



ClimbAID

**REPORT ON  
ACTIVITIES 2020**



---

## DEAR FRIENDS OF CLIMBAID

The COVID-19 pandemic not only pushed us to our limits, but added fuel to the fire of existing crises and injustices.

Lebanon, in particular, is going through very harsh times. As if the collapse of the economy and the pandemic wasn't enough, on August 4th the explosion of recklessly stored ammonium nitrate at the port of Beirut left 300,000 people homeless.

There and everywhere else in the world, displaced people are among the hardest hit. Refugees are often housed in overcrowded camps and asylum shelters, where social distancing is impossible. COVID-19 has forced many integration projects to reduce their activities, exacerbating the social isolation experienced by many migrants.

Without a social safety net, many live dangerously close to destitution; the devastating fire at the Moira camp in the summer is a horrifying reminder of the precarious lives many refugees lead.

Although the crisis has tested ClimbAID's resilience too, we were fortunate enough to enjoy many beautiful and inspiring moments in 2020. We were able to maintain our programmes and even managed to launch a small pilot project in

### 2020 Beyond Sport Global Award

270 projects from all around the world applied for this year's Beyond Sport Global Award. We are honoured that ClimbAID was among those nominated in the Health & Wellbeing category.

Greece and hold our first session for children with disabilities in Lebanon.

ClimbAID's cause is more important now than ever before. Our projects not only improve the individual resilience of participants, but also strengthen social inclusion and promote peace within their communities.

We would like to offer a heartfelt thanks to all the volunteers and donors who helped ClimbAID thrive through our hardest year yet.

Your ClimbAID Team





## LEBANON

In 2020, we witnessed first-hand the loss of security and livelihoods experienced by millions in Lebanon. Within the space of a few months, the country was plunged into the worst economic crisis since the civil war and became haunted by the spectre of hunger.

To make matters worse, on August 4th, the explosion of a carelessly stored ammonium nitrate depot plunged the country even deeper into crisis. While hopes for political reform were high at the beginning of the protests in October 2019, many Lebanese are once again being forced to leave their country in search of a better life.



The approximately two million refugees in Lebanon have been hit particularly hard by the collapse of the economy.

88% of Syrian families are now living in absolute poverty and their livelihoods are increasingly threatened. Only 16% of Syrian youth are

### Session Statistics

YouCLIMB Participants	48
Karantina Session Participants	100
ACADEMY Participants:	23
Open Session Participants:	35

currently able to attend school and youth unemployment is over 80%. Competition for jobs and resources is leading to resentment and conflict. As a result of these conditions, 43% of Syrians suffer from depression and 35% from post-traumatic stress disorder.

### Adda? – Khalikun Awaya!

Lebanon responded to the first wave of COVID-19 with strict lockdowns that severely limited access to physical activities, contributing to social isolation and leading to an increase in domestic violence.



To address the negative effects of these strict measures, ClimbAID launched a social media campaign that promoted the physical and mental health of young people and sought to strengthen the social cohesion of the whole family through social activities and creative challenges.

The project was lucky to receive support from a number of fantastic organisations. This included yoga tutorials from Tools for Inner Peace, basic breakdance lessons from the Palestinian Camps Breakerz Crew, fun juggling sessions from our friends at Cirquencial, a workout with pro-climber and ClimbAID ambassador Nina Caprez and much more.

### Exercise is for everyone

Boys, girls, young, and old. It doesn't matter where in the world you live. You just need to find an activity you enjoy.



To promote this important message, ClimbAID teamed up with UNSW Sydney and Books Unbound to create an animation highlighting the importance of physical activity for one's physical and mental health.

### YouCLIMB

Our newly developed 9-session curriculum YouCLIMB aims to improve mental well-being and foster a sense of community among vulnerable youth through climbing related activities that target specific physical, social and mental capacities.

Our evaluation, based on pre and post surveys completed by participants, showed significant findings, demonstrating a marked improvement in all targeted areas of the program. In particular, participants self-reported improvements in their self-esteem and self-confidence as well as other

general life skills in accordance with the specific objectives of the program.



The project involved 48 adolescents and was implemented in cooperation with Warchild Holland in Lebanon and the Bekaa Youth Association.

### Karantina Sessions

Following the explosion at Beirut port on August 4, ClimbAID organised 21 climbing and 14 slacklining sessions for the children of the Beirut harbour district Karantina that was heavily damaged by the blast. Our mobile climbing wall, "A Rolling Rock", was parked in the public garden in the heart of the neighbourhood.



Almost 100 children and youth enjoyed the activities throughout the week. Through mental health-informed climbing activities, children were allowed to try climbing, release their energy and be challenged by different playful activities that build trust, foster teamwork and cooperation, self-esteem and self-confidence.

During the relatively short duration of the project, we noticed improvements in the participants' attitudes, suggesting a positive impact on their overall satisfaction, psychosocial well-being and sense of community.

The project was implemented in cooperation with Arcencial and their youth project Cirquencial.



## ClimbABILITY

With our partners at Arcenciel, ClimbAID are excited to announce a new project, focused on bringing climbing activities to youth with disabilities in Lebanon.



The project – for which we are still seeking funding – aims to improve the quality of life for children and adolescents with disabilities.

### Rock Climbing in Wadi Al Dalm

We were very excited that ClimbAID, in collaboration with the landowners Domaine de Chouchène, was able to open the Bekaa Valley's very first climbing crag, with 7 routes with difficulty levels ranging from 6a to 6c.

With many refugees in Bekaa lacking the documents and financial means needed to travel around the country, this crag provides a vital venue for them to test their climbing skills on real rock.



After a few first outdoor events, we are looking forward to intensifying our activities on real rock throughout 2021.



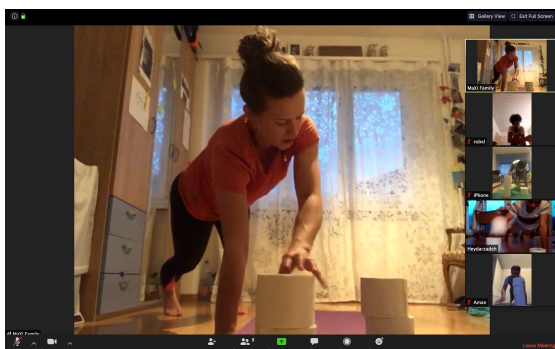
## SWITZERLAND

In ClimbAID's MaXi Family project, everyone is welcome and finds a connection to the local climbing community.

By the end of 2020, the family has grown to encompass 120 volunteers and more than 10 climbing gyms in German and French-speaking Switzerland.

### QuaranTrainings

Regular contact and exercising work miracles to reduce stress and anxiety. During the first wave of the COVID-19 pandemic, some of our MaXi Families shifted to online workouts.



### Session Statistics

Indoor Bouldering Sessions:	>71
Indoor Climbing Sessions:	4
Outdoor Bouldering Sessions:	2
Online QuaranTrainings:	>18

### MaXi Family Boulder Weekend

For the second time, the Swiss ClimbAID family came together in the beautiful and picturesque Murg Valley.



38 people from 5 cities and 5 nations had 1 mission: spending a joyful weekend together full of fun boulder problems, good conversations and fine food.





## GREECE

Of the estimated 32,000 refugee and migrant children present in Greece, the approximately 5000 unaccompanied minor asylum seekers (UMAs) are among the most vulnerable. Without parental supervision and a shortage of specialist staff, UMAs face numerous challenges, including difficulties accessing the school system, language barriers and psychosocial issues stemming from war and displacement.

Faced with limited services and overcrowded shelters, unaccompanied refugee children have been among the worst hit by the COVID-19 pandemic, making ClimbAID's work in Athens more important than ever. ClimbAID's work provides an essential service for unaccompanied refugee children, promoting physical and mental wellbeing, fostering a collective engagement community and encouraging integration within the host community.

## PAME PANO!

In 2020, ClimbAID implemented a successful pilot project focused on improving the psychosocial wellbeing of 22 unaccompanied refugee youth from Athens reception shelters and refugee camps.

The program, implemented by climbing therapist and social worker Sandra Aguilar, aims to foster the physical and psychosocial wellbeing of participants, as well as to facilitate their inclusion in the host community. The pilot programme has

### Session Statistics

Bouldering Sessions:	15
Participants:	22
Attendance Rate:	90%

yielded very positive results and we are working on seeking funding to launch a long-term program in Greece, with a target of reaching 140 participants.

## AUDITED FINANCIAL STATEMENTS 2020

### Balance Sheet

ASSETS	31.12.2020	31.12.2019
<b>Current assets</b>	<b>68'001</b>	<b>77'730</b>
Cash and cash equivalents	65'436	75'804
Accounts receivable	1'111	1'805
Other short-term receivables	1'454	0
Trade goods	0	122
<b>Non-current assets</b>	<b>3'666</b>	<b>7'332</b>
Intangible assets*	3'666	7'332
<b>Total Assets</b>	<b>71'667</b>	<b>85'063</b>
<b>LIABILITIES</b>	<b>31.12.2020</b>	<b>31.12.2019</b>
<b>Short-term outside capital</b>	<b>-113</b>	<b>-20'857</b>
Liabilities (Vendors)	0	-2'227
Other current liabilities	-113	-4'962
Accruals and short-term provisions	0	-13'667
<b>Long-term outside capital</b>	<b>0</b>	<b>0</b>
<b>Organisational Capital</b>	<b>-71'554</b>	<b>-64'206</b>
<b>Total Liabilities</b>	<b>-71'667</b>	<b>-85'063</b>

\* In 2018, ClimbAID donated its mobile climbing wall "THE ROCK" to the Lebanese non-profit Arcenciel which registered it in their name. ClimbAID retains a usage right and the right to take the vehicle back into its property at any time. One fifth of the acquisition value is amortised annually.

### Income Statement

INCOME	2020	2019
Donations and Membership Fees	109'164	85'819
Trading & Services	338	375
Events	882	3'765
Exchange rate differences	0	2
<b>Total Income</b>	<b>110'384</b>	<b>89'961</b>
<b>COSTS</b>	<b>2020</b>	<b>2019</b>
Project costs	-39'683	-47'740
Costs of trade articles	-13	-461
<b>Total effort</b>	<b>-39'696</b>	<b>-48'201</b>
<b>Personnel costs</b>	<b>2020</b>	<b>2019</b>
Salaries	-45'433	-23'551
Social security	-5'912	-2'765
Other personnel expenses	-475	-294
<b>Total Personnel Costs</b>	<b>-51'820</b>	<b>-26'610</b>
<b>Other expenses and amortisation</b>	<b>2020</b>	<b>2019</b>
Office Rent	-2'625	-3'000
Liability Insurance	-283	-303
Administrative and IT expenses	-2'017	-1'289
Fundraising- und Marketing Costs	-2'131	-1'881
Amortisation	-3'788	-3'666
Bank Charges	-583	-272
Currency Losses	-93	-61
<b>Total other expenses and amortisation</b>	<b>-11'520</b>	<b>-10'472</b>
<b>Total Costs</b>	<b>-103'036</b>	<b>-85'282</b>
<b>Surplus</b>	<b>7'348</b>	<b>4'678</b>