

A close-up portrait of an elderly man with a weathered face, wearing a dark knit beanie and a grey ribbed sweater. He is looking slightly to the right of the camera with a gentle expression. The background is dark and textured.

ANNUAL REPORT 2022

most
ProTibet

MOST ProTibet, o.p.s.

VAT: 26672740

Tilschové 670/5, Ostrava 709 00
the Czech republic

Transparent sponsorship account: 2200249897/2010

Transparent public money collection account: 2800064052/2010

info@protibet.cz

+420 774 899 242

www.shop.protibet.cz

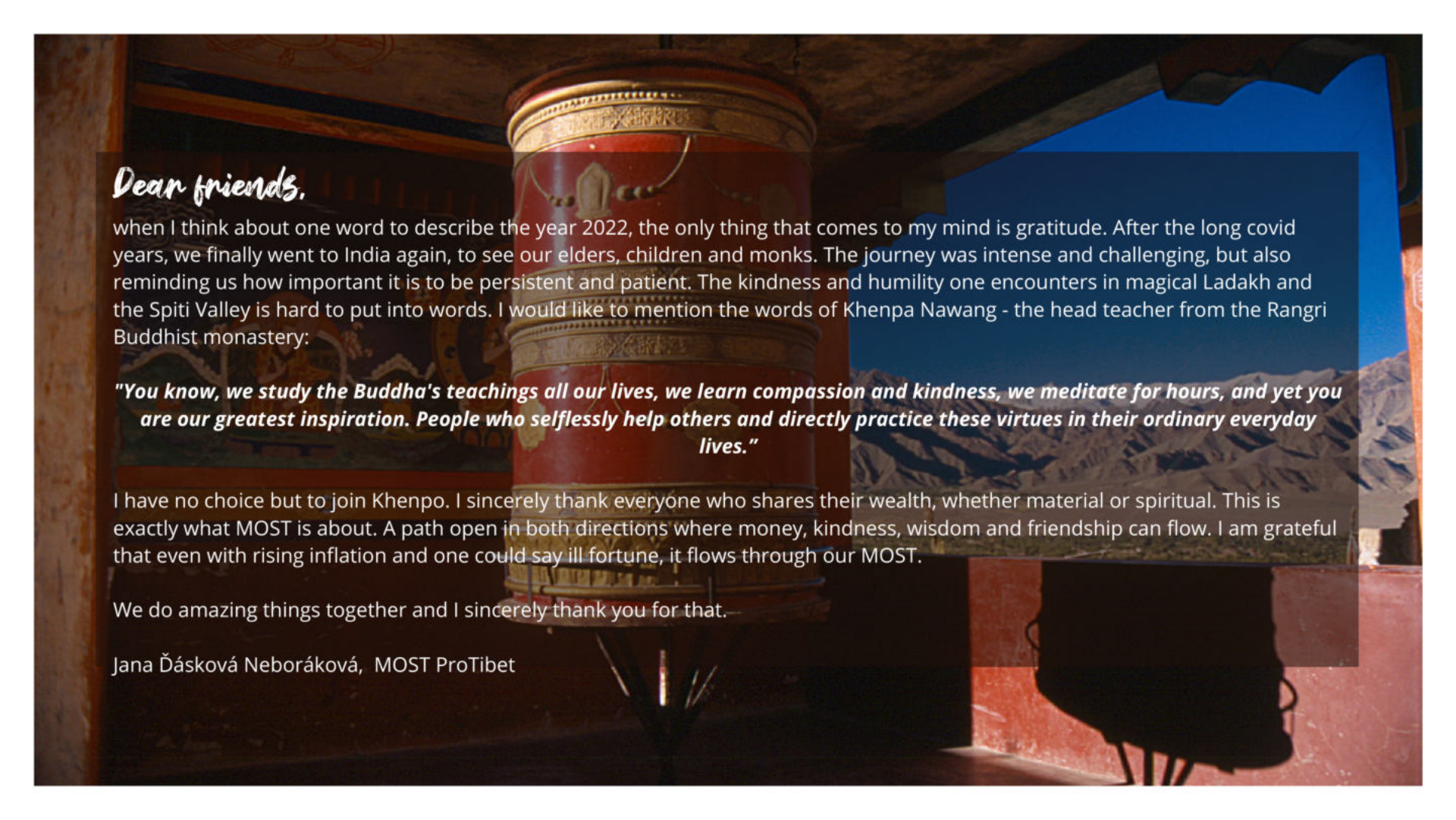
www.protibet.cz

www.tsampapema.cz

Photo © MOST ProTibet, o. p. s.

CONTACT





Dear friends,

when I think about one word to describe the year 2022, the only thing that comes to my mind is gratitude. After the long covid years, we finally went to India again, to see our elders, children and monks. The journey was intense and challenging, but also reminding us how important it is to be persistent and patient. The kindness and humility one encounters in magical Ladakh and the Spiti Valley is hard to put into words. I would like to mention the words of Khenpa Nawang - the head teacher from the Rangri Buddhist monastery:

"You know, we study the Buddha's teachings all our lives, we learn compassion and kindness, we meditate for hours, and yet you are our greatest inspiration. People who selflessly help others and directly practice these virtues in their ordinary everyday lives."

I have no choice but to join Khenpo. I sincerely thank everyone who shares their wealth, whether material or spiritual. This is exactly what MOST is about. A path open in both directions where money, kindness, wisdom and friendship can flow. I am grateful that even with rising inflation and one could say ill fortune, it flows through our MOST.

We do amazing things together and I sincerely thank you for that.

Jana Ďásková Neboráková, MOST ProTibet



ABOUT MOST PROTIBET

Who are we?

A non-profit organization operating in the field of development cooperation. Our vision is better education and better living conditions for Tibetan children, Tibetan seniors, Buddhist monks and nuns and nomads in the Indian Himalayas and Tibet.

What do we do?

Since 2004, we have been helping schools, communities and individuals in India to develop. We provide the largest Czech support to Tibetan communities in the Indian Himalayas. In the Czech Republic, we organize informational and cultural events and run a social enterprise for the production of tsampa.

Our team:

Jana Ďásková Neboráková (CEO), Gabriela Šmídová (previously Gazdíková - on parental leave), Zuzana Kiková, Radim Chytka, Kateřina Bouchalová, Martina Kuklišová, Albín Lázenský and Lenka Korbová.

Managing board:

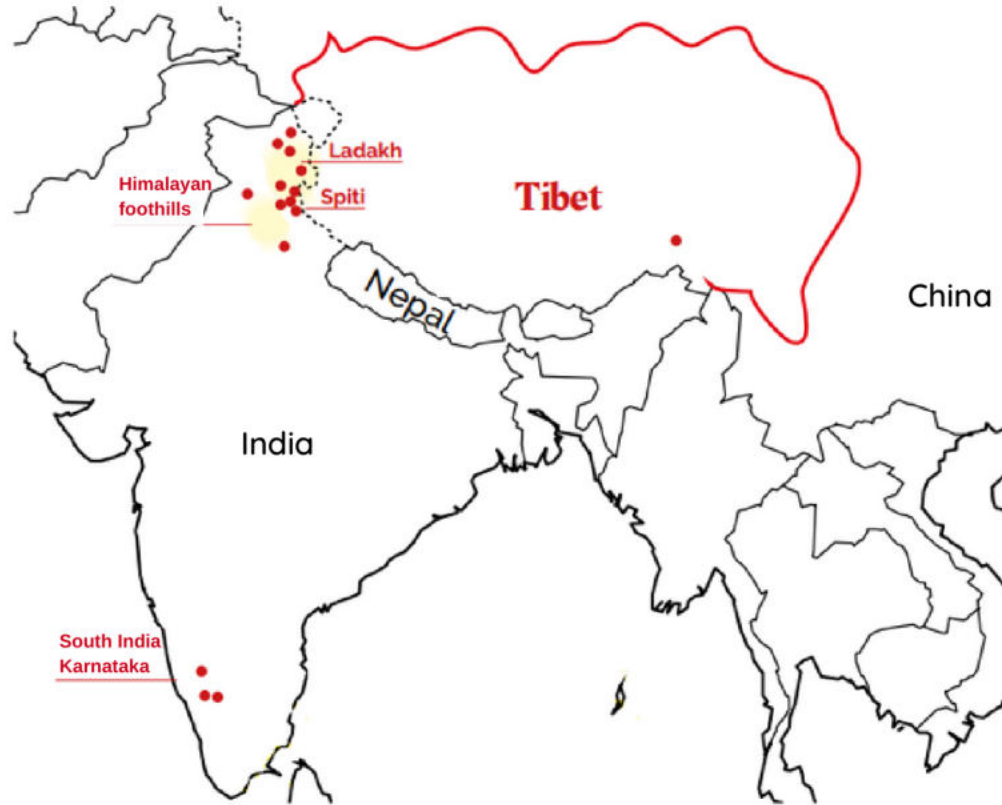
Nela Boudová, Petr Ďásek, Jiří Grund, Radim Chytka, Barbora Ďásková and Věra Tížková.

Foreign collaborators and institutions:

Karma Cchedup, Dorjee, Pema Samdup, CTA, Tibetan Homes Foundation, Tibetan Children's Village, monastic schools



OUR PROJECTS



- Adoption ProTibet
- School ProTibet
- Goat ProTibet
- Water ProTibet
- Health ProTibet
- Nutrition ProTibet
- Warmth ProTibet
- Club ProTibet
- Festival ProTibet
- Tsampa social enterprise
- E-shop



STATISTICS - OVERVIEW OF TRANSFERRED FUNDS IN 2022

ADOPTION PROTIBET

Monastic schools (Ladakh, Spiti, Namgyal) = 40 400 EUR

SOS tibetan exile villages (THF, TCV) = 40 805 EUR

Seniors = 17 964 EUR

Adoption total: 99 175 EUR

PROJECTS PROTIBET

School ProTibet India = 8 257 EUR

School ProTibet Tibet = 4 509 EUR

Goat ProTibet = 14 753 EUR

Water ProTibet = 1 767 EUR

Health ProTibet: 16 434 EUR

Warmth ProTibet: 3 416 EUR

Nutrition ProTibet: 904 EUR

General donations for urgent projects: 10 075 EUR

Projects total: 60 115 EUR

TOTAL: 159 284 EUR

Transferred funds 2006 – 2022: 1 829 643 EUR





EDUCATING CHILDREN IN ADOPTION PROTIBET

TOTAL 81 206 EUR

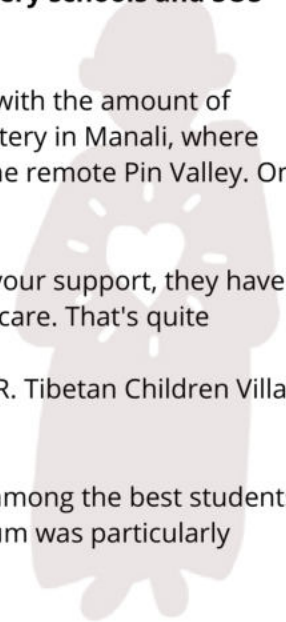
All children deserve a quality education, a full belly, a soft place to sleep and kind people around them. That's exactly what we're trying to do in the biggest project - Adoption ProTibet. The money from the project goes to monastery schools and SOS Tibetan exile villages, where thousands of children live without parents.

Monastic schools full of monks and nuns received 40 400 EUR from us. We supported the Diskit Monastery with the amount of 3 719 EUR. 5 058 EUR went to the Kowang monastic school for girls. Komik monastery in Spiti and Rangri monastery in Manali, where monks continue their studies, received 9 695 EUR. We sent the amount of 5 058 EUR to the girls' monastery in the remote Pin Valley. One of the longest-supported monasteries, Ki, received 16 870 EUR from us.

40 805 EUR went to SOS Tibetan exile villages. The children who live in them don't have much. But thanks to your support, they have the chance of getting quality education, fun afterschool activities, good food, clothes and ever-improving health care. That's quite something!

We supported the Tibetan Homes Foundation (THF), with 1 500 resident children, with the amount of 34 482 EUR. Tibetan Children Village (TCV) received 6 323 EUR from us.

We are especially happy for the children from THF, who are improving year after year and are regularly ranked among the best students in the entire state of Utrkhand. The best students continue their education journey at universities. Miss Choelsum was particularly successful, winning a scholarship to one of the most prestigious medical universities in all of India.





FIRST OF ALL EDUCATION - SCHOOL PROTIBET

TOTAL 12 766 EUR

Educating children is a major tool of eradicating poverty and developing communities. We consider it essential that all children have access to education, even in the winter months or in remote areas of the Himalayas. Thanks to the School ProTibet project, children have school supplies, classroom equipment and also good teachers.

Funds collected in the project of 12 766 EUR were distributed among several places in India and Tibet. Nomadic children living in the highlands of Ladakh received 2 900 EUR for their three-month study program. With this money, we also bought them a new generator and projector. The Bathang school in Tibet received 4 508 EUR from us. Children in elementary school in Bylakuppe were provided with the amount of 2 708 EUR. We supported young female students from a poor farming family with the amount of 966 EUR as a university scholarship. Young and promising THF students received 1 686 EUR in scholarships for universities.





AGING WITH DIGNITY - SUPPORTING SENIORS

TOTAL 21 380 EUR



Winters in Ladakh bring even -30°C frosts. It doesn't get much warmer in cottages without heating and these are not ideal conditions for old age. Thanks to the **Warmth ProTibet** project, seniors in Ladakh can stay warm.

Wood and dried dung were purchased for the exile camps for 3 416 EUR. Through **Adoption ProTibet**, we supported these seniors with the amount of 6 372 EUR.

We also supported several Homes for Tibetan Seniors in India.

We are doing our best to improve the living conditions and peaceful aging with dignity for these people, who have often had a very difficult life. As part of Adoption ProTibet, another 11 592 EUR was distributed between these institutions.

We supported seniors living in the Old people's home under THF near the city of Dehradun with the amount of 6 323 EUR. Seniors in South India have received 1 475 EUR. Seniors living in Chauntra were provided with 3 794 EUR.

In addition, the home for Tibetan seniors in THF in Rajpur was in dire need of repairing waste and water systems. We supported these repairs with the amount of 1 767 EUR as part of the **Water ProTibet** project.



GOAT PROTIBET

TOTAL 14 752 EUR

Nomads are absolutely dependent on their herds. Most of them are illiterate, unable to support themselves in the city. They live high in the mountains in unimaginably harsh conditions and everything they own fits in one tent. They only need a community and a herd of goats to survive.

But the winters in Changtang are becoming more and more harsh, the herds are starving and dying. And if there are no goats, there are no nomads. In 2022, we supported them with the amount of 14 752 EUR.



HEALTH CARE

TOTAL 16 433 EUR



We had two big goal in 2022. Two expensive operations that should have saved lives. In total, we provided 16 433 EUR for procedures and subsequent treatment.

We donated 9 818 EUR to the successful kidney surgery of the young nun Pema Chogye from the nunnery in the Pin Valley. **The surgery saved her life.**

Three-year-old Sonam from the village of Tuting received 6 614 EUR from us for a heart surgery that was supposed to save her life. After several examinations and a lot of travel worth 1 429 EUR, it was unfortunately discovered that little Sonam's heart is too weak for surgery and no further treatment is possible. The rest of the amount went to the health care account of the Central Tibetan Administration and will be used for other urgent cases. We are very sorry.



GENERAL DONATIONS FOR URGENT CASES

TOTAL 10 075 EUR

General donations are used for the most urgent cases of requests for support, or where there is not enough funding from development projects. We sent a beautiful 10 075 EUR to India in 2022.

The nuns from the Kowang monastery received 8 388 EUR for the purchase of a new, high-quality generator. Thanks to that, they can study in the light when there is no electricity and, if necessary, stay in the monastery even through the winter.

The elders of the Tibetan old people's home in Chauntra needed new safe and working windows. We supported their exchange with the amount of 1 686 EUR.



TOGETHER IN THE CLUB PROTIBET

Long-term regular support of any amount - that is the ProTibet Club.

TOTAL 4 145 EUR

Those who like our activities and want to contribute to what is most important, become supporters of the ProTibet Club. They can contribute, for example, 5 EUR per month. Of the total amount, two-thirds of the proceeds go to India or Tibet for current needs and one third remains in the Czech Republic.

In 2022, Club members supported projects with a total of 4 145 EUR.

We divided this amount into thirds among the costs for a kidney surgery for a young nun from PIN Monastery Pema Chogye. The second part of the money helped the smartest students from THF to continue their studies at universities. And the last part was dedicated to spreading information about the situation in Tibet, organizing the Festival ProTibet and overall patronage of development projects in Tibet and India from the Czech Republic.



KNOWLEDGE AND CULTURE ON FESTIVAL PROTIBET

The ProTibet 2022 festival aimed to describe the situation after the Summer Olympics in China, the unfulfilled promises of the Communist Party, to the 166 sacrificed lives of Tibetans, to the ever-increasing repressions against minorities and, above all, to the fact that despite all this, China held another, this time, Winter Olympic Games. People in Ostrava had the opportunity to enjoy the theatre performance of Forbidden Land, to learn at the public talks Blood, Tears and Medals, Leaving Fear Behind or Living Torches. Club Atlantik was filled with a talk by young climbers about the ascent to the 8,000-meter Gasherbrum II and the painting of the Tibetan and Ukrainian flags on Masaryk Square just peaked the festival beautifully.

We participated in the International Mountaineering Film Festival or the Evolution festival in the summer. We continued with the Obzory travel festival or the Health and Soul festival in Ostrava in autumn. We also took part in the Ostrava Farmers' Market. Traditionally, a charity pre-Christmas sale took place in Arkády Pankrác and now also in Westfield Chodov in Prague.





TSAMPA SOCIAL ENTERPRISE



Tsampa is produced by socially and medically disadvantaged colleagues. We do not care just about the quality of work, but also that we feel good in the team, that we treat nature as gently as possible, and that you feel from our love and passion from each box of tsampa.

We came up with **the new breakfast mix Strawberry and banana** and it very quickly settled on the list of our best-selling products. Tsampa Pema continues to successfully find its place in Czech kitchens.



We continue to work with many health food stores, and we were particularly pleased to start **working with the leading czech e-shop rohlik.cz**. We are glad that you can get our tsampa there too.



FINANCIAL MANAGEMENT - BALANCE SHEET

Balance sheet as of 31/12/2022 (in EUR)

Assets	Status as of the first day of the accounting period	Status as of the last day of the accounting period
Total fixed assets	7 714	4 468
Total intangible assets	295	295
Total tangible fixed assets	20 992	20 992
Depreciation on long-term assets in total	-13 573	-16 819
Total current assets	207 517	199 719
Inventory total	63 482	73 894
Total receivables	5 691	6 070
Total short-term financial assets	136 743	118 238
Total other assets	1 602	1518
Total assets	215 231	204 187
Liabilities	Status as of the first day of the accounting period	Status as of the last day of the accounting period
Total own resources	187 200	182 057
Total assets	175 692	181 003
Total economic result	11 508	1 054
Foreign sources	28 032	22 130
Total current liabilities	27 652	22 130
Total other liabilities	379	
Total liabilities	215 231	204 187



The item "Total assets" amounts to EUR 180 985. This item consists of equity in the amount of EUR 47 396 and funds in the amount of EUR 133 589. The funds are, on the one hand, donations received as part of the Adoption ProTibet project and other one-time donations for projects in the amount of EUR 120 090, which will be transferred to India and Tibet in 2023, as well as donations for the operation of the organization in the amount of EUR 13 499, which will be used for covering the costs of the main activity in the following years.

Profit and loss statement as of 31/12/2022 (in EUR)

The pointer name	Costs	The pointer name	Revenues
Purchases consumed and services purchased	138 471	Operating subsidy	253
Change in stock level of own activity	-211	Contributions received	4 595
Personal expenses	74 695	Revenues for own services and for goods	145 132
Taxes and fees	84	Other revenues	70 521
Other costs	3 288	Revenue from the sale of property	0
Depreciation, property sold	3 077		
Contributions provided	42		
Total costs	219 447	Total revenues	220 500

Profit

The accounting unit achieved a profit of EUR 1 065 for the accounting period 2022, of which a loss of EUR -23 353 from the main activity and a profit of EUR 24 417 from the economic activity. The profit from the economic activity was used to cover the loss from the main activity.

Received grants for operating purposes

Provider	Purpose	The amount of the grant
SMO - city of Mor. Ostrava and Přívoz	Festival ProTibet	6 000 Kč



Thank you for the support

Bagind, Centrum Pant, E-expert, spol. s r.o., EPONA, Forum 2000, GRUND a.s., GIVT, Mezinárodní horolezecký filmový festival, Mystic Temple, NF Pomozme dětem žít lépe, OC Arkády Pankrác, OC Westfield Chodov, Portaflex s.r.o., Potala, o. p. s., Repronis, s.r.o., PRINTO, spol. s r.o., Shoptet s.r.o., SLONKA s.r.o., SmartSelling a.s., Statutární město Ostrava – MOaP, Tibet Open House, WPJ, s.r.o., PRO-BIO s r.o., Z+M servis, spol. s.r.o.

Our projects patrons Nela Boudová and Bára Hrzánová.

To all donors supporting our projects. To all the cities, organizations and institutions that participated in the Festival ProTibet, as well as those who performed, helped and participated in the festival. To all the organizers of the events we were able to participate in. To all the schools that have joined our educational programs. To all places involved in the sale of tsampa. To everyone who made a purchase from our e-shop. To all our volunteers and all friends in India.

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