

Project Combating malnutrition

AFGHANISTAN - FOOD SECURITY

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Inhoud

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Village of Peace invests in developing a sense of hope and peace among the Afghan people

Development aid alone cannot change a country, and it certainly cannot so in the long term. Accordingly, Village of Peace does not believe in long-term dependence, but, rather, in strengthening a spirit of sustainable self-reliance. We believe in supporting projects in which the Afghan people themselves can offer an opportunity to the weakest in their society, to provide for themselves and to practise a culture of peace.

When one thinks of the Afghan war, poverty and despair are often the first aspects of the situation that spring to mind. Taking the very great need for aid into account, such issues are logically thought of first. Still, change is possible, and we, at Village for Peace, can already see the first positive changes taking place before our eyes. Real change that can lead to viable peace in a situation like this not only requires that any project be, at least initially, short-term in nature, but that cultural change should be envisaged as taking place on a number of fronts.



Preface

Vision

Village of Peace intends to contribute towards breaking the negative spiral of poverty, violence and injustice in Afghanistan, so that all the Afghan people can live a full life. We are situated to support all the Afghan people, although our focus is on the most vulnerable population group in Afghan society, namely the widows, the orphans and the war victims.

Mission

Our offer of assistance is not an externally based intervention, but, rather, it takes the form of training and coaching the local communities to tackle their own problems. Ownership and a change in thinking and doing are central to the adoption of such an approach. In this way, the Afghan people themselves can become the engine of their own change. We ourselves operate on the basis of five core values that uphold the principle of change, namely:

1. Be a good leader.
2. Live transparently.
3. Strive for peace.
4. Be generous.
5. Have compassion.

The above-mentioned core values apply throughout our entire organisation, with them, therefore, also being integral to all our projects and social enterprises. We are convinced that, when the core values are put into practice, change will occur in the working and living environment, resulting in a positive effect on the local communities and on the society at large.

The organisation's objective

All the projects and social enterprises of Village of Peace can be traced to an underlying motivation, that of enabling “a full life for the most vulnerable and poorest people in Afghan society”. Such a motto can be understood as consisting of the following aspects:

Input

The projects and social enterprises of Village of Peace encourage Afghan ownership. As such, the five core values apply within each of the projects undertaken.

Activity

Our core values are expounded upon in the teaching of the Human Development course. The training involved, which takes two years, is supplied at no charge to all Village of Peace employees.

Output

Through the coaching and guidance that they receive during their work, the Afghan employees are able to put the above-mentioned core values into practice. The effects that are achieved by doing business differently, thus, become visible. The issue of ownership arises when the Afghan people become involved in the different projects on offer, in relation to which they assume responsibility.

Effect

The overall effect of the above is that positive cultural change occurs within the relevant projects, families and community.

Impact

Through the above-mentioned processes, the negative spiral of poverty, violence and injustice in Afghanistan is being brought an end to.

In our assisting the Afghan people to set up projects that empower the livelihood-directed activities of widows, orphans and war victims, we help them to attain the following:

- economic independence (in the form of their ability to seize job opportunities);
- personal self-reliance (in terms of the betterment of their health); and
- a safe home (as a form of domestic security).

While Village of Peace coaches and guides the design and implementation of all the projects involved, the operational aspects of the projects are always directed by the Afghan people concerned, who are responsible for their own results and progress.



Turnip is rich in nutrients and low in calories.

Malnutrition

The problem

According to the latest UNICEF statistics, it is estimated that “2 million children under the age of 5 suffer from acute malnutrition, including 600,000 children with severe acute malnutrition”¹ As a result of malnutrition, over half of the children in Afghanistan suffer from stunted growth. In general, two types of malnutrition exist, namely kwashiorkor and marasmus, as can be seen below:

- Kwashiorkor² is a childhood disease caused by the long-term lack of protein in the diet. The Ghanaian-sourced name of the disease means ‘the one who has been removed’, denoting the older child, who is no longer allowed to breastfeed. The condition brings to mind the familiar image of children with a swollen lower abdomen, accompanied by rose-coloured hair.
- Marasmus³ is caused by insufficient food intake in general, but especially in terms of protein and energy. Marasmus, meaning ‘languishing’ in the Greek source language, refers to the inability to store fat, with the person suffering from such a form of malnutrition using their own muscles as an energy source, which gives them an emaciated look. In addition, chronically malnourished children also suffer from cognitive developmental problems.

Of the aforementioned types of malnutrition, marasmus is more commonly found among the Afghan people. Apart from the malnutrition experienced in Afghanistan being the result of protein and energy deficiency, it is also largely caused by an insufficient intake of iron and vitamins A, E, C and D.

Contributory factors

Malnutrition in Afghanistan is the result of a combination of factors:

- The country has been in a state of war and violence for almost four decades.
- The economy is unstable and struggling.
- Its current state of political instability is continuous.
- The Afghan people tend to vary their eating patterns very little, as well as to lack knowledge of the nutritional needs of their infants and children.
- Large-scale deforestation. Deforestation tends to lead to the degradation and erosion of scarce and precious agricultural land, with 80% of the Afghan people having come to depend on agriculture for their livelihood. Currently, about 2% of Afghanistan is forested, but the environmentalists recommend that at least 15% of the country should be forested if agricultural land is to be used sustainably.⁴

¹ See: www.unicef.org/appeals/afghanistan.html

² <https://nl.wikipedia.org/wiki/Kwashiorkor>

³ <https://nl.wikipedia.org/wiki/Marasmus>

⁴ See: www.afghan-web.com/environment/deforestation.html

Het probleem van ondervoeding is nauw verbonden met de gezondheid en de bescherming van de natuurlijke omgeving. Een voorbeeld: voor de grootschalige ontbossing groeiden er in Afghanistan vele notenbomen die vele soorten noten voortbrachten, zoals pistachenoten, walnoten en amandelen. Die noten vormden een overvloedige bron van plantaardige eiwitten voor de lokale gemeenschappen. Echter, met het verlies van bijna 50% van de inheemse notenbossen zijn ook de lokale gemeenschappen beroofd van hun eiwitbron. Dit verlies heeft ondervoeding verergerd. Erosie van de bovengrond (wegens ontbossing) maakt productieve landbouw dan ook steeds moeilijker, wat verder bijdraagt aan ondervoeding.

Short-term consequences

The most common malnutrition-related phenomena in Afghanistan are pneumonia, anaemia, a weak immune system, lack of energy, and eye and skin problems. The World Bank's statistics show how acute the situation in Afghanistan is. The most common ailments are:

- stunted growth, affecting 55% of the children;
- underweight, affecting 31% of the children;
- anaemia, affecting 50% of the babies and toddlers (of from 6 to 24 months old); and
- high iodine deficiency, affecting 72% of the children (of from 6 to 12 years old).

Long-term consequences

Apart from the direct, often lifelong, influence of malnutrition on the individual, it also has consequences for entire societies and generations, with disastrous results. In the long-term, malnutrition causes cognitive development problems, resulting in the lowering of IQ. The phenomenon leads to poor school performance and low adult productivity, resulting in relatively low lifelong earning potential. In short, the long-term effects of malnutrition currently hamper the socio-economic development of the entire country.

Conclusion

The facts speak for themselves: attaining a healthy Afghan society, marked by socio-economic growth, productivity and successful training, will only be possible if the challenge of malnutrition is tackled and eradicated.

Social project – Combatting of malnutrition

Feed the hungry, heal the land is the slogan of Village of Peace that perfectly captures our approach to malnutrition. By means of small-scale agriculture and nutrition training that is focused on teaching the essential nutritional needs that strengthen the immune system, the Afghan people who are involved in our projects are working towards securing a healthy and sustainable future for themselves.

Target audience

- Village of Peace focuses on helping to provide for widows and single women who live on or below the poverty line, and who have one or more children in their care. As such, they form part of the most vulnerable groups, enduring the adverse effects of malnutrition on a daily basis.
- To increase our impact at the national level, we also help those farmers whose efforts directly benefit the local community. Benefit is drawn from them having much land at their disposal, with all their acquired knowledge and skills being continuously passed on to their sons/successors.



360-degree approach

The only way to combat malnutrition sustainably and successfully is by means of adopting a 360-degree approach that addresses all aspects and causes of malnutrition. That is why Village of Peace fights against malnutrition on the basis of three pillars:

- the provision of training and education;
- the stimulation of self-reliance, in the form of high-diversity gardening; and
- the conducting of research and development in the field of agriculture.

Training and education / Food security

Our target group in Afghanistan has a profound need to acquire awareness of the principles of good nutrition, hygiene and the nutritional needs of infants and children. Imparting such knowledge through our educational programme poses a tough challenge, since 92% of Afghan widows are illiterate. Therefore, we have had to design a special nutritional learning plan for such individuals, using the diverse methods of interaction, educational game and role-playing, storytelling and participation in practical workshops. The curriculum covers three basic steps that should be taken towards developing a healthy lifestyle, namely:

1. Increase awareness of the dangers of malnutrition

Step one answers the following vital questions: What is malnutrition? What are its symptoms? How do you prevent the occurrence of malnutrition-related diseases?

2. Learn about healthy nutrition and diet

Step two answers the following vital questions: What are nutrients and vitamins? Which crops contain which nutrients? How do you devise a diet containing sufficient nutrients to tackle malnutrition-related diseases?

3. Entrench the basic principles of healthy food preparation and hygiene

Step three answers the following questions: How can I eat healthily in an affordable way? What are the (simple) rules concerning (kitchen) hygiene? How can I prepare food in a healthy way (using raw/steamed food and restricting my intake of oil, salt and refined sugars, among other appropriate methods)?



Self-Reliance / High-Diversity Gardening

In addition to educating the Afghan women about nutrition, Village of Peace coaches them in how to grow their own crops, so that they become more self-reliant than they have been in the past. The programme, which is called High-Diversity Gardening (HDG), promotes a small-scale, intensive way of setting about sustainable vegetable gardening. Growing vegetables oneself suits the challenges that the Afghan people have to face on a daily basis within their own culture, as can be seen below:

- Only 8 to 12 square meters is required per participant, with the plots involved being located on the widows' own land.
- The vegetables in the HD garden, which contain all the essential nutrients for a healthy diet, are specifically tailored to meet the nutritional needs of the Afghan people. The sought-after nutrients include: proteins (found in soy and beans); iron (found in spinach); vitamin A (found in tomatoes); vitamin C (found in cabbage); and vitamin E (found in paprika).
- A vegetable garden of 12 square meters provides a family of five with the necessary vitamins and minerals for a (maximum) period of ten months under the right conditions.
- The participants learn to maintain their vegetable garden according to such sustainable agricultural principles as mulching, crop rotation, composting, intercropping and permaculture.
- HDG is highly suitable for widows who, due to cultural/religious reasons, cannot work outside the home and/or who have relatively little land available to them.

Training set-up

Our HDG training takes a year to complete. The participants receive a beginner's package, containing the necessary tools, and all the seeds that they are likely to require to start their own gardens. The first six months, which are focused on engraining the principles and skills of vegetable gardening, entail:

- attending the practical lessons on our demonstration plots, and
- regular monitoring of the widows' own gardens by our agricultural experts.

During the second half of the year, we continue to monitor the performance of the participants, albeit at somewhat of a distance. We do so to ensure that the participants are making a good start, and that they are, in fact, becoming more food-secure and self-reliant as the days and weeks go by. Experience has shown that maintaining a sound follow-up effort greatly increases the participants' chance of success. We also prepare them for the following season during this time by encouraging them to:

- respond positively to the monitoring of progress by our agricultural experts, and to their coaching, where they find it necessary to provide such;
- learn to produce their own open-pollinated seeds for the next season/crop; and
- learn how to prepare their soil for the next planting season.

Research and development

To support and further develop our High-Diversity Gardening programme, we have our own research and development garden, which is located thirty kilometres outside the city of Mazar-e-Sharif, in the province of Balkh. Maintaining our own garden has led to our being able to develop and test our HDG pilot project. We are also now able to provide practical HDG training there. Our training centre, at which we provide nutrition and hygiene workshops, is also located in the garden.

The continuance of the garden is crucial for Village of Peace to be able to refine its current projects, as well as for the development of future projects. Having such an ideal place in which to test plans and to experiment with new ideas has enabled us to pursue the following activities:

- to experiment with superfoods, like kale, peanuts and moringa (which are still relatively unknown in the area);
- to set up a worm-composting farm (which is a concept that is new to Afghanistan);
- to experiment with solar energy and drip-irrigation methods (which are very important for a dry and arid land, beset by the challenge of food security being scant); and
- to install greenhouse systems for producing winter crops during the harshest months of the year (the winter months of December through to February).

Cash crops: a successful addition

Vegetable gardening, according to the principles of high-diversity gardening (also called kitchen gardening), is a well-established activity, as other NGOs are also strengthening the food security of the local communities in this way. However, the approach taken in the Village of Peace differs from other programmes in one important regard. In contrast to comparable horticultural projects, our project includes the growing of a so-called 'cash crop', resulting from our awareness that the cultivation of extra crops can pay dividends. For example, our pilot project showed that saffron is a very lucrative money-generating crop, which can, relatively easily, be grown under the existing conditions. Growing cash crops can contribute to the well-being of the participants in several ways, with the selling of self-grown saffron providing funding for those concerned and, thus, enabling them to escape the poverty trap. In addition, such cultivation promotes the development of a spirit of self-reliance and self-confidence. To grow their own cash crops widows do need some extra land (6-8 square meters).



Holistic vision

Although Village of Peace's solution is simple, it is extremely effective, as it combines nutritional education with sustainable agriculture. The approach allows us to fight malnutrition-related diseases directly. For instance, we can take pneumonia. The illness is the leading cause of infant mortality in Afghanistan, with 20% of the children under five dying from the disease. However, in many cases, the onset of pneumonia could be prevented through the improvement of personal hygiene and through maintaining an optimally functioning immune system. Unfortunately, the widespread ignorance regarding how to maintain personal hygiene, combined with a poor immune system (which is directly caused by malnutrition) tends to lead to the death of thousands of children in Afghanistan on an annual basis.

The above situation is where Village of Peace intervenes. First, we coach the widows in how to improve their personal hygiene, which we follow up with the provision of training in the basics of a healthy diet that is designed to boost the immune system. The improved hygiene, combined with an immune-enhancing diet, is likely drastically to reduce the risk of those concerned contracting pneumonia. Then we go one step further by training the widows and farmers to grow the specific crops (such as broccoli, spinach, bell pepper, etc.) that are required to enable them to follow such an immune-boosting diet. In short, we first teach people WHAT to eat and WHY, and then train them in HOW they themselves can grow the necessary crops in a sustainable way.



Pilot project (2017–2019)

Set-up

Between 2017 and 2019, 30 farmers and 60 widows participated in our nutrition workshops and completed the HDG training, while both of them were still in their pilot-project phase. The pilot project for the nutrition workshop was conducted four times, with the HDG training pilot project being conducted three times. During the three years concerned, Village of Peace has improved its training and workshops, in collaboration with our local colleagues, and in response to the feedback that we have received from agricultural and nutrition experts in both Afghanistan and the Netherlands.

Results

With the exception of the occurrence, in the spring of 2019, of unusual flash floods that destroyed some of the HDG gardens, our results, so far, have been extremely positive. We can, therefore, state with certainty that our food security programme has already had a positive impact on the quality of life of many families in the Balkh province. Thanks to the pilot projects undertaken, 30 farmers and 60 widows are now themselves tackling the challenge of malnutrition, and they are developing a better grip than before on their own food security situation. As the personal testimonials below show, many of the previously poor widows and their children are now on their way to becoming self-reliant, food-secure and healthy.



Testimonial One

"My father died when I was four years old. My brother and sister were born shortly after his death. Since my mother was still young, she married again, [so as] to be able to help ... care [for us]. My mother's husband was violent and cruel. He thought I should get married. My mother managed to protect me for four years, but, when I turned fourteen, my stepfather gave me away [in marriage] to a rich old man who already had four children. My mother had no choice but to marry me off to that man. She left me alone, and sent me to my new husband's house, [as] was allowed in our culture. Then, my childhood was over. After seven years, I was the mother of five children of my own. Because I enjoyed schooling so much, I kept asking my husband if I could finish my education. He liked that. When I was in the fourth grade of high school, my husband died in a car accident. Now, I had to go on alone, with nine children. When my husband's sons grew up, they started their own lives. I was left alone with five children. My financial problems weighed heavily on my shoulders. Despite my education, I was no longer able to leave the house, as a widow, to work and earn money. I was taught that working was shameful for a widow, and not leaving the house was ... [prescribed for widows] ... in our culture. That's why my 14-year-old son had to



Sorah (33, widow) lives in Mir Qasim, a village on the outskirts of Mazar-e Sharif. She has two sons and three daughters. Her husband died in a traffic accident.

make bricks to support us. At night, he screamed and cried about how hard the job was. Still, I ... pressured him to work and earn money to cover our expenses. Then, the employees came from the Peace Village

for Afghanistan Development Organization (PVADO), and introduced a teaching programme for widows. I became interested in participating in this programme When I saw that all [the] participants were widows, I got stronger and took [the] next steps; I took the [i.e. a] shovel and, together with my son, made ... the field ready, according to the lesson instructions [that I had received]. I will [now] try better to take care of myself and my children. I am ... learning how I can prepare ... food well. I [have] learned about the economic importance

of saffron and [I have] decided to grow this crop. I am now about to get a good saffron harvest. I am very happy at the moment, and I have regained my confidence. "

During a follow-up interview, we found out that Diana is so successful with her HDG instruction, and with the growing of saffron, that she now earns enough money to attend to her three youngest children, and to send them to school. Her older son is now helping her with gardening, instead of making bricks.

Upscaling (2020-2022)

After having achieved so much success over the past three years, we have now found that it is time to scale our pilot project up to the level of it becoming a mature, sustainable development project.

The pilot project has proven that the programme design and approach of Village of Peace are sound. Such affirmation is also evidenced by the many requests that we have received from both local and regional village councils for us to offer our food security programme to widows, in their respective villages. Due to our current workforce and financial capacity currently being too small for us to be able to respond to all the requests that we receive, a waiting list for existing requests has, unfortunately, had to be created.

The above-mentioned situation is why we wish to expand our capacity, over the next two years, to the position where we can train 360 families (those of 120 farmers and 240 widows). The average Afghan widow has four children⁵, while the average (farmer's) household consists of eight members⁶. The figures concerned imply that, indirectly, we contribute to the health of approximately 960 orphans and 720 farmers' children.

Ms Dina was one of the first women to take our classes on healthy nutrition and high-diversity gardening. She was so inspired by the course that she decided to share the information with her neighbour, who had a daughter suffering from the effects of severe malnutrition, which left her ill and with very little energy. Being largely confined to bed, she was no longer in contact with other children, and had even lost her appetite. In desperation, the girl's mother started following Dina's diet instructions that



Ms Dina, who lives in the Mir Qasem area, participates in the food security project.

the latter had learned at the Village of Peace. After a while, the girl began to improve, becoming increasingly active, and, not much later, asking to have solid food again. After some time, she started talking and playing with the other children. The girl's mother saw her wonderful improvement as a miracle. Seeing how her daughter's life had changed as a result of her improved diet, the mother came to the Village of Peace, so that she could learn how to keep her children healthy.

5 Volgens de Afghaanse en Sharia-wetgeving wordt een minderjarig kind als 'wees' beschouwd als hij/zij geen vader heeft. Overeenkomstig met deze definitie beschouwt Village of Peace kinderen van weduwen als wezen aangezien zij geen vaders hebben. Zie: <https://www.thenewhumanitarian.org/fr/node/240160>

6 Zie <https://dhsprogram.com/pubs/pdf/SR236/SR236.pdf>

Financing

So as to achieve the above-mentioned intended scaling-up, we are looking for donors who wish to help us with the financing of the project for the coming two years. As stated, the project consists of three different parts:

- Training and Education / Food Safety
- Self-Reliance / High-Diversity Gardening
- Research and Development / the Experimental Garden

Training and educating the 360 farmers and widows in the methodology of high-diversity gardening (1 + 2) will cost €55,706, while maintaining our research and development garden (3), during the same period, will cost €38,308. Therefore, the total amount that we require to make 360 families food-secure over the next two years is €94,014.

If the total cost of €94,014 is divided up by the 360 individuals involved, the cost can be seen to be €261.15 per participant (representing a family). For the specified amount, you can enable an Afghan family to become (sustainably!) food-secure, with them then being able to curb their own malnutrition and to become healthy and self-reliant.

A further breakdown of our costs and budgets can be seen on the following pages, keeping in mind that we work with two budgets for the two different 'subprojects', namely those of the high-diversity gardening and the experimental garden.

Ms Sima has three daughters and two sons. Like many other Afghan women, she suffers from anaemia. Although she had already visited a number of doctors, she was unaware of the cause of her anaemia and her resulting fatigue. However, her situation changed when she joined our food security project and participated in our High-Diversity Gardening training. Learning about malnutrition and anaemia as a condition related to such, she also learned that spinach, which is a foodstuff that is high in iron, is, therefore, a



Ms Sima, who is 37 years old and a widow, lives in the village of Mir Qasem in the Chemtal District.

sound natural remedy for the condition. Although spinach was still an unknown vegetable at the time, she started juicing raw spinach leaves, which she began drinking regularly. The spinach that she used was harvested from her own high-diversity vegetable garden. In a few months' time, she became much more active than she had been for a long while, and she also noticed that her energy levels were increasing. Currently, she is glad that she joined the programme, and she intends to work hard to restore herself to full health.

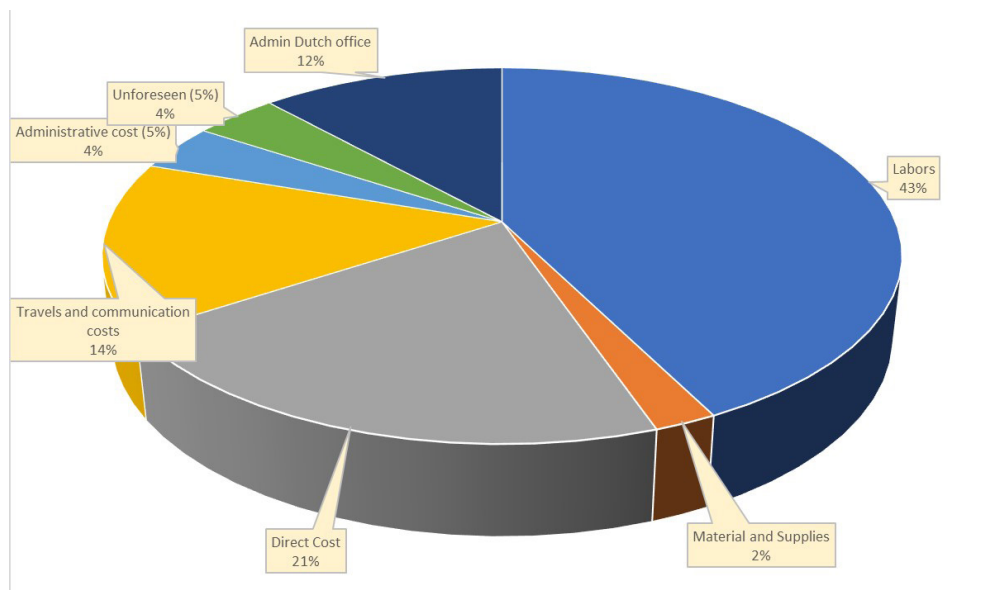
Budget for High Diversity Gardening 2020-2022

BUDGET HIGH DIVERSITY GARDENING 2020-2022			
No.	Component	AFN	USD
A	Human Resources		
1	Project manager	AFN 750.000	\$10.125
2	Project training specialist	AFN 600.000	\$8.100
3	Trainer	AFN 528.000	\$7.128
4	Bonus and incentives	AFN 120.000	\$1.620
	Subtotal	AFN 1.998.000	\$26.973
B	Material and Supplies		
1	Laptop computer	AFN 35.000	\$473
2	Printer cartridge	AFN 9.000	\$122
3	Samsung Galaxy Tab 4	AFN 24.000	\$324
4	Training-related stationery	AFN 33.000	\$446
5	Software	AFN 10.000	\$135
	Subtotal	AFN 111.000	\$1.499
C	Direct Costs		
1	Training materials and growing facilities	AFN 630.000	\$8.505
	Subtotal	AFN 630.000	\$8.505
D	Travel and Communication Costs		
1	Local transportation (staff)	AFN 48.000	\$648
2	Rental car	AFN 720.000	\$9.720
3	Meal allowance	AFN 72.000	\$972
4	Credit card	AFN 36.000	\$486
	Subtotal	AFN 876.000	\$11.826
	Subtotal: A+B+C+D	AFN 3.615.000	\$48.803
E	Administrative Costs (5%)	AFN 180.750	\$2.439
F	Unforeseen Expenses (5%)	AFN 180.750	\$2.439
G	Administration of the Dutch Office		
1	Project management	AFN 240.000	\$3.240
2	Experts' visits	AFN 240.000	\$3.240
	Subtotal	AFN 480.000	\$6.480
	TOTAL	AFN 4.456.500	\$60.162

Budget for Experimental Garden 2020–2022

BUDGET EXPERIMENTAL GARDEN 2020–2022			
No.	COMPONENT	AFN	USD
A	HUMAN RESOURCES		
1	Project agricultural specialist	AFN 660.000	\$8.910
2	Farmers	AFN 422.400	\$5.702
3	Bonus and incentives	AFN 120.000	\$1.620
	Subtotal	AFN 1.202.400	\$16.232
B	Material and Supplies		
1	Printer cartridge	AFN 9.000	\$122
2	Stationery for training	AFN 33.000	\$446
3	Software	AFN 10.000	\$135
	Subtotal	AFN 52.000	\$702
C	Direct Costs		
1	Greenhouse heating cost	AFN 160.000	\$2.160
2	Gardening tools	AFN 60.000	\$810
3	Compost box	AFN 24.000	\$324
4	Black and white fertiliser	AFN 64.000	\$864
5	Straw	AFN 40.000	\$540
6	Stove	AFN 10.000	\$135
7	Training materials and growing facilities	AFN 314.000	\$4.239
8	Greenhouse materials and maintenance	AFN 40.000	\$540
9	Seeds and chicken manure	AFN 200.000	\$2.700
10	Casual worker	AFN 40.000	\$540
	Subtotal	AFN 952.000	\$12.852
D	Travel and Communication Costs		
1	Local transportation (staff)	AFN 72.000	\$972
2	Fuel and maintenance	AFN 60.000	\$810
3	Meal allowance	AFN 72.000	\$972
4	Credit card	AFN 12.000	\$162
	Subtotal	AFN 216.000	\$2.916
	Subtotal A+B+C+D	AFN 2.422.400	\$32.702
E	Administrative Costs (5%)	AFN 121.120	\$1.635
F	Unforeseen Expenses (5%)	AFN 121.120	\$1.635
G	Administration of the Dutch Office		
1	Project management	AFN 160.000,00	\$2.160
2	Experts' visits	AFN 240.000,00	\$3.240
	Subtotal	AFN 400.000	\$5.400
	TOTAL	AFN 3.064.640	\$41.372

Subdivision of project-related costs



Explanatory notes to the budget

In both projects, human resources constitute a substantial part of the budget. The amounts stated cover the salaries of seven employees. The Village of Peace projects would mean very little, if it were not for the invaluable training that such individuals provide, and for the agricultural manager, who steers all our agricultural activities. Without such individuals' help, we would also not be able to monitor the widows' progress at home as well as we do. Finally, we maintain the local salary scales prescribed by the government, which also routinely checks on whether all NGOs conform to such work-related standards.

Coverage Plan 2020-2022

DEKKINGSPLAN 2020-2022		
Local organisation's contribution	\$5.400	5%
Village of Peace's contribution	\$42.135	42%
– Sponsoring companies	\$21.600	
– Sponsoring individuals	\$20.535	
Required funding	\$54.000	53%
Total	\$101.535	100%

Local organisation's contribution refers to the contribution made by our local Afghan Village of Peace centre and the social enterprises linked to it.

Village of Peace's contribution refers to the donations and sponsorships that Village of Peace has already received and/or which have been reserved from our own funds.

Required funding refers to the funding that we still require for financing our projects. We aim to cover the cost of €50.000 through fundraising. In our effort to cover such costs, we are presenting the current document to you.

Sponsorship options

Supporting our project with smaller amounts than the above-mentioned is also possible. As already indicated, if the total cost of €94,014 is divided up according to the 360 farmers and widows, the cost comes to €261.15 per participant. For said amount, you can enable an Afghan family to become (sustainably!) food-secure, as it is sufficient to enable them to curb their malnutrition, and to become healthy and self-reliant.

20 families	\$5.640
25 families	\$7.051
30 families	\$8.460
50 families	\$14.102

Sponsoring a full part of our programme for either one or two years is also possible, as can be seen below.

	2020 [1 year]	2020–2021 [2 years]
High-Diversity Gardening	\$30.081	\$60.162
– Training and Education / Food Safety		
– Self-Reliance / High-Diversity Gardening		
Research and Development / Experimental Garden	\$20.686	\$41.372

General Information

Contactperson

Dr. Jaco Smit
Manager Food Security
jaco@villageofpeace.org
+31 6 81140728

Visitors

Eksterlaan 1
2026 XA Haarlem
receptie@villageofpeace.org
+31 (0)23 53 70 100
www.villageofpeace.org
Tweets by @VOP_NL
www.facebook.com/villageofpeace

Financial details

Bankaccount: IBAN NL85 ABNA 0547 3815 73
BIC (Swift) code bank: ABNANL2A
Village of Peace, Haarlem

Identification number for legal entities and associations: 854445328
Chamber of Commerce registration number: 61685739

Village of Peace was founded in the Netherlands in 2013, with it coming to be officially recognised as a non-governmental organisation (NGO) in 2014. Early in 2015, Village of Peace received official ANBI status. The head office is in Haarlem.



Management and board

Board

Chair	Piet van Walsem
Secretary	Jan de Jong
Treasurer	Bastian de Pooter

Management

Managing board	Piet van Walsem – Managing Director
	Bastian de Pooter – Business Development director
Management team	Jalil Jalili – Program manager
	Jelle Terpstra – Learning and Development manager
	Jaco Smit – Food Security manager

Supervisory Board

Chair	Petra van de Weetering-Zomer
Secretary	Jan-Remt Mellema
Member	Eliza Erkelens-van Maanen

Appendix 1 - Five Core Values

Rather than offering externally sited assistance, we train and coach the local communities to tackle their own problems. Achieving a change in behaviour and ownership is crucial to the above. To guide such change, we work within the organisation, on the basis of the following five core values:

1. Search for peace

Fight hatred and violence with love. Be mild, and have compassion. Strive for reconciliation.

2. Be generous

Share what you have received with others. Pay it forward.

3. Have compassion

Take care of each other, and of any person who has been wronged.

4. Be a good leader

Walk your talk: lead by example and respect, and inspire others.

5. Live transparently

Be honest and have integrity. We are open about our projects, finances, partnerships, and personal and working relationships.

We are convinced that, when the above-mentioned values are put into practice, on both a personal and social level, the lives of the Afghan people (and, in particular, the widows, orphans and war victims) will change.



Appendix 2 - Afghanistan

Most people know of the country of Afghanistan from the news, and from the stories of bomb attacks, the Taliban and the oppression of women that are presented in the media. But where is the place? And what exactly is going on there?

Although Afghanistan is 19 times the size of the Netherlands, it has only twice as many inhabitants: 31.6 million, to be precise. The country is located to the south of Central Asia, with it bordering on Pakistan, China, Iran, Uzbekistan, Tajikistan and Turkmenistan. The main languages spoken are Dari (which equates to Farsi) and Pashto. The main cities are: Kabul; Kandahar; Herat; Kunduz; Mazar-e Sharif; and Jalalabad.

Short history

Afghanistan has, over the years, experienced much political instability and armed conflict. Of the past 200 years, the country has either been at war, or occupied by foreign invaders, for about 125! Following on two British–Afghan wars were waged in the 19th century and a bloody invasion by Soviet Union forces took place in the 20th century, the country's history was marked by the Taliban coming into power in 1996, whereupon they implemented a system of Islamic law (Sharia). Not long after the terrorist attacks of 11 September 2001, the United States declared war on the Taliban and Al Qaida, in confirmation of which they invaded Afghanistan. In 2002, with international aid, the country began rebuilding itself. Accordingly, NATO is presently active in a joint effort with the International Security Assistance Force (ISAF) to restore both the Afghan society and economy.

Government of National Unity

In 2004, Afghanistan's new constitution was officially adopted, with the Afghan people electing Karzai as their president. In 2014, he was succeeded by Ashraf Ghani, the current President of Afghanistan. The spearheading mission of President Ghani and his government of national unity entails:

- addressing corruption;
- eliminating injustice; and
- achieving sustainable safety.

Numerous terrorist groups are active within Afghanistan, with many Jihad fighters having gone on to fight for IS, which has also gained a foothold in the country. Accordingly, Afghanistan is still a dangerous country in which to live. The main challenges facing the nation are excessive violence and injustice, as well as poverty. Reconstruction is progressing slowly, with many Afghan people having fled the country in search of a better future for their family elsewhere. Of those remaining in the country, many live below the poverty line.

Statistics

Continued violence and repression by the Taliban have gripped Afghanistan, leading to the disruption of the country, with the economy remaining fragile and poverty levels high. The Afghan government and people are, nevertheless, working hard for a better future, despite the struggles of many of the local communities. The following numbers clearly reveal the situation as it really is:

- 55% of the Afghan population live in absolute poverty, with 30% of the population not having enough to eat.
- The average life expectancy is 49.8 years.
- The high infant mortality rate is shown by 1 in 5 children dying before the age of 5.
- About 50.0% of the population is under the age of 18, with only 2.4% being over the age of 65.
- Of the women over the age of 15, 75% are illiterate. About 2 million of the women are widows.
- Between 60% and 80% of the women are ensnared in a forced marriage.
- About 2 million children are growing up without their parents, with 600 000 of them living on the streets.
- Over 400 000 children still alive have been mutilated by landmines.
- Of children under the age of 12 years, 20% are employed as child labour.
- In 2016, the UNAMA registered 11 418 civilian casualties (3 498 killed and 7 920 injured).

Appendix 3 - Risks

Safety

The board and team of Village of Peace are well aware of the extent of violence currently occurring in Afghanistan. Much time has been spent on avoiding as many dangerous situations as possible, and in setting up procedures that should come into effect in the event of an emergency.

Security policy

Our policy focuses on protecting our travelling teams from as many potentially dangerous situations as possible. In our striving for optimal security, all the relevant risks have been identified, and the appropriate measures have been taken to combat them. Emergency procedures are all set to come into effect if, and when, need be. In 2019 it was decided, in addition to the above, to develop a security policy for our Afghan managers, in consultation with them.

The board of Village of Peace is regularly advised by an external security adviser who is a specialist on the prevailing situation in Afghanistan. We are also connected, as a foundation, to a warning system that has been established by the Afghan government.

For safety's sake, our teams in Kabul sleep in their own guest house, instead of in hotels.

Corruption

In addition to poverty, violence and injustice, corruption is also a major problem in Afghanistan. As a foundation, we recognise such as being the case. Simultaneously, it is our vision that the Afghan people must demonstrate their capability, and take ownership and leadership for themselves, which can only be done by empowering them with the confidence and responsibility to do so. We are well aware that our vision and approach entail great risks, which is why we apply strict requirements to our managers. For example, we carefully check their backgrounds before hiring them. Nevertheless, corruption and nepotism remain an ever-present risk in Afghanistan, of which we are well aware.

Villageofpeace.org
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