blocks of classrooms at Janata Secondary School.

"It's tough to put today into words.. it's easiest in images.. unless you feel, touch and smell.. it's difficult to relay the power of these moments.. our small but mighty team is experiencing these powerful moments every day... sometimes several times per day. Today was incredible! The pure and phenomenal character of the Nepalese people is like something I have never witnessed.. I've been here 8 times and it gets better every time! "

— Kevin Edgecombe, Team Leader/Treasurer, Her International

Thank you to our volunteers Kevin Edgecombe, Ron Quilter, Angie Anton and Raghwa Gopal for your hard work and dedication to Her International.

HER STORY



Alina is 19 years old and this year received a technical scholarship for tailoring. Technical scholarships are for students who struggle in traditional schools, but would like to learn a skill to further their employment opportunities. When Alina finished her 9 month tailoring program, Her International

awarded her a sewing machine so that she could start her own small sewing business. Alina and her husband have been able to rent a room to live in and are happy and inspire to work for themselves.

Kumari is a member of a mothers' group and runs a clothing shop. Before being introduced to the Saalt menstrual cup, she used old rags to manage her cycle. Since being introduced to the cup 3 years ago she has found it easier to work. It has saved her money and time. She finds it safe and reliable.

"I would like to thank whoever made the cup and brought it here for me to use. I'm extremely grateful for the impact it has had on my life and those close to me. It has been a blessing and is highly appreciated."



HER STORY



Sumitra is currently studying for a diploma in ophthalmology. She is a recipient of Her International's Unako Memorial Medical Scholarship Fund. Sumitra is a confident and optimistic student who always gives her best at school.



Students enrolled at Gyanodaya School have the opportunity to benefit from supplementary tutoring classes, which play a pivotal role in bolstering their academic progress in key subjects such as mathematics, English, and science. Not only do these classes foster an environment conducive to learning, but they also empower students with newfound confidence to actively engage and seek clarification by posing questions during these sessions.



While in Nepal in March, our volunteer team was able to complete work on a computer lab at Unako House. The Gopal Foundation made a generous donation of 10 Macbooks. This computer lab will be open to the community around Unako House.

Thank you to Raghwa Gopal for providing this amazing opportunity to the people of Ghadawa, Nepal.

HER IMPACT

3194

Total scholarships granted, this gives girls the chance to attend school, preventing child labour and child marriage



313

Bicycles distributed to get to school safely



23,357

Directly impacted from the building of 21 classrooms, 1 community centre and 20 toilet stalls

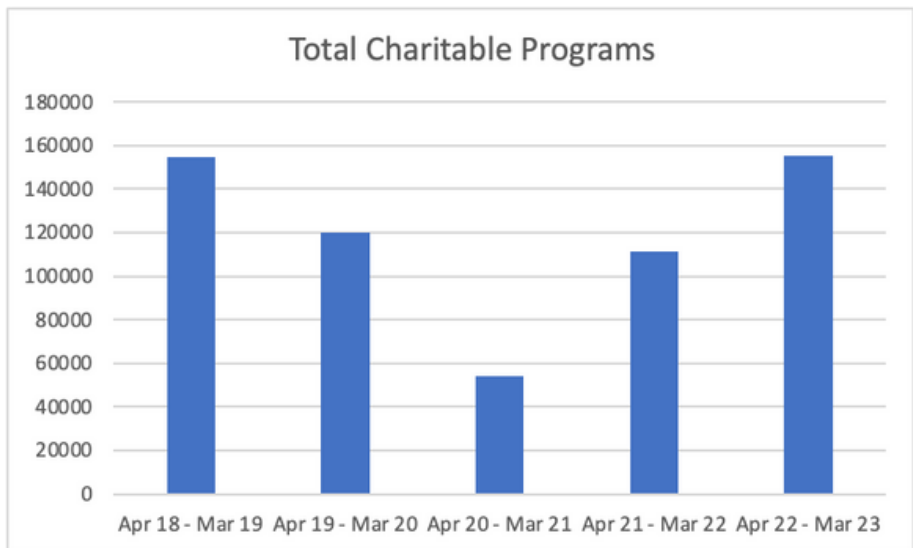
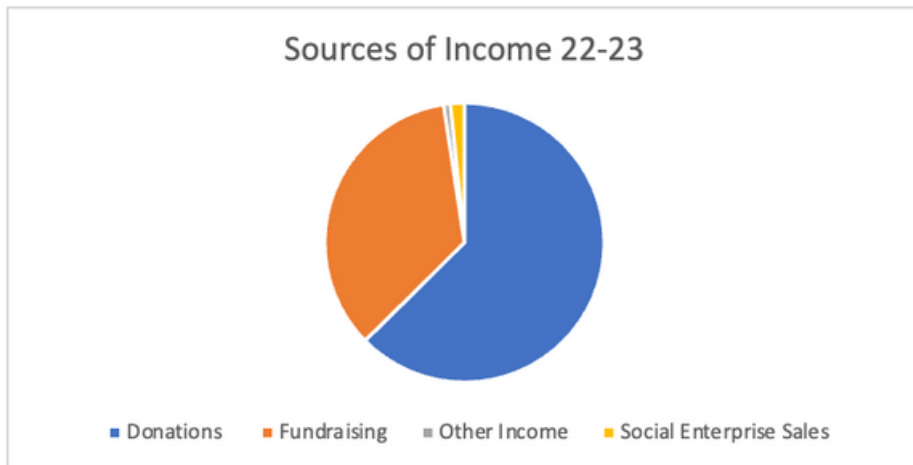
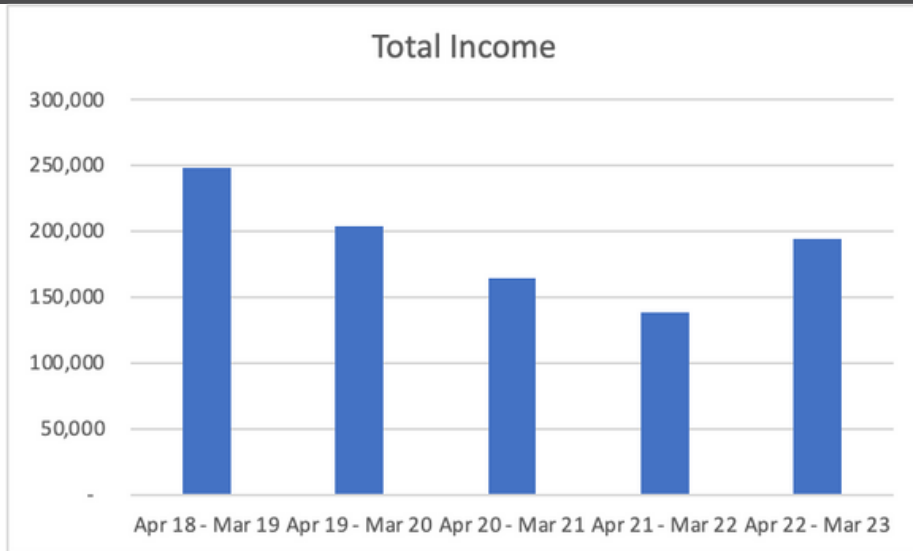


2887

Menstrual cups distributed in 2022 in partnership with donor Saalt, we provided safe and sustainable period care to women & girls in rural Nepal

saalt

HER FINANCIALS AT A GLANCE



HER FINANCIALS

Her International Foundation
Statement of Operations and Changes in Fund Balances
Year ended March 31, 2023

	<u>2023</u>	<u>2022</u>
Receipts		
Donations	185,313	99,090
Fundraising	5,097	36,010
Sale of goods	2,928	2,809
Other revenue	1,385	196
	<hr/> 194,723	<hr/> 138,105
Disbursements		
Charitable programs	155,521	108,402
Insurance	770	737
Interest and bank charges	2,872	2,157
Office	10,203	3,502
Professional fees	26,785	23,728
Fundraising expense	1,183	
Purchase of goods for resale	3,750	1,015
	<hr/> 201,084	<hr/> 139,541
Excess (deficiency) of receipts over disbursements	<hr/> - 6,361	<hr/> - 1,436

HER FINANCIALS

**Her International Foundation
Statement of Financial Position
March 31, 2023**

	2023	2022
Assets		
Current		
Cash	144,960	149,087
Accounts receivable	2,815	3,145
Inventory	7,027	8,990
	154,802	161,222
Liabilities		
Current		
Accounts payable	6,623	6,682
Fund Balances		
Reserves	148,179	154,540
Unrestricted	-	-
	154,802	161,222

**Her International Foundation
Statement of Reserves
For the year ended March 31, 2023**

	2023	2022
Reserves		
Grants reserve	16,228	33,803
Bikes reserve	4,114	4,458
General reserve	97,073	48,612
Medical Scholarship reserve	30,764	25,602
UBC sickle cell reserve	-	3,065
Building reserve	-	36,000
	148,179	151,540

THANK YOU

To our cherished supporters,

As the year comes to a close, we want to express our heartfelt gratitude to each and every one of our generous donors and volunteers. Your unwavering commitment to our mission has empowered countless girls and women, providing education, mentorship, and opportunities for growth. Together we have worked to transform lives, shatter barriers, and ignite dreams. We thank **YOU** for your trust, belief, and advocacy for women & girls. Together, we are building a world where every girl can thrive.


With deepest gratitude,

Her International.

CONTACT HER

 info@herinternational.org

 herinternational.org

 Her International
PO Box 30034 RPO Glenpark
Kelowna, BC V1V 2M4

