

The background of the entire page is a photograph of a school building with a corrugated metal roof and a concrete wall. In the foreground, three young boys are walking and smiling. The boy on the left is wearing a light blue school shirt and dark trousers. The boy in the middle is wearing a camouflage t-shirt and dark trousers, and is pointing towards the camera. The boy on the right is wearing a grey jacket and dark trousers. In the background, other children in school uniforms are visible near a doorway. The overall scene is bright and sunny.

mudiro[®]
every life counts.

ANNUAL REPORT

BECAUSE EVERY
LIFE COUNTS

2022

MUDIRO VISION

Mudiro's vision is to assist people living in remote regions of Africa in their basic needs for health care and education.

As a Swiss non-governmental organisation and registered association, Mudiro works with the relevant ministries, local communities and authorities to develop sustainable solutions that address the basic needs of the people in this region.

However, this cooperation is unfortunately not only simple.

The Kavango regions are affected by great poverty, 21% of the poor people in Namibia live in this region. The most affected regions are

East and West Kavango, where the poverty rate is 53.2%. There is material deprivation for 64% of the population, 50% are unemployed.

Mudiro's mission is to find innovative ways to help improve this disadvantaged starting point.

We focus on health care, IECD (integrated early childhood development) and SRHR (sexual and reproductive health rights).

We firmly believe that every human being has the right to a sustainable livelihood, health, education, identity and life. Therefore, these basic rights are the foundation of our work. ●

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«If you want to go fast, go alone. If you want to go far, go with others.»

We are overjoyed to be able to report to you on our successful projects in 2022 in this detailed annual report from Mudiro. We have worked hard to improve the health and well-being of the people of Namibia, despite the challenges posed by the COVID 19 pandemic.

The pandemic has been a challenge, but we have not been discouraged. Our aid workers have had to go through arduous entry tests again and again to ensure that we can safely support the people in Namibia. We made every effort to help people during this difficult time and to offer them a refuge where they could receive medical care.

In 2022, we achieved many successes in the health sector. We had many visits from doctors and healthcare professionals who supported us in our efforts to improve healthcare in Namibia. One of our biggest projects was the Mudiro Academy programme. The Academy is a framework where doctors and health workers from all over come together to expand their knowledge.

We were proud to offer training in gynaecology, physiotherapy and many other areas. In the summer

we had a visiting midwife who conducted very successful teachings in Adolescent Health, Reproductive Health as well as Rights to promote awareness of common and sexual diseases.

Another important project was the implementation of training in schools to educate children about sexual diseases. We believe it is important to educate the younger generation about sexual health and hygiene to improve the health of society as a whole.

The realisation of our mobile clinic was one of the most important projects we worked on in 2022. We are proud that it is now operational and that we can use it to provide medical care to people in the most remote regions of Kavango East and West. At the same time, we have also been working hard on our new project, which we are planning for 2023. Together with our mobile clinic, we will reach out to women in the remotest regions of Namibia to provide them with medical care. Cervical Cancer will be one of our new projects in 2023 and we look forward to telling you more about it in the following pages of the annual report.



Barbara Müller
President



“You must be
the change
you wish to see
in the world.”

Auleria, an orphan and
now a godchild of Mudiro
from Shamunaro

As part of our mission to improve education in the Kavango, we received a large container from Switzerland filled with medical supplies and clothing. These items will help us to help even more people and we would like to thank everyone for this.

We look to the future with motivation and are determined to achieve further success in 2023. We will work closely with our partners and the local community to continue improving health care in Namibia.

Together we will work to ensure that every child receives the best possible education and can develop healthy.

We are grateful for your interest in Mudiro and our efforts to improve health care and education. With your support, we will stay the course.

Thank you very much and best regards! ●





“Little by little
a little becomes
A LOT”

"These are the days of miracle and wonder."

The words of Paul Simon, "These are the days of miracle and wonder", seem very appropriate for the experiences we have had in Andara this year. We have overcome the pandemic for the most part, but the late effects of unemployment will be felt for a long time to come. Especially in the Zambezi, Kavango East and Kavango West regions, where we focus our activities, many people are affected by poverty and hopelessness.

Nevertheless, the Mudiros doctors, nurses and physiotherapists make a valuable contribution to support the patients' struggle of survival. Many other volunteers who visit and support us also help to ensure that the doctors and nurses are better trained, motivated and have the necessary tools to do their work.

We were able to welcome many Mudiros helpers again this year, although air travel has become more expensive and there are fewer flight options, we were able to fulfil our mission in Andara, Nyangana, Grootfontein and elsewhere. The enthusiasm and dedication of the Mudiros staff and everyone who made the long journey to Andara has touched us deeply.

It takes a lot of patience and perseverance to make a difference here. "When you pull the plug in Africa, everything stops", as someone who has lived here for years put it. But thanks to the support of many people on site and you at home, we can continue our work.

What never ceases to amaze us is the positive aura our hospital has on the people of Andara. From the security staff at the entrance to Dr Mariwa and Sister Els - everyone has a smile on their face when we are there.

We were able to record some pleasing developments at the hospital. When the Mudiros doctors realised that the clinical pictures were different in the respective hospitals, we kept suggesting to the authorities that the residents in the north of Namibia should also be sent to Andara. This has now happened and Andara has received an additional two residents for the first time. The young doctors were able to gain a lot of clinical experience and the four Andara Medical Officers suddenly had a higher status.



Dr. Pierre Jordaan
Mudiros Chefarzt



“The ones who
are crazy enough
to think they can
change the world

ARE THE ONES
THAT DO”

The residents focused on details and took a structured history, which was very pleasing. Only in the practical area was there room for improvement, but that was what they were here for.

A worrying fact, however, is still the high number of malnourished children. This certainly has to do with the weak social and financial circumstances of the local population, but also with the fact that there is no vegetable garden at home. People have never learned to grow beans, spinach and pumpkin and it has therefore not become part of the normal diet.

Some changes in Africa are only pushed forward as long as someone from outside supports them, only to be forgotten in a few months, like the former big garden of the hospital 20+ years ago, which provided vegetables for the hospital, the students and at times also for the local population. How to build sustainable agriculture, how to make it part of the normal culture and diet is a mystery.

We introduced the Mobile Clinic in Andara, which sparked spontaneous praise and appreciation. Andara is in a difficult financial and support situation and the Mobile Clinic is a symbol for the beginning of something new.

We are working to make the dream of healthy women come true. With the Mobile Clinic, we can now reach all women, not just those who present to the hospital because of symptoms. We are very grateful that our sponsors make this possible.

In 10 or 20 years, there could be no more cervical cancer in the Kavango region - what a testimony to Mudiro that would be! ●



EDUCATION AND TRAINING FOR HEALTH CARE PROFESSIONALS

Mudiro has made significant progress in the past year in the education and training of healthcare professionals in Namibia. By providing training and resources, we have been able to improve the knowledge and skills of healthcare professionals to provide better care for patients.

We have successfully built partnerships and expanded our network. Our goal for the coming year is to continue to invest in the education and support of healthcare professionals to further improve healthcare in Namibia. ●



ADOLESCENT REPRODUCTIVE HEALTH & RIGHTS

The north/north-east of Namibia is economically and politically disadvantaged, with unemployment of about 60% and inadequate medical care. Although a medical school was launched in 2010, specialist training is still in its nascent stages. The need for effective contraception and HIV prevention is urgent, especially for women and girls who are vulnerable to sexual abuse and exploitation. Access to quality social and health services is a challenge. The current situations in gynaecology and obstetrics are worrying,

as women do not have access to normal gynaecological consultations and examinations and many newborns die within the first month after birth. There is also a high prevalence of HIV among teenagers. A specialist programme to train doctors and healthcare professionals in basic gynaecology and obstetrics aims to prevent the unwanted pregnancies, control population growth, prevent sexually transmitted diseases such as HIV and improve the diagnosis of gynaecological diseases. ●



WATER

The project focuses on the urgency and need for action regarding water supply in the north of Namibia, especially in the Kavango region. The lack of clean water poses many dangers such as diseases, especially hepatitis E, and attacks by wild animals like crocodiles and hippos. The project not only enables the children to develop in good

health, but also the villagers to be more productive and minimise the risk of attacks by wild animals. Collaboration with communities and local workers, as well as financial participation from households, contribute to a sustainable project. Clean water serves as a preventive health measure and also has an economic impact. ●



EARLY CHILDHOOD

Two-thirds of the population in Namibia is under 30 years old. Early childhood development and education have a major impact on the health and wealth of a population. Only 4.9% of children in rural areas have access to integral early childhood development, and malnutrition is a major problem among the majority of children. Mudiro has been involved in IECD projects in the north

of Namibia since 2014, building kindergartens in remote villages. Mudiro's projects focus on working with communities, schools and the University of Namibia to create value in places with high unemployment. Mudiro aims to improve the situation by building IECD facilities and raising awareness and educating the population. ●

“Be somebody
who makes
everybody feel
like a somebody”



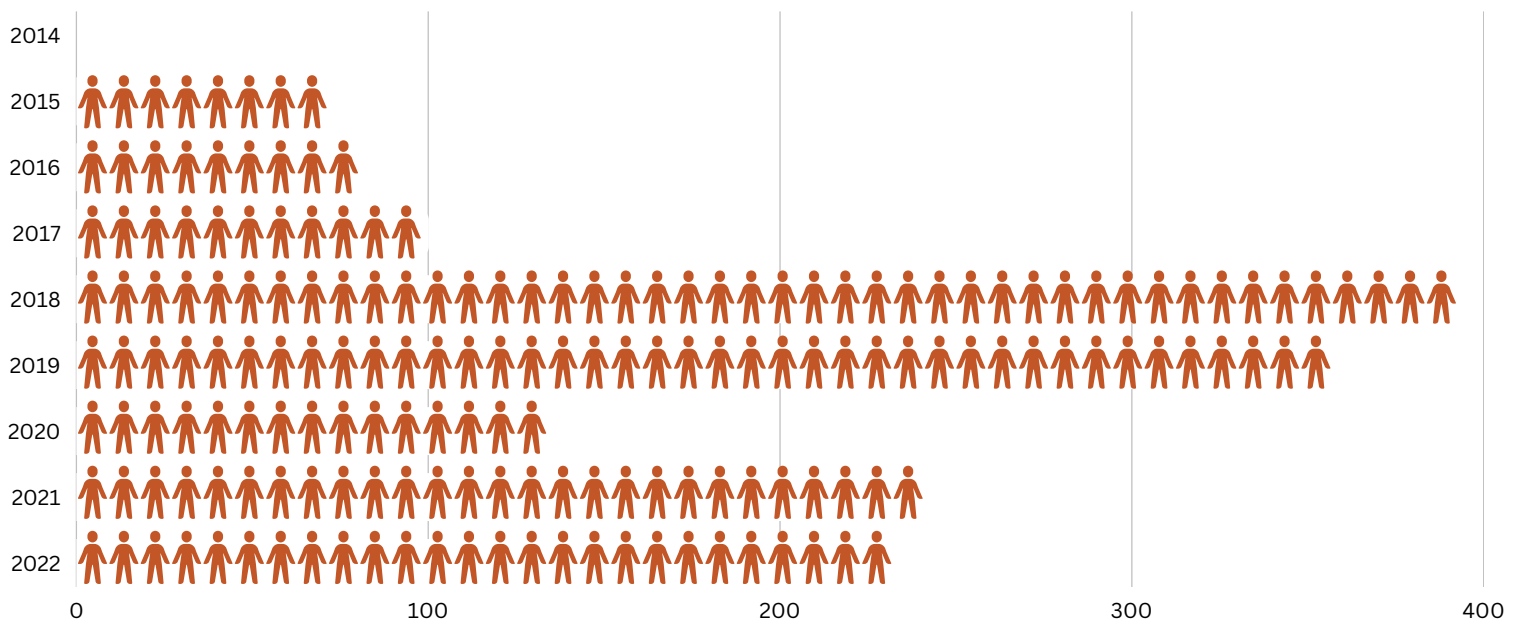


ACADEMY

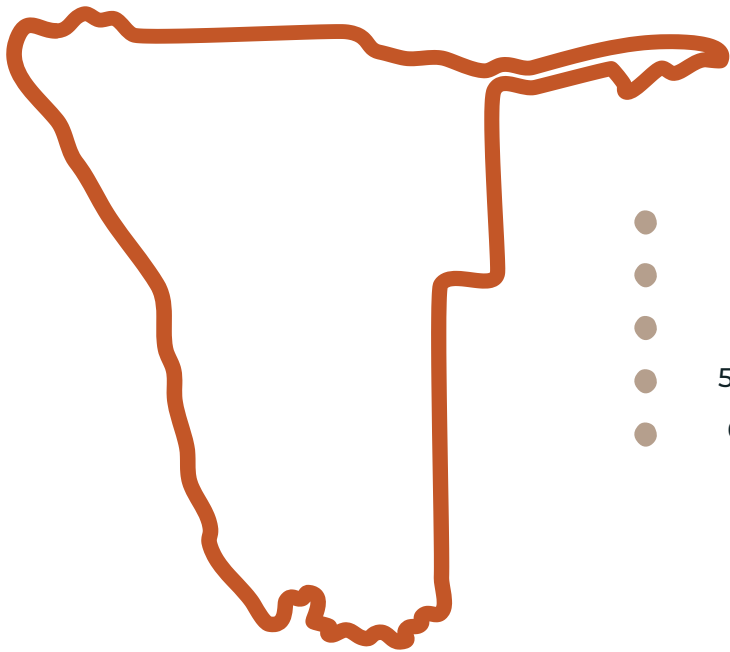
Continuing medical education for Namibian health staff through Mudirow in northern Namibia has been successful so far. However, the increasing shortage of staff and the increase in patient numbers has meant that staff have less time for continuing education during daily operations. The need to take staff out of clinic operations to devote themselves fully to training has manifested itself. Mudirow established a Mudirow Academy to train local doctors and healthcare professionals in

Namibia and to train staff from smaller hospitals as well. The aim is to provide 300 to 400 Namibian healthcare professionals with weeks of continuing medical education. The courses will last between one and five days and include a theoretical and a practical part. The Mudirow Academy is organised in cooperation with the Ministry of Health and local doctors. The stringent organisation of the Academy and the high standards of professionalism ensure long-term success. ●

NUMBER OF TRAINED LOCAL PROFESSIONALS

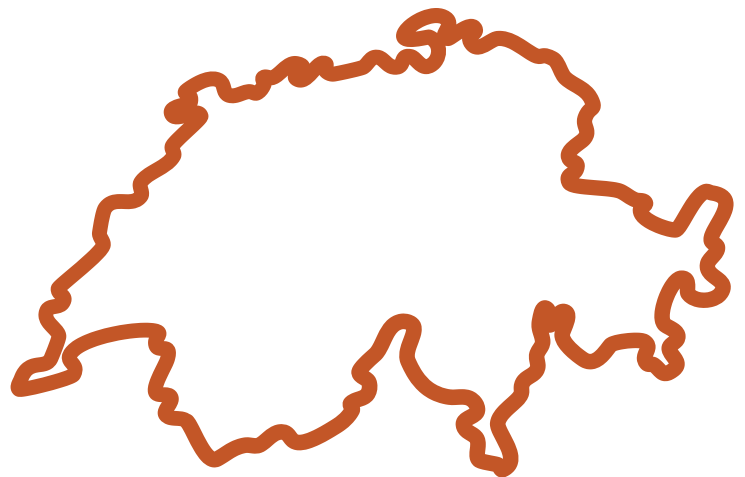


COMPARISON NAMIBIA & SWITZERLAND



- 2.6 MILLION PEOPLE
- 825'000 KM2
- +/- 50% UNEMPLOYED IN THE NORTH EAST
- 58 JAHRE LIFE EXPECTANCY IN THE NORTH EAST
- 6 ÄRZTE PER 10'000 PEOPLE

- 8.7 MILLION PEOPLE
- 41'000 KM2
- 1.1% UNEMPLOYED
- 85 JAHRE LIFE EXPECTANCY
- 4.5 ÄRZTE PER 1'000 PEOPLE



"Be the heroine of your life, not the victim."

There are people who simply have something special about them. They radiate a strength that is hard to explain. Mushova is such a girl. When I met her a few years ago, I had no idea what a struggle lay ahead. But I was sure that I couldn't just give up on her.

Mushova grew up with parents who were consumed by alcohol. They had given her no chance of a future. But the girl herself had something in her that I couldn't explain. It was as if she knew there was something better out there for her. I wanted to help her, but it was not easy.

I fought for a long time to get her out of that family, but there was no chance. So I organised a sponsorship for her, which enabled her to go to kindergarten. I could hardly wait to see her again.

She came to our container village more and more often. Sometimes alone, sometimes with her drunken parents. Sometimes I even had to kick them out, because her parents were so uncontrolled. But I did not give up. I wanted her to have a better future, I wanted her to have a chance at a better life.

After she was able to attend kindergarten, I sent her straight to school. This was a big step for her, but it also gave us the opportunity to pick her up from her family and bring her to the hostel. I knew that this would not be easy because Mushova had not been brought up properly. This led to many problems in the hostel, including being kicked out. I was so disappointed. But then there was a ray of hope. A teacher agreed to take her home, teach her and support her with whatever she could and that was the turning point.

Mushova started learning and she did it with an enthusiasm that always amazed me. She was a passionate person and everyone felt that.



Now she is the best student at Andara Combined School, she had even got an award. Mushova is the star of the school. It is incredible to see how she has developed.

Fate had more challenges in store for Mushova. Shortly before Christmas 2022, she lost her mother in a tragic accident. She drowned in the river and that was a big blow for the young girl. But we are there for her. We continue to challenge her and all her talent and give her the support she needs to cope with this loss. Mushova is a strong girl. She has already been through so much in her young life and yet she keeps fighting. I am proud of her and hope that one day she will be able to achieve all her dreams. She deserves it.

Mushova is an example that one can succeed even in the most difficult circumstances if only one has the will and the courage. Her life has been anything but easy, but she has managed to push through and make her dreams come true. I am sure that she will achieve a lot more and I am grateful that I can be a small part of her story.

Barbara Müller ●



NEW PROJECT 2023

In Namibia, 825,287 women aged 15 years or older are at risk of developing cervical cancer, which is caused by HPV viruses. Every year, 375 women are diagnosed with cervical cancer in Namibia, of which 214 women die from the disease; a high number of unreported cases must be assumed. However, medical care in some areas is limited and women do not have access to gynaecological examinations and screening. The current screening method in Namibia is based on visual inspection with acetic acid, but this is subjective and prone to error. Comprehensive cervical cancer screening is not available in many rural areas due to lack of qualified staff and equipment. The new Mudiro sub-project was launched to combine the Mudiro mobile clinic and Andara Hospital to bring comprehensive cervical cancer screening to remote areas and communities. The aim is to provide women in Namibia with access to screening and early treatment for cervical cancer. The Mobile Clinic project aims to improve the health of women in underprivileged and remote communities. It provides comprehensive cervical cancer screening, hospital-based antenatal care

and comprehensive sexual health education. The project also includes mobile diagnostic and ultrasound services that enable early pregnancy diagnosis and the possibility of early medical intervention in risky situations. Ultrasound screening can be taken to remote regions of Kavango. Mudiro also provides regular training courses to doctors outside Andara to extend the above changes throughout the region. Experts from Switzerland and Germany cover the curriculum, which covers the topics prescribed in the Namibian guidelines. Mudiro pays special attention to good VIA technique in cervical cancer screening and offers several sessions of interpretation of VIA findings for this purpose. Practical and theoretical tests are conducted at the end of the training. Two training weeks with a maximum of 18 participants per week are offered to ensure adequate personal attention. Additional training can be offered in other regions and hospitals as needed to increase the number of VIA-knowledgeable healthcare professionals. ●



“Education is the most powerful weapon we can use to change the world.”



PHYSIOTHERAPY

The sub-project "Physiotherapy and Orthopaedic Technology" of Mudiro's medical training programme aims to ensure a continuous supply of physiotherapeutic examinations, consultations and treatments in the hospitals of Kavango East and West. In order to achieve this goal, people from outside the field are to be trained. They will learn to use physiotherapeutic consultations and techniques. A therapy room will be set up in Kavango East and relatives, especially mothers of disabled children, will be trained to support the development and prevention of secondary damage. A good cooperation is being established with the orthopaedic technology in Rundu as well as the social and health services. The project aimed

to ensure a continuous supply of physiotherapeutic examinations, consultations and treatments until the end of 2022. Priority is given to topics such as spastic paralysis, movement of disabled children, prevention of bedsores, pneumonia in immobile patients, supply of walking aids, training in their use, orthopaedic technical supplies as well as advice - treatment of chronic back and neck pain and osteoarthritis. Mudiro works closely with hospital management, doctors, the Ministry of Health and the University of Namibia. Milestones have already been reached in 2019, and further measures are planned to expand the project and improve cooperation with the auxiliary therapists and orthopaedic technicians. ●





MOBILE CLINIC

Mudiro's "Mobile Clinic" aims to support and strengthen primary health care in the surrounding communities. Many people cannot get to the existing health facilities because there are too many unemployed and poor people in northern Namibia and there are not enough ambulances. Many people die unnecessarily because there is no transport to get to the hospitals in the larger villages or towns. The Mobile Clinic potentially

reaches a total of about 200,000 villagers distributed in about 2,600 hard-to-reach villages in the Kavango East and West regions. The need for the mobile clinic is particularly urgent given the high HIV prevalence, high birth rate, high poverty rates among women and adolescents, high birth and malaria mortality rates, and the challenge of accessing quality health services. ●



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MUDIRO TEAM

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BARBARA MÜLLER

MUDIRO GERMANY e.V.

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PM REGIONAL

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Barbara Müller

Mudiros founder
Project management



Laura Müller

Admin / IT
Mudiros board



Dr. Pierre Jordaan

Chief medical officer (CMO)



Marc Drescher

Cashier
Mudiros board



Innocentia Rukonga

Camp Management
Andara, Namibia



Liezl Farao

PA / Admin
Namibia



Herman Du Toit

Project coordination
Namibia



Nina Luginbühl

Social Media
Fundraising



Yana Kessler

Website
Online marketing



Edmund Kaveto

Camp Management
Andara, Namibia



Corina Andrist

Admin
Switzerland



Michael Dindo

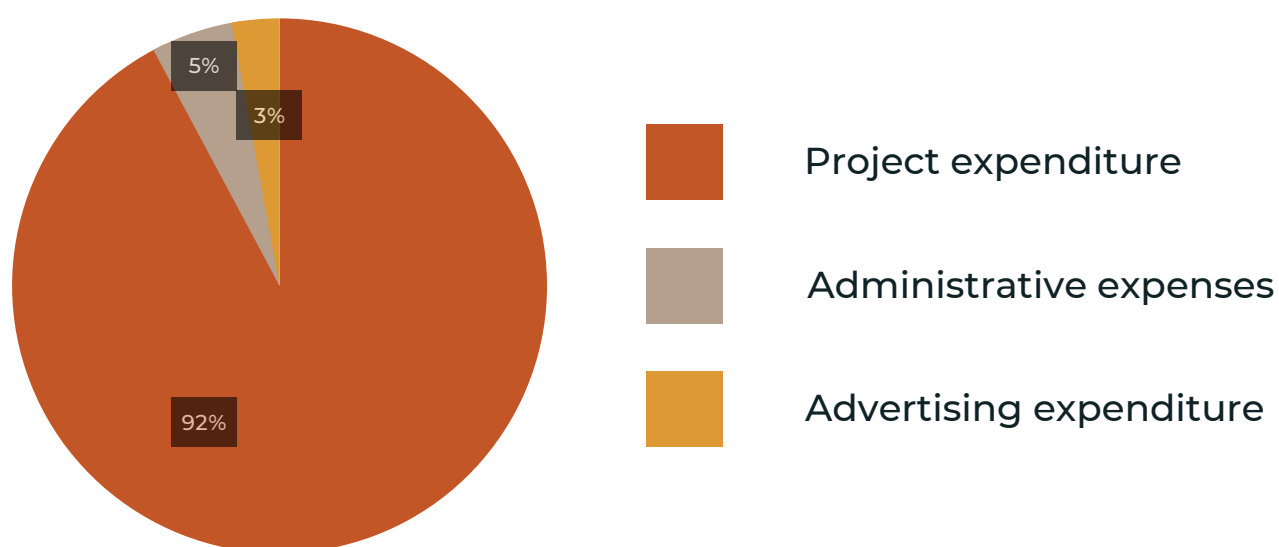
Camp Management
Andara, Namibia

FINANCIAL REPORT

2022

Composition total expenditure

	2022		2021	
Project expenditure	CHF 342.287,00	92%	CHF 188.243,00	93%
Administrative expenses	CHF 18.386,00	5%	CHF 4.258,00	2%
Advertising expenditure	CHF 10.651,00	3%	CHF 9.831,00	5%
Composition total expenditure	CHF 371.324,00	100%	CHF 202.332,00	100%



Operating statement	2022			2021	
Revenue					
Donations					
Regular donations	CHF	225.631,00	58,71%	CHF	225.120,00
Earmarked donations/projects	CHF	158.668,00	41,29%	CHF	19.841,00
Total Income	CHF	384.299,00	100%	CHF	244.961,00
Expenditure					
Project expenditure Switzerland					
Expenses for materials, IT, services and insurances	CHF	36.079,00	9,72%	CHF	8.025,00
Personnel expenses	CHF	76.989,00	20,73%	CHF	13.895,00
Project expenses Namibia incl. flight costs / campaigns and projects	CHF	206.065,00	55,49%	CHF	144.828,00
Administrative expenses	CHF	18.386,00	4,95%	CHF	4.258,00
Advertising expenditure	CHF	10.651,00	2,87%	CHF	9.831,00
Depreciation expense	CHF	20.819,00	5,61%	CHF	20.172,00
Financial expenses	CHF	2.335,00	0,63%	CHF	1.323,00
Total expenditures	CHF	371.324,00	100%	CHF	202.332,00
Net income	CHF	12.975,00		CHF	42.629,00

Balance sheet					
Active assets					
Cash and Bank	CHF	101.261,00	69,29%	CHF	230.428,00
Trade receivables	CHF	-	0,00%	CHF	2.593,00
Transitory assets	CHF	1.521,00	1,04%	CHF	-
Total current assets	CHF	102.782,00	70,33%	CHF	233.021,00
Container Village	CHF	12.600,00	8,62%	CHF	11.300,00
Vehicles	CHF	23.602,00	16,15%	CHF	20.600,00
IT	CHF	750,00	0,51%	CHF	1.700,00
Machines and apparatus	CHF	6.400,00	4,38%	CHF	12.800,00
Total fixed assets	CHF	43.352,00	29,67%	CHF	46.400,00
Total active assets	CHF	146.134,00	100%	CHF	279.421,00
Passive assets					
Trade liabilities					
Transitory liabilities	CHF	12.580,00	8,61%	CHF	8.842,00
Deposit Mobile Clinic				CHF	150.000,00
Total outside capital	CHF	12.580,00	8,61%	CHF	158.842,00
Profit carried forward	CHF	120.579,00	82,51%	CHF	77.950,00
Annual profit	CHF	12.975,00	8,88%	CHF	42.629,00
Total equity	CHF	133.554,00	91,39%	CHF	120.579,00
Total passive assets	CHF	146.134,00	100%	CHF	279.421,00

“Alone we can do so little; together we can do so much.”



ACKNOWLEDGEMENT

Dear Mudiro supporters,

On behalf of the entire Mudiro team, I would like to thank you all very much. Your generous help, your donations and your work have given us an incredible amount over the past year and helped us to achieve our goals.

2022 was a turbulent year, but thanks to your support we managed to move forward with our projects. You have enabled us to realise our Mobile Clinic and our own Academy. With your help, we have made medical assistance and education possible for numerous people.

I am deeply grateful to be surrounded by so many great people who all have the same goal and drive. You have helped us in the most difficult times and shown us that we are not alone. I would like to thank each and every one of you. Whether you have supported us

financially, contributed your labour or simply thought of us. Every donation, every piece of work, no matter how small, are valuable and have helped us achieve what we have.

I look forward to a new year with all of you. I look forward to further successes, opportunities and challenges that we will overcome together. Together we can still move so much and I am proud to be part of this great team.

Thank you again for your great support and I hope we can continue to count on your help in the future.

Sincerely,
Barbara Müller and the Mudiro-Team

Gabi Jakob, Physiotherapy
Dr Pierre Jordaan
Ursula Stoll, Physiotherapy
Dr Corinne Rindisbacher
Dr Franziska Maurer-Marti
Dr Kathrin Vischer
Dr Mattheus Vischer
Dr Christoph König
Barbara Gruenig Hoppeler,
Physiotherapy
Dr Hans Hoppeler
Hildegard Bucher Physiotherapy
Dr Karolina Büchel
Marlis Koch, Midwife
Dr. Daphné Dougoud
Dominic Fuchs
Barbara Müller, Project Manager

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every life counts.