



Mitrata-Nepal Donors

With your gifts, we provided shelter, nutrition, medical care and private educational opportunities, assisting our children in becoming healthy, educated, economically-independent Nepali citizens. Every US dollar you gave made an impact in the life of a child. Many of the people on this list not only gave monetary gifts, but donated time, expertise and energy to meet our operational needs.

Major Gifts (over \$5,000)

Ellen Brasunas

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* denotes our Child Sponsors

! denotes a Climber or Sherpa in our 2013 Climb for Himalaya Children

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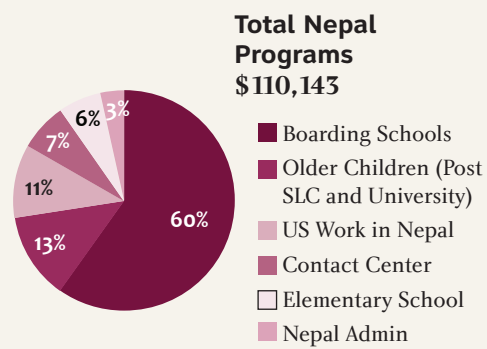
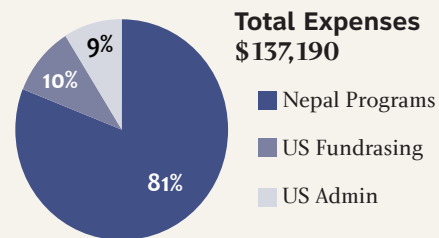
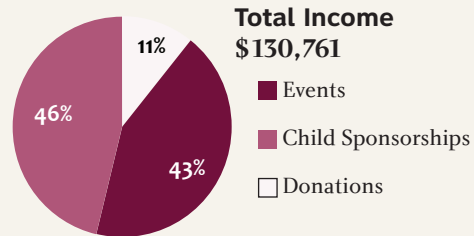
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2013 Financials at-a-Glance



Independent Accountants' Compilation Report

STATEMENT OF ASSETS, LIABILITIES, AND NET ASSETS – CASH BASIS FOR THE YEAR ENDED DECEMBER 31, 2013

ASSETS:	
Cash and cash equivalents	\$ 80,360
Total Assets	\$ 80,360
NET ASSETS:	
Unrestricted	\$ 80,360
Total Net Assets	\$ 80,360

STATEMENT OF SUPPORT, REVENUE AND EXPENSES - CASH BASIS FOR THE YEAR ENDED DECEMBER 31, 2013

UNRESTRICTED NET ASSETS	
SUPPORT AND REVENUE	
Contributions	74,388
Fundraising	56,307
Investment Return	66

Net assets released from restrictions	\$ 130,761
---------------------------------------	------------

EXPENSES	
Program – Sponsorships	110,143
General and administrative	12,604
Fundraising	14,443

	137,190
DECREASE IN UNRESTRICTED NET ASSETS	\$ (6,429)

TEMPORARILY RESTRICTED NET ASSETS	
Contributions	400
Net assets released from restrictions	(6,204)

DECREASE IN TEMPORARILY RESTRICTED NET ASSETS	(5,804)
DECREASE IN NET ASSETS	(12,233)

NET ASSETS, beginning of the year	\$ 92,593
NET ASSETS, end of the year	\$ 80,360

Prepared by Schowalter & Jabouri, P.C., Certified Public Accountants and Consultants

Goals through 2014



- **Welcome six new board members** invested in the future of our Nepali children. We are expanding our network and bringing in members to help us grow.
- **Secure ten boarding school/ university sponsors** for children. Due to inflation and increased program costs, we are in need of more sponsors to share the costs.
- **Empower ten 10th graders to pass the School Leaving Certificate (SLC) exam** and go on with their education.

- **Organize the group tour in late October** to introduce eight donors and sponsors to the children, culture and beauty of Nepal.
- **Provide for the needs of our children** through successful fundraising events. Our plans include Trivia Night, the Climb for Himalaya Children, the Concert for Kathmandu Kids and Holiday Mouse Races and Bazaar.
- **Apply for at least three grants.** We are currently funded only through donations and need to obtain grants to increase the sustainability of our programs.
- **Complete and launch our new website.** As this is an expensive item, we are modernizing and updating through volunteers and experts who are willing to work for greatly reduced prices.



Mitrata - Nepal Foundation for Children, Inc.



"A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child."

-Forest E. Witcraft

Board of Directors

Staff:

Dr. Christine Schutz
Founder and Executive Director

Alexis Mead
Director of Development and Operations

Board Officers:

Dr. Nancy Williger
President

Dr. Sandra Hoffmann
Vice President

Jim Craig
Secretary

Mike Reed
Treasurer

Board Members:

Melissa Alipalo

Stephanie Recht

Dr. Inta Berzins

Toni Schmidt

Ambrose Bittner

Jackie Wallach

Beth Boyd

Advisory Members:

Jim Brasunas

Gil Williams

Arati Maleku

Non-Board Committee Members:

Connie Colvis

Connie McIntyre

Aren Ginsberg

Arlene Miller

Karen Klaus

Angela Schutz

Chris Mahan

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2013 ANNUAL REPORT

Letter from Christine



Thanks to all of you for generously supporting Mitrata-Nepal Foundation for Children programs in 2013. For twelve years, we have pursued our mission to educate and empower individual underprivileged children to reach their full potential

as citizens of Nepal. This year we have witnessed our children blossoming into amazing young men and women with promising futures due to the education, healthcare, housing and counseling we have provided.

In 2013 Mitrata-Nepal Foundation for Children supported ninety-four children. This includes seven children in universities, pursuing bachelor degrees in nursing, physics, management and science, and ten children in eleventh and twelfth grade who passed the School Leaving Certificate national exam (SLC). The SLC is described as the "iron gate" because of the tremendous pressure for children in tenth grade to pass this exam required for further education. Our success rate—ninety-five percent of Mitrata-Nepal Foundation for Children students pass the SLC the first time—is a great accomplishment, since only twenty-five percent of children in government schools pass.

It is immensely gratifying to see our children make their way successfully in the world. This was so apparent to me on my trip to Nepal last November when I took the older kids out for pizza at the Roadhouse Café in Baluwatar, Kathmandu. They are so appreciative, studious, caring and aware of what a great gift they have received. Many of them tell me they want to give back one day, and help other poor children.

The Mitrata-Nepal Foundation for Children goal is to individually support poor Nepali children as long as they are capable and motivated to continue their education through obtaining a bachelor's degree, vocational training, or equivalent. This is a challenging job as these older students also need moral support, counseling and career guidance. In Nepal, there are so many pressures from family, finances, and the political situation that constrain a child from continuing in school. Leena Satyal, Executive Director of our NGO partner in Nepal, provides the leadership needed to handle these challenges. Her sensitivity to the children, her educational background and experience, and her dedication are true assets.

We face a future of increased expenses due to skyrocketing costs in Nepal for everyday items such as food and petrol as well as for education, salaries and housing. With your continued help, we will be able to meet the needs of our growing children and expand our programs to include more needy boys and girls.

Thank you for your generosity and continued support. Please consider joining me on my annual trip to Nepal in late October 2014 to meet our beautiful children and see firsthand what a difference you have made!

With Gratitude,
Dr. Christine Schutz
Founder and Executive Director

Mitrata's Mission

Mitrata-Nepal Foundation for Children is a 501(c)(3) nonprofit organization in the United States, dedicated to helping underprivileged children in Nepal. We provide housing, medical care and educational opportunities for children, assisting them in becoming healthy, educated, economically independent citizens of Nepal through our partnership with a nongovernmental organization (NGO) in Nepal.

We follow each child individually, making plans in partnership with their families or guardians, and educational institutions. Each child matters to us, and we provide direct links from our sponsors to the children so there can be a personal connection halfway around the world.

Programs that we support consist of child sponsorship for education, child sponsorship for education plus housing (in a boarding school), career development and scholarships, capacity building for the NGO board and staff, and support for a Contact Center that prepares children of all ages for enrollment in school.

Impact on Children's Programs



High rates of inflation, lack of potable water (which must be purchased and hauled in) and unreliable electricity impact our programs in Nepal. Schools raise tuition and housing fees each year and families struggle to provide personal items for children, such as warm clothes, resulting in the need for us to provide more basics for the children. Costs of transportation and food such as rice, protein, fruits and vegetables continue to rise. The amount of money needed to support a child in a boarding school is approximately \$2,000 per year. Twelve years ago, when we began, it was \$600 per year.

Costs also increase as our children age. Schools charge higher tuition with every grade level. There are extra exams older children must take, special tutoring classes required and extra-curricular activities such as music programs and physical education that are necessary for their well-being. Many of our children are entering university and vocational schools. In order to meet these financial demands, we have increased sponsorship donation levels and fundraising efforts. We have also added multiple sponsors for many of our children to help ease the pressure on individual sponsors.

In 2013 we supported seventy-six children ranging from kindergarten through university level. Our children in kindergarten to twelfth grade who are supported for education attend many different schools throughout the Kathmandu Valley depending on the location of each child's home. Our children supported for education plus housing are either in Children's Model Higher Secondary School in Baluwatar, Kathmandu, or in Pegasus English School in Bhouda, Kathmandu. At the university level, we support two children living in an apartment and three living on campus; the others live with guardians.

Demographics



EDUCATION TO CLASS 10
24 Children
10 Girls, 14 Boys



CLASSES 11 & 12
10 Children
7 Girls, 3 Boys

HOUSING + EDUCATION TO CLASS 10
35 Children
23 Girls, 12 Boys



UNIVERSITY/ VOCATIONAL
7 Children
4 Girls, 3 Boys



Founder's 2013 Trip to Nepal

In spite of Nepal's political and economic issues, it remains one of the most beautiful, culturally rich and environmentally diverse countries in the world, and welcomes international guests and tourists. Every year since 2000, Dr. Schutz has traveled to Nepal for program oversight and development, meetings with the children and their guardians, and coordination and planning with our NGO partner. She also invites sponsors and donors along to learn about the programs we support, meet their sponsored children and explore Nepali culture and countryside. In a busy five-week trip in 2013, Dr. Schutz worked to help our NGO partner sustain and continuously improve the services delivered to our growing children. Some of the activities of the trip included meeting with sponsored children; obtaining children's bios and pictures; visiting the schools our children attend; attending meetings on budget, office, organizational, board and children's issues with the NGO; enjoying wonderful dance and music performances by the children; taking boarding school children on an outing into the Himalayas; taking the older children out for dinner; and shopping with many of the children for needed clothing and personal items.



Why We Work in Nepal



Landlocked Nepal is one of the world's poorest countries, with high rates of unemployment and an average annual income of just \$700 (USD). Following the end of a civil war in 2009, migrations into the city have resulted in overpopulation, lack of safe, running water, high levels of air pollution and frequent power outages, as much as sixteen hours per day. Only 40 percent of people in Nepal have access to electricity at all.

Inflation has been a serious issue with 21.3 percent increase in salary and wages, 8.7 percent increase in price of food, 11.9 percent increase in imported goods and 6.6 percent increase in domestic goods. Political turmoil frequently causes schools and businesses to be closed, and a fearfulness of violence during demonstrations paralyzes the country and the economy. The Nepali government has not been able to produce a constitution, and political parties rival for power as corruption continues to hinder economic growth. As recently as November, another election took place amid an eleven-day bandh (a close-down of businesses, schools and transportation) and a four-day government

closure, so that people could go to their villages and vote.

Children in Nepal are at risk in many ways. Neonatal mortality accounts for 54 percent of under-five mortality. About one in twenty-five children dies during the first month of life. For the child that survives its first month, the following eleven months are likely to offer a number of challenges, especially diarrhea and acute respiratory infections. Malnutrition is a serious problem, and many children are undernourished from an early age. Another threat faced by children comes from vaccine-preventable diseases such as measles, tetanus and polio. There is no government aid for the poor such as food stamps, free healthcare clinics, or a division of family services, all of which we take for granted in the United States.

For girls, education is often viewed as a poor investment, since daughters leave their family's home at marriage and the benefit of their learning' is given to someone else. If a choice has to be made between sending a boy or a girl to school, the boy will usually be given precedence. The majority of Nepali adolescents are not in school and run a high risk of labor exploitation.



Contact Center

The Contact Center, located in Balaju, Kathmandu, helps prepare children to attend school. The population served includes children of itinerant workers or

very poor migrants to the area, street children and those who are victims of child labor. The program offers nutritious meals and high quality education in a positive, encouraging environment. Children learn to adjust to the structure of school and obtain the basics to be able to then enroll in a private school. Usually children attend for two years, as they are often older and far behind in knowledge when they enter. In 2013 five children graduated and entered formal elementary school.

Career Development and Scholarships

Because children in Nepal must make early career decisions, we provide our children with extra counseling and guidance. Starting in Class 9, our partner in Nepal discusses educational futures and interests of the children with teachers, children and guardians. Children complete statements of interests and are helped to explore schools and have a plan for their future. This reflects our individualized approach and commitment to each child that we support into adulthood. In Class 10, children spend the whole year in intense study and classes, take the SLC exam and then wait several months to know if they passed. Seven of eight of our children passed the SLC the first time and have gone on to Class 11, moving to a new school with a concentration in science, management or healthcare, etc.



Operational Support and Oversight



We work directly with our partner in Nepal in planning, oversight of finances, consultation on program development and operation. Annual budgets are monitored, and monthly reports and frequent communication are made easier by Skype and the Internet. Several Board members have visited our programs and made reports. Christine's annual trip to Nepal is an intense working trip in which all aspects of the care of the children—education, housing and medical care—are examined and recommendations are made. Our partner in Nepal regularly evaluates the homes, quality of care, and schooling needs of each child. For example, in 2013 one child was moved from the education program to the education-plus-housing program due to a deteriorating family situation, and four children were moved from one boarding school to another in order to meet their needs for more individualized attention to their learning disabilities. These decisions are always made after careful investigation and on the basis of what is best for each child.