



MUDIRO

ANNUAL REPORT 2020

CONTENT STATEMENT

Summary of key accomplishments related to planned goals, reflection on challenges and constraints, agreed upon partnerships, and plans for the next year.

BARBARA MÜLLER

Founder and CEO

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You need to be the change that you would like to see in others.

Foreword by the management

I am proud to present the Mudio Annual Report, which reports the activities carried out in 2020. Never before have we received as many requests from physicians and other healthcare professionals as in 2020. Mudio is a small, hand-picked association, so we could not accept all of them, and eventually selected 26 dedicated and highly qualified candidates. However, with the outbreak of the global Covid-19 pandemic, it turned out that everything was going to be quite different than planned.

COVID-19, despite great challenges and constraints to Mudio's work, also presented some important opportunities, such as positioning Mudio as a trusted and valued community partner in Andara. Throughout the crisis, Mudio has delivered on commitments to the affiliate groups we serve. To name just one of these successes over the past year: Of the 26 physicians and healthcare professionals who wanted to work in Andara but were unable to enter due to COVID-19, eight were still able to come through. All were accepted by local health workers. In addition, Mudio's perspective on the deployment of doctors and healthcare professionals is greatly appreciated by the Ministry of Health and Social Services, with whom we work hand in hand.

With active citizenship and community participation at the core, we have set ambitious development goals and defined how Mudio can best help ensure that residents of Kavango East and West have better access to quality core services. Our approach focuses on empowering people to participate in and lead community actions that affect them. In doing so, Mudio supports members of local communities in finding new ways to move out of poverty, a hallmark of the adverse living conditions for many in the Kavango region. Such important long-term goals require a coordinated approach, which Mudio set out to develop in 2020. By working more closely with various partners in 2020 such as the government, local communities, NGOs (Physically Active Youth), academia (University of Namibia), development partners (UNICEF) and more, we will ensure that our efforts are focused on achieving maximum impact for the limited resources that support Mudio operations. COVID-19 sharpened Mudio's focus on medical care, IECD (integrated early childhood development), and SRHR (Sexual & Reproductive Health and Rights) as the three central and intertwined priorities for Kavango East and West. We brought solar panels to Shaditata to provide a 10,000 l/day water supply to meet the local needs. We built three more kindergartens to expand access to early childhood development. We brought 8,000 pairs of glasses to improve the eyesight of a number of children and youth not only in Kavango but also in Windhoek.

COVID-19 thus turned a great challenge into an opportunity. Mudio now has more power, more energy, and more confidence to work with and sometimes challenge local authorities to help communities. I invite you to reflect on the broad range of Mudio's activities that enable the people of Kavango to lift themselves out of poverty and find better access to health and education. I look forward to continuing to serve as a voice for the people of Kavango and supporting them in their quest for a better quality of life.

Barbara Müller, 06.04.2021



Founder and Managing Director, Mudio

About Mudio

Mudio is a Namibia-based Swiss non-governmental organization registered as an association and operating in Namibia under a signed trilateral agreement with the Ministry of Health and Social Services and the University of Namibia.

Of the estimated 568 418 poor people in Namibia, 21% live in the two Kavango regions. The combined East and West Kavango regions have the highest poverty rate at 53.2%, with 64% of the population materially disadvantaged, while 50% are unemployed. This poverty rate decisively shapes the quality of life as well as the health of the people of Kavango and Otjozondjupa.

Mudio is looking for innovative ways to meet the basic needs of the people of Kavango, focusing on health, IECD and SRHR. At Mudio, our work is informed by our commitment to the following broad rights-based goals:

- The right to a sustainable livelihood
- The right to health
- The right to education
- The right to identity

Our Team

- Barbara Müller, Founder and President, Project Management in Namibia
- Heinz Schweizer, Managing Director Switzerland
- Laura Müller, Board Mudio, social media
- Marc Drescher, Board of Directors Mudio
- Yana Kessler, Online Marketing, Website
- Rahel Kambli, Marketing, Events
- Martin Hunziker, Logistics

Where we work

- Kavango east and west, Otjozondjupa, Windhoek

Our year in results

In the past year, Mudio's work has included professional development for health workers, promotion of sexual and reproductive health and rights with the focus on adolescent youth, improving water supply, and strengthening early childhood development and education. Highlights of key findings are listed below.

Progress in the subproject "Sexual and reproductive health and rights".

The foundation for work in this area was laid in recent years with the transfer of skills between Namibian and Swiss colleagues. This ensured that Namibian doctors had the right technical skills and expertise while their Swiss colleagues learnt to understand the local dynamics in Andara. Various gynecological procedures were planned in Andara, Nyangana and Rundu, and a well-coordinated team of anesthesiologists and gynecologists arrived in Namibia. Mudio assisted the local Ministry of Health and Social Services (MoHSS) in preparing the operating room in Andara, and the local physicians looked forward to informative education and training. Unfortunately, not everything went as planned. During this time, the water pump from the government water supply "Namwater" burned three times. The Andara hospital could not be supplied with running water for over 2 weeks, which made operations impossible. Mudio postponed the practically oriented training course and instead conducted a theoretical course over a period of five weeks, led by a Mudio gynecologist. The result was successful training of 17 local general practitioners, nurses and midwives in gynecology and ultrasound diagnosis. Gynecological surgeries scheduled in Andara were temporarily transferred to Nyangana Hospital, 80 kilometers away, where the Mudio gynecologist performed seven procedures while training Namibian colleagues. In addition, 10 procedures took place in Rundu, including both gynecological and anesthesial procedures performed by Mudio.

Importantly, Mudio engaged the technical services of a highly professional and trained psychiatrist who established a post-traumatic stress disorder (PTSD) training program. The training course focused on upskilling social workers in dealing with people who had suffered trauma and provided the social workers with skills to continue supporting their clients.

Four social workers from Kavango East benefited from the course and built a solid working relationship with the Mudio psychiatrist. In addition, the training course included topics such as sex education, STDs, family planning, and contraception. As a result, social workers gained a wealth of knowledge that will assist them in providing appropriate services to adolescents and youth in Kavango East who are severely affected by an acute mental health crisis. Suicide rates increased dramatically as a result of COVID-19 and especially pregnant women were severely affected.

Progress in the subproject "Continuing education and medical training

In both provincial hospitals in Kavango East and in the state hospital in Rundu, Mudio held eight advanced training courses each, covering internal medicine, cardiology, gynecology, anesthesiology, psychiatry, and diagnostics with ultrasound and Doppler of the abdomen. The courses were a combination of theory and practical training and lasted a total of 5 weeks, up to four hours each day. Using the proven Mudio-MoHSS collaborative framework, local physicians immediately put

their newly acquired knowledge into practice. The support greatly benefited patients, and local physicians greatly appreciated Mudiro's support and receiving up-to-date medical expertise. In addition, Mudiro provided training on physical therapy topics, which were primarily used in the outreach program and directly supported at least 17 patients from the community.

Following the outbreak of the global COVID-19 pandemic, the President of the Republic of Namibia, H.E. Dr. Hage G. Geingob, declared a state of emergency on March 17, 2020. The pandemic claimed more than 500 lives in Namibia and affected the lives of many more due to school closures, job losses, transportation restrictions, and mental health issues. Despite and because of difficult circumstances, Barbara Müller decided to stay in Namibia and redouble Mudiro's efforts to support the communities that Mudiro serves. Instead of the envisaged 26 specialist missions, adjustments had to be made. We had to adapt subprojects to the difficult circumstances and developed support where people in the Kavango regions needed it most.

In mid-November 2020, after the first wave of COVID-19, a specialist in general and internal medicine arrived. She spent the first 3 weeks working in the intensive care unit in Rundu, conducting continuing education on Fridays each week; her trainings were greatly appreciated and needed.

The remaining 3 weeks the doctor spent in Andara. She was able to achieve a lot there as well, her training courses on ECG, heart failure, blood gas analysis and resuscitation were well attended, just like in Rundu.



Figure 1 Dr. Nadja Urbanek explains the ECG at Rundu Hospital (©MUDIRO/2020/BMueller).

Progress in "Integrated Early Childhood Development (IECD)" subproject

Mudiro built a new kindergarten in Shaditata, a very remote village 20 km from Andara towards Botswana (1.5 hours drive through deep sand). Until now, the village had neither a school nor a kindergarten. The young children from Shaditata walked 6 km to school in Shamaturu every day, usually without breakfast. Thanks to Mudiro's efforts, which took place over a period of three weeks, the community of Shaditata now has an IECD center, an important milestone for the local community. The success of the IECD project was highlighted in the collaboration with UNICEF. Mudiro was chosen as the partner of choice in promoting a pilot project to position IECD in Kavango East.



Figure 2 This picture shows the road to Shaditata to the new kindergarten and its construction (©MUDIRO/2020/BMueller)

Progress in subproject: "Water supply"

Water pipes

In total, Mudiro helped lay over 20 kilometers of water pipes in Kavango East last year. Another water project was successfully implemented for seven new households in Andara. Through the Meyu (Water in Thimbukushu) project, Mudiro is working to promote local community health while empowering local communities to take control of their own lives. By working together, hand in hand, Mudiro builds close collaboration on a social level, gaining the trust of the local community, a key aspect of building a sustainable development model in Kavango.



Figure 3 Mudiro and the local community in Andara have completed a new water project. (©MUDIRO/2020/BMueller)

Water for Shamunaro

The well in Shamunaro broke on September 16, 2020. Mudio immediately mobilized five young men from Andara. Together, they transported in a total of 5,000 liters of water with two off-road vehicles in just one working day. The population received water first. Already by 9 p.m. the first cows and goats could be provided with fresh water. However, it was clear that just carting in water would not solve the long-term problem therefore Mudio repeatedly tried to ask the local authorities for their support in dealing with the water supply. The Rundu municipality only responded after four weeks and repaired the diesel generator. The cohesion in and with our group after this success was great, greater than expected, which led to further increase the trust and respect of the local people for Mudio.



Figure 4 Mudio and the local community helped the people of Shamunaro with fresh water (©MUDIRO/2020/BMueller)

Solar panels for Shaditata

Mudiro procured additional solar panels to power water pumps to improve the inadequate water supply in Shaditata. Water resources for humans and animals are very scarce in this community. Mudiro installed the solar panels with many helpers from the village so that people and animals will never have to go thirsty again. This is an excellent example of achieving the Sustainable Development Goals at the community level with people by the people.



Figure 5 Mudiro and local community install solar panels in Shaditata

Progress in the subproject: "Improving vision "

Autumn 2020 Highlight with Luka Optics in Andara

Willem and Merike work at Luka Optics in Windhoek, Grootfontein and Tsumeb. The idea of a collaboration with Mudiro came up in 2019 with our ophthalmologist Dr. Corina Kläger. Most people in the Kavango East region do not have access to corrected eyeglasses or reading glasses. As reported in one of the Mudiro newsletters, we received thousands of pairs of corrective glasses through donations and had them transported by container from Switzerland to Namibia. Willem and Merike saw 109 patients in two days and provided them with the correct corrected glasses or reading glasses. Our plan is to have such examinations every eight to ten weeks. We are training three nurses so that over time we can help as many people as possible

in the Andara region. Patients pay between 20 and 100 Namibian dollars per pair of corrected glasses.



Figure 6 Mudirol and Luka Optics at Andara Hospital (@MUDIRO/2020/BMueller)

Luka Optics Rundu

Barbara Müller from Mudirol was in Rundu at Luka Optics at the beginning of August 2020 and experienced how necessary this help is. Willem treated a young student who was sent to him by the state hospital in Rundu. Three years ago she received corrected glasses from the hospital.

In tears, Willem demonstrated to Barbara Müller how poorly this young woman saw by placing a special frame with different thicknesses in front of her eyes. Although Barbara held her head only about 7 cm away from a piece of paper, she still saw everything blurred and could not decipher the text. Just a few minutes of seeing as poorly as the student gave Barbara the impetus to help in Kavango East and West, so that the world literally opens up to many people, especially young people.



Figure 7 The student in Rundu with her new glasses (@MUDIRO/2020/BMueller)

Focus on COVID-19: Consulate Cooperation COVID-19 (CCC-19)

During Covid an aid program (called CCC-19) was established under the auspices of the Swiss Consulate General in Windhoek, represented by Mr. Urs Peter Gamma, to help the people of Namibia directly with clothing and food. All consulates, companies and private individuals were asked to help so that we could help. An emergency program was planned for people from about 600 households in Kavango East and in the Zambezi Region to receive weekly assistance

from us for the next four months. All households were listed with the government council of the Kavango region and statistically documented for all donors.



Figure 8 Mudiro and team distributing food in communities (@MUDIRO/2020/BMueller).

Arrival of our container in Andara

Julian, the truck driver, and our long-awaited container of relief supplies left Walvis Bay late in the afternoon of May 18 and arrived in Andara at noon on May 19. The inspection of the container was done by the Mohembo Police Station. Without any complications we were able to distribute some of the donated clothes to the villages as part of the CCC-19 program (see above) and food distribution. The remaining goods will be gradually delivered to the hospitals and clinics.



Figure 9 The Mudiro container has arrived in Andara (@MUDIRO/2020/BMueller)

Challenges

At the beginning of the year, on the recommendation of the DFA, all Swiss nationals were advised to return home because of the COVID 19 pandemic. Mudiro therefore had to immediately arrange flights for all the specialists who were on site. By March 24th, all were on their way home. Barbara Müller herself stayed in the country and searched for a safe accommodation for the 5-week lockdown. A time of uncertainty and unease followed, and difficult questions arose about the focus of Mudiro.

Further challenges were:

- Lack of understanding and difficulties with communication between the Mudiro base in Andara and those in charge at Shaditata. Lack of rules.
- Sometimes local community members abused Mudiro's hard work.
- Ambulance: help from the hospital does not reach patients. Weak management at MoHSS and sometimes lack of support for Mudiro. The leadership/administration in Andara and Rundu is a challenge.

Lessons learned

- The biggest lesson Mudiro learned in 2020 is the power of working with and for communities. At every stage of project implementation, Mudiro mobilized the human resources and willpower of local people themselves, connecting with them with drive and passion to make a difference. Community members identified community members in need and prioritized what they felt needed improvement. They came and shared their ideas with us: Mudiro supported locals in building houses for 4 elderly people.
- It turned out that to the Mudiro model of knowledge exchange between medical experts from Switzerland and Namibia works well. More local ownership and better coordination with MoHSS are needed to promote the sustainability of the model in the long term.
- The organization at UNAM is not optimal. While some professors are responsive, it is generally difficult to operationalize a partnership.
- The partnership with MoHSS has been mixed: while collaboration with local physicians is generally excellent, there are challenges at certain levels with middle management leadership and communication.

Sponsorships

- UNICEF



Abbildung 10: Meeting with UNICEF in Windhoek on the 26th of November 2020

- - Luka Optics Namibia
- - Ministry of Health and Social Services
- - Bader Gnehm & Partner Attorneys at Law, Bern
- - Etzold - Duvenhage Attorneys, Notaries and Promoters, Windhoek/Namibia
- - Physically Active Youth: exciting partnership perspective on quality education, use of bicycles for empowerment, etc.

Human interest story: "Pelekelos History ".



Figure 10 Pelekelo near Omega in the Zambezi region

"I met Pelekelo Kabuta at our second food distribution," says Barbara Müller. The villagers had advised her to come to this family one day. "For me, this was one of the worst things I have ever seen here in this region!"

Pelekelo is a 12-year-old disabled boy who cannot speak or move. His bed is a torn corn sack on the floor, and his blanket is full of holes.

"We have really cold nights, I often freeze in the container in Andara despite 2 quilts and a bed," says Barbara Müller. "His parents were not home when we showed up." Neighbors said they were upcountry harvesting mahango. So Pelekelo was home alone.

Barbara reported this family situation to the state and sent pictures of him to the Ministerium of Health and Education and the Social Welfare Office. "Three days later, I received pictures from the ministry that they had visited the boy and his family and brought them food, mattresses and blankets."

Mudiro in the Namibian media



Figure 11 Mudiro in The Namibian newspaper, 22th of December 2020.

The overall level of awareness of our work is increasing as the numbers of our missions grow, the doctors and health personnel, as well as the kindergartens we have built in Kavango East. The whole country heard about Mudiro, and the famous musician EES integrated the Swiss NGO in his music video. Despite COVID-19 we were strongly networked and praised. We are proud of what we have achieved and look forward to what more we can do in Northern Namibia.

The Namibian (newspaper in Namibia), NBC (television channel in Namibia), on social media we have the following followers (Facebook 861, Instagram 450 ...).

In Andara we had a visit from a journalist from Windhoek. The young Namibian is originally from Andara and was therefore very interested in sharing the story of Mudiro. Thanks to his cooperation, Mudiro 2020 was mentioned twice on the front page, once with a full page in the most famous daily newspaper of the country.

This attracted a lot of attention and the state has since shown greater interest in the North.



Figure 12 Mudiro in the newspaper in October 2020

Financial report 2020

Balance sheet

Active assets

Cash and Bank	CHF	67'350.00	79.40%
Receivables from deliveries and services	CHF	1'202.00	0.50%
Transitory assets	CHF	2'467.00	1.10%
Total current assets	CHF	71'019.00	32.30%
Container Village	CHF	12'500.00	5.70%
Vehicles	CHF	1'100.00	0.50%
IT	CHF	200.00	
Machines and apparatus	CHF	0.00	0.00%
<i>Total fixed assets</i>	<i>CHF</i>	<i>13'800.00</i>	<i>6.30%</i>
Total active assets	CHF	84'819.00	100%

Passive assets

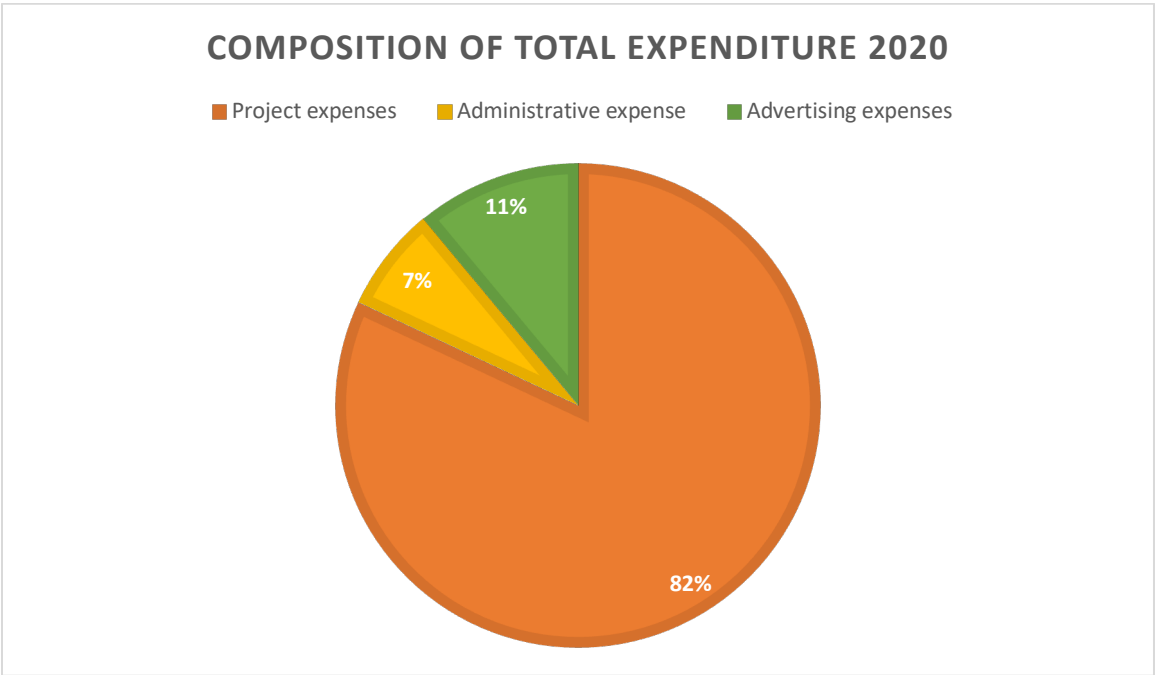
Liabilities from deliveries and services	CHF	0.00	0.00%
Transitory liabilities	CHF	6'869.00	8.10%
Deposit Mobile Clinic	CHF	0.00	0.00%
<i>Total outside capital</i>	<i>CHF</i>	<i>6'869.00</i>	<i>8.10%</i>
Profit carried forward/Loss carried forward	CHF	30'239.00	
Annual profit	CHF	47'712.00	
<i>Total equity</i>	<i>CHF</i>	<i>77'950.00</i>	<i>91.90%</i>
Total passive assets	CHF	84'819.00	100%

Annual financial statement

Operating statement			2020	
Income				
Donations				
Regular donations	CHF	209'376.00		
Earmarked donations	CHF	10'767.00		
Total income	CHF	220'143.00		100%
Expenses				
Project expenses Switzerland				
Expenses for materials, space, IT, services and insurances	CHF	25'767.00		11.70%
Personnel expenses	CHF	1'982.00		0.90%
Project expenses Namibia incl. flight costs / campaigns and projects	CHF	109'262.00		49.60%
Administrative expenses	CHF	12'485.00		5.70%
Advertising expenses	CHF	19'020.00		8.60%
Depreciation expense	CHF	2'600.00		1.70%
Financial expenses	CHF	1'316.00		0.60%
Total expenses	CHF	172'432.00		78%
Net income	CHF	47'711.00		

Composition of total expenditure 2020

Total expenditure	CHF	172'432
Project expenses	CHF	140'927
Administrative expenses	CHF	12'485
Advertising expenses	CHF	19'020



Closing words and thanks

Despite the difficult circumstances, we were able to achieve a high level of efficiency. It was very important to stay on site, keep an eye on the situation there and act accordingly. Looking ahead, our goal is to move Mudio forward structurally, dealing with contaminated sites and applying good strategies to move forward with all upcoming projects.

Thank you to all financial partners, sponsors, helpers, friends and everyone who supported Mudio during the past year.

With kind regards



Barbara Mueller

Appendix: List of health professionals who worked with Mudio in 2020.

- Sandro Waser, MD, General/Internal Medicine
- Irina Beninger, M.D., General/Internal Medicine
- Ursula Stoll, Physiotherapist
- Manuela Wagner, Nurse Practitioner
- Christoph König, MD, Gynecologist
- Gregor Guthauser, MD, Anesthesiologist
- Matthias Rohwer, M.D., Psychiatrist
- Nadja Urbanek, M.D., General/Internal Medicine
- Willem and Merike from Luka Optics