



DEAR FRIENDS OF CLIMBAID

The COVID-19 pandemic has once again shown that the most vulnerable people are disproportionately affected by adversity.

Over the past five years, ClimbAID has steadily grown and developed into a diverse, inclusive community across three countries that is not only passionate about climbing, but has also internalised ClimbAID's mission, "Climbing for Peace". Whether in Switzerland, Greece or Lebanon, we work together to help people suffering from war, poverty and displacement to find a safe space in the world and peace in their minds.

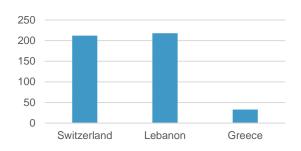
This is only made possible by the generous support of the many donors and volunteers. Thank you for contributing to the future and dreams of our community.

Your ClimbAID Team

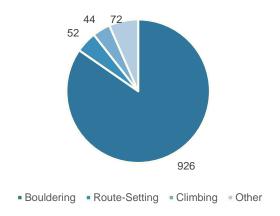


FACTS & FIGURES

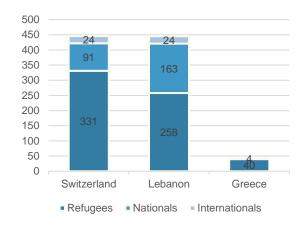
Across Switzerland, Lebanon and Greece, ClimbAID implemented 455 activities:



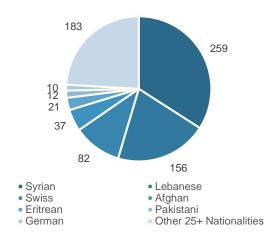
These activities amounted to 1'094 hours of bouldering, climbing, route-setting sessions and more:



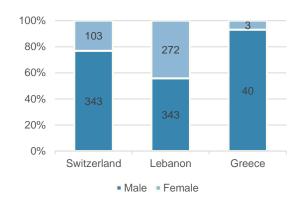
ClimbAID's activities involved 927 people from different backgrounds:



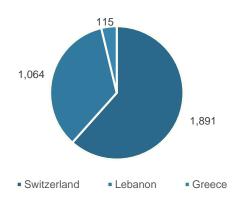
Participants, volunteers and paid facilitators came from at least 32 countries:



In Lebanon, almost half of the ClimbAID community is female:



ClimbAID's activities benefitted from more than 3070 hours of volunteer work:







LEBANON

Since 2017, ClimbAID has been running a sport-for-development project in Lebanon's Beqaa Valley, from which more than 2500 children and young people from both the local population and the refugee community have benefitted so far.

The project encompasses a mobile climbing wall, a permanent facility in Taanayel and outdoor climbing trips to the Wadi Al Dalm above Qab Elias targeting children and young people, as well as specific target groups such as children with disabilities and girls.

Through its activities, ClimbAID brings together youth from across Beqaa's ethnic, social and religious divides, encouraging social inclusion and reconciliation between Lebanon's diverse communities. In this way, participants become part of an inclusive community, establishing new relationships based on trust and feelings of belonging.

CONTEXT

Lebanon is sinking deeper and deeper into crisis. Faced with increasing poverty, many families struggle to feed their children. Many children have no choice but to work and find themselves on the streets.

The high cost of transport - a full tank of fuel now costs more than the monthly minimum wage - and the increase in violence and crime have severely limited mobility - especially for girls and young women.

IMPACT

In this emotionally and psychologically stressful environment, ClimbAID's work is all the more important. Despite the difficult situation, we have succeeded in creating a safe space for 421 children, adolescents and young adults to meet with their peers for a few hours a week to talk, climb and disconnect.

104 young people participated in at least three sessions of our 10-session YouCLIMB



programme to promote psychosocial wellbeing, life and social skills.

6 girls and boys with disabilities took part in inclusive and therapeutic climbing courses as part of the ClimbABILITY project. Our two local coaches were supported by 16 local volunteers in delivering the more than 200 climbing and route setting sessions.

Our evaluations have shown that our activities have significant positive impacts on the mental well-being of our participants, as well as improving their motor, emotional, social and personal skills.

PROGRAMMES

YOUCLIMB

The YouCLIMB program aims to promote psychosocial well-being, life and social skills. More specifically, it improves mental well-being and fosters a sense of community among vulnerable youth through climbing related activities that target specific physical, social and mental capacities.



The sessions are filled with playful climbing games and activities designed to improve physical and mental health, develop social and life skills, such as cooperation, teamwork, communication and problem-solving skills.

"The games help us focus, and think and to plan our way smartly and in a calm manner.

Whenever I do anything, generally in life, I always prefer to be in a team rather than to solve the problem by myself. Because I feel that it really helps to be supported and encouraged by others, especially in hard times." YouCLIMB Participant

In 2021, 104 adolescents participated in at least 3 sessions of our 10-session YouCLIMB course. The adolescents aged 12 to 25 come from vulnerable and diverse backgrounds of which 50% are female. Pre and post evaluations using the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) show significant improvements among our participants.

CLIMBABILITY

In order to include participants with disabilities, ClimbAID officially started with its paraclimbing project in collaboration with the Lebanese non-profit organisation Arcenciel after a successful pilot session in 2020.



Led by Tamara Strasser, an adaptive sports specialist from Switzerland, ClimbAID organised focused training for its local volunteer team and special educators of our partner organisation Arcenciel.

Under her guidance, we provided therapeutic and inclusive climbing sessions for a group of



six children with intellectual disabilities and eight siblings or peers related to the participants.

"I was able to see the children's joy and happiness during the sessions which made me feel really happy." Arcenciel Special Educator

The sessions visibly improved motor, emotional, social and personal skills. The second part of the cycle included the siblings in the sessions to build a sense of belonging and help to include the whole group in the community.

ACADEMY

Over the years, ClimbAID has met and trained youth who have developed a strong passion for climbing and became members of the ACADEMY.

In 2021, our 16 local volunteers assisted our facilitators during more than 200 climbing and route-setting sessions.

12 members of the ACADEMY Climbing Team participated not only in our 5th Beqaa Bouldering Competition but also the Bouldering Championships at BOLD Climbing Gym in Beirut.

WOMEN'S TEAM

From the beginning, ClimbAID has strived for gender parity among the participants. We are aware that not all girls and young women feel comfortable interacting with males, especially vulnerable women.

"I learned a lot about how to climb and was able to overcome my fear." Women's Team Participant

For this reason, we introduced a women-only training team which is led by all-female

participants and offers regular weekly sessions.

This space is not just for climbing, but also for coming together to discuss shared topics from health and well-being to expression and leadership.



TRAUMA-INFORMED PROGRAM IN BEIRUT

Following the explosion in the port of Beirut, there was an urgent need for mental health and psychosocial support.

Exposure to potentially traumatic events such as this increases the risk of poor mental health, including post-traumatic stress disorder. Therefore, ClimbAID developed a program with the goal of protecting the mental health of the youth who lived through the Beirut Port explosion by reducing the possible deterioration of their mental well-being and the risk of lasting trauma.



During 3 weeks, 2 groups with a total of 46 participants from Syria, Lebanon and Turkey



participated in an 8-session program in collaboration with the Lebanese non-profit organisation <u>Arcenciel</u>.

"As a new participant in Cirquenciel, the games allowed me to get to know my fellow participants, to play together and encourage and cheer each other on. These games highlighted for me the importance of friendship, teamwork, and planning strategies." Participant at Cirquenciel

HIGHLIGHTS

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 that you enjoy!

Our animation "Exercise is for Everyone", created in collaboration with Books Unbound, Dr Simon Rosenbaum and UNSW Sydney, shows how important physical activity is for physical and mental health.

Read more about this small project and the importance of physical activity for mental health in the context of displacement in this article from the British Journal of Sports Medicine.



WADI AL DALM

The Wadi Al Dalm Cliff is a small, but beautiful limestone crag located in Mrayjet above the Municipality of Qab Elias. The crag currently has 7 bolted routes up to approximately 15

meters in height, ranging in difficulty from 6a to about 6c+ with the potential for additional routes in the 5's and 7's.



ClimbAID volunteers first explored the area in summer 2019. Tyler Myers and Yehya Al Zaid began bolting in 2020. The crag was opened to the public in summer 2021.



The inauguration event at the crag and the <u>Domaine de Chouchène</u> was attended by more than 50 people who tried out the new routes and listened to speeches from the Touma family, the mayors of Qab Elias, Bouarej and Mrayjet as well as ClimbAID's founder, Beat Baggenstos.

4th BEQAA BOULDERING COMPETITION

65 youth and adults from all over Lebanon gathered in Taanayel to participate in the 4th Bekaa Bouldering Competition. The performances and peaceful atmosphere marked a highlight of 2021.





Women (18+):

- 1) Randa Gedeon
- 2) Maria Jean El Azzi
- 3) Nour Mohammed Safadi

Girls (12 - 17):

- 1) Sabine Ibrahim Safieh
- 2) Leen Ehab Al Wakil
- 3) Rama Nasser Zibawi

Men (18+):

- 1) Medyan Mohamad Alahmad
- 2) Ibrahim Tawfick Abou Taha
- 3) Jad Issa

Boys (12 - 17):

- 1) Mohamad Medyan Alahmad
- 2) Mahmoud Faisal Al Fangal
- 3) Abdel Rahman Hussien Barakeh

ORGANISATION

In 2021, the localisation process that had accelerated in 2020 with the outbreak of the COVID-19 pandemic continued, making ClimbAID a more locally-rooted and managed organisation.

BUILDING A LOCAL TEAM

Whereas two years ago, more than 20 volunteers from all over the world carried out our activities, in 2021 we could count on a very dedicated, local, Syrian and Lebanese volunteer team of 16 members to implement our sessions.



Although local project management was still largely led by Beat Baggenstos, we also succeeded in laying the foundation for handing over the management of the project to local hands in the next two years.

In this respect, the recruitment of Charles Sifri as project manager, who had joined ClimbAID as a volunteer the year before, was crucial. He has been responsible for the administrative and operational management of our activities in Lebanon since this year. In addition to these tasks, he facilitated YouCLIMB, ClimbABILITY and Academy sessions.

Yeyha Al Zaid, who started work at ClimbAlD at the end of 2019, continued to lead the route setting team and facilitated YouCLIMB and ClimbABILITY sessions. In addition to these tasks, he took charge of the local volunteer team and led the final efforts to complete the work in Wadi al Dalm.

During this transition process, we were fortunate to be able to count on the former project manager Mohammad Hammoud, who continued to provide the team with advice and support. He left the organisation mid-year for a Master's degree in Beirut.

INTERNATIONAL SUPPORT

Besides the permanent team, our work was significantly shaped and supported by adaptive sports specialist Tamara Strasser (CH), our intern Matilda Damtew (DE) and our



international volunteers Raelyn Rowland (US) and Mammut employee Adriana Stöhr (CH).

Here's a <u>blog post</u> from Adriana about her volunteer stay in Lebanon.

CLIMBAID BRANCH IN LEBANON

Another milestone of a rather bureaucratic but all the more important nature was the filing of the necessary papers to establish ClimbAID Lebanon as a local branch of ClimbAID Switzerland. This was only possible with the support of El-Aref International Law Office and Arcenicel, which provided us with the official address for our local legal entity.

PARTNER ORGANISATIONS

We are proud and grateful that we can count on reliable and trustworthy partners in Lebanon:











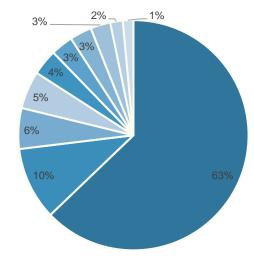
PROJECT COSTS

The project expenditures amounted to CHF 69'195 in 2021.

By far the largest cost factor is personnel costs, reflecting the work of a dedicated team of project managers and facilitators. The second highest cost factor is transportation costs, including car rental, gasoline, and the transportation of beneficiaries from and to The ARC.

In order to reflect the actual project costs, 50% of the personnel costs, administrative and

other attributable costs from the organisational level were attributed to the Lebanon project.



- Personnel Costs
- Transportation Costs
- Team Expenses
- Depreciation
- Infrastructure, Equipment & Tools
- Accommodation
- Admin / IT
- Space rental costs
- Establishment Lebanon Branch
- Other









SWITZERLAND

The MaXi Family is a network of about 120 volunteers and 11 climbing gyms that brings refugees and the local climbing community together.

Participants can exercise and work off their energy in a welcoming and relaxed atmosphere, extend their social network, and practise their freshly acquired German and French language skills.

CONTEXT

According to the Swiss State Secretariat for Migration, Switzerland counted 14'928 asylum applications in 2021, of which 5'369 were positive, which is an increase of 35,2% to the year before (2020: 3'887).

It was the first time since 2010 that the majority of asylum seekers no longer came from Eritrea

but from Afghanistan, followed by Turkey (2'330 applications) and Eritrea (2'029 applications).

Asylum applications increased after the COVID-19 restrictions were partly lifted in spring 2021, mainly by persons travelling through the Balkans.

However, Switzerland continued to act as more of a transit country, which, according to Amnesty International Switzerland, is mainly because of Switzerland's restrictive asylum policies.

IMPACT

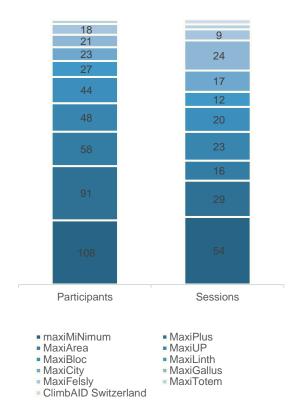
In Switzerland, the ClimbAID families are not only growing, they are growing closer together.

Many of the people who found refuge in Switzerland only a few years ago are now valued apprentices in their companies and familiar faces in the climbing gyms.



ClimbAID was able to establish new groups this year thanks to dedicated volunteer work in Delémont, Lausanne and Vevey and Basel.

In total, there are now 10 ClimbAID families across Switzerland which have organised 212 sessions involving 446 people.



THE MAXI FAMILIES

MAXIMINIMUM IN ZURICH

The number of participants in the Sunday sessions varied between 4 and 8 participants per session. During summer, several outdoor bouldering sessions were organised at the Würfel combined with picnics and barbecues.

In addition, maxiMiNimum, in cooperation with Welcome to School, organised bouldering sessions on Friday afternoons, whose students could choose bouldering with ClimbAID as part of their curriculum.



The atmosphere in the sessions was always supportive and characterised by a strong sense of community. COVID-19 restrictions often presented a challenge, but nevertheless 54 sessions were organised over the course of the year.

maxiMiNimum's activities were coordinated by Giulia Adagazza and Angela Tsang.



MAXICITY IN KRIENS

As the boulder gym was closed for a while due to the COVID-19 restrictions, MaxiCity started other activities such as jogging, online strength training, meetings at the lake or online cooking sessions. A highlight was the climbing weekend in August in Interlaken with a delicious meal in the evening.

In September, MaxiCity were able to resume their boulder sessions at Cityboulder gym. The group ended the year with a joint visit to the European Outdoor Film Tour.





MaxiCity's activities were coordinated by Kathrin Aeberhard and Thomas Stadelmann.

MAXIPLUS IN WINTERTHUR

As soon as the bouldering gym 6a plus was open again, 2 sessions per week immediately took place again.

Thanks to volunteers who work at the Federal Asylum Centre in Embrach, MaxiPlus was busy every Sunday with 8 participants and 2 to 3 volunteers.

In the middle of the year, 2 participants who had both started climbing with ClimbAID in 2018 took over the coordination of the weekly Thursday sessions.



MaxiPlus' activities were coordinated by Kim Bodmer with the support of Luul Yemane and Tenzin Norgyal.

MAXILINTH IN NÄFELS

After COVID-19 restrictions were lifted in spring, MaxiLinth resumed its regular courses with 3 to 6 participants per session.

During the winter, the group from the asylum centre in Amden built their own bouldering wall and were allowed to borrow shoes from the bouldering hall, which enabled them to climb even during the lockdown.



MaxiLinth's activities were coordinated by Joane Steiner.

MAXIBLOC IN BERN

Weekly bouldering sessions at the O'BLOC climbing gym could be resumed in spring after a COVID-19-related break, and a total of 29 sessions were realised by the end of the year.

In autumn, the Mazay Association joined in with a group of people through whom some motivated participants were recruited. The bouldering sessions were always great fun and it was a pleasure to see the progress of people who came to the sessions regularly.



MaxiBloc's activities were coordinated by Marion Rissi.



MAXIGALLUS IN ST. GALLEN

The year started rather calmly due to the COVID-19 measures, but by the end of the year MaxiGallus organised a total of 24 courses with 6 to 8 participants per course in the climbing hall.

In addition, two outdoor bouldering and toprope courses were organised in June with 6 participants in Burg and in September with 3 participants in Holenstein.



If you want to read more about MaxiGallus, read this <u>article</u> that appeared in the Tagblatt St. Gallen.

MaxiGallus' activities were coordinated by Karin Steinbach Tarnutzer.



MAXIAREA IN ZUG

After the reopening of the BoulderArea gym, a session with the integration programme IBA20+ from Zug took place. After the activity, interested participants had the opportunity to sign up for further ClimbAID sessions, which led to regular sessions with 3 to 5 participants.

Through the new cooperation with the organisation "FRW - Intercultural Dialogue" in Zug, MaxiArea is optimistic that its broad network will help to establish regular sessions in the coming year as well.

MaxiArea's activities were coordinated by Kim Bodmer.

MAXIUP IN DELÉMONT

MaxiUp started in May in the bouldering gym BlocUP with a few regular participants, mainly young kids. Although COVID-19 restrictions made it challenging to run regular sessions, they managed to rebuild the group and had 7 to 8 participants in their sessions at a time.

MaxiUp worked with AJAM (Association jurassienne d'accueil des migrants) and AJIR Jura (Association Jura Interactions Rencontres) to reach out to asylum centres and attract new participants.



MaxiUP was initiated by Katherine Choong and Romain Chiffelle.

MAXIFELSLY IN BASEL

MaxiFelsly was founded in October. In cooperation with the association "sur le pont", 9 bouldering sessions took place at Elys Boulderloft. In the future, the group plans to expand to two weekly meetings.

MaxiFelsly was initiated by Maximilian Schmidt and Jan Kradolfer.



MAXITOTEM IN VEVEY

MaxiTotem is the newest Maxi family and started in November. They are currently trying to motivate more participants to join the weekly sessions at the Totem bouldering gym in Vevey.

MaxiTotem was initiated by Tamara Strasser.



HIGHLIGHTS

BOULDERING WEEKEND

For the third time, the Swiss ClimbAID family met in the beautiful and picturesque Murgtal for the annual MaXi Family Boulder Weekend.

32 people from 4 Maxi families spent a happy weekend with bouldering, good conversations, fine food and exuberant dancing around the campfire.



END-OF-YEAR DINNER

Due to COVID-19, our end-of-year dinner could not take place at the Minimum restaurant as planned, but was instead spontaneously held outdoors at Stadionbrache.

There we cooked a delicious vegetable soup and prepared mulled wine by the campfire, along with nice conversations and a relaxed atmosphere.



PARTNER GYMS

Over the last 5 years, ClimbAID has built a strong network of 11 climbing gyms.



















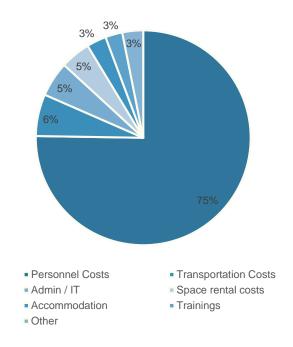


PROJECT COSTS



The project expenditures amounted to CHF 13'290 in 2021. By far the highest cost factor is personnel costs. The second largest cost factor is the transportation costs, which are mainly caused by the bouldering weekend.

In order to reflect the actual project costs, 20% of the personnel costs, administrative and other attributable costs from the organisational level were attributed to the Switzerland project.









GREECE

Arriving in 2020, ClimbAID launched a successful pilot programme for unaccompanied refugee children, using climbing activities to tackle the many problems faced by refugee youth across the city of Athens.

ClimbAID's work in Greece in collaboration with local organisations 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.

CONTEXT

According to New Humanitarian, the number of asylum seekers on the Greek islands has dropped from 40,000 in April 2020 to 4,500 in

autumn 2021. This is mainly due to push-back and more restrictive Greek asylum policies.

Of the estimated 32,000 refugee and migrant children residing in Greece, the approximately 5,000 unaccompanied minors (UMA) are among the most vulnerable. Without parental supervision and due to the lack of specialised staff, UMAs face numerous challenges, including difficulties accessing the school system, language barriers and psychosocial problems 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.



IMPACT

ClimbAID hosted 32 sessions with 40 participants in the climbing gym Oaka Indoor Climbing and outdoors between June 2021 and December 2021.

An evaluation report with qualitative and quantitative results demonstrated that the program had a positive influence on the physical and mental well-being of the participants as they developed life skills and built up their self-confidence and self-esteem during the program.

Furthermore, they developed new relationships based on trust, cooperation and good communication. This also due to the continued participation at the sessions and thereby getting closer to their host community.

PAME PANO!

The program, implemented by climbing therapist and social worker Sandra Aguilar, aims to foster the physical and psychosocial wellbeing of participants, promote teamwork and relationships based on trust and respect between participants as well as to facilitate their inclusion in the host community.

"I am happy because I was really afraid and thanks to the support after I shared my feelings I managed to use this fear as an energy to use it in a positive way. I see now that sometimes I can do better results than I am expecting and much better if I am receiving help". Youth during reflection session

We are working on seeking funding to launch a long-term program in Greece, with a target of reaching 140 participants.

HIGHLIGHTS

OUTDOOR CLIMBING DAY

The ClimbAID team teamed up with the ANDREA Basecamp project for our first outdoor day in Greece. The experience had a strong positive impact on both the participants and all of us lucky enough to be part of this event.

The shared learning, feelings of happiness and gratitude that came out of this day were so meaningful and we are sure that this unique experience will become a major engine of improvement and empowerment in the lives of all who participated.

We thank everyone who made this possible, especially Nina Caprez, Jeremy Bernard and Ilina Arsova for supporting us on this special day.





PARTNER ORGANISATIONS

The Greek non-profit Organisation Earth helped us with identifying beneficiaries and non-profit organisations such as ARSIS, European Expression and Medical Intervention were key partners in facilitating their participation.





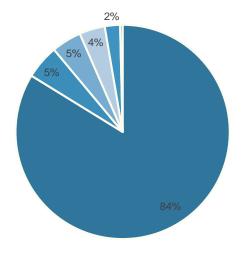




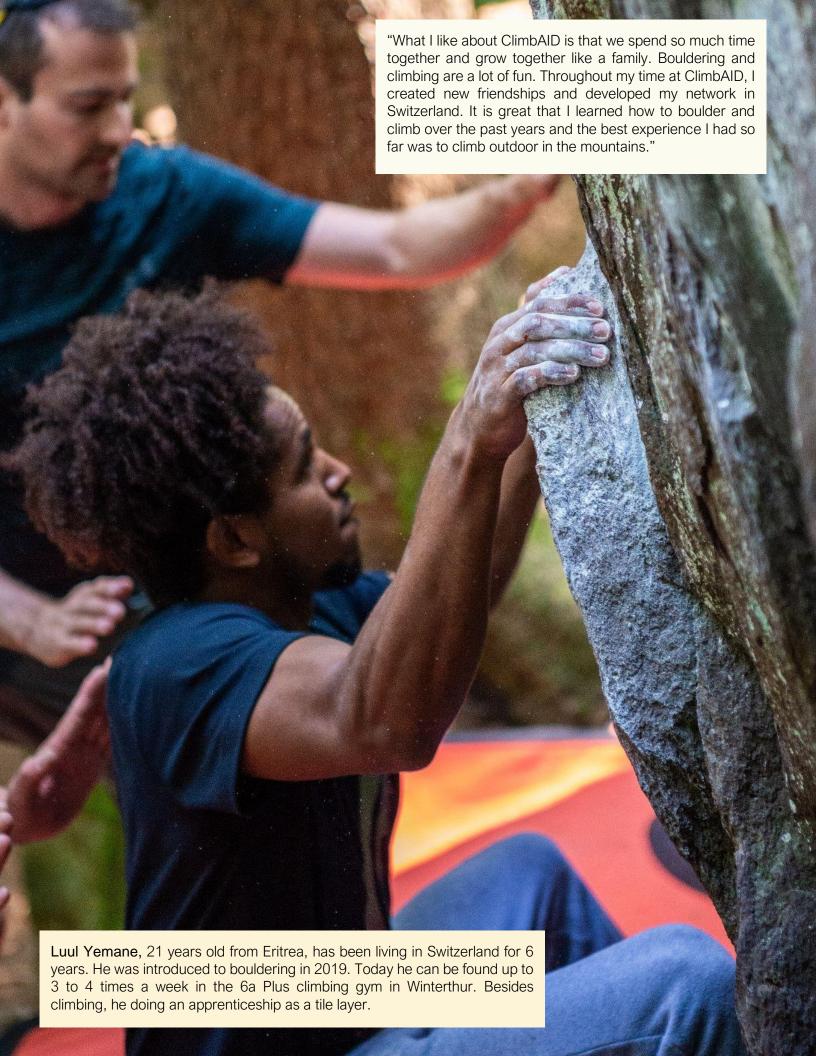
PROJECT COSTS

The project expenditures amounted to CHF 11'651 in 2021. By far the highest cost factor is personnel costs. The second largest cost factor is entry fees for the climbing gym.

In order to reflect the actual project costs, 15% of the personnel costs, administrative and other attributable costs from the organisational level were attributed to the Greece project.



- Personnel Costs
- Admin / IT
- Transportation Costs
- Entry Fees
- Space rental costs
- Other

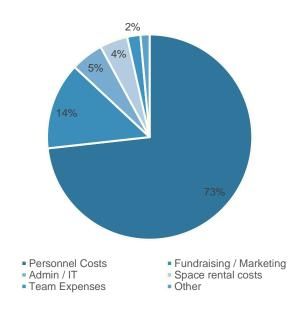




ORGANISATION

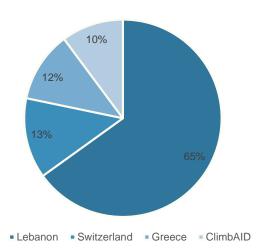
FINANCIALS

The expenditures on the organisational level amounted to CHF 10'242 in 2021. By far the highest cost factor is personnel costs. The second largest cost factor is fundraising / marketing costs.



PROJECT COSTS

The total expenditure of CHF 100,711 can be broken down to project and organisational level as follows:



PARTNERS

This year would not have been possible without the financial support of our main partners Mammut, Minimum, Kalandraka and Transa.









Other noteworthy donations were made by peka-metall AG, FIR Group AG, TOPROPE GmbH, 360holds, Upshot and IG Magic Wood.













PUBLISHING INFORMATION



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Front page: Jeremy Bernard Intro page: Beat Baggenstos

Lebanon (in order of appearance): Tamara Strasser, unknown, Tamara Strasser, unknown, Charles Sifri, Beat Baggenstos, unknown, Ahmad Laddaa, unknown,

Portrait 1: Jameson Schultz Portrait 2: Hugo Vincent

Switzerland: Beat Baggenstos, Maxi Families

Portrait 3: Adrian Schurter Greece: Jeremy Bernard Portrait 4: Adrian Schurter

Contact

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Balance Sheet

ASSETS	31.12.2021	31.12.2020
Current assets	111'801	68'001
Cash and cash equivalents	107'177	65'436
Accounts receivable	629	1'111
Other short-term receivables	3'712	1'454
Trade goods	0	0
Other assets	283	0
Non-current assets	0	3'666
Intangible assets*	0	3'666
Total Assets	111'801	71'667
LIABILITIES	31.12.2021	31.12.2020
Short-term outside capital	-2'784	-113
Liabilities (Vendors)		0
Other current liabilities	-2'784	-113
Accruals and short-term provisions		0
Long-term outside capital		0
Organisational Capital	-109'018	-71'554
Total Liabilities	-111'801	-71'667

^{*} 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	2021	2020
Donations and Membership Fees	140'532	109'164
Trading & Services	1'068	338
Events		882
Exchange rate differences	-50	0
Total Income	141'550	110'384
COSTS	2021	2020
Project costs	-41'989	-39'683
Costs of trade articles	0	-13
Total effort	-41'989	-39'696
Personnel costs	2021	2020
Salaries	-44'522	-45'433
Social security	-5'486	-5'912
Other personnel expenses	-491	-475
Total Personnel Costs	-50'498	-51'820
Other expenses and amortisation	2021	2020
Office Rent	-3'000	-2'625
Insurance, Fees and Permits	-734	-283
Administrative and IT expenses	-2'162	-2'017
Fundraising- und Marketing Costs	-1'368	-2'131
Amortisation	-3'666	-3'788
Bank Charges	-699	-583
Currency Losses	-1	-93
Total other expenses and amortisation	-11'631	-11'520
Total Costs	-104'118	-103'036
Extraordinary expenses and income	31	0
Surplus	37'464	7'348