most
ProTibet



ANNUAL REPORT 2024

TIBET LIVES IN EXILE

The fundamental human rights and freedoms of Tibetans have survived more than 60 years in exile.
In order to preserve the cultural wealth of the Tibetan people, it is necessary to keep the younger generation deeply connected to the national values. In the SOS exile villages, in Buddhist monastic schools or on the highlands, the heart of Tibet still beats.

INTRODUCTORY WORD FROM THE DIRECTOR

"Twenty years – is it a lot or a little? A grain of time or a good chunk of life? If I were to choose one concept that is discreetly hidden behind the length of time iour non-profit organization has been in operation, I would choose "stability". With all our successes and mistakes, we have been continuously building a bridge between two cultures for two decades.

On one side of the bridge – in Little Tibet (Ladakh), Uttarakhand (Dehradun), Himachal Pradesh (Dharamsala, Spiti) in India, we have built a truly extensive network of contacts and cooperation. Personal relationships with families, spiritual superiors, other non-profit organizations, with the Tibetan Government in exile and with the Czech Embassy. And as a reward – a short audience with the 14th Dalai Lama.

For twenty years, I have been grateful to the other side of the bridge - to the Czech and Slovak donors for their empathy and generosity, to the Most Pro Tibet team and its volunteers for their enthusiasm and dedication as well as to the Tibetans for their kindness and the values they uphold. Is that a lot or a little?" Jana Ďásková, Director of organization

WHO ARE WE? WHAT WE DO. WHERE AND WHY WE DO IT.

We are a non-profit organization founded in 2004.
We support the basic needs of Tibetan individuals and communities in exile in the Indian Himalayas. We help to maintain the national identity and cultural richness of Tibet. We build an environment for mutual sharing of human values. Donations improve the lives of Tibetans. They create future opportunities for children and contribute to dignified living conditions for Tibetan seniors and families in poverty. Donors feel good about meaningful help that is direct and effective.

In the Czech Republic, we organize the annual ProTibet Festival, we run an e-shop with Indian and Nepalese goods, and produce Tsampa Pema, the traditional Tibetan food, as a part of a social enterprise. We organize mindfulness courses and retreats .

IN 2024 YOU DONATED TO

PROTIBET ADOPTION PROJECT

- Monasteries, nunneries 64 778 EUR
- Tibetan children SOS villages 59 200 EUR
- Tibetan seniors 26 280 EUR

ADOPTION IN TOTAL: 150 258 EUR

FOREIGN DEVELOPMENT AID 2024 TOTAL:
196 492 EUR

TOTAL 2006 - 2024: **2 135 000 EUR**

PROTIBET ONGOING PROJECTS

- ProTibet School Project 18 716 EUR
- ProTibet Nutrition Project 1 603 EUR
- ProTibet Water Project 2 685 EUR
- ProTibet Warmth Project 4 215 EUR
- Dignified Old Age Project 3 200 EUR
- ProTibet Goat Project 3 415 EUR
- Monastery School Project 12 400 EUR

PROJECTS 2024: **46 234 EUR**



PROTIBET ADOPTION 150 258 EUR

- **Tibetan Homes Foundation (THF) - 174 children**
- **Tibetan Children Village (TCV) - 41 children**
- **Old People´s Homes - THF, Chauntra, Lugsam - 59 seniors**
- **Exile villages in Ladakh - 58 seniors**
- **Tibetan families in difficult situations - 4 families**
- **Monasteries - Ki, Kaza, Rangri, Diskit, Namgyal - 180 monks**
- **Nunneries - Kowang, Pin, Pangmo, Morang - 70 nuns**



Adopting Tibetan children and seniors (578 people) through regular contributions provides not only a financial support, but also long-term bonds and friendships. Many donors have met in Himalayas the people they support and experienced everything with their own senses.

- Teachers' salaries
- Food and drink
- Clothing
- School supplies
- Warmth in winter
- Medical check-ups, medicaments
- Hygiene aids for seniors
- Caregivers
- Auxiliary staff (kitchen, laundry)
- Gasoline/diesel

















PROTIBET SCHOOL

18 716 EUR

- **Winter tuition - Cchangtang, Ladakh - 336 children**
- **Tibetan Homes Foundation - 1 student**
- **TCV Sumdho Ladakh - 62 children**

During the winter months in the remote areas of the Indian Himalayas, education is not available, especially to children from nomadic communities scattered across the Changtang plateaus. For over a decade, we have sponsored winter education in remote Changtang and this winter we supported with education additional 300 children in central Ladakh.
Another supported project is the reconstruction of the TCV Sumdho school in Ladakh. The reconstruction will start in 2025, when we will personally visit and document the site in the summer. We have also supported the higher education of students from THF with a small amount.

- **Teacher Salaries**
- **Food and Drink**
- **Teaching Aids**
- **Warmth in Winter**
- **Travel Expenses**
- **Scholarships**

















PROTIBET NUTRITION 1 603 EUR

- **Tibetan Children Village - Ladakh - 300 children**
- **Nunneries - Spiti valley - 120 nuns**

It started with a box of bananas in 2023, and we already knew we wanted to develop this project further.
The next year more places were added where it turned out that a basic varied diet was not so easy to ensure. Among these places there were two convent schools for women and girls in Spiti. The nuns lacked the resources to secure food and so they went to beg in the villages.
A priority focus is on improving the diet in the Changtang region of the Himalayas, where there are schools for 300 nomadic children.

- **Buying seasonal vegetables, fruits and eggs**
- **Transportation costs to the regions of Changtang and Spiti**















PROTIBET WATER

2 685 EUR

- **TCV Belakuppe - 50 children**
- **Rewalsar - nunnery - 23 nuns**

Quality drinking water is an absolute foundation for life.
In supported areas water is often stored in containers made of unsuitable materials.
The exile village of TCV Belakupp had water tanks with expired warranty periods. The tanks were leaking and due to harsh climatic conditions they were no longer suitable for storing drinking water. Therefore, three water tanks were purchased from the ProTibet Water Project to store drinking water.
In connection with water heating, we supported the purchase of solar panels for a nunnery in Rewalsar.



- **3 water tanks for drinking water**
- **Solar panels for water heating**


WARREE


WARREE











PROTIBET WARMTH 4 250 EUR



- **Sonamling - Ladakh Exile Camps - 76 families**
  (CTA - Tibetan Government in Exile, Chief Representative Office - CRO)

The poor conditions of uninsulated Tibetan homes in Ladakh and the lack of resources to get through the winter are behind the creation of the ProTibet Warmth Project. In 2024, we supported Tibetan seniors and families by distributing heating in 12 camps.

The CRO Embassy helped to distribute 711 bags of dried dung. Each family received approximately 9 bags, which will last for 2 months.

When we meet the beneficiaries of our help in person, we know that this is the heart of our work. Together with heating, we show them that they are not alone and that kindness is always around.

- **711 bags of dried manure**
- **In addition, 27 EUR for individual families to purchase their own heating**


CHIEF REPRESENTATIVE OFFICE
SONAMLING TIBETAN SETTLEMENT
unit of His Holiness the Dalai Lama (GTRC)













PROTIBET DIGNIFIED OLD AGE PROJECT

3 200 EUR

- **Old People´s Home in Spiti - 33 seniors**

The project responds to the needs of seniors through single donations. It allows to purchase medical equipment and medical check-ups. Other essential needs include ensuring personnel support for employees who care for seniors.



- **Bedding, blankets, mattresses**
- **Caregiver and cook salaries**
- **1/3 of food costs**
- **Oxygen concentrator**
- **Clinical treatment couch for senior care**




Parle-G
AGROTECH PVT. LTD.











PROTIBET GOAT

3 415 EUR

- **Cchangtang plateau in Ladakh - 28 families**

(CTA - Tibetan Government in Exile, Chief Representative Office - CRO)

The nomads live high in the mountains at altitudes of over 4,500 m above sea level in unimaginably harsh conditions, and everything they own fits in one tent. In order to survive, they also need a herd of goats and sheep in front of the tent. The animals provide them with wool, milk, and heat for the winter. However, the number of goats in one herd must not fall below a critical limit of about 30.
Meetings with, representatives from nine areas of Changtang and a thorough examination of the families' situations led to the distribution of goats based on the number of people in each area.



- **56 cashmere goats distributed by CRO to 28 families**















MONASTIC SCHOOLS

12 400 EUR

- **Ki monastery - 80 small monks**
- **Pangmo nunnery - 50 nuns**
- **Morang nunnery - 62 nuns**
- **Pin/Rewalsar nunnery - 20 nuns**

The project responds to the needs of monks and nuns that we visit in remote areas of the Himalayas every year.
At Ki Monastery, it was necessary to provide rooms for 80 young monks in their new hostel. Thanks to the donor, mattresses, blankets, beds and bed linen were purchased.
Mattresses and beds were also purchased at another monastery in the Rewalsar. Two other female monastic schools bought food with the help of our contributions.



- **Bedding, blankets, beds, mattresses**
- **Food for nuns**




PANGMO











PROTIBET HEALTH

3 400 EUR

- **Kowang nunnery - 400 Eur**

In 2024, more than 3 400 euro were collected for the Health Protibet project thanks to certificates and regular donations. However, since we did not receive any requests for sponsorship of medical care, only a small part of the donations was used for dental treatment of the nuns at the Kowang Monastery.
The rest of the funds will be provided to the places in need in 2025 after our personal visit, as soon as we identify the current needs.

- **Dental treatment**



GENERAL DONATIONS

17 290 EUR

General donations that we can target according to the needs were used for the projects we listed above:

- 1 375 EUR supported the ProTibet Warmth Project, as there were more of those in need than the direct proceeds covered.
- 6 417 EUR was used to support winter education for 296 Tibetan children from central Ladakh. We used extra 743 EUR to equip the winter school in Sumdho. Mattresses, carpets and tables for children were purchased for this money.



In 2024, we used the 6 835 EUR we collected for schools in Tibet. Since we have no possibility to implement the projects in Tibet, we transferred the financial amount to renovate a Tibetan school in Changtang, India, in the village of Sumdho. It will help to improve the conditions for education of 62 children.
We raised 1 920 EUR for the Dignified Old Age Project, which we handed over to seniors for them to purchase heating for the winter.



PROTIBET FAMILY

5 647 EUR

The ProTibet Family represents solidarity with Tibet and the Tibetan people of the Himalayas.
Donors can join in with a regular contribution of any amount. Thanks to this, there will be no financial burden on the donor, but the long-term contribution will create financial reserves that can then be used in case of urgent requests.



The fund also supports activities in the Czech Republic, such as lectures at schools and for the public. Our mission is not only to help Tibetans, but to transfer their cultural wealth to us here.

Donations within the Family ProTibet Projects will be used in 2025 for nutrition and a quality food for 300 nomadic children in Changtang, as well as for the ProTibet School Projects and also for organizing cultural and educational activities in the Czech Republic.



PROTIBET FESTIVAL

The 23rd annual ProTibet Festival in Ostrava introduced a Tibetan culture through the highland cattle – yak, which is one of the most typical Tibetan animals.

To Ostrava the festival brought a Czech premiere – the latest translation of "Bardo Thodöl" and the Bhutanese film nominated for an Oscar – "Lunana: Yak in the class". The festival also presented the book entitled "Dalai Lama and Havel", which will be published later in 2023, and "Himalayan Caravana", a suggestive drama located in a high-altitude of the Himalayas. The screening of a unique documentary from 1990 about the Dalai Lama's first visit to the Czech Republic was accompanied by a discussion with the then secretary of President Václav Havel. Lectures with Dr. Ptáčková and Jana Ďásková presented China's development policy in Tibet and the disappearing spirit of this country. A charity auction of yak paintings supported Tibetan students.







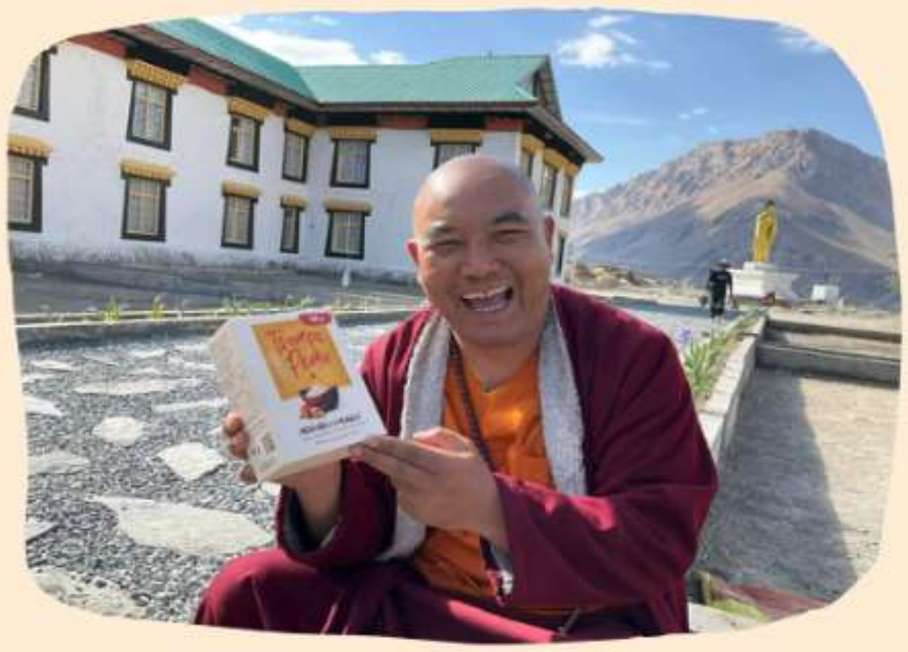




E-SHOP A TSAMPA PEMA

The e-shop together with tsampa help to finance our activities, thanks to which we can implement development cooperation. We do everything with love and desire to make people happy.

The shop has expanded greatly over the years. We offer a lot of goods from India and Nepal - from incense sticks, to malas, prayer wheels, sculptures, amulets, jewelry and clothing to Ayurvedic cosmetics and tea.



Tsampa is a traditional, centuries-old proven food from Tibet. It is roasted and ground barley. By roasting barley before grinding, the resulting tsampa becomes essentially instant and is ready to consume. Tibetans traditionally mix tsampa with salty butter tea. They either make porridge or knead it into rolls, with which they can bite with dried meat.


Tsampa Pema
JABLKO, SKOŘICE A ZÁZVOR
XL
Paljor Healing Incense


Tsampa Team









FINANCIAL MANAGEMENT - BALANCE SHEET

as of 31.12.2024 (in thousands of CZK)

Assets	Status as of the 1st day of the accounting period	Status as of the last day of the accounting period
Total fixed assests	**106**	**29**
Total intangible assests	7	7
Total tangible fixed assests	498	589
Depreciation on long-term assets in total	476	-399
Total current assets	**3 364**	**4 609**
Inventory total	1 569	1 689
Total receivables	275	147
Total short-term financial assets	1490	2 527
Total other assets	30	246
TOTAL ASSETS	**3 393**	**4 806**

Liabilities		
Total own resources	**3 024**	**3 944**
Total assets	3 018	3 641
Total economic result	6	303
Foreign sources	**369**	**862**
Total current liabilities	362	849
Total other liabilities	7	13
TOTAL LIABILITIES	**3 393**	**4 806**

PROFIT AND LOSS STATEMENT

as of 31.12.2024 (in thousands of CZK)

THE POINTER NAME	COSTS
Purchases and services consumed	2 840
Change in own activity inventory	18
Personal expenses	1 626
Taxes and fees	10
Other costs	75
Depreciation, assets sold	59
Contributions provided	2
TOTAL COSTS	**4 630**

	REVENUES
Operating subsidies	45
Contributions received	85
Revenues from own services and goods	3 451
Other revenues	1 319
Proceeds from the sale of assets	33
TOTAL REVENUES	**4 933**

FINANCIAL RESULTS

The accounting entity achieved a profit of CZK 303 197 for the accounting period 2024. This consists of a profit from economic activity of CZK 1 235 177 and a loss from the main activity of CZK -931 980.

The profit from economic activity was used to cover the loss from the main activity.

SUBSIDIES RECEIVED FOR OPERATING PURPOSES

Provider: SMO - Moravská Ostrava and Přívoz District
Purpose: ProTibet Festival, subsidy amount: CZK 15 000

Provider: Statutory City of Ostrava
Purpose: ProTibet Festival, subsidy amount: CZK 30 000





OUR THANKS FOR SUPPORT GO TO

- 14th Dalajlama - Tenzin Gyatso
- Sakya Trinzin Rinpoche
- His Eminence Ngor Shabdrung Rinpoche
- Lochen Tulku Rinpoche
- Sapan Foundation

- Central Tibetan Administration
- Chief Representative Office
- Tibetan Homes Foundation
- Tibetan Children Village
- Group leaders of Changtang area
- Chauntra OPH
- Bylakuppe OPH
- Monasteries and nunneries, their administration and authorities

Specifical thanks to:

- Tenzin Norbu la
- Karma la
- Dorje la
- Pema S. la
- Dawa la
- Dekyi la
- Tashi la
- Cchamba le
- Pema Y. la

MOST PROTIBET o. p. s.

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