

Dear friends.

last year the guestion of refugees was raised at MOST as well. Although the situation is not comparable with the exodus of tens of thousands of Tibetans almost 60 years ago, it is, nevertheless, a test of our attitudes.

In addition to all the existing projects the company MOST expanded its aid to helping the elderly Tibetan refugees and began to help a senior home in Lugsum Samduplingu in southern India. All places that the Czechs generously support, have been visited by our new employees. They are volunteers who have completed foreign Development Studies at the Palacky University. Our team now consists of new young members. They brought a lot of new information, deepened cooperation with the Tibetan government in exile and personally wished many happy returns to His Holiness the Dalai Lama to his 80th birthday. The Dalailama Foundation made financial contribution to one of our earliest projects – the construction of a nunnery in Kaze.

Back home, the overview of the activities of MOST were available on the website or in the monthly newsletters or daily posts on Facebook. At the same time the "Internet highway" also provided information about our country's bonding with the communist China. Supported by the numerous donors and supporters we hope that the exchange of values with the Land of Dragon will only be carried out in commercial sense. On behalf of the Tibetan Prime Minister Dr. Sangay we thank them "for their noble

efforts and support in the establishment of justice and freedom in Tibet."

Petr Ďásek Chairman of the board MOST, o. p. s.

Content of the Annual report

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Sponsorship – children



Sponsorship – elderly people



School ProTibet



Goat ProTibet



Health care, workshops



Educational and informational programs in the Czech Republic



ProTibet Club



MOST, O. P. S., NON-GOVERNMENTAL ORGANIZATION

Goals and mission

Promoting education and improving the living conditions of thousands of children, nomads, Tibetan refugees and old people has been our mission since 2004. We are engaged in development and humanitarian aid in the Indian Himalayas and Tibet. Thanks to donors we help Tibetan children, monks and nuns in exile and Tibetan monastic schools, seniors without families and nomads.

For the Czech public, we hold cultural and educational events throughout the year, the largest of which is the Festival ProTibet. Through our educational programs for schools we offer a variety of activities, we collaborate with volunteers, universities and non-profit organizations in the Czech Republic and abroad.

Members of the board

Ing. Petr Ďásek, Nela Boudová, PhDr. Kateřina Bursíková-Jacques, Ing. Radim Chytka, Mgr. Johana Krajčírová, Mgr. Michal Majer

Členové týmu

Ing. Jana Neboráková (director), Mgr. Gabriela Gazdíková, Mgr. Johana Krajčírová, Ing. Iva Neboráková, Bc. Tomáš Přichystal, Mgr. Karin Majerová (12/2015)

Foreign experts

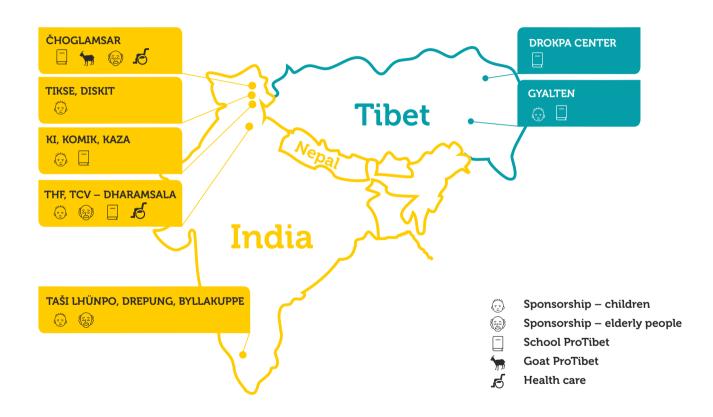
Tenzin Dhondup, Karma Cchedup, Damdul Topden, Ngawang Thinley, Kalsang Namgyal, Pema Samdup



"Humbly and with respect I look back and see that the past 10 years not only provided 16 million crowns to those in need and directly supported 537 individuals and affected thousands of other destinies but they were encouraging in terms of encountering with great solidarity of donors, without whom this would not be possible."

Jana Neboráková

DEVELOPMENT COOPERATION



DEVELOPMENT COOPERATION 2006–2015

DEVELOPMENT COOPERATION 2015

TRANSMITTED FUNDS TOTAL 615,622 EUR

140,000 120,000 100,000 80,000 60,000 40,000 20,000 0 2009 2010 2011 2012 2013 2014 2015 2006 2007 2008

TOTAL 132,275.8 EUR

Sponsorship	EUF
Monastic schools Ladakh (Diskit, Tikse)	7,889.6
Monastic schools Spiti (Komik, Ki, Kaza)	33,797.0
SOS Villages – children (THF, TCV)	42,980.6
Gyalten school (Tibet)	5,550.4
Elderly people Ladakh	9,620.7
Elderly people (THF, Byllakuppe)	7,857.8
The sponsorship total	107,696.1
Projects India, Tibet	EUF
School ProTibet	10,592.2
Goat ProTibet	9,250.7
Health care	370.0
Others (workshops etc.)	4,366.8
Development projects total	24,579.7
TOTAL	132,275.8

THF = Tibetan Homes Foundation TCV = Tibetan Children's Village



SPONSORSHIP - 441 CHILDREN



TOTAL 90,217.6 EUR

This project focuses on improving the living conditions of individual children who need our help most. We have regularly assisted 441 children in the Indian Himalayas in the Sponsorship project. In 2015 we provided food, medicine, clothing and school supplies.

In summer, we visited all people involved in our projects and checked the efficiency of transmitted donations.

We thank all donors for cooperation!

The nuns of Koang (Kaza, Spiti)

Through the Adoption project ProTibet we have also been supporting nuns of the Spiti valley along with the local organization the Sapan Foundation. Simultaneously, a convent school for these nuns has gradually been completed.

and allows them to spend the first winter there. The nuns are studying diligently since the autumn to prepare for the 4-day tests in the spring



231 Tibetan children

Sponsorship project allows children in Tibet and in exile in India to get education. Here we assist the Tibetan Homes Foundation, which provides quality education to children from families in need living in exile in India. They teach modern subjects, but also put emphasis on the preservation of Tibetan culture just like in the village of Tibetan SOS Children's Village in Dharamsala which joined our project in 2015.

"After graduation I wanted to become a social worker so that I could help people," said Dolma, who attends the $10^{\rm th}$ class of THF

In Tibet we are helping children who attend school Gyalten in the Tibetan Autonomous Prefecture. Through the Adoption project ProTibet the children were provided with quality food, school equipment and teaching aids so they could be educated in their native language. The school extended its teaching and provides now basic IT training.

210 monks and nuns

Monks and nuns in the convent school not only learn traditional subjects such as Tibetan and Buddhist philosophy, but also modern subjects like math, English and social and natural sciences. In 2015, 210 nuns and monks were helped. The monastic schools in Ladakh (Diskit, Tikse) Spiti Valley (Komik, Ki, Koang) or Dharamsala, help children to get education while preserving traditional culture and values.



SPONSORSHIP - 96 ELDERLY PEOPLE



TOTAL 17.478.5 EUR

In this project, we help Tibetan seniors who live in exile villages in northern India and Old People's Homes. They fled to India in the sixties of the 20th century. In 2015 we helped 96 grandmothers and grandfathers and enabled them food or medicine.

The project Sponsorship supports seniors in Ladakh, who live in exile villages and nomadic areas. We also cooperate with the Old People's Homes under the patronage of the Tibetan Homes Foundation (Mussorie, Rajpur) and last but not least, we support a Home for the elderly in the southern Indian state of Karnataka, which was established by the Central Tibetan Administration



"When I got into the Ladakh and began to look after some volunteering, a nice surprise waited for me in the center of Leh in the form of Czech-English poster. which mentioned the work of the non-profit organization MOST. After two days I was drinking tea with team of MOST and the next couple of days I visited the Thiksey monastery and got a bit acquainted with the monk's sponsorship project. After a few days we said goodbye and I left with pile of letters from Czech "parents", which were addressed to the south of India, to Byllakupe. I headed to the south anyway, so I gladly took the job of delivering these letters. In addition to monks, the Tibetan old people, who live in a Old People's Home, are also supported. Immediately after entering the home you will feel very calm atmosphere. People sit next to each other, each with mala in his hand and they pray. Communication was more challenging, except of the administrator of the retirement home, nobody speaks English. Fortunately he was happy to translate. The lives of these people are full of adventure and joy but also sorrow and tears. The escape from Tibet left its traces, but despite all this they smile at you and they are thankful for the life they have lived and they are still living. The most beautiful thing and the most powerful idea that I took from my visit there is that these people don't think of themselves, but they pray for the whole nation."

Michaela Heclová – volunteer and supporter of MOST



SCHOOL PROTIBET



Supporting education of children and adults in the outlying plains is key for the residents' confidence in finding their bearings in a complex world and finding a job. In the Project School ProTibet we help to secure books, school supplies and other equipment needed for education in Himalayas and Tibet. In 2015 we donated 10,592.2 EUR for the development of schools.

Schools in India

Female monastery school Koang (Kaza, Spiti)

In collaboration with the Sapan Foundation in 2015 we managed to complete the construction work of the second wing of the school. The nuns can now remain in the nunnery during the long winter period. The school area has also blossomed, the flora has expanded, new trees were added and are getting stronger every year. A volunteer from the Czech Republic provides English lessons to the nuns during the summer.

Nomadic school (Ladakh)

Near the Tibetan border in remote villages in Changthang we help increase literacy of nomadic children. Winter training program for children from the poorest nomadic families coming from villages Puga and Sumdho enable to secure education during the cold period.

Kunsel school in the village Demul (Spiti)

Through the initiative of local women in Demul village in Spiti valley a community school for the youngest children was founded where they learn to read, write, count and have English lessons and science.

"Himalaya Handicraft – Spiti Self Help Group is a group of women from Spiti valley producing scarves, rugs and socks over winter. Their profit goes to support Kunsel school for local children."

Schools in Tibet

Gyalten school

Gyalten lying in the Tibetan Autonomous Prefecture of Kardze is the only one in the area that offers free education, food and accommodation for 400 children from the nearby villages. In summer, our coordinator visited the school, checked the efficiency of transmitted donations and find out the news from the school for example about the reconstruction of the dorms or about new school equipment.

Drokpa Centre

The Centre serves to educate up to 200 children of displaced nomads. At the same time it provides room for local villagers who can teach their traditions to younger generation. In 2015 the fund went to books and development of the school.



GOAT PROTIBET



In the area near the Tibetan border Changthang nomadic families live a traditional way of life like they did earlier at home in Tibet. They are an important element of Tibetan culture even today, their population in the area is over 1,500. The nomads take care of goats and sheep in particular. Animals produce milk, butter, a bit of wool and pashmina. These products are sufficient to live on during summer and in winter the families have to buy food for the goats.

They obtain money by selling wool rugs and woven or knitted products. However, if they lose the greater part of a herd of goats, they cease to be self-sufficient and cannot keep up on the plains. The poorest of them are forced to sell the remaining herd and must relocate to exile villages in central Ladakh, where they try to find a job. It is very difficult; many of them could not go to school and are only able to look after the cattle

In 2015 we donated another 110 goats to the 16 poorest families to enable them to continue in the traditional way of life. These families came from the Changthang area of the village Henley.

In our e-shop you can buy a healthy Kashmiri goat through gift certificate. The goat is then personally forwarded to nomadic families every year. Thanks to this families have enough milk, cheese and wool for winter and in the following year their goats also have kids.

	Name	No. of family member	No.of goats	Signature
1.	KARMA SITHER	6	10	Treez
2	PEMA TLEDONE	.2	10	39
3	SCHOOL THUMBUP	6	10	Transport .
4	KUNCHER TERING	4	10	
ç	BORING JAMPA	8	10	1
4	PEMA DORTGE	9	10	40
3	BANK BOLMA	4	10	450
p-	TENZIN DHONDEN			No.
g	KARMA TASHI A"	6	10	47.75
3	SCHAM DURIES	4	10	488
lo.	TSERING LHADON	6	10	1
1/	CHEMET DORTEE	7	10	nath.
ea V	anilies got 10 el @ Rs 3500/- Rs 385000/- pl chale charge 1 ofal amount of TR comp = 3	x110 Ls es.1540f-	Han	19

Confirmation about the distribution of goats



HEALTH CARE

As health is very crucial we gradually focus on developing projects in the area of health care. We put emphasis on health measures in the aid provided to children and the elderly in the Sponsorship project where elderly people and children are also involved in projects focusing on health care. The financial support is provided in the form of gift certificate.

A Wheelchair, Doctors ProTibet, Log wood for winter

50 elderly people from Ladakh with mobility problems were provided with mobility aids such as sticks and chairs. Healthwise, we focus either on the forms of treatment or prevention. Wood, in a new project for the winter, helps families in need to weather the cold winter and improves living conditions of the elderly people. The project Doctors ProTibet responds to current health problems, such as tuberculosis, or eye problems. In total, these projects gathered 1,473 EUR by the end of 2015.

FAIR WORKSHOPS



In 2014 we established another sewing room based on fair trade in Dharamsala. We have been helping it to ensure sales of textile accessories through our e-shop and Czech companies. We work with other organizations (eg. Spiti Self Help Group, etc.) to expand distribution of their products and increasing working opportunities.

Shop ProTibet - www.protibet.cz

In our e-shop you can get traditional Tibetan handmade products from workshops such weaving or glass ones. We have been supporting all of these shops by purchasing their products, which in turn we sell at our events or as corporate or VIP gifts. Also the gift certificates are available there.



Log wood for winter gift certificate



EDUCATIONAL AND INFORMATIONAL PROGRAMS IN THE CZECH REPUBLIC



Since 2004 we have been organizing cultural and educational events for Czech schools and the public. The most significant is Festival ProTibet.

The festival was held in 2015 in more than forty cities in the Czech Republic and offered many exciting events. One had the opportunity to visit mountaineering and traveling lectures, listen to Tibetan stories and fairy tales, dance Tibetan dance, watch thrilling movies or paint a Tibetan flag. The 14^{th} edition marked the involvement of schools, whose pupils had the opportunity to watch movies about Tibetan children travelling to exile in India.

"We are very happy that we were able to screen the film Drapchi for example. This is a film by the director Arvind Iyer, with Namgyal Lhamo in the lead role, who visited the Czech Republic in 2012 and really liked it here," says Gabriela Gazdíková about one of the film screenings.

Educational programs for children and the general public

In order to increase awareness in the Czech Republic we organize a wide range of events not only for the public but also for pupils and students in schools. In 2015 we organized lectures, workshops, screenings and exhibitions in nursery, primary and secondary schools presenting the Himalayas and Tibet, human rights and old traditions.

We also organized a number of exhibitions in Ostrava, Havirov and Olomouc, including large-scale exhibition of photographs by Martin Pustelnik called Mystical Himalayas.

"The Himalayas, a place where time has stopped and where the force is applied to the present moment," Pustelník Martin, author of the images, describes his feelings experienced "at the roof" of the world.

Finally, the Czech public participated in the event Café ProTibet, where in a dozen of cafes and tearooms they could attend lectures and screenings, and thus contribute to the education of young monks.





PROTIBET CLUB



Anyone can join the ProTibet Club who would like to donate for example 5 EUR a month for the development projects. How will the donated amount help? It will support equally projects in Tibet, India and Czech republic according to actuall needs. The finances can secure educational programs, healthcare or support nomadic people.

Join us now and become a member of the ProTibet Club!

How the donated amount helped in 2015?

Tibet

The funds ensure educational needs in the Drokpa center, focused on the education of nomadic children.

India

The funds helped to keep the winter tution for nomadic children in the Changthang area in Ladakh. Winter classes have been held for the seventh time

Czech Republic

Finally, thanks to the club, we managed to secure activities related to informing the public – especially during the Festival ProTibet. In 2015 we managed to conduct lectures, exhibitions, film screenings and many other activities in more than 40 cities / towns in the CZ.

"Respected all supporters and members of MOST, first of all I wish you all a very happy and healthy life ahead and may peace prevail on this earth. Since the last decade your association has helped us without any expectation from us. That's what we call in Buddhism: clear intention and gathering full merit. Therefore we pray for you all to get full merit and this merit benefit to all sentient beings. Here I would like to say on behalf of Komic monks and Gowang Nunnery as well as our lay people from Demul village: Thank you very much for you kindness. To us your organization is symbol of love and kindness. Without meditation and without temple we can survive but without brotherhood and sisterhood we can't survive. Few years back I started a nunnery in Gowang and although I got many difficulties on my way to build it, the MOST helped me and inspired me. And again without any hesitation your organisation helped also Komic monastery's monks, who were extremely in need of basic requirements. Last year I confidently started Kunsel nursery school in a remote village of Spiti with your background support. Wish world. Wish you all be happy, peaceful and prosperous.

Pema Samdup (monk from Spiti valley, co-founder of Sapan Foundation)



PEOPLE

We experienced inspiring encounters! In Dharamsala we wished many happy returns to the Dalai Lama for his 80th birthday, we met the Prime Minister of the Central Tibetan Administration Lobsang Sangay and other representatives and discussed our projects. And like every year, we met the people who get our support and learned about their needs.

Meeting in Dharamsala

We met the Dalai Lama in the summer in his residence in Dharamsala, when we passed the wishes and greetings from the Czech Republic for his birthday. We had the opportunity to visit the institutions of the Central Tibetan Administration and discuss our projects from different perspectives and the representatives of various ministries inspired us to further development. We were also priviliged to discuss the



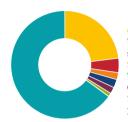
activities of our organization with the Prime Minister Lobsang Sangay.

Sponsors in the Himalayas

In summer we arranged an expedition to the Indian Himalayas for our donors. They had the opportunity to visit places which they support in Ladakh and Spiti valley, and visit some of the children, the elderly monks and nomads and learn about their stories.

"Besides the amazing scenery of the Himalayas, I was impressed by the atmosphere of ancient monasteries and the very positive attitude of people towards life despite the harsh conditions. Our visit to the monastery of Ki was at the time of school holidays, but one of the monks was kind enough to enable me to visit Tenzin in his village near the monastery. In addition to the somewhat adventurous journey by a cable car, I had the opportunity to meet Tenzin in his home environment. It was a very powerful experience and just reassured me that my support is getting to the right place." says Martina Bednářová about her trip to the Himalayas.

FINANCIAL REPORT



Own activities 23,5 % Labour office subsidies 4,3 % State budget CZ 2,7 % Foundations 2,5 % Company donors 2 % Local budgets CZ 0,2 % Individual donors 64,8 %

Revenues by source categories in 2015

Group of finan. resources	EUR
State budget CZ	6,660.5
Local budgets CZ	370.0
Labour office subsidies	10,353.3
Individual donors	157,301.8
Company donors	4,865.9
Foundations	6,249.8
Own activities	56,976.1
Total	242,777,4

Balance sheet (balance) 31. 12th 2015 (in thou. EUR)

		As. of the 1st day	As. of the last day
	Assets	of the acc. period	of the acc. period
Α.	Fixed assets	-	1.63
I.	Intangible assets	0.40	0.41
II.	Tangible fixed assets	9.02	10.84
III.	Long-term financial assets	-	-
IV.	Depreciation of fixed assets	-9.42	-9.62
B.	Total current assets	67.60	86.66
I	Total inventories	14.42	32.16
II.	Total receivables	1.58	5.81
III.	Short-term investments	51.40	47.36
IV.	Other assets	0.20	1.33
	Total assets	67.60	88.29
	Liabilities		
Α.	Custom resources total	64.07	81.80
I.	Total equity	66.31	74.82
II.	Total profit	-2.24	7.00
B.	Liabilities	3.53	6.49
I.	Total reserves	-	-
II.	Long-term liabilities	-	-
III.	Total current liabilities	3.35	5.59
IV.	Total other liabilities	0.18	0.90
	Total liabilities	67.60	88.29

The "Total equity" is 74,816.2 EUR. This item consists of the equity in the amount of 24,173.8 EUR and from the funds in the amount of 50,642.3 EUR. Funds consist of donations within the projects Sponsorship, Goat ProTibet and School ProTibet and another one-off gifts in the amount of 37,359.2 EUR are going to be transfered to India and Tibet in 2016 and also from the amount of 13,283.1 from donations to operation organization (which will be used to cover the costs of the main activities in the coming years).

Profit and loss account 31.12th 2015 (in thou. EUR)

Name indicators	costs	Name indicators	revenue
Consumed purchases	15.84	Sales of own goods and services	56.95
Services	26.72	Change in inventories	-
Personal costs	47.62	Total capitalization	-
Taxes, fees	0.19	Other income total	33.23
Other expenses	0.96	Sales of asset depretiation	-
Sold assets	0.19	Total contributions received	1.41
Granted posts	0.11	Total operating subsidies	7.03
Income tax	-		
Total expenses	91.62	Total revenues	98.61

Economic results

The entity recorded a profit of 7,000 EUR for the period of 2015, of which the principal activity loss of 18,309 EUR and from economic activities a profit of 25,317 EUR. Profit from economic activities was used to cover the loss from principal activity.

Profit from public funds	7,030.5 EUR
Czech Development Agency	6, 660.5 EUR
Ostrava City – UMOB	370.0 EUR

MANY THANKS TO

Institutions, organizations and companies: Czech Development Agency and Ministry of Foreign Affairs Czech Republic, Embassy of India, Prague, Embassy of Czech Republic, New Delhi, Representatives of Tibetan Central Administration, Statutární město Ostrava – MOaP, Forum 2000. Antikvariát Fiducia. Centrum Gotama, CK Kudrna, České centrum fundraisingu. Český rozhlas Olomouc a Ostrava, ČT Ostrava, DH Olomouc, Dům kultury města Ostravy, Elektropohony, spol. s r. o., EPONA, FoRS, GIVT, anosis9.net. Grund a.s., Gymnázium Chotěboř, Hedvábná stezka, Hotel Radun, Katedra rozvojových studií PřF UPOL, Infocentrum Teplice n. Metují, Kafé Kodó, Knihovna města Ostravy, Mediapharma, s.r.o., Mezinárodní horolezecký filmový festival, Moravské divadlo Olomouc, Mystic Temple, Nadace Divoké husy, Nakladatelství Verzone, NF Pomozme dětem žít lépe OC Arkády Pankrác a Galerie Šantovka Olomouc, Planeta cestování, Portaflex s.r.o. Potala, o. p. s., Sdružení Taši Delek, spolek Lungta, Správa nemovitostí Olomouc, tiskárna Properus, tiskárna Pavel Smílek, Úřad práce ČR, Život na cestách, Olivier Adam.

All our friends and supporters in India. All cities, organizations and institutions that participated in the Festival ProTibet, also for those who performed at the festival, helped and attended. All teahouses and cafes, which participated in the Café ProTibet. All organizers of events, which we could participate. All schools that participated in our educational programs. Our supporters from the cultural, business and public sector.

Thanks for providing the photographs:

Photo © Martin Pustelník | www.martinpustelník.com Photo © Martin Matěj | https://www.stocksy.com/inspirawtion Photo © MOST, o. p. s.

Our supporters from the cultural, business and public sector:

Nela Boudová s rodinou, Bára Hrzánová, Jiří Grund, Eva a Radim Chytkovi, Radan a Alice Kučovi, Karel Nešpor, Naděžda Krátká, Kateřina Bursíková-Jacques a Martin Bursík, Lenka Jasanská, Martin Cabejšek, Jan Haruda, Michal Jaroš, Martin Králíček, Vladimír Polák, Miroslav Pošta, Martin Pustelník, Jiří Šiler, Jana Šmídová. Veronika Těšická.

All other fans and volunteers: Jakub Adámek, Alena Aichlmanová, Martina Cicvárková, Eva Čadová, Alena Čejchanová, Jan Feller, Lucie Fenclová, Michaela Heclová, Marie Jirmanová, Jana Kamínková, Beáta Kapošváry, Miroslav Kika, Zuzana Kiková-Hodačová, Dita Koksová, Jana Kopecká, Monika Kovaříková, Adam Kubesa, Pavel Kurfürst, Yeshy a Kelsang Lhamo, Michal Majer, Martin Matěj, Zdeněk Merta, Roman Miesler, Irena a Ivo Neborákovi, Blanka Nedvědická, Michael Novotný, Petra Orálková, Zuzka Oravcová, Iva Palkovská, Milena Pechová, Ivana Pustějovská, Lydie Raszková, Michaela Raszková, Simona Vojáčková, Petr Sedlák, Lucie Sehnálková, Eva a Jigme Tenzin, Tomáš Ruta, Vítězslav Šmíd, Irena Velčovská, Marie Viktorinová, Jakub Vyroubal, Eva a Ladislav Werkmannovi, Veronika Zbranková, Tomáš Zetek.

We also thank another hundreds of donors and supporters, that unfortunately can't all be named here. Their support is crucial for running of all our projects.

"With our thoughts we make the world." Buddha

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Transparent account Sponsorship project: 2200249897/2010 Transparent account of the public collections: 2800064052/2010

ID: 26672740

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