

2017 Annual Report



A Look Back

Himalayan Institute Cameroon



HIMALAYAN
INSTITUTE®

OUR MISSION

The Himalayan Institute's Global Humanitarian Projects are yoga in action—offering spiritually grounded healing and transformation to the world. Our humanitarian projects serve impoverished communities through rural empowerment and environmental regeneration. By putting yoga philosophy into practice, our programs are empowering communities globally with the knowledge and tools needed for lasting social transformation at the grassroots level. As members of the Himalayan Institute humanitarian community, we perform our actions based on the core tenants of our mission's goals: to engage globally, empower locally, and enrich lives.

Working toward meeting these communities where they are and understanding that standalone projects rarely deliver lasting impact, we have incorporated a holistic approach of delivering programs to the people we serve in an effort to tackle a broader spectrum of community needs, striving to have a greater, more sustainable impact, ultimately eradicating poverty, disease and illiteracy.

By training their leaders to be resourceful and efficient in their economic and educational initiatives, these grassroots pioneers become the ushers of new generations of healthy, more knowledgeable, and proactive citizens. This model is one of the only ways in which communities in need can eventually become totally self-sufficient.





OUR VALUES:



RESPECTFUL PARTNERSHIP

Every community has unique priorities, challenges, assets, and opportunities. We are guided by the experience and wisdom of grassroots leaders. Our projects are models of participatory and collaborative development. In each community we employ local talent and leadership to design, implement, and evaluate innovative projects that tackle chronic problems.



EMPOWERMENT

Grassroots leadership development is central to our work, so that local community members gain the skills and confidence to become effective agents of change.



ECONOMIC SUSTAINABILITY

Our projects strive to create livelihoods that offer stability and dignity to people and their families. This drives sustainable change and generational impact in the communities where we work.



LASTING PARTNERSHIP

Our global humanitarian mission is the transformation of rural communities. Working with strong local partners, our multifaceted programs address root problems with integrated sustainable solutions in key areas of education, health care, and economic progression.

2017 PROGRAM SUMMARY

Our flagship humanitarian venture, and program model in Cameroon, West Africa, has been designed as an integrated hub for a range of rural empowerment projects, all supporting these goals: to fight poverty, illiteracy, and inequality through education, health care, and job creation. Through the strengthening, maintenance, and expansion of the following six initiatives, the Himalayan Institute Cameroon Community Center Model is now the main vehicle for the Institute's humanitarian efforts abroad.

TOTAL HEALTH PROGRAM

PUBLIC LIBRARY NETWORK

WOMEN'S EMPOWERMENT PROGRAM

CENTER FOR CARPENTRY & CONSTRUCTION

CAMEROON SCHOLARSHIP PROGRAM

YOUTH EMPOWERMENT FOCUSED INITIATIVES



Total Health Herb Garden



Cameroon Main Building

TOTAL HEALTH PROGRAM

Cameroon is home to approximately 22 million people. In Northwest Cameroon, the average life expectancy is 54 years, with a majority of people dying of preventable communicable diseases linked to poverty and controllable lifestyle factors. Access to health knowledge and education is greatly lacking in the general population.

The Total Health Program serves this population in a unique way, by utilizing herbal medicine, natural health products, yoga therapy, lifestyle counseling, and widespread health education and awareness efforts.

This education-based model is the first of its kind in the region, offering simple yet meaningful solutions that are realistically applicable to the people of Cameroon. In conjunction, we are training community health workers to go out into their communities to provide vital public health knowledge and awareness.

These health services shore up critical gaps in the current health system and public health programming, which is overburdened by the needs of the community and is unable to address the underlying factors responsible for illness and poor health.

These services comprise the two main parts of the Total Health Program: The Total Health Center (THC) and the Health Education Program.



Total Health Dispensary



TOTAL HEALTH CENTER INITIATIVES INCLUDE:

LOCAL HEALTH AGENTS

Our Total Health Center is led by local health agents, trained in the community's most prevalent health issues, including digestive tract ailments, joint pain and arthritis, cough and cold, fever, blood sugar problems, anxiety, and depression. Our training program places a strong emphasis on hands-on experience in basic public health education and dispensary services. In addition to Total Health Center-based consultation and pharmacy services, we have a strong network of Certified Independent Consultant Affiliates (ICA's), who expand the reach of the Total Health Center even further into the community. Our free health consultations give thousands of people access to care they otherwise could not afford.

MOBILE HEALTH CLINICS

Mobile Health Clinics bring health solutions directly to patients. Each week the mobile team, which is made up of three members, including a trained Total Health consultant, a Total Health pharmacist, and a public relations specialist, drive to a different community with a vehicle full of medicinal products. A temporary Total Health Center is set up alongside the vehicle, complete with a private consultation room and benches for waiting patients. The back of the vehicle becomes the pharmacy where patients go to fill their prescriptions. Using loudspeakers, the public relations specialist announces the arrival of the Total Health Center to people in the marketplace. Each time the Total Health Center mobile unit visits a community, 100-300 free consultations are given. The mobile unit returns to each community every few months on a regular rotation, in order to best serve its clients.



PHARMACY

After a consultation, patients receive a personalized treatment plan consisting of herbal medicine, homeopathy, yoga therapy, and behavioral and lifestyle counseling. Our pharmacy offers a range of products, such as herbal medicine, homeopathic remedies, medicinal oil and rubs, other natural health products, dental hygiene products, and reading glasses. Our Total Health products are safe, effective, and extremely affordable, offering patients an excellent alternative to pharmaceutical drugs and other health products on the market.

LABORATORY

The Total Health Center's medicinal products are produced in Cameroon, manufactured from herbs grown locally. This local manufacturing style is the first in the country and combines age-old treatments with modern production methods. By growing medicinal herbs in the communities that need them, the Total Health Center provides affordable health options, without being dependent on long-distance supply chains, while also creating income for growers.

DEMONSTRATION PLOT

The Total Health Center has a demonstration plot on its main campus for research and development, as well as for teaching various modern and sustainable farming techniques. During regular seminars, local farmers are instructed in composting, micro-rainwater harvesting, crop diversification, organic pesticides, and intercropping. The farm serves as a nursery for biofuel and medicinal crops. Located in the administrative center of Kumbo, this demonstration site is easily accessible to thousands of farmers.

HEALTH EDUCATION INITIATIVES INCLUDE:

HEALTH CLASSES

Our trained community health educators teach health classes throughout the region. These free classes are hosted by hundreds of community partner organizations, and 50–100 individuals typically attend per class. Topics include basic public health, first aid, diet and nutrition, maternal and child health, men's and women's health, and stress and emotional health. Classes include both lectures and interactive demonstrations, designed to be easily understood and culturally appropriate.

AWARENESS AND OUTREACH

The goal of our awareness efforts is to bring about large-scale change by engaging the general population and creating a culture of health. Developing partnerships with social groups, schools, local businesses, traditional leaders, and local and national government—social infrastructure—is central to our health work. Outreach activities engage and mobilize the community, motivating people to take part in educational classes and other Total Health programs.

ADVANCED INDEPENDENT CONSULTANTS AFFILIATES CERTIFICATION

The Advanced Independent Consultant Affiliates (ICA) Certification initiative was the program's development focus in 2017, replacing one of the year's Health Educator and Consultant training courses. The criteria to meet this new initiative consists of organizing successful Mobile Unit events in their community, exhibiting health consultation competency, exhibiting health educator talk effectiveness, attending THC Continuing Education classes and selling/distributing THC products. These ICAs receive increased support and promotion from HIC to expand and grow their Total Health practices in order to better serve their community.

SCHOOL OUTREACH INITIATIVES

In order to reach and educate the youth about healthy lifestyle habits, our Health Program reaches out to local schools, and even hold educational classes in our own locations. The educational programs for youth empowerment includes training on oral hygiene, hand washing, diet and nutrition, and basic first aid. Additionally, flyers and posters are created to deliver quick but effective messages on the dangers of alcohol, drug abuse, and smoking.

2017 ACHIEVEMENTS (THP)



In 2017, the Total Health Program (THP) increased its outreach for preventive health education through radio and TV media, Total Health Mobile Units, and continuing education courses for HIC Certified Independent Consultant Affiliates (ICA). Combined, these outreach initiatives served to inform and educate an estimated 400,000 Cameroonians in preventive health practices which included diet, sanitation, personal hygiene and lifestyle choices.

Through the Branch Library & Health Center system, which includes 6 centers throughout the North West Region, **health services are now available on a daily basis** to nearly 40,000 rural households in Cameroon.

The new Advanced Level ICA certification project initiated this year helped to **increase the effectiveness of health providers** and the Total Health Program's services in locations where Branch Centers are found. These Advanced Level ICAs deliver all aspects of the program in their communities with periodic Public Health Educator presentations, Total Health consultations and a wide range of natural palliative remedies, herbal health and personal hygiene products. These ICAs are also trained in Library Management and serve as Branch Center managers to bring the widest range of HIC services to the populations of the communities they serve.

10 new ICAs, from 8 different communities in the NW Region, were certified after completing the Total Health Center's Total Health Educator & Total Health Consultant training and a 2-week internship in the Main Center facility.



In 2017, the Total Health Center:

- conducted **23 Total Health Mobile Units** in 18 rural villages.
- Directly influenced more than **4,000 participants** and conducted **3,025 Total Health consultations**.
- Received **2,000 visits** and conducted **1,300 consultations**.
- Dispensed more than **12,800 remedies, herbal health, and hygiene products** for relief and improved health among the populations of the region.
- **10 New Independent Consultant Affiliates (ICA)**, from 8 different communities in the NW Region, were certified after completing our Health Educator and Consultant training and a 2-week service internship.
- **6 ICAs earned Advanced ICA Certifications** under the new initiative.
- **3 of the new ICAs received additional Library Management training** to serve as Branch Library & Health Center proprietors in their communities.



Student Summer Learning Camp



Computer Literacy

PUBLIC LIBRARY NETWORK

Himalayan Institute Cameroon boasts the largest library in the Northwest Region of Cameroon. This library contains over 60,000 books, as well as reading rooms, collaborative workspaces, a children's corner, reference books, and textbooks. We currently have six public libraries throughout Cameroon, which are run and operated by local Cameroonian staff, and we plan to build four more public libraries by 2021! In strengthening and scaling this existing network, the goal to provide access to educational resources, spaces for learning, and community mentoring services to bolster primary, secondary, and continuing education remains crucial to this program's success. This network of libraries, which serves as a learning center for study as well as mentorship by trained education specialists who work one-on-one with students, holds the key to continuing education across the Northwest Region— and hopefully, in the future, all of Cameroon.

PUBLIC LIBRARY INITIATIVES INCLUDE:

MAIN LIBRARY

Our public library in Kumbo serves students from elementary to university level, as well as teachers and other professionals. Through the library, we offer a book-lending program, afterschool and mentoring programs, computer literacy programs, and professional development resources.

BRANCH LIBRARIES

Branch libraries are strategically located in remote communities that otherwise have extremely limited access to educational resources. Each branch library holds 2,000 to 3,000 books. All our libraries are run and maintained by trained community members who hold education in the highest regard. We currently have Library branches in Kumbo, Mbonso, Melim, Tatum, Bamenda, and Oku village.

KUMBO PUBLIC LIBRARY 2017 ACHEIVEMENTS

The Kumbo Public Library played a special role in the community in 2017. Schools throughout the North West Region were closed due to a prolonged teacher's strike, making the Library's resources and programs more important than ever for the community's students and children. By providing a safe, structured, and accessible environment, the Library served as a focal point for fostering literacy, study, and social interaction during a time when other opportunities were not readily available.

During 2017, The Main Library featured three educational programs:



Computer Literacy Training Program: Library members were able to supplement their education with an ongoing Computer Literacy Training Program which graduated 38 participants during the year. This program featured lessons on the basics of computer navigation and computer programs such as Word, Excel, Gmail, Power-Point, and browsing the Internet.

Children's Summer Program: In its third year, the six-week Children's Summer Program, with an enrolment of 45 children, was aimed at identifying children with reading and writing difficulties. The program focused on helping students bolster their self-confidence by providing targeted instruction and improved reading and study techniques. Teen Student Volunteer Library Monitors and adult volunteers provided instruction in a relaxed family-setting atmosphere, which put students at ease. This enabled and empowered students to practice self-expression both in and out of the class room. Subjects included reading, arithmetic, English, general knowledge, science and art. Lessons were interspersed with inclusive learning games and competitions that included every child.

Pen Pal Friends Program: A special Pen Pal Friends Program was introduced for 10 – 12-year-old children, which created a dialogue between HIC Library members and U.S. students from Heathwood Hall Episcopal School in Columbia, South Carolina. Through the exchange of e-mail letters and photos, children on both continents learned about a different culture in an intimate person-to-person way. This ongoing program is both educational and socially instructive between the young correspondents.

For older teens, a weekly **Student Round Table** event was initiated. It is a structured, interactive program which addresses adolescent interests and issues in a peer group setting. This is meant to foster mature social interaction and encourage sharing in an environment that allows personal challenges, problems and achievements to be discussed openly and freely. Participation is open to all teen-age Library members and features adult presentations, chosen by student interest. Throughout the year, more than 85 teens participated in this valuable program.

More than 200 members and parents attended and participated in the Library's **2017 annual Students Come Together** event, featuring:

- Motivational speeches from older students.
- Reading, typing and team spelling competitions.
- Singing and dancing performances.

This event is a showcase for member's accomplishments and reflects the valuable, positive influence that the Library's programs are having on the children in our communities.

In 2017, The Main Library and Branch Library system:

- Had **2,300 registered members.**
- Conducted more than **1,600 hours of structured learning, social and recreational activities.**
- Established more than **20,000 books in communities throughout the NW Region.**

Center for Carpentry & Construction

The Center for Carpentry & Construction houses a vocational training and service center, which features a large range of modern tools, equipment, and techniques, all designed to improve the efficiency, safety, and quality of construction projects in Cameroon. Kumbo, in particular, suffers from an overwhelming deficiency of tools, and workers lack experience of how to integrate various trades to effectively build or renovate structures. This results in construction projects that are frequently plagued with inefficiency, inconsistent quality, high cost, and numerous safety concerns. By integrating several vocational trades—including carpentry, masonry, and plumbing—the center’s main vehicle, the School of Carpentry & Construction, is training a new generation of high-quality general contractors.

CENTER FOR CARPENTRY & CONSTRUCTION INITIATIVES INCLUDE:

VOCATIONAL TRAINING

The Center of Carpentry & Construction offers vocational training courses on advanced woodworking techniques and furniture making. The course includes training in structural design, furniture design and upholstery, detail carpentry work, wood preserving and finishing techniques, project estimating, and shop management. With a strong emphasis on hands-on experience, the program provides ample opportunity for student projects and internships. Graduates can use their certificates of completion to help them get better jobs throughout Cameroon, and select students have the opportunity to join the Furniture Production center and Speciality Wood Service Program.

SPECIALITY WOOD SERVICE PROGRAM

The School of Carpentry & Construction is equipped with a modern set of woodworking machines: table saw, mortising machine, drill press, lathe, plunge routers, handheld belt sanders, and random-orbit hand sanders. Many of these machines are the first of their kind in the area, helping to make the local carpentry industry more efficient, productive, and safe. The Service Program makes these modern power tools available to the Kumbo professional carpenters. Staffed by select graduates from the center’s 10-week training program, the center provides on-demand custom cuts and joinery for established carpenters. Many of the orders are completed in minutes with stationary power tools, which would otherwise take days of manual labor at the school. The Service Program ensures high-quality products for consumers and broadens the product base for the 250+ carpenters in the region!

FURNITURE PRODUCTION CENTER

The Center of Carpentry & Construction fills challenging orders from the local community for furniture that otherwise could not be completed through traditional methods. By doing this, the center raises awareness of the potential of local materials, while creating demand for locally produced, high-quality furniture.



2017 ACHIEVEMENTS - C&C

In 2017, the Center conducted 2,000 hours of training to Student Interns from Higher Technical Teacher Training Colleges and Technical High Schools, as well as Advanced Apprenticeships to professional carpenters.

The Center’s commercial production serves the professional carpenters with the highest quality functional, attractive and durable finished products available. It also provides increased economic opportunities for the public and contributes economic stimulus to businesses throughout the region. Through this, the center has been able to generate self-sustaining operating revenues for C&C and the other HIC Community Center Programs. In 2017, the revenues earned were more than 300% of the Center’s operating budget.



Home furnishings: 3-Section Parlor Cupboard: Eucalyptus & Cypress



Church furnishings: Shisong Chapel Pews: Eucalyptus



Office furnishings: Commander Executive Desk: Eucalyptus & Cypress

These three custom design projects of distinction, accomplished by the Center in 2017, reflect the highest quality furnishings available in Cameroon. These projects require innovative design for attractiveness, function and durability. They are the result of refined craftsmanship and the application of the most advanced construction and finishing techniques in the area. Projects like these are representative of all the work produced in the shop, which has established its excellent reputation for fine furniture and demonstrated the value and attractiveness for the qualities of Eucalyptus and Cypress, the two major local wood species.

In 2017, The Carpentry & Construction wood shop performed 150 custom woodwork construction and professional Specialty Wood Service projects.

Shop operations were, to some extent, curtailed by ghost town days and other disruptions resulting from civil unrest in the region. However, demand on the shop's services never rested. In order to maintain the shop's reputation for on time delivery, the staff voluntarily worked on some weekends and holidays to meet production schedules and customer due dates.

In 2017, the School of Carpentry and Construction had:

- **9 Student Interns and Advanced Apprentices trained**
- **150 completed customer projects**
- HIC program sustaining **revenues generated = \$6,650**
- Purchased **\$7,400 worth of materials** from the community.
- **Paid workers a total of \$3,800* for labor.**

*An additional \$2,100 paid to labor through operational budget/allocation process.



WOMEN'S EMPOWERMENT PROGRAM

Our Women's Empowerment Program provides women with the skills and opportunities to build sustainable small businesses, helping to eradicate poverty and bring economic growth to rural communities. This past year, one of our main goals was to expand our premier Women's Empowerment Program, thus, the **Women & Family Enrichment Program (WFEP)** was established this past year in 2017. The Women & Family Enrichment Program was created to enhance the already established Sacred Link Jewelry Vocational Training Program with an added initiative of educational workshops and instruction. These workshops were specifically designed to provide instruction on the subjects of Women's Health, Family Hygiene and Household Budget Management. With the recognition that women, with their native practicality and sense of family responsibility, are often the primary managers of family needs and household finances (especially in regions of low economic opportunity), this educational addition is designed to address current and future generational needs.



The original 10-year old Sacred Link Jewelry Program was also kept and expanded to include a broader range of beadwork craft vocational training and training specific towards starting and managing an independent handicraft business enterprise. These new and original designs, using natural beads available through HIC, give students the opportunity to create unique craft work which can be introduced into the local marketplace.

Periodic Continuing Education Classes also introduce graduates to new design and marketing ideas as well as effective business practices. Graduates also earn the opportunity to participate with HIC in public display and sales events carried on throughout the year. This helps them to introduce, market, and sell their products to their local customer base.



WFEP incorporates designs and materials from all around the world and brings the beauty of the village market to a global scale, while teaching women how to achieve financial independence with tradecraft. For nearly a decade, we've worked with schools, women's empowerment groups, government ministries, local nonprofits, and other development clubs throughout Cameroon to teach jewelry making as a vocational trade. For these Cameroonian

women, having a skill that allows them to earn an income is a matter of great pride; it allows them to be truly self-reliant.



2017 ACHEIVEMENTS - WOMEN'S EMPOWERMENT

In 2017, The Women & Family Enrichment Program:

- Provided **1,280 hours of instruction and continuing education classes** to nearly 100 individuals throughout the year.
- Conducted **572 individual sales of beads and components** to graduate craftsmen and the public
- **Sold 167 finished beadwork products.**
- **Participated in 31 public display and sales events.** These events served to inform the population about the Women's Empowerment Program as well as all the other humanitarian services provided by the Himalayan Institute Cameroon Community Center project.

CAMEROON SCHOLARSHIP PROGRAM

Beginning in 2007, the Cameroon Scholarship Program began, providing educational scholarships to outstanding primary, secondary, and university level students. Designed to support students through all phases of education, this program allows students the financial resources to continue learning far into young adulthood.

Each scholarship provides full tuition and access to a Himalayan Institute Cameroon educational mentor to assist students in their academic pursuits throughout their schooling. Not only do these mentors provide academic tutoring, they also offer leadership training, career counseling, and life skills consulting, as well.

The Cameroon Scholarship Program seeks to identify, empower, and support the future leaders of Cameroon, and we are well on our way to sustaining a new level of educational commitment with this program under Himalayan Institute Cameroon's educational initiatives.

Right now, HIC provides 52 bright, young students with a full scholarship under the program. We hope that we will be able to fully support a larger number of students in the future, with more continuous and dedicated program funding. We wish to greatly expand the number of students through our growing network of libraries by offering academic assistance to the students in rural villages who have not had previous access to continuous education.



INNOVATIVE IMPACT OF HIC

The foundation of all our projects lies in the choice to work directly with—and to rely on—community leaders for the structuring of day-to-day operations, while making decisions based more on qualitative instead of quantitative experiences. This is because in working with local leaders, we see that they know the needs of their community best. Thus, the focus of this work so far has been rather insular— working hand in hand in Northwest Cameroon with the support of mainly individual donors and the Himalayan Institute for our funding needs.

We have come extraordinarily far in building a foundation upon which our work can grow, not just in Cameroon, but throughout other countries in Africa as well. Himalayan Institute Cameroon has developed great trust and deep relationships within the Cameroonian community, all through direct contact on the ground—the majority of which was funded by crowd sourcing from people who saw the long-lasting quality and positive nature of our work.

At Himalayan Institute Cameroon, we feel it is paramount to manage this organization with a certain level of social, ethical, and community responsibility. Yet, after 10 years, this grassroots approach had left us without certain key demographic, project specific, and quantitative data necessary for us to continue to scale our programs without losing the quality of care we are known for providing.

It has been a joyous and fulfilling experience to be able to facilitate programming on the ground with the guidance and assistance of local leaders and practitioners, but in order to grow in the necessary ways to meet our need, we have started the process of sourcing large quantities of quantitative data in order to secure more consistent, long-term funding.

Hence, this past year we established a program-wide Metrics and Evaluation Data Collection system.



Community Leaders

DATA-DRIVEN DECISION MAKING

The Metrics & Evaluation Data Collection system was introduced to measure program impact and to establish statistical data in order to evaluate and demonstrate our program's effectiveness in Cameroon.

This Evaluation System, centered on maintaining accuracy in data collection and successful management, storage, and analysis of data in order to make more data-driven decisions, is crucial to Himalayan Institute Cameroon's ability to secure funding to achieve quality consistent expansion throughout Cameroon. Part of this implements a Monitoring and Evaluation (M&E) Protocol designed to gather multi-level data for every institute program.

The M&E focuses on identifying the short-term, mid-term, and long-term outcomes desired for each program, based on the current demographic populations we work with in Cameroon. Our M&E Protocol tracks the following for every program:

Inputs

Activities

Outputs

Short-Term Outcomes (less than 1-year impact)

Mid-Term Outcomes (1-3-year impact)

Impact (Long-Term Outcomes) (5-10-year impact)

The outcomes for each program are determined by the creation of two different surveys conducted by data specialists and program leaders in the field: a General Survey, catered to gathering data relevant to mid/long-term outcomes; and a Program Specific Survey, catered to gather data to determine short/early mid-term outcomes.

This data collection and reporting system will allow Himalayan Institute Cameroon to effectively scale all its projects while practicing fiscal, social, and organizational responsibility. This quantitative data will then also complement all the qualitative, experiential data that the institute has garnered over the past 10 years—making our history of service that much more valid in the eyes of larger, more competitive donors.

This past year we have been blessed with the support of key foundations, along with private donations, that have allowed us to expand our program. As our team more actively searches for larger and competitive donors, we know that our growth can occur exponentially, eventually allowing us to reach our goal of empowering all of Cameroon and beyond, still in a sustainable, personal, high-quality, and lasting way.

FUTURE 2018 PROGRAM DEVELOPMENT

The Himalayan Institute's Global Humanitarian Projects lead communities towards sustainable change, alleviation of poverty, and bringing innovation to business and infrastructure around the world. Over the last 11 years, our programs have impacted thousands of lives. Our nonprofit, community-centered model has allowed us to focus on communities that need our help the most. By training their leaders to be resourceful and efficient in their economic and educational initiatives, these grassroots pioneers become the ushers of new generations of healthy, more knowledgeable, and proactive citizens. This model is one of the only ways in which communities in need can eventually become totally self-sufficient.

From 2018 through 2021, our vision is to operate a network of up to 10 village branch centers, supported by our headquarters in Kumbo, while constructing a fleet of Mobile Health Unit Clinics, servicing all of Northwest Cameroon. This multi-tier service model, combining a centralized community center as its foundation, with comprehensive and far-reaching outreach methods, will allow us to reach vastly underserved communities while maintaining high-quality service standards.



With the addition of a Quality Improvement Plan, along with our new Development Team's mission to diversify funding, our goal of sustainably scaling the Himalayan Institute Cameroon model throughout Cameroon, West Africa—and the rest of the world—can truly become a reality (one combining data-driven decision-making with an immense passion for social responsibility).

Currently, we are focused on creating greater continuous funding for three priority areas at the Himalayan Institute Cameroon: libraries and education, community health, and job creation. We are determined to take action against poverty in underserved communities, and with continued support from people like you—we will make an exponential difference.

Additionally, we are looking forward to constructing and moving to a new Himalayan Institute Cameroon Center, only a short walk from our current location. This project will not only supply the community with ample job opportunities, but also will allow us to design a community center that best suits the needs of our programs. This decision has been in our thoughts for many years and driven by the needs of the community and the support from donors and private funds, this dream may soon become a reality.

We focus on total community transformation because change is not linear. When we create change in one sector, it stimulates positive changes in others. Join the Himalayan Institute Cameroon in partnering with rural communities to provide local health services, public libraries, and sustainable employment opportunities. Support our family of projects and help reduce poverty by addressing its root causes.

Future Goals:

TOTAL HEALTH CENTER (THC) – LOOKING FORWARD

- **Establish more Branch Health Centers.** (Targeted invitations and applications have already been sent to the two communities who declared interest in acquiring a Branch Library & Health Center)
- **Emphasize promotion of the Advanced Level Independent Consultant Affiliates (ICA)** initiative to increase ICA sales and purchase of products from the main THC. It is both a qualitative and quantitative measure of the program's effectiveness and demonstrates THC products are reaching the hands of clients while increasing income for the ICAs.

KUMBO PUBLIC LIBRARY – LOOKING FORWARD

- **Install the successful Main Library models of learning and social programs** throughout the branch library system. This will be done by timing and extending the monthly branch library inspection tours to coincide with times when members are available to participate.
- **Increase the volume of text books in each of the Libraries.**
- **Complete a book rotation throughout the library system** by selecting the categories of books each librarian determines to be in most demand within their community.

SCHOOL OF CARPENTRY & CONSTRUCTION – BUILDING THE FUTURE

- **Devise more timely board inventory replacement system** to ensure a sufficient stock of seasoned boards are on hand for large mass production projects. There is already a large project underway which began in early 2018.
- **Acquire nine additional stationary power woodworking machines** to increase the shop's capacity for vocational training and production. These machines will also act as back-up machines to replace the current tools which all have reached an age of depreciation and decreasing reliability due to age and usage.

WOMEN EMPOWERMENT – FUTURE DEVELOPEMENT

- **Add quarterly Continuing Education Classes** for graduates of the Beadwork vocational training.
- **Invite selected graduates, on a competitive basis, to participate with HIC during public display and sales events.** This will help them to promote their business and to introduce them to their local customer base.

On behalf of our entire team in Cameroon and in the US, and all the beneficiaries who have been utilizing the programs that the Himalayan Institute Cameroon is able to provide, we want to say thank-you for the years of continuous love and support that we have seen from all of our friends, families, and donors across the globe. May we forever change the lives of the people we serve for many years to come.





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