



# MUDIRO

## ANNUAL REPORT 2021

### CONTENT STATEMENT

Summary of key achievements in relation to planned goals, reflection on challenges, constraints and agreed partnerships

### 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 Board

I am pleased to be able to present a detailed report on Mudiro again this year, with many success stories.

I think we all were and are more or less, either directly or indirectly affected by or through the Covid pandemic. Mudiro was not spared either, and many things went and still proceed differently than planned. But Mudiro would not be Mudiro if we accepted these setbacks as a problem and not as a challenge. And that's exactly what we did. We made the best of what was, no doubt for all of us, a difficult situation.

Many of the doctors and health professionals registered for 2020 were not able to support our project due to the strict entry requirements or complete suspension of air traffic. We would like to take this opportunity to thank them for their participation and presence from afar.

Many of our partners and friends were nevertheless able to be present, offer advice, and showing interest and above all compassion and as a result some project could continue successfully.

All the nicer that we could kick off again in 2021. With a total of 16 doctors and specialists from various medical fields including many motivated newcomers, 2021 was a successful year for Mudiro.

For example, the indispensable physiotherapy offering could be intensified by competent personnel. We also catalogued a total of about 8000 pairs of glasses and distributed many of them in close cooperation with Luka Optics Namibia.

Especially important to us is the cooperation with the local people, which we were able to further expand this year. In the monthly regional meetings we are now part of the committee as an NGO, which means a lot to us and is an important prerequisite to contribute to the many joint decisions and measures.

We are especially proud and grateful for the construction of the kindergartens in Shamunaro, Shamangorwa and Kamuntjonga. Thanks to generous donations, these could be built, some even with sanitary facilities, and now make many children happy. In Shamunaro a new classroom was built for the Grade 7 students. This enables the children to live in their village and with their family and go to school there for one more year before going to a hostel.

I am particularly proud of the fact that we were approached by the Namibian government to support the health service in Mariental, in the south of Namibia. This region was particularly hard hit by Covid-related staff shortages. The recognition and trust placed in our work serves as both an incentive and further motivation to continue, even if setbacks and unforeseeable events, such as Covid, present us with major challenges.

The biggest challenges, however, are faced by the people in the poorest regions of Namibia which includes the Kavango East and West Region, where Mudiro is mainly active. This is where we want to and will continue to be active and concentrate our energy and passion. Unfortunately, we will not be able to stop or change course of the ever spreading wave of poverty, the escalating food prices, or the often hardly bearable living conditions of the poorest. But we can try to help many with our presence and personal commitment on the ground, to give them back a little hope and quality of life.

That is and will remain our goal, and this year we will once again give our all.

I am looking forward to a positive, intensive collaboration with all our friends and partners who support the Mudio project. Let's make 2022 another great year for us and especially for the people who need us every day and who put their hope in our presence and in our work.

Cordially,

Barbara Müller in April 2022



Founder and CEO, Mudio



*Figure 1 Barbara Müller with Dr. Kathrin Vischer the 100th health professional.  
(©MUDIRO/2021/BMueller)*



## About Mudio

Mudio is a Namibia-based Swiss non-governmental organization registered as an association 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 East and West Kavango regions have the highest poverty rates, with 53.2% and 64% of the population materially disadvantaged, while 50% are unemployed. This poverty rate has a profound impact on 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, with a focus on health, IECD<sup>1\*</sup> and SRHR. At Mudio, our work is informed by our commitment to the following broad rights-based goals:

- The right to sustainable livelihoods,
- the right to health,
- the right to education,
- the right to identity,
- the right to life.

## Our Team

- Barbara Müller, founder, president, project management in Namibia
- Michael Biner, technical project management Switzerland and Namibia
- Laura Müller, Mudio Board, social media, admin
- Marc Drescher, Board of Directors Mudio
- Dr. Pierre Jordaan, Chief Medical Officer
- Yana Kessler, Online marketing, website
- Rahel Kambli, Marketing, events
- Martin Hunziker, Logistics
- Herman du Toit, Project Manager Namibia
- Maja Jakob, Copywriter

## Where we work

- Kavango East and West, Otjozondjupa, Mariental and Windhoek

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<sup>1</sup> \*Early Childhood Development & Sexual and Reproductive Health.

## Our Year in Results

The year 2021 also turned out to be a year full of challenges for Mudiro. Everything went a little differently than in previous years, but not less successfully. Covid was and still is a major topic, and accompanied us for many months. Before Barbara Müller outlines the results, she would like to take this opportunity to briefly address the impact of Covid, because the pandemic also had a significant impact on our work with Mudiro. It is difficult to explain this pandemic in figures. I do not want to speculate on the number of deaths in Namibia, but the reality is that Corona brought considerable physical and mental suffering to the already shaken population. Schools were closed for a long time, many people have lost their jobs and with that their hope, the suicide rate has increased enormously, alcohol consumption has risen, and inevitably hunger has increased. These are all consequences of the Covid epidemic. For this reason, the focus of our work is and has always been the psychological care of the people, but more about that later.



Mudiro's activities in 2021 included the following key areas:

Professional development of health workers, promotion of sexual and reproductive health and rights, progress in the IECD (integrated early childhood development) sub-project, improvement of water supply, progress in the physiotherapy sub-project, and much more. Some results and statements are presented below.

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

A major topic that is particularly close to our hearts and is pursued with great interest and ambition is the topic of gynecology. Again in 2021 with a lot of progress and success. At the beginning of 2021, there was a very intensive training with a gynecologist and a cardiologist. The perfect cooperation of these two experts was a great enrichment for all course participants who took part in this six-week training in Andara and Grootfontein. Furthermore, our cardiologist was also able to apply and pass on his knowledge and skills in Rundu at the intensive care unit for two more weeks.



Figure 2 Dr. Franziska Maurer during further training in gynecological expertise in outreach/biro. ((c) MUDIRO/2021/BMueller)



Figure 3: Dr. Edi Neuenschwander in Grootfontein during the ultrasound training (@MUDIRO/2021/BMueller)

Advanced training on the subject of female health and gynecology is increasingly close to our hearts. Of course, we don't have to mention that this is one of the most important medical areas overall. Africa is still the continent with the highest birth rate, and as a result our particular focus on this topic. Our gynecologists did a great job in the field in the middle of the year, i.e., in the villages far away from the nearest hospital. The main focus was on further education on the subject of pregnancy and birth, including complicated births and their sometimes severe complications. Ideally every pregnancy is always monitored with ultrasound. In many regions, however, the availability or correct use of this equipment is by no means a matter of course. And in this regard, training courses were offered in Grootfontein and Andara. These ultrasound trainings were always combined with insight provided by a physician in internal medicine.



As already mentioned, Covid did not only trigger considerable physical problems, but many people have also had and continue to bear a heavy mental and psychological burden as a result of the pandemic. Often, these people can no longer escape the downward spiral of fear, depression and hopelessness without professional help. Suicidal attempts and suicides, physical violence against other people, domestic violence, etc. have always been a major issue, even before the pandemic, but are now even more intense. We had support for this very prominent problem from our expert a psychologist who, in collaboration with a resident professional colleague, was able to help many people. There were also some training sessions on these rather sensitive topics which took place in Andara and were well attended.



## Progress in the subproject "Continuing education and medical training"

Our training courses took place in 2021 in the provincial hospitals Kavango East, Grootfontein, in Mariental and in Rundu. The topics of these courses were internal medicine, cardiology, psychiatry, gynecology, as well as advanced training in the use of ECG and ultrasound. It is also worth mentioning that we were asked by the government to start a training course in Mariental and its surroundings. A doctor accompanied by a trained nurse dedicated a total of 8 weeks specifically and very intensively to the subject of ultrasound, including inviting doctors from the surrounding areas who participated in these training courses. Basically, our training courses are a popular and increasingly important part of our project.



Figure 4 Dr. Philip Bolli at the Ultrasound training in Mariental (©MUDIRO/2021/BMueller)



Figure 5 Dr. Pierre Jordaan at training during the course of the daily work in Rundu. (©MUDIRO/2021/BMueller)



Figure 6 Dr. Pierre Jordaan providing advanced training in Rundu. (©MUDIRO/2021/BMueller)

Ever present were our physiotherapists, who have become an integral and important part of our project. Our training courses lasted 3 to 5 weeks on average and were attended time and again by many doctors and nurses. At this point I would like to specifically highlight the great interest and thirst for knowledge of all participants. Mudiro continues to cooperate with the Ministry of Health and Social Service. Well-founded theoretical knowledge is imparted in a practical manner by competent personnel.



Figure 7 Physiotherapist Gabi Jakob at training and at work in Andara (©MUDIRO /2021/BMueller)

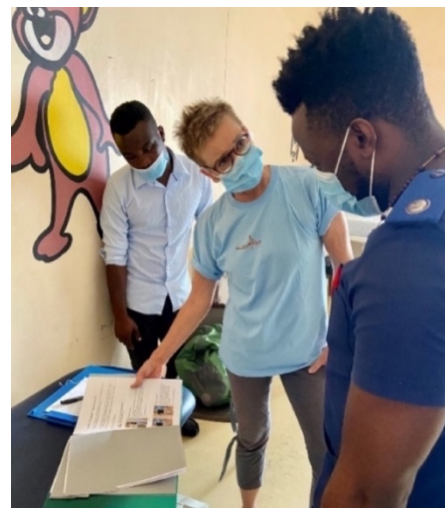


Figure 8 Physiotherapist Gabi Jakob at training and at work in Andara. (©MUDIRO/2021/BMueller)



It is very important to mention here that in the fall, like every year, we had our special and loyal duo of ENT doctor and pediatrician with us again. The two are mainly on the road, visiting schools and testing children in hospitals for their hearing abilities. It was shown time and time again that the trust in doctors and nurses is very important and indispensable, especially for the youngest of our patients, so it is even nicer that we have such reliable companions in our team.

Although Covid caused considerable obstacles, including in air traffic, we were finally able to welcome 16 out of 22 registered doctors from Switzerland this year.

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

Not far from Mahangu National Park, about 25 km from Divundu, in Kamutjonga, a new kindergarten was built by Mudiro. Despite the proximity to the road towards Mahangu Park, Kamutjonga is an unsightly, abandoned village with very little happening. Another kindergarten was built in Shamangorwa, which is nearer to Rundu, about 60 km away from Divundu, as well as a brand-new classroom in Shamunaro. The children of Shamunaro now have the possibility to stay in their village and finish the 7th grade, they don't have to take the long road to go to school in Divundu, which is about 20km away with deep sand. So, they can now spend more time with their family before they have to move to the hostel in Divundu. We were supported by UNICEF with school supplies and toys, for which we are very grateful. Everything we received was distributed to the Mudiro kindergartens and classrooms. I would also like to highlight that hygiene and sanitation in the schools and kindergartens are important to us. We regularly distribute personal hygiene items such as toothpaste and toothbrushes to the children. Of course, our doctors are always ready to help when and where their help is needed in all of these facilities.

Overall, we have done a lot for our little people in 2021, because they are and remains the future of Africa and therefore require special monitoring and attention.



*Figure 9 Building the different kindergartens and painting them together. (©MUDIRO/2021/BMueller)*



*Figure 10 Building the different kindergartens and painting them together. (©MUDIRO/2021/BMueller)*



*Figure 11 Building the different kindergartens and painting them together. (©MUDIRO/2021/BMueller)*

### Progress in subproject: “Water supply”

As in 2020, we have once again set things in motion in terms of water in 2021. Many regions still have no access to clean drinking water. Around Andara we were able to lay some additional pipes, of course with the corresponding taps. Accompanied by government employees I set out to inspect old boreholes that were drilled for mining. We spent a whole day together looking for water and got lucky – 9 of the 26 boreholes we inspected were still usable. However deep in the bush near Shamangorwa there were neither water nor boreholes, so we had to drill a borehole to supply the local community. Again we were able to find the precious cool water around 70 meters down. People who live near the river usually have it easier time to find water, although they too sometimes have to walk far to find a suitable source. However, people living inland as a rule have very limited limited access to clean water, and the limited water supply often leads to poor hygiene and triggers disease. We continue to fight to provide access to an adequate supply of clean water for these regions.

The village of Shaditata is home to one of the communities where we assisted by installing solar panels to power the water pump. Unfortunately, however, they are still waiting for the delivery of water tanks that were supposed to be provided by the local government. The existing 10,000 liter tank is unable to meet the needs of the community and the livestock therefore the outstanding two tanks which would ensure a total supply of 30`000 liters are urgently needed. Let's hope that the funds to provide these tanks will be found soon.





Figure 12 Villagers collecting water in Shaditata. (©MUDIRO/2021/BMueller)



Figure 13 Depth of boreholes lying partially fallow in the bush and drilling near Shamangorwa. (©MUDIRO/2021/BMueller)



Figure 14 Depth of unused borehole in the bush, and drilling near Shamangorwa. (©MUDIRO/2021/BMueller)

## Progress in the subproject: "Physiotherapy"

Over time, our physiotherapy service has become very important. Over the course of the year we were able to welcome three wonderful, highly motivated physiotherapists at Mudiro. Our three therapists were particularly effective and working hard at Andara Hospital, and in addition they held training sessions for staff there, among other things. It is important for me to specifically mention that we always take our physiotherapeutic work to the rural communities as well. We visit the people in their village and in their huts, and they are treated there with the help of basic aids and within their own environment by our qualified staff, in particular to improve their mobility. Often a few simple exercises make a huge difference and achieve great results. Our experts implement this strategy wonderfully, and we continue to expand and build on this foundation.

In this context, I would like to share a small moving story, one that was especially close to my heart, but nevertheless found a good ending not least due to the wish to survive of a brave young man and the great work of, among others, our doctors and physiotherapists. "Disho`s story" appears on p.16

## Luka Optics Rundu

Here we would also like to mention the almost 8000 pairs of glasses. Arriving two years ago, as a donation to Mudiro, it was now a matter of indexing the glasses in a database before use. For this purpose we sent two of our employees to Rundu, where they received training on the dedicated PC in order to correctly allocate the glasses in the correct program. Not an easy task given this large number of glasses. Thanks to Luka Optics for the great support.

## Arrival of our second container in Andara

At the beginning of June, we received a container that was again sponsored by a generous donor. It arrived in safely in Andara and was full with many precious items for Mudiro such as medical equipment for the patients as well as clothes and other urgently needed items for the local population. Thank you to the kind donors of the many essential items in the container. The container itself also helped our container village grow. The garage has since been converted and there is now an additional workshop. An enrichment for all.



*Figure 15&16 Arrival of the long-awaited container in Andara.*

## Challenges

Barbara Müller certainly does not have to mention here that Covid and its ripple effect was the biggest single challenge of the year. There was a lot of uncertainty for everyone involved and there was no end in sight for a long time. Trips did not take place and we often had to reorganize our activities. Africa, and not least Namibia, which is part of it, were at the top of the black list of endangered countries, because already being weakened by other diseases such as HIV or tuberculosis, it seemed particularly vulnerable to the disease. People's fear of vaccination and the resulting low vaccination rate did the rest in terms of insecurity. Employers' confidence in their employees suffered. Unemployment increased enormously, causing hunger, disease, and crime to spread. Of course, we have always experienced developments very closely and intensively, often lacking the support of the government in difficult situations, but we have boldly faced each and every challenge, the current ones and all those that are yet to come, otherwise we would not be Mudiro.

Other challenges were:

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

## Lessons learned

- The greatest insight gained for the year 2021 is probably the fact that a crisis like Corona has welded us together even more, and that the greatest and most difficult challenges often mean and bring exactly the drive that a project like Mudiro needs again and again.
- The realization that work is only really fruitful when everyone is passionate about it became particularly clear in this year of crisis.
- Moreover, it has been shown time and again that continuity is often the most important companion on the way to achieving the goal. Giving up is not an option, even when things are particularly difficult, and the stones blocking the way are sometimes especially large.
- A project like Mudiro lives above all on trust. The people in the different regions now know us well, they trust us, and that is exactly what we are now seeing more and more on the government side.
- We are taken seriously as partners and integrated. That's the only way things can work. When we work together and trust and rely on each other, crises become easier and quicker to overcome. And that is probably the most important insight for the past year and for every year to come.

## Partnerships

- UNICEF
- 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: "Disho's story".

Last spring Barbara Müller was in Shamunaro, which is a small and very remote village, towards the Botswana border. They were busy building a kindergarten in the morning when Barbara Müller was called to help by an excited villager. What she found in the hut was hard to bear. From under a dirty, sandy blanket, a burned human being emerged, fortunately still alive, but clearly in unbearable pain. Immediately Barbara tried to arrange for an ambulance, but unfortunately without success. But without a four-wheel drive vehicle it is not possible to reach the village.

An ambulance was not available. Fortunately, a 4x4 vehicle of the Malaria Camp was not too far away and came to the rescue and transported the man. One has to realize that it takes about 90 minutes of driving through the deep sand to reach the hospital in Andara. In the meantime, Barbara Müller was able to initiate all necessary arrangements and prepare the doctors to receive the burn victim. He was given emergency care in Andara and then transferred to Rundu, where he was to spend a very long time, almost two months. This experience moved Barbara Müller emotionally and she is grateful that the man survived. He is still regularly mobilized by our physiotherapists, and he is grateful that we are still in contact.



*Figure 17 Disho may leave the hospital*



*Figure 18 Disho at home again, after over two months of hospitalization. (@MUDIRO/2021/BMueller)*

## Great award for Mudiro

Barbara Müller is especially proud of a very valuable award. The Mukwe Constituency of the Councillor Office has awarded us for the great help and work in Kavango East. We are happy that our efforts are noticed and appreciated, and that our contribution to the region is trusted so much and therefore Mudiro is very happy about this recognition. It is also a great motivation to continue our work.

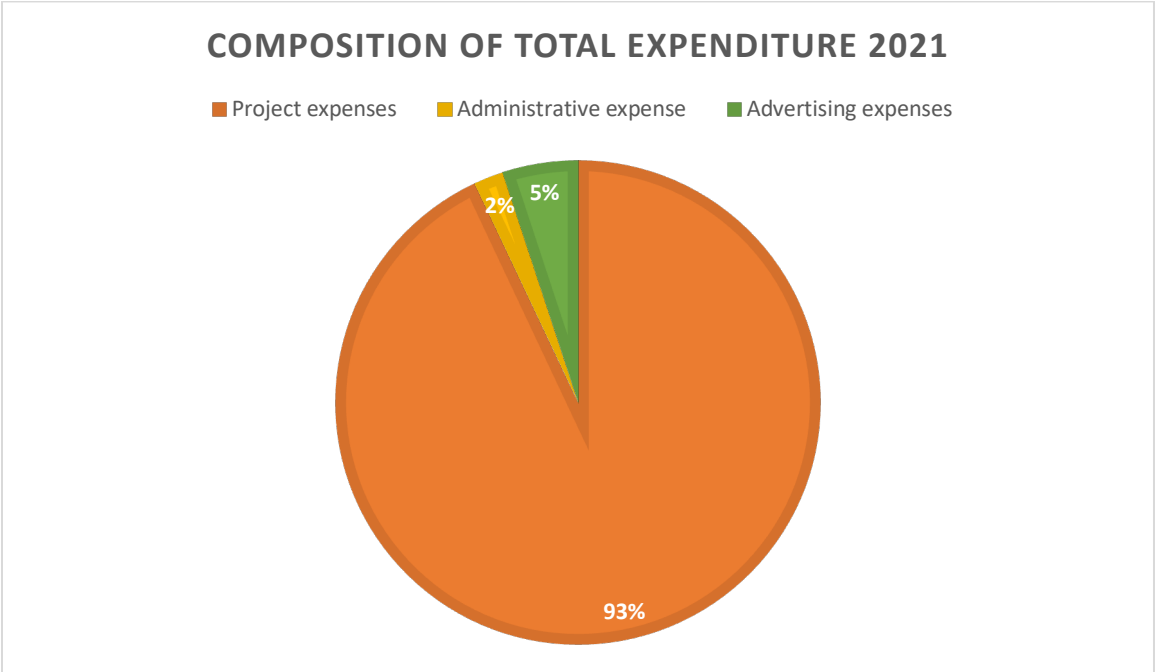


Figure 19 Award from Kavango East for our collaboration and contribution. (MUDIRO/2021/BMueller)

## Financial Report 2021

### Composition of total expenditure 2021

<b>Total expenditure</b>	<b>CHF</b>	<b>202'332</b>
Project expenses	CHF	188'243
Administrative expenses	CHF	4'258
Advertising expenses	CHF	9'831



## Balance sheet

### Active assets

Cash and Bank	CHF	230'418.00	82.50%
Receivables from deliveries and services	CHF	2'593.00	0.90%
Transitory assets	CHF	0.00	0.00%
<b>Total current assets</b>	<b>CHF</b>	<b>233'021.00</b>	<b>83.40%</b>
Container Village	CHF	11'300.00	4.00%
Vehicles	CHF	20'600.00	7.40%
IT	CHF	1'700.00	0.60%
Machines and apparatus	CHF	12'800.00	4.60%
<i>Total fixed assets</i>	<i>CHF</i>	<i>46'400.00</i>	<i>16.60%</i>
<b>Total active assets</b>	<b>CHF</b>	<b>279'421.00</b>	<b>100%</b>

### Passive assets

Liabilities from deliveries and services	CHF	0.00	0.00%
Transitory liabilities	CHF	8'842.00	3.20%
Deposit Mobile Clinic	CHF	150'000.00	53.70%
<i>Total outside capital</i>	<i>CHF</i>	<i>158'842.00</i>	<i>56.80%</i>
Profit carried forward/Loss carried forward	CHF	77'950.00	
Annual profit	CHF	42'629.00	
<i>Total equity</i>	<i>CHF</i>	<i>120'579.00</i>	<i>43.20%</i>
<b>Total passive assets</b>	<b>CHF</b>	<b>279'421.00</b>	<b>100%</b>

## Annual financial statement

Operating statement		2021	
<b>Income</b>			
Donations			
Regular donations	CHF	225'120.00	
Earmarked donations	CHF	19'841.00	
<b>Total income</b>	<b>CHF</b>	<b>244'961.00</b>	100%
<b>Expenses</b>			
Project expenses Switzerland			
Expenses for materials, space, IT, services and insurances	CHF	8'025.00	0.00%
Personnel expenses	CHF	13'895.00	5.70%
Project expenses Namibia incl. flight costs / campaigns and projects	CHF	144'828.00	59.10%
Administrative expenses	CHF	4'258.00	1.70%
Advertising expenses	CHF	9'831.00	04.00%
Depreciation expense	CHF	20'172.00	8.20%
Financial expenses	CHF	1'323.00	0.50%
<b>Total expenses</b>	<b>CHF</b>	<b>202'332.00</b>	83%
<b>Net income</b>	<b>CHF</b>	<b>42'629.00</b>	



## Closing words and thanks

In summary, I can certainly write here on behalf of all the people who are and were active with me and for Mudiro that the year 2021 was a special, very turbulent and an exciting year. Nothing went as originally planned, and yet everything went well and successfully. For that I would like to again thank everyone who supported the project in whatever way. Every donation, every assistance, no matter how small, is valuable and makes us what we are. Thanks to our dedicated and ambitious team and generous financial partners we hope that many more ideas and visions will turn into reality. One big dream, namely our Mobile Clinic and our own Academy are well underway and almost ready. I appreciate being surrounded by so many great people. I sense that we all share a common goal and we all have the same drive. And that is the reason Mudiro has survived even in the most difficult times.

I look forward to a new year of successes, opportunities, and challenges. I look forward to a new year with you.

With kind regards

A handwritten signature in blue ink, appearing to read 'Barbara Müller', with a stylized, cursive script.

Barbara Müller

## Attachement

### List of health professionals who worked with Mudiro in 2021.

- Pierre Jordaan, MD, General/Internal Medicine/ Cardiologist
- Edi Neuenschwander, M.D., Gynecologist
- Gabi Jakob, Physiotherapist
- Léa Higy, Nurse Practitioner
- Philip Bolli, MD, General/Internal Medicine
- Claudia Diggelmann, MD, General/Internal Medicine
- Matthias Rohwer, M.D., Psychiatrist
- Ursula Stoll, Physiotherapist
- Dr. med. Corinne Rindisbacher, General/Internal Medicine
- Dr. Paul Mülhauser, General/Internal Medicine
- Dr. Franziska Maurer, Gynecologist
- Dr. Francois Meyer, Gastroenterologist
- Lioba Junker, Assistant physician
- Dr. Kathrin Vischer, Pediatrician
- Dr. Mattheus Vischer, ENT
- Barbara Hoppeler, physiotherapist