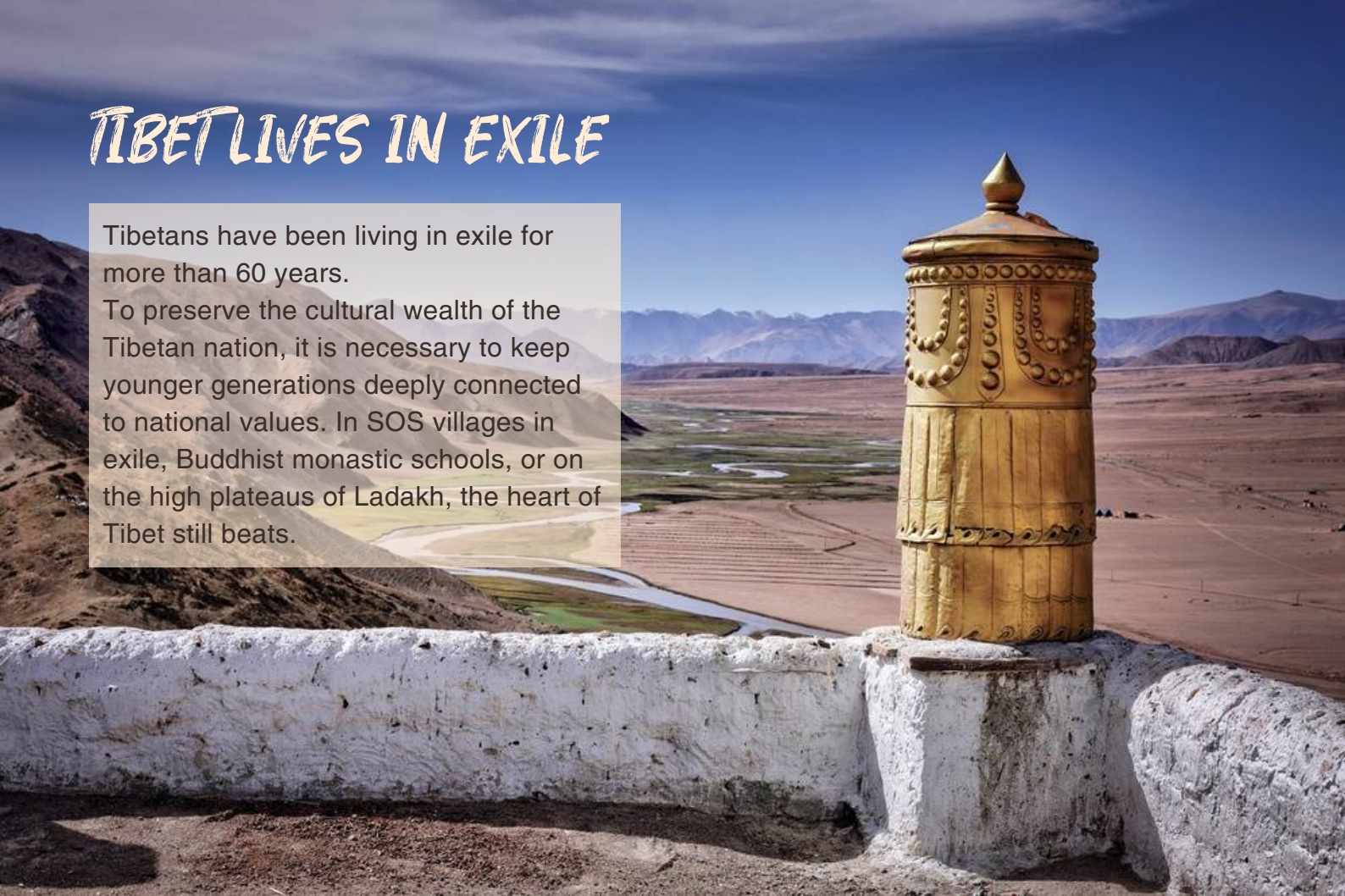
ANNUAL REPORT 2025

most
ProTibet



TIBET LIVES IN EXILE

Tibetans have been living in exile for more than 60 years.
To preserve the cultural wealth of the Tibetan nation, it is necessary to keep younger generations deeply connected to national values. In SOS villages in exile, Buddhist monastic schools, or on the high plateaus of Ladakh, the heart of Tibet still beats.



FOREWORD BY THE DIRECTOR

“We are happy to be a bridge between two worlds, and grateful for every sign that the help provided directly on the ground truly changes lives. Every day, we witness the living solidarity of people who give it a concrete face and turn it into real action.

For many donors and supporters, this journey has become part of their lives. The relationships and friendships that arise through it open hearts and create deep connections. People return to us because in what we create together they find something that resonates strongly and lastingly within them.

Some have visited India with us and returned enriched by an experience that is difficult to put into words. Others have never been there, yet they are still part of a story that transcends distance and the differences between us.

It is a story that transforms us all. We give the best of ourselves, and at the same time receive far more than we could ever have imagined.”

Jana Ďásková, Director of the organization

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

We are a non-profit organization founded in 2004.
We support the basic needs of Tibetan individuals and communities living in exile in the Indian Himalayas. We help preserve Tibet's national identity and cultural heritage. We build an environment for sharing 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 living in poverty. Donors gain the good feeling of providing meaningful help that is direct and effective.

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



IN 2025 YOU DONATED TO PROJECTS

PROTIBET ADOPTION PROJECT

- Monasteries, nunneries 71 510 EUR
- Tibetan children's SOS villages: 52 857 EUR
- Tibetan seniors 21 244 EUR

TOTAL ADOPTION SUPPORT 145 611 EUR

TOTAL FOREIGN DEVELOPMENT AID IN 2025: **216 581 EUR**

TOTAL 2006 - 2025: 2 351 581 EUR

PROTIBET ONGOING PROJECTS

- ProTibet School Project 13 210 EUR
- ProTibet Nutrition Project 26 735 EUR
- ProTibet Water Project 2 040 EUR
- ProTibet Warmth Project 4 627 EUR
- ProTibet Goat Project 10 545 EUR
- ProTibet Health Project 4 285 EUR
- Monastic School Project 5 855 EUR
- General donations 3 673 EUR

PROJECTS 2025**:** **70 970 EUR**



PROTIBET ADOPTION

145 611 EUR

- **Tibetan Homes Foundation (THF) - 187 children**
- **Tibetan Children's Village (TCV) - 45 children**
- **Old People's Homes - THF, Chauntra - 60 seniors**
- **Exile villages in Ladakh - 68 seniors**
- **Tibetan families in difficult situations - 4 families**
- **Monasteries - Ki, Kaza, Rangri, Diskit, Namgyal - 175 monks**
- **Nunneries - Kowang, Pin, Pangmo, Morang - 78 nuns**

The adoption programme for Tibetan children and seniors (617 people), funded through regular contributions, provides not only financial support but also long-term bonds and friendships. Many donors have met the people they support in the Himalayas and experienced everything first-hand.

- Teachers' salaries
- Food and drink
- School supplies
- Clothing
- Heating in winter
- Medical check-ups and medicines
- Hygiene supplies for seniors
- Caregivers
- Support staff (kitchen, laundry)
- Petrol/diesel









PROTIBET SCHOOL

13 210 EUR

- **Winter tuition - Changthang, Ladakh - 336 children**
- **Music class in Choglamsar - 36 students**
- **English teacher - Pin nunnery - 23 nuns**

During the winter months in remote areas of the Indian Himalayas, education is not available especially to children from nomadic communities scattered across the high plateaus of Changthang. For fifteen years, we have been sponsoring winter tuition in remote Changthang, and this winter we once again supported the education of another 296 children in central Ladakh.
We contributed 3 265 EUR to establish and operate a music class available to all Tibetan children in their free time and during holidays. They can learn to play traditional instruments there.
From the proceeds of the ProTibet Family programme, 1 020 EUR went to an English teacher for nuns at the Pin nunnery.

- **Teachers' salaries**
- **Food and drink**
- **Teaching materials**
- **Heating in winter**
- **Musical instruments**
- **Operation of the music class**






VI B



PROTIBET NUTRITION 26 735 EUR

- **Tibetan Children's Village - Ladakh - 300 children**
- **Nunneries - Spiti Valley - 120 nuns**

It started with a crate of bananas in 2023, and we already knew that we wanted to develop this project further. In 2025, it became our priority, and the involvement of donors pleasantly surprised us. This enabled us to fully support 300 nomadic children and continuously supply them with vegetables, fruit, eggs, peanut butter and other nutritious foods. According to their teachers, their health, concentration and overall vitality improved.

Another supported group consisted of nuns from the Kowang, Pin, Morang and Pangmo nunneries in Spiti Valley. The amount provided also includes donations from the ProTibet Family project.

- **Purchase of seasonal vegetables, fruit and eggs**
- **Purchase of staple foods**
- **Transport costs to the Changthang and Spiti areas**





PROTIBET WATER

2 040 EUR

- **Pin nunnery - 23 nuns**

High-quality drinking water is an absolute necessity for life. In the areas we support, water is often stored in containers made from materials that are unsuitable from a health perspective.



In connection with water heating, we supported the purchase of solar panels for the nuns from the remote women's monastery in Pin at their winter location in Rewalsar. We also provided the nuns with high-quality containers for storing water.

- **Water tanks and drinking-water containers**
- **Solar panels for water heating**


TCV





PROTIBET WARMTH and DIGNIFIED OLD AGE PROJECT

4 627 EUR

- **Sonamling - Ladakh Exile Camps - 76 families**
  (CTA - Central Tibetan Administration, Chief Representative Office - CRO)
- **Pin nunnery - 23 nuns**

The poor conditions of uninsulated Tibetan homes in Ladakh, together with a lack of resources to get through the winter, are the reasons behind the long-term Warmth ProTibet project. To cover the real needs of Tibetans, we transferred to this project all proceeds raised for “Dignified Old Age”.
In 2025, we supported Tibetan seniors and families in Ladakh by distributing fuel in 12 camps. A total of 1,725 bags of dried dung were distributed. Each family received approximately 23 bags, which helped them get through the entire harsh winter.
The nuns from the Pin Valley also asked us for support with winter fuel. We supported them with 1 020 EUR.

- **1,725 bags of dried dung, 75 supported families**
- **23 nuns from the Pin nunnery**















PROTIBET GOAT

10 545 EUR

- **Changthang - high plateau of Ladakh - 8 villages**
- **Central Ladakh - 1 nomadic village**

(CTA - Central Tibetan Administration, Chief Representative Office - CRO)

At the beginning of 2025, a heavy snowfall hit the high-altitude Changthang region, where nomads live at elevations above 4,500 m. Thanks to a rapid fundraising campaign, we sent 3 470 EUR to help save goat herds.

We provided additional funding to the Tibetan government-in-exile in the summer. It not only supported the poorest nomadic families, but also purchased enough feed so that families would be prepared for possible further disasters related to weather changes over the past decade.
Nine Tibetan nomadic villages in Ladakh were supported. A total of 4,750 kg of feed, mainly wheat, was distributed.

- **95 bags of feed, 50 kg each**















MONASTIC SCHOOLS

5 855 EUR

- **Morang nunnery - 62 nuns**
- **Pin nunnery / Rewalsar 23 nuns**

The project responds to the needs of monks and nuns whom we visit every year in remote areas of the Himalayas. The nuns from the poor Morang nunnery in the Spiti Valley asked us to support their winter pilgrimage to the sacred site of Bodhgaya, where they spent three weeks in prayer. A contribution of 3 812 EUR covered travel costs, basic food and part of their accommodation in Bodhgaya.

We supported the women's monastic school in Pin with 2 040 EUR, specifically for the salary of an English teacher.

- **Travel costs, food and accommodation in Bodhgaya**
- **English teacher's salary**



PROTIBET HEALTH

4 285 EUR

- **Pin nunnery - 1 020 EUR**
- **Bir Tibetan Society Kangra - 3 265 EUR**

In 2025, we supported the Tibetan community in Bir (Kangra district) by purchasing a certified Ceragem massage bed. It helps with a range of problems, from back pain and high blood pressure to diabetes and headaches. A staff member is responsible for the bed, oversees its proper operation and sets the massage programmes.

The Tibetans are very satisfied with the results; demand is high and the waiting list is long. The bed is in operation every day from 9 a.m. to 5 p.m.

We supported a group of nuns from Pin with 1 020 EUR for the purchase of medicines, preventive check-ups and acute treatments for which they did not have sufficient funds.

- **Community of 3,500 Tibetans in Bir**
- **Group of 23 nuns in Pin**





GENERAL DONATIONS

3 673 EUR

General donations, which we can direct according to current needs, were used for two projects this year:

- **2 040 EUR** supported the construction of a winter monastic school for nuns from the Pin Valley in Rewalsar. The nuns have been building their winter residence there for several years, continuing whenever funds are available. The site will allow them to study throughout the year in more favourable conditions.
- **1 633 EUR** went towards equipping a community centre in the Tibetan Nangchen Settlement in Bir (Chauntra). The community includes approximately 500 people. With this amount, we purchased chairs, benches and other equipment so that Tibetans can gather for special occasions as well as regular meetings.

- **Community of 500 Tibetans in Bir (Chauntra)**
- **Group of 23 nuns in Pin**





PROTIBET FAMILY

5 678 EUR

ProTibet Family represents solidarity with Tibet and with Tibetan inhabitants of the Himalayas. Donors can join by making a regular contribution of any amount. This allows us to build financial reserves that can be used in the event of urgent requests.

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

Donations within ProTibet Family were used to provide nutritious, high-quality food for 300 nomadic children in Changthang (see the Nutrition ProTibet project), as well as for the organization of cultural and educational activities in the Czech Republic.



PROTIBET FESTIVAL

The 24th ProTibet Festival in Ostrava presented Tibet through a variety of themes, including food, friendship, philosophy, education and culture.

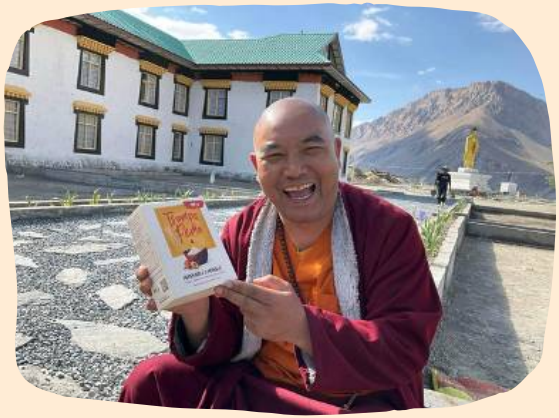
The festival brought the film Mission: Joy to Ostrava, in which His Holiness the Dalai Lama and Desmond Tutu share their experience of “how to live with joy”. The evening also included a discussion with J. Rudzinsky and Z. Weber.

Festival participants could see two exhibitions: “Happy Stories of Tibet” at the University of Ostrava and “A Bridge in the Clouds of Tsampa” at the Ostrava City Library. People tasted Tibetan food at the Losar celebration - the Tibetan New Year, watched the film “Schools in the Himalayas”, and learned about the life of Nicholas Roerich and his connection with Tibet in the 19th century.









E-SHOP AND TSAMPA PEMA

The e-shop, together with tsampa, helps finance our activities, thanks to which we can carry out development cooperation. We approach everything with love and the desire to bring joy.

Over the years, our shop has expanded considerably. We offer a wide range of goods from India and Nepal - from incense sticks, malas, prayer wheels, statues, amulets, jewellery and clothing to Ayurvedic cosmetics and teas.

Tsampa is a traditional Tibetan food with a centuries-old history. It is made from roasted and ground barley. Because the barley is roasted before grinding, the resulting tsampa is essentially instant and ready to eat. Tibetans traditionally mix tsampa with salty butter tea. We have also prepared it for you in several flavours, for example apricot and almond, chocolate, or strawberry. We make it by hand from Czech organic barley in a social enterprise in Ostrava.

FINANCIAL MANAGEMENT - BALANCE SHEET

as at 31.12.2025 (in thousands of EUR)

Assets	First day of accounting period	Last day of accounting period
Total fixed assets	**8**	**6**
Total intangible assests	0	0
Total tangible fixed assets	24	24
Accumulated depreciation of fixed assets	-16	-18
Total current assets	**188**	**171**
Total inventories	69	71
Total receivables	6	5
Total current financial assets	103	87
Total other assets	10	8
TOTAL ASSETS	**196**	**177**

Liabilities and equity		
Total equity	**161**	**150**
Total capital	149	137
Total profit/loss	12	13
Total Liabilities	**35**	**27**
Total short-term liabilities	34	26
Total other liabilities	1	1
TOTAL LIABILITIES	**196**	**177**

STATEMENT OF PROFIT OR LOSS

as at 31.12.2025 (in thousands of EUR)

ITEM	EXPENSES
Consumable purchases and purchased services	133
Change in own activity inventory	0.5
Personnel expenses	83
Taxes and fees	0.5
Other costs	6
Depreciation, assets sold	2
Contributions provided	0
TOTAL COSTS	**225**

	REVENUE
Operating subsidies	3
Contributions received	38
Revenues from own services and goods	136
Other revenue	62
Proceeds from the sale of assets	0
TOTAL REVENUES	**239**

FINANCIAL RESULTS

The entity achieved a profit of 13 595 EUR for the 2025 accounting period. This consists of a profit from economic activity of 27 345 EUR and a loss from the main activity of 13 750 EUR.

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

SUBSIDIES RECEIVED FOR OPERATING PURPOSES

ProTibet Festival:
Provider: City of Ostrava - Municipal District Moravská Ostrava a Přívoz, grant: 612 EUR
Provider: Statutory City of Ostrava, grant: 1 224 EUR
Provider: City of Ostrava - Municipal District Mariánské Hory a Hulváky, grant: 204 EUR

Contribution towards participation in the International Fundraising Conference:
Provider: Nadace Neziskovky.cz, grant: 600 EUR





OUR THANKS GO TO

- 14th Dalai Lama Tenzin Gyatso
- Sakya Trinzin Rinpoche
- His Eminence Ngor Shabdrung Rinpoche
- Lochen Tulku Rinpoche

- Sapan Foundation
- Central Tibetan Administration
- Chief Representative Office of Ladakh
- Tibetan Homes Foundation
- Tibetan Children's Village
- Group leaders of Ladakh
- Chauntra OPH
- Bylakuppe OPH
- Bir Tibetan Society
- Monasteries and nunneries, their administration and authorities

Special thanks to:

- Tenzin Norbu la
- Karma la
- Dorje la
- Pema Samdup la
- Dekyi la
- Tashi la
- Chamba la
- Dawa la



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