



Adina Foundation is a
humanitarian aid organization that
was established in Bergen,
Norway, in 2001.



The Board of Adina Foundation

Our board consists of **volunteers** and highly competent professionals with diverse experience and expertise.



Kenneth Nielsen

Chairman

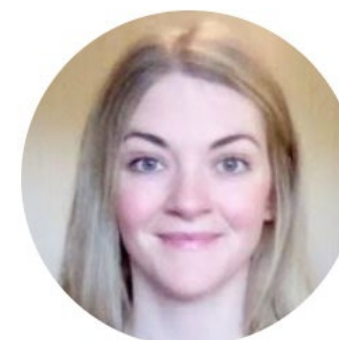
Founder and CEO of various companies in the real estate industry.



Hege Skansen

Board Member

Lawyer with specialized expertise in business law, labor law, and litigation at Harris Advokatfirma AS



Helene Rossi Axelsen

Board Member

Principal Process Engineer at Aragon with experience in project and personnel management.



Ove Haugsdal

Board Member

Founder of Adina Foundation with extensive experience in the shipping industry.



Kjell Zahl

Board Member

Brings 43 years of experience as an **auditor** and is a former partner at KPMG.



Sarah Karen Krog Andvik

Board Member

Physician and surgeon actively involved in various roles in health, education, and research, with international humanitarian aid experience.



Administration

We are a small, yet highly **efficient organization**, committed to developing our projects and reaching as many vulnerable children and young people as possible through a holistic approach.



Vidar Haugland

Managing Director

Extensive experience in volunteer work, project development, marketing, and leadership.



Andrea Nicole Freier

Communications Advisor and Marketer

Broad experience in digital marketing and content production.



**Leah Sophie Wohlgemuth
Wergeland**

Communications Advisor

Medical student at NTNU and former active member of Adina Youth.



Our Impact in Numbers



100 million NOK

Since 2001, Adina Foundation has contributed approximately NOK 100 million to help disadvantaged children and young people through our projects.



3 250 children and young people

Through our programs, we have assisted more than 3,200 children and young people facing difficult life situations. Many return later as community resource persons eager to give back once they become young adults.



745 children and young people

In 2023, we helped 745 children and young people through our education program in Romania, as well as our health and education programs in Uganda.



Quality and Competence

Adina Foundation has been engaged in **humanitarian aid** for **over 20 years**.

Supported by:
Norad, ACF (European Economic Area funds), **MedHum**, and **Global Giving**.

Member: **Fundraising Control Norway**.

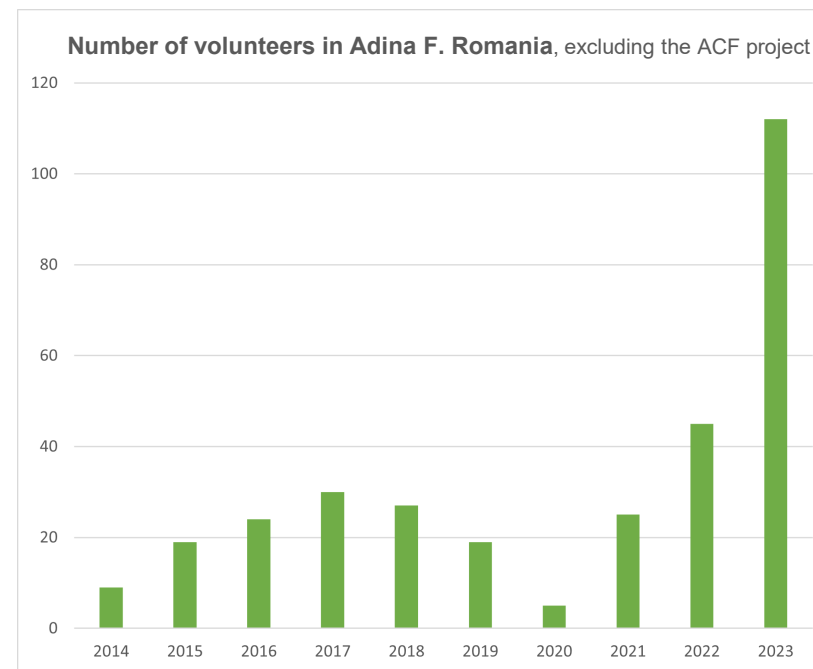
Adina Foundation as a Community Builder

When we started our work in Romania in 2001, **volunteering were virtually unheard of.**

Today, we have **engaged entire communities in volunteer efforts**, and many of our former beneficiaries return as young adults eager to contribute.



119 volunteers in 2023





We run long-term aid projects in **Romania** and **Uganda** — and have now expanded our efforts to **Ukraine**, where children and youth face unimaginable challenges.





Help us help children in Ukraine

We have started the work of helping to rebuild communities in Ukraine. Your contribution can make a difference.



Adina Foundation's **holistic approach** has been a cornerstone of all our projects for 20 years, and we have seen that **long-term support**, including both family and community, leads to **lasting results**.

Now, we hope to make a **positive impact** on the lives of children, young people, and their families affected by the war in Ukraine.

We have already **contributed to the rebuilding of the children's hospital "Clinical Hospital 16" in Kharkiv**, near the front line and heavily affected by the war.



Adina Foundation for Ukraine

In April 2025, members of the board of the Adina Foundation conducted a monitoring visit to Ukraine.



Adina Foundation traveled to Ukraine in April 2025 to explore **how we can best support children and youth affected by the war.**

Through valuable meetings with the Norwegian Refugee Council (NRC) and local partners, facilitated by NRC Education Specialist Marco Fuduli, we **gained crucial insights** into where the needs are greatest. These connections have helped us **identify the most vulnerable groups and how Adina can contribute meaningfully.**

With your support, we are ready to take action and bring **hope, safety, and opportunity** to those who need it most.



Each year, Adina Foundation helps **over 350 children** and their families in **Romania**.

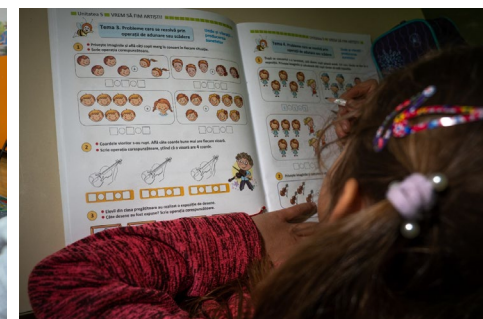


- Two-thirds of the families in “our” villages live in homes **without running water or proper toilet facilities**.
- According to a 2024 report by Save the Children, approximately **40 percent** of all children and young people aged 0–17 years are at risk of **growing up in poverty and social exclusion**.
- The country's leadership and economy are plagued by **corruption**.
- The population is declining, partly because over 100,000 Romanians leave the country annually in search of work, **often resulting in children being raised by their grandparents**.



We help children and young people break free from poverty through a **holistic approach**.

The key is education.





Adina Foundation Romania runs seven different programs aimed at **supporting vulnerable children in their educational journey**, from early childhood to young adulthood.

We are proud to have **zero school dropouts** among "our" children.

This is in **sharp contrast** to the grim Romanian school statistics, which reveal **a dramatically high and unfortunately increasing dropout rate**.



The Home-Start program provides **support to vulnerable families** with at least one **pre-school age child**.

Through the Home Start Program, we **work to prevent problems that may hinder a child's harmonious development** within their family.

We do this by **strengthening the family's ability to understand** the child's developmental needs and **respond** to them appropriately.



The Open Kindergarden concept emphasizes each child's need to be **seen, heard, and valued through active participation.**

At the same time, it fosters **open dialogue between children and parents.**

The program includes weekly sessions where **children, parents, and educators come together** in kindergartens in the communes of Goiești and Șimnicu de Sus.

The educators are **volunteers.**



The Adina Home program **offers both educational and recreational activities** to children from vulnerable families.

- **Workshops** about creation, painting, dance, valorization of cultural identity, development of social skills, hygiene courses, etc.
- Alternative programs for the development of **digital skills**, thus facilitating the participation in **online courses**.
- **RoboMech Club**: activities specific to the First Lego League concept.



The Afterschool program is available to children immediately after the end of compulsory classes.

All participants benefit from **meals** provided by the foundation and participate in activities supported by **volunteer teachers**.

Activities consisting of supervision and support in doing homework, creative workshops, painting, dance, cultural identity enhancement, social skills development, etc.



The Adina Foundation **supports children and young people who continue their studies beyond 8th grade**, whether in formal education or vocational training.

They receive:

- A monthly **financial aid** to help cover school expenses such as supplies, textbooks, transport, or boarding costs.
- **Access to IT equipment** at the foundation's headquarters for study materials, reports, and projects.
- **Guidance and counseling.**



The V13 program is part of the project “**From pupil to employee: advocacy and training services for young people and women at risk**”.

The activities aim to increase young people’s **ability to face life’s challenges**, increase **social skills**, **motivation** for school and vocational training.

Exclusively through volunteers, a multitude of workshops are organized aimed at providing tools that will encourage education, active citizenship and **build their position of competence and attractiveness on the labor market**.



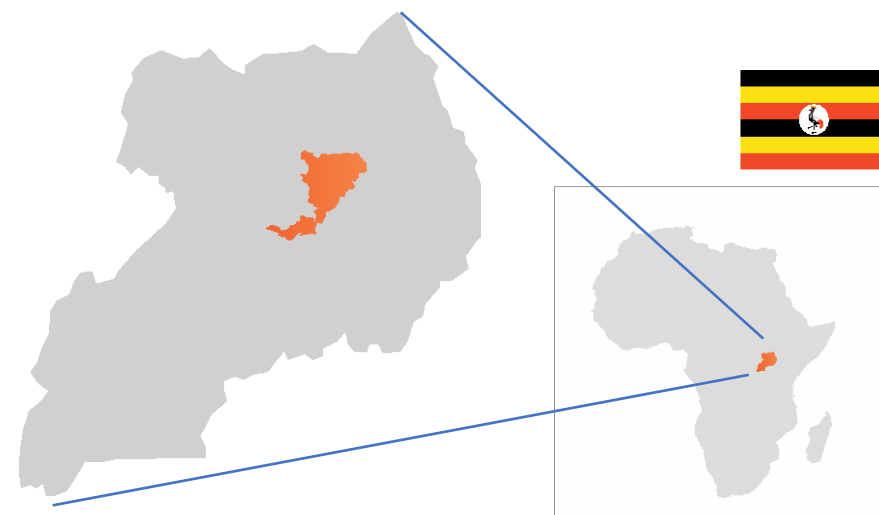
The Empo program, part of the project “From Pupil to Employee: Advocacy and Training Services for Young People and Women at Risk”, is **dedicated to empowering women**.

It is supported by **volunteers** who **provide occupational training** through workshops in cooking, hairdressing, tailoring, IT&C skills, employability, entrepreneurship, media literacy, and basic photography, etc.

Beyond skill development, the program fosters a space where women can **connect, build confidence, discuss personal and caregiving challenges**, and learn to **advocate for their rights**.



According to UNESCO,
only 1 in 10 children
with disabilities in
Uganda attends school.





Adina Foundation Uganda works with **children and young people with disabilities**.

Before and after surgery, they stay at our center in **Lira, northern Uganda**.



Rehabilitation after surgery is a vital part of the services offered at the center.





Many children at the Adina center have **never** attended school before.



Schooling, play, and camaraderie are essential for their **reintegration** into society.





Parent Groups for Families with Children with Disabilities

- Adina has established **over 90 parent groups**.
- Parents gain **essential knowledge** and skills.
- The groups set up internal savings funds, giving members **access to credit** for expenses such as school fees, medicine, and loans.
- These groups continue to operate long after our collaboration ends, providing thousands of families with **improved financial stability**.



Here are some **key figures** showcasing our achievements in Uganda since 2011.



1300 Children and Youth

Adina Foundation Uganda has provided physical rehabilitation to over 1,300 children through **corrective surgery, physiotherapy, and assistive device support.**



572 Teachers Trained

AFU has trained 572 teachers in **inclusive education**, aiming to improve learning opportunities for students with disabilities.



1997 Parents

AFU has educated 1 997 parents and community members on **attitudes and approaches to supporting** children and youth with physical disabilities.



1005 Households

AFU has provided **economic support** to 1,005 households through **beekeeping, pig farming, and goat farming initiatives.**



How Do We Work?

1. Every project is founded on a **holistic approach**.
2. We work closely with **local partners and authorities**.
3. We successfully nurture the spirit of **volunteering** around our projects.
4. **Direct Link between Donors and Recipients**. Our funds are easy to trace, and our partners are welcome to visit our projects if they wish.

Every year, students and teachers from our partner schools travel to **Romania**. In 2023, MedHum visited our project in **Uganda**.
5. Over **95 percent of our funds go directly to our projects**.



Hope

We know that many children and young people are **facing great difficulties in Ukraine.**

Together, we can bring hope and make a difference
– one child and one family at a time!

For more information:

www.adina.no