

**Obrobibini
Peace
Complex**

Annual report 2020



English

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Foreword

Dear Reader,

Several major natural disasters, a massive explosion in Beirut, signs of the temporary collapse of the economic and financial system in certain areas and, of course, the global pandemic with the new type of coronavirus have taken their toll on most of humanity in 2020. In a world that is also increasingly feeling the effects of climate change, and where information channels are flooded with such negative impressions, many are looking for support, for hope. We were able to give this hope to the people involved in our projects in 2020, whether on the ground in Ghana through a job or in faraway Switzerland through regular updates on the projects and remarkable progress.



Dr Christian Andres
President OPC Switzerland

Recently, Bill Gates published his new book on the topic of combating climate change. In it, he describes how he believes we will prevent climate catastrophe and advocates, among other things, the use of nuclear power. I think this is the wrong approach. We have to tackle the climate crisis in the next two to three decades, otherwise it will be too late. In this period, the concepts pursued by Gates are irrelevant. What counts is the concrete implementation of the energy transition by creating the right incentives. Renewable energies are cheaper and already operational today. They can deliver everything Gates wants to achieve: security of supply, decentralization, climate protection and, above all, peace, and this with significantly less risk. Let us just consistently use what we already have!

With such big issues and in our fast - moving society, the tendency to powerlessness arises: „I alone can't change anything anyway.“ Wrong. Mahatma Gandhi said if you want to change the world, change yourself. There is a deep truth in this statement: when you change yourself, the world that appears to you changes. As a child the world appears to us in a certain way, as an adult person it appears differently, and as an old person it appears differently again. The world has not really changed, but what has changed is we. We cannot change the world, that is true, but we can change ourselves. Specifically using climate change as an example, we can make a significant difference with our actions. We can make sustainable resolutions to be kinder to the earth, to each other, and to ourselves. Four such resolutions that we recommend as part of GlobalGiving's Climate Action Fund Expert Group can be found in the „Press review“ section. With this attitude, we become more serene and increase our inner peace. Without it, external peace and world peace is impossible. In 2021, let us all work on developing our inner peace.

Without your great support, dear reader, none of this would be possible. For this, I thank you! The annual report will give you a glimpse of our project – and of the variety of challenges we continue to face.

Yours sincerely,

Researcher and farmer Dr Christian Andres
President OPC Switzerland

Report of the Managing Board

Rapid development and expansion - despite Corona

Project Vocational training centre for sustainability in Busua

In 2020, our activities continued to focus on the sustainable construction and expansion of our learning centre infrastructure. Our first building, the three - story wooden platform we built in 2019, has been actively used for team meetings and learning events, as well as for catering and further expansion of the centre. However, it has also hosted yoga and meditation classes, and even a dinner party.

We continue to use natural materials wherever possible and appropriate, such as sustainable wood, bamboo for the roofs, and raffia palm for the walls. In 2020, however, we also built some more solid foundations with concrete to cope with the unpredictable and flood - like rains in Ghana. In the spring, for example, we completed the workshop for metal, wood and vehicle work, and later in the year, we built the food - processing centre. By creating more living space, a rustic bathroom, and our composting toilet, we can now house people to help develop the project. We also added a mill to produce sustainable palm oil, as well as permanent buildings for our mushroom farm and a garden shed. The palm oil mill will guarantee a sustainable improved income for 200 local small farmers. We have made progress in the area of herbal medicine by establishing a herbarium and planting the first herbs from this herbarium. Now we are building the administration building and a guesthouse.

We placed a special focus on the topic of water in 2020. With our new groundwater distribution and filtration system, we now have water everywhere on our two hectares of land. This means that the surrounding community members can conveniently fill their water canisters with us without having to walk long distances. Then there is drinking water coming out of the faucet, so they do not have to bring plastic - packed water to the field anymore and they save the environment. You can read more about water in the „Focus topic“ section.

In terms of energy, we continued to be self - sufficient in 2020, but we are about to be connected to the grid because without it we could not guarantee the operation of the sustainable palm oil mill. Nonetheless, we continue to work on the energy transition on a small scale, for example by building a biogas plant to produce biogas and liquid fertilizer for cooking and agriculture. With the commissioning of another solar plant, we are now pumping our water with solar energy.





Without our excellent employees, such progress would of course not be possible. We currently hire 11 people on a permanent basis, plus 20 - 30 contractors depending on the projects and an experienced consultant for all the construction projects. Thus, 30 - 40 people have a direct income through our activities, which directly supports about 300 - 400 people to manage their daily lives. In 2020, five young people from Switzerland and Germany did an internship in Busua, and one Swiss and one American completed their bachelor and master thesis. You can read about the experiences of some of these people in the section „Stories of people involved“.

And of course in 2020 too we were farming, actually more intensively than ever before. Since recently, we are certified organic according to the PGS standard! In addition to lots of healthy vegetables (eggplants, cucumbers, carrots, spinach, tomatoes, onions), various salads, fruits (papaya, pineapple, bananas) and herbs, we again harvested and processed staple crops (maize, groundnut, yams, cassava, plantains), mushrooms, honey and of course our main crop, the nuts of the sustainably grown oil palms. The trees in the agroforestry system are growing well, and we are looking forward to our first harvests of citrus, soursop, and avocados. By using our own food and preparing beneficial herbal teas, we continue to lovingly care for the health of people and animals (dogs, cats, bees) and prevent malaria. We give surpluses free of charge to surrounding families.

Project Centre of excellence for sustainable agroforestry in Mankessim

After completing investments in logistics, machinery and partial land clearing in 2019, we started tilling the land for the first time in 2020. After the final clearing work, we trial planted all the crops we had planned to integrate into the crop rotation between the agroforestry tree rows. In the main season, we cultivated maize without fertilizer (test crop) to assess soil fertility. Besides a massive infestation of fall armyworm in the spring, which we found difficult to control under organic growing conditions but ultimately successful, the maize grew surprisingly well and allowed a harvest of about 10 tons of grain maize. In the second season, grain legumes (groundnut, black - eyed bean and soybean) and millet were used. We also planted yams, cassava, plantains and pineapple. Through these cultivation trials, we now know which crops are most promising and can concretely plan the establishment of the entire system with the agroforestry tree rows in 2021.

Furthermore, however, the focus is not only on pure production, but also on establishing a centre of excellence that promotes holistic reforestation practices and agroforestry as a way to promote sustainable lifestyles for people in harmony with nature. In such a learning centre, research and extension activities can be combined with experience sharing so that the project can ultimately benefit as many people as possible and proactively contribute to the transformation of the agricultural system to regenerative practices. Through the development of a first version of the project proposal, we are now in discussion with a first institutional donor who could support us in setting up this project. We have also completed the development of the paperwork for the registration of the land.

With the financial support especially of the OPC President (see section „Financial report“) however, we have already taken the first steps of developing the infrastructure for the centre on our own initiative. First, we have built two large two - story sheds where we will store machinery and materials, perform post - harvest procedures, and which can be expanded for the construction of the workshop, a living area (with island solar system) and offices, as well as a temporary space for educational events. Further, the construction of a food - processing centre, a composting toilet, a water filtration plant, an open - air kitchen with restaurant and a conference building is planned. In 2020, we also drilled a well and installed a solar dryer (capacity two tons of grain) as well as two storage silos (capacity 15 tons of grain) to prevent post - harvest losses.

Build - up of the association, strategic and institutional goals

Association activities in Switzerland were unfortunately scarce in the Corona year 2020. Nevertheless, the project continues to inspire young and old to get active in their own way. To be able to offer people an opportunity to invest their resources for a good cause is a blessing. Thus, in 2020, we involved four BNF interns and one volunteer in our work, and of course, the board and association members continued to volunteer actively this year. In addition, the President gave a lecture at the Justus Liebig University in Giessen (online). We hope that soon it will be possible again to organize association activities to bring people together in Switzerland, to exchange experiences and to learn from each other.

In Ghana, where the Corona - related restrictions were less severe than in Switzerland during most of 2020, we were able to move more freely and bring together larger crowds of people. For example, as part of the Swiss National Science Foundation (SNSF) - funded project “Food Systems Caravan Dissemination Tour 2020”, we showed videos on sustainable and organic agriculture to about 100 high school students and 200 farmers in three different regions of Ghana. The films inspired and gave participants the opportunity to discuss their questions directly with us, as well as share traditional knowledge with each other. In addition, the President gave a presentation to the team of Agro Eco (Louis Bolk Institute), who also came to visit the farm in Mankessim.

While in 2019 at the strategic level there was still the idea of creating an umbrella organization to present and advance the mission of OPC in a universally understood language, the exchange with different networks in 2020 led to the realization that this umbrella organization already exists in the form of the Global Ecovillage Network (GEN, <https://ecovillage.org/>). This also explains why we use the term „ecovillage“ several times in this annual report. Through the implementation of the first project funded by GEN (see section „Focus topic“), we realized in 2020 that GEN embodies exactly the values that are important to us. Since the network is already large and internationally recognized, we feel that our energy is best invested in doing our part to further connect with and strengthen GEN on a national, regional and global level.



Portrait of the association

Obrobibini Peace Complex - what does it actually mean?

Three words that should convey a deep meaning. First, „Obrobibini“. The word is a mixture of two words in Twi, the national language in Ghana, namely „Obroni“, which means „white man“ or literally „European“, and „Obibini“, which means „black man“ or literally „African“. Obrobibini is thus the combination of black and white, North and South. It stands for the complementarity of cultures, the unity of all people and the overcoming of any duality. This is also illustrated by our logo, a variation of the Yin and Yang.

Secondly, „Peace“. Since independence from the British in 1957, Ghana has never had a civil war and has always had democratic changes of government, making it a model of peace in the region. We do not dispute that at all, but OPC is less about this outer peace and more about inner peace. Inner peace is the mental state that arises from a peaceful mind and acts as the main cause for experiencing pure happiness. If you know how to develop and maintain a peaceful mind, you will find happiness in life regardless of external circumstances.

Third, „Complex“. On the one hand, in the noun sense of the word, these are actually physical complexes of structures (so-called „ecovillages“), which are inhabited and developed by regenerative communities that maintain an environmentally friendly lifestyle. OPC's first such „learning centre“ is located in Busua, a colourful fishing village in western Ghana. Through organic farming, balanced diet and exercise, herbal medicine, natural hygiene, waste recycling, and off-grid water and renewable energy, we are developing a healthy environment that can provide for a healthy body, which is necessary to develop and maintain a healthy, that is, peaceful, mind. Moreover, in the adjective sense of the word, it is of course a complex matter to develop such platforms in today's world that should enable people to reach their full potential. In order to close the knowledge gap on the subject of how to live a life in harmony with the soil, animals, other living beings and oneself, we convey the experiences we make on this holistic path in a comprehensive, practical educational offer.

OPC Switzerland

Managing Board



Dr Christian Andres (President)



Benjamin Andres (Vice President)

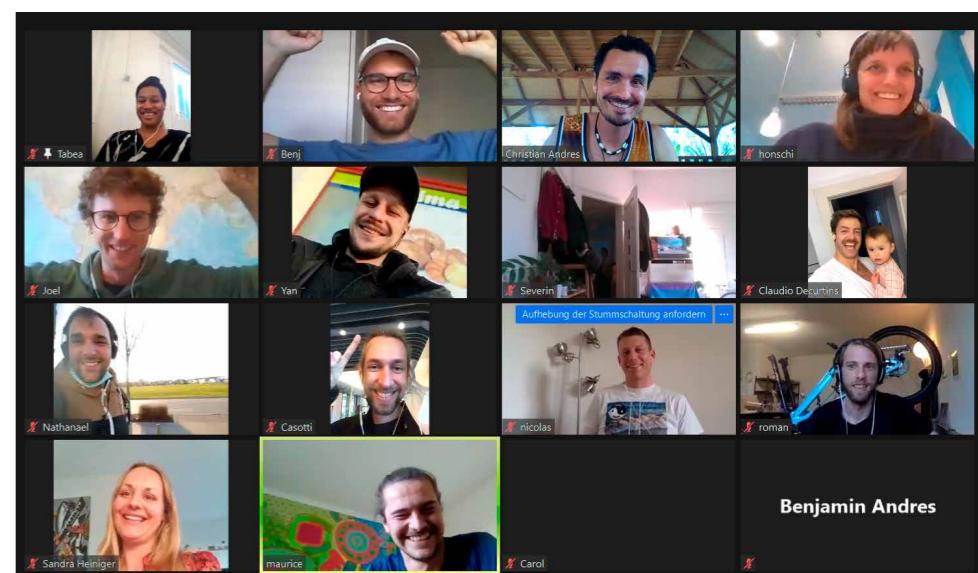
Dr Christian Andres is the Founder, President (Switzerland) and Co-Managing Director (Ghana) of OPC. He holds a PhD in tropical agroforestry and his research focuses on sustainable production systems for cocoa and oil palm to combat climate change. In addition to the training centre in Busua and his research, he is currently establishing a centre of excellence in sustainable agroforestry on a 20 ha organic farm, also in Ghana. His core competencies are project management, organic farming, sports and spirituality/meditation.

Sandra Heiniger is an accountant at OPC Switzerland and mother of two children. She is a qualified accountant and completed her education in business administration in Switzerland. Her core competencies are accounting and sports.

Benjamin Andres is Vice President and Co-Founder of OPC Switzerland. He is a sports teacher and received his bachelor's degree in business administration and sports in Switzerland. He focuses on the financial sustainability of the project, supports crowdfunding and other funding campaigns, and fills in for the President in his absence. His core competencies are sports, project management and teaching.

Members

In 2020, five new members joined the association, which now counts 40 members. Details about the association and its activities can be found in the „Report of the Managing Board“. The experiences of a new member in 2020, Maurice Riedel, as well as other board and association members, workers, interns, students, partners and donors can be read in the section „Stories of people involved“.



Members of OPC Switzerland at the General Assembly 2021 (online via Zoom)



OPC Ghana

Executive Board



Israel Ashitey
(Co-Managing Director)

Israel Ashitey is the Co-Managing Director of OPC Ghana. He is a mechanical engineer by training and works as a local project coordinator as well as a mechanic and driver. He believes in energy and balance, loves nature with all its elements, and takes the greatest pleasure in helping the people around him. In particular, he cares about preserving people's cultures and traditions. His core competencies are human resource management, mechanics, spiritual philosophy and project management.

Moses Awiaagah is the Board Secretary and second lead farmer of OPC Ghana. He graduated from the College of Agricultural Sciences and worked at the Cocoa Research Institute of Ghana (CRIG) with the President of OPC Switzerland as part of his doctoral research. His ability to put himself at the service of others, as well as his gift for understanding people from different backgrounds, make him a great team player. His core competencies are agriculture and project management.

Manager



Thomas Cudjoe
(lead carpenter)

Thomas Cudjoe graduated from Busua Junior High School and did his apprenticeship as a carpenter in Takoradi. After graduation, he worked at various places in and around Busua. He describes himself as hard-working and has a good personal relationship with people. His hobbies are football and music.

Theophilus Bunyan finished secondary school in Busua and completed a carpentry apprenticeship in Takoradi. He worked for Linktop and Ghana Norway Investment Ltd, both real estate development companies. He describes himself as sincere, hardworking, positive and willing to learn. His hobby is watching football.



Theophilus Bunyan
(lead carpenter)



Justice Cudjoe (head mushroom and bee cultivation)



Daniel Attah (lead mason)



Francis Andoh (lead mason)



James Henry Dzade (lead farmer)

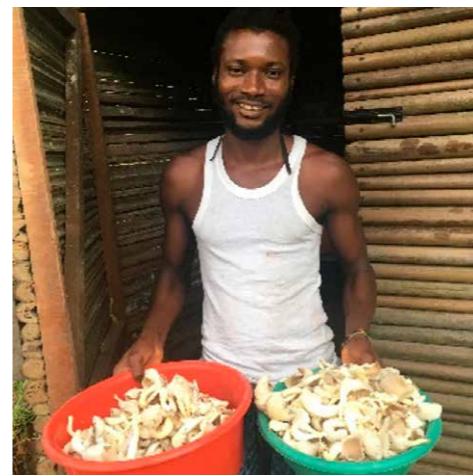
Justice Cudjoe graduated from the Senior Highschool in Agona and trained as a certified Ecovillage Designer with Gaia Education. Topics included various modules of sustainable agriculture (beekeeping; mushrooms; fish, larval and insect farming; value addition and nutrition with Moringa; agroforestry as well as vegetable production). He has worked at the Ecolodge “Escape3Points” as well as at the Trinity Yard School and continues to represent the Global Ecovillage Network Ghana in the Western Region. He describes himself as hardworking, results-oriented and enthusiastic. His hobbies include gardening, traveling and reading.

Daniel Attah finished secondary school and completed a masonry apprenticeship in Busua. He works in and around Busua as a mason. He describes himself as respectful, humble and hardworking. His hobbies are listening to music and watching football.

Francis Andoh graduated from the Senior Highschool at the National Vocational Training Institute in Esiam, where he studied the theory of masonry. He later learnt the practice from his uncle in Agona. He worked for the BB Oils Company in Tema for some time. Today he works in and around Agona as a mason. He describes himself as hardworking, respectful and dedicated. His hobbies are playing football and listening to music.

James Henry Dzade graduated from the Senior High School in Sankore, worked as a cocoa trader and as a teaching assistant for the community school. Since 2018, he has been involved in Dr Christian Andres' research as a field assistant, and since 2020, he has also been working as a lead farmer in OPC's projects. His hobbies are reading books, music, spreading the gospel, motivating people and farming.

Workers



Sibiri Son (agriculture)



Florence Kenyenso with Clement (cook and building maintenance)



Listowell Twumasi (agriculture)



Frederick Amo, Justice Quagrien, Benedict Ansah Okyere, Yaw Yacubu (all agriculture)

Project work



Focus topic

Water sovereignty is freedom - A state-of-the-art off-grid water solution in the bush

Introducing: Obrobibini Peace Complex OPC

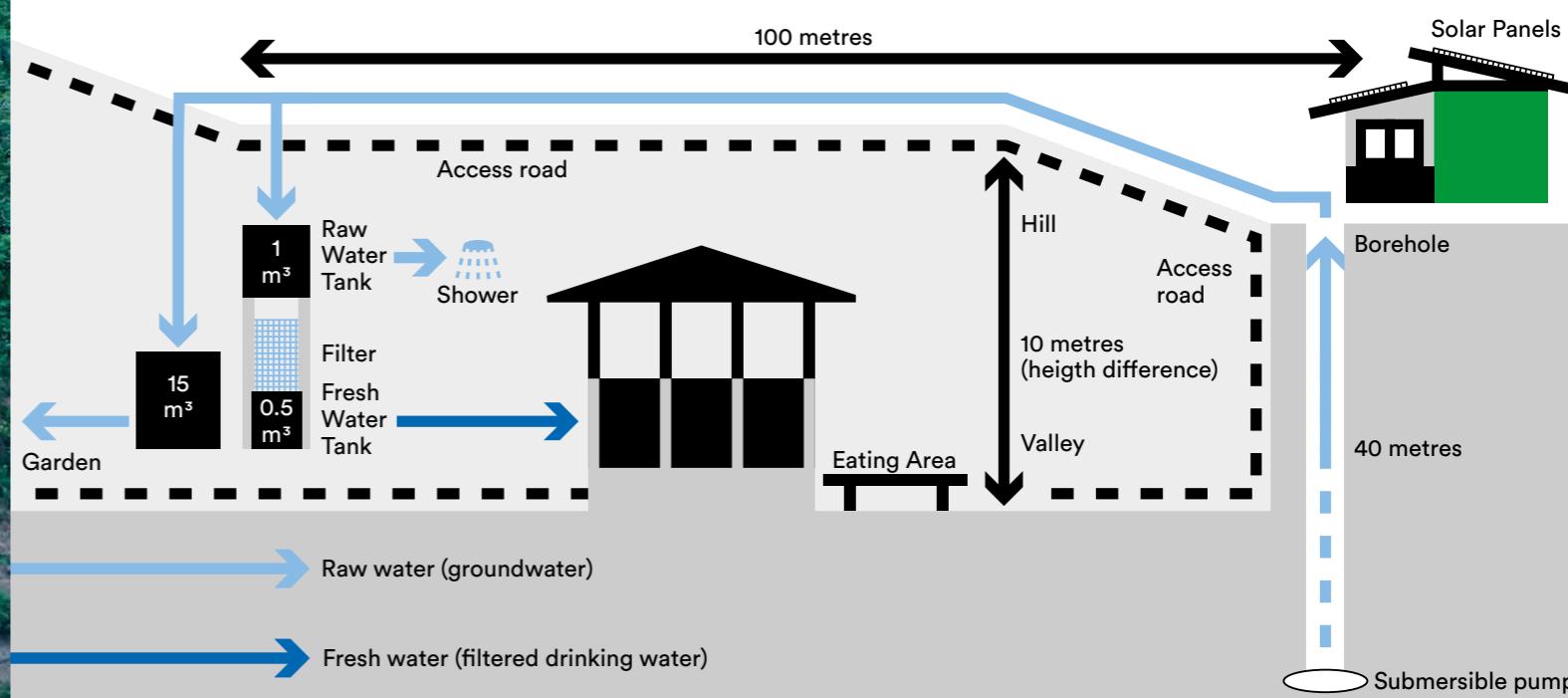
OPC is a non-governmental organization that brings together diverse cultures to develop regenerative communities that live an environmentally friendly lifestyle, known as „ecovillages.“ These communities not only practice organic agriculture, but also live off-grid, which includes clean energy such as solar and biogas solutions, as well as solar-powered groundwater distribution and filtration systems to ensure the availability of sufficient quality water. However, the main purpose of ecovillages is to provide a platform for people to realize their full potential; living in harmony with the soil, animals, other living things, and oneself is a complex endeavour that is not taught in public schools. OPC takes on the responsibility of filling this knowledge gap by teaching people not only how to work toward a healthy environment that provides for a healthy body, but also how to develop and maintain a healthy, that is, peaceful, mind and thus find happiness in life regardless of external circumstances.

OPC's first such „learning centre“ is located in Busua, a colourful fishing village in Ghana's Western Region and one of the focal points of the country's surf scene. Often dubbed „Africa for Beginners,“ Ghana is politically stable and safe to travel in, even for women traveling alone. The equatorial climate is characterized by two rainy seasons (May - July, September - November) and a longer dry season (December - March). Therefore, especially during the dry season, the need for irrigation is high. The piece of land where we are currently building the first OPC is two hectares and is located in a beautiful small valley behind the village, only a few minutes' walk from the beautiful beach of Busua (about 1 km as the crow flies). The villagers usually fetch water for showering and washing from shallow wells. For drinking, they buy so-called „pure water“ - half-litre-sized hard plastic bags filled with filtered and sometimes chemically treated drinking water - at a price of about 5 cents per litre. Pollution with these plastic bags is a major problem nationwide.

Different water needs and our off-grid solution at OPC

Currently, we are about 10 people living and working at OPC. Taking care of the vegetable garden, irrigating the mushroom farm and the agroforestry system that combines different trees and crops, as well as taking care of people and animals (dogs, cats and bees) all require water on a daily basis. In addition, we are about to start producing certified sustainable palm oil to help local farmers earn a decent living. Our mill has a capacity of 1,000 litres per day, and since the oil palm fruits are cooked before the oil can be extracted, each litre of oil requires two litres of water. Therefore, we have a high daily water demand that would incur significant costs if we relied solely on Ghana's government water supply system. Furthermore, due to our remote location, we are not even connected to the national water network now; we had to build our own access road with a bulldozer, a milestone we reached in April 2019 (Figure below).

With a new access road, we were finally able to drill for water and fortunately found an abundant reservoir about 40 m deep in May 2019 (Figure, page 20). Before that, we had to fill our jerry cans with wheelbarrows at the nearest shallow well about 1 km away, a tedious task! Once we had the borehole, we were able to pipe the water down the slope with a simple hose, still using our canisters, and we produced drinking water with a camping-style and -sized microfiltration module. Finally, in 2020, as part of a project funded by the Global Ecovillage Network (manual can be downloaded here), we were able to replace the 2 kW gasoline generator we used to run the submersible pump lowered into the deep well with a 3 kW solar system; what a relief (Figure, page 24)! So now we run a solid solar-powered groundwater distribution and filtration system (Figure below) with several storage tanks and our beloved PAUL (Portable Aqua Unit for Lifesaving, Figure, page 24), an ultrafiltration membrane module (gravity driven membrane filtration (GDM)) that retains bacteria and even viruses, resulting in filtered water of drinking quality, all without plastic. The PAUL can provide us with about 4,000 litres of drinking water per day, which is quite enough for us.



Drone image of the access road constructed in April 2019.



Drilling for water (above) and enjoying the first start - up of the submersible pump (below) in May 2019.

21 Replacement of the blue 2-kW gasoline generator (left) with solar power; the panels are located on the bamboo roof of the green container (right), which is also shown in the schematic diagram on page 19.



The large 15m³ storage tank, which can also be seen in the schematic diagram on page 19.

How we came to install PAUL at OPC and experiences with the new system

First, we conducted a groundwater analysis in 2019, which showed that the main function of the water filtration system should be to exclude bacteriological contamination, as we found E. coli in the samples. In contrast, the dissolved parameters (e.g., salinity or dissolved organic carbon) were at low levels and therefore not critical. We measured some level of arsenic in some of the samples, but on-site colorimetric tests did not confirm arsenic contamination. These advanced water analyses, conducted in our case by the Kwame Nkrumah University of Science and Technology (KNUST) water laboratory in Kumasi, help tremendously in planning water treatment systems in decentralized locations.

We then conducted a technology and market research and selected the GDM technology with the PAUL as perfectly suited for the decentralized, small and technically straightforward application we were looking for. Another challenge was the large distance between the borehole and the place of use (kitchen, garden). After discussions with some GDM experts at KNUST, we decided to install the water tower as close as possible to the kitchen to keep the fresh water pipes as short as possible. The next step was more detailed planning and procurement of all necessary materials. Once all the materials were available at the site, we discussed the whole project with a local mason who helped us build the tower. We integrated two wooden beams in the centre, on which we placed the PAUL once the plastering was completed (Figure, page 24). Pipe laying and plumbing was another skill we had to learn. The straightforward approach, which produced tangible results very quickly, was very gratifying and lifted the spirit of the entire team involved in the project considerably.

Results and outlook

Since commissioning the PAUL ultrafiltration module in May 2020, we have filtered about 21,000 litres of water in nine months, which corresponds to about 1,400 packs of pure water or about CHF 700. Since the cost of the entire system was about CHF 2,000, we expect to recover the investment cost for the entire system in about two years. In addition, we save costs for the transport of pure water to the ecovillage and have non - monetary side effects such as facilitation of everyday life and general improvement of hygienic conditions in the village. However, one of the main benefits is that we do not contribute to environmental pollution with plastic bags, a very important point for us as an ecovillage.

The surrounding community members can now conveniently get water at our tank without walking long distances to the nearest well and without having to fetch the water from the well with buckets, a significant improvement in their daily lives! This improves the harmony between our ecovillage and the surrounding families. In addition, the people who walk through the ecovillage to get to their fields can now put filtered drinking water in their jerry cans and help protect the environment. How wonderful!

Water tower (also visible in the schematic diagram on page 19), consisting of an upper tank (raw water tank), the PAUL ultrafiltration membrane module and a lower tank (fresh water tank). The solar-powered pump transports groundwater into the raw water tank, which flows through the PAUL module and is finally stored in the fresh water tank, which supplies the kitchen with drinking water.



The next upgrade to our water system will be to automate the entire system. First, we will place another tank („main distribution tank“) on top of a three - story building we are currently constructing near the borehole. This tank, as well as the borehole pump at a depth of 40 m, will be equipped with floating sensors that communicate with each other. All the water we consume at OPC then initially passes through the main distribution tank. As soon as we consume water at any consumption point on the site, the water level in the main distribution tank drops, which activates the float sensor to tell the borehole pump to pump water. In this way, we can avoid having to run to the borehole to activate the pump as soon as someone needs a larger amount of water at a specific consumption point on the site, which will once again make work and life much easier.

As a last word, I would like to say thank you and express my appreciation. Thanks to Gaia, Mother Nature, who provides us with everything we need; it is really a great pleasure to live off - grid in a peaceful place like OPC (I personally live there most of the year). We appreciate the work and dedication of our volunteers and workers, especially Nicolas Stöcklin, who did all the research, designed and planned everything, and Noah Silvani, who was mainly responsible for the construction and implementation of the system.

„Freedom is just another word for nothing left to lose“ (Janis Joplin); so, through the power of our collective virtue and merit that we have created and will create by participating in this project, may every living being find everlasting peace and happiness, and thus come to the realization that, in fact and truth, there is nothing to lose. This is freedom. „OPC - Freeeeeeeee!!!“ (this is our local shout in the streets of Busua).



A handwritten signature in blue ink, appearing to read "C. Andres". Below the signature, smaller text reads "Busua, Ghana Peace (OPC) Complex".

Dr Christian Andres
President (Switzerland) and Co-Managing Director (Ghana) of OPC

Stories of people involved

Moses Awiajah, Co-Founder and Board Member OPC Ghana

In Ghana, the economy is heavily dependent on commodity exports, and our agriculture is underdeveloped. At OPC, we are trying to address such global problems in a small-scale, locally holistic way. For example, we are working on sustainable and organic farming systems that work under our conditions. Since this topic is highly complex, you have to constantly educate yourself on it. Knowing how these problems are solved in different regions of the world can inspire you to take concrete action. To do this, I inform myself on the Internet, read books and ask my superiors.

In general, the education of others is very close to my heart. I myself had the pleasure of studying at the Kwame Nkrumah University of Science and Technology (KNUST) in Kumasi, one of the best universities in the country. However, what I lacked was practical experience. Working at OPC over the past few years has allowed me to steadily expand my practical experience and fill this knowledge gap.

My greatest passion at OPC is encouraging others. Building any organization comes with a multitude of challenges and not everyone is able to overcome them. I encourage staff, interns, and volunteers to help build the organization. With these measures that I have acquired over time, I myself contribute to the growth of the organization and fulfil my mandate with great pleasure.

James Henry Dzade, OPC staff lead farmer

Before I started at OPC, I had many difficulties in life. It was difficult to meet the needs of my child and family even though I was teaching and farming as usual. Now it is much better than before because the monthly salary helps me a lot to support my child and my family and even to pay the school fees for my girlfriend. As for the work on the farm, as the lead farmer, I faced various difficulties from my workers; they were not punctual, often drank alcohol and smoked during working hours. Because of this, I was concerned about their health, the quality of the work, and the image of OPC. Fortunately, through my good coaxing, this has now been drastically reduced.

I would like to thank the OPC Management personally and on behalf of my workers for their support. I am convinced that by working with a virtuous motivation and patience, we will eventually reach our goal. There is a saying that „When poverty knocks at the door, love springs from wisdom“. OPC has put a smile on my face, on my family's face, and on the face of my workers. I thank God for His love, mercy and protection of the whole OPC team and myself.



Nicolas Stöcklin, Intern water, planning

My story begins in the village of Busua at a well shaft, as there are many in the village. I try my hand at pulling up water from the well with a bucket attached to a rope: Lowering the bucket down the rope, then tipping the bucket back and forth to dip it into the water at the right moment. Crap. Missed the timing again, the bucket lands sideways on the water surface and remains empty. After a few more tries, I finally scooped up enough water to rinse the salt crust off the surfboard from the previous surf session.

Much of my project work at OPC also revolved around one of the most basic, yet precious commodities of all - water. The importance of water in sufficient quality and quantity is especially appreciated when it is not available. When you first have to start a pump for a shower, fix a temporary pipe, fill containers and then carry them up to the shower site. When you have to carry drinking water - either by wheelbarrow or by car.

Fortunately, things are different at OPC in Busua today. Thanks to the new water system, consisting of pipes, tanks and a membrane water filter to produce drinking water, it now looks like this: Shower tap open to shower, water tap open to drink. Much better. Since I unfortunately left unexpectedly due to Corona before the implementation of the project I had planned and designed, I will probably have to return to this beautiful spot to try this out for myself. Therefore, there is only one way for me: back to Ghana - back to Busua.

Noah Silvani, Intern water, implementation



On the subject of sustainability, I was particularly interested in permaculture and self-sufficiency; living in connection with nature without damaging it. I was looking for a way to combine my love of travel with experience in this field and meaningful work that challenges me and where I can live out my creativity. This is how my fate led me to Christian Andres, the President of OPC Switzerland. The OPC project immediately grabbed me and I saw an opportunity to contribute my expertise and professional experience as a carpenter.

My well-intentioned idea to go from a privileged first world country to the so-called „third world“ to offer my help took me to Ghana. Once there, I was able to learn that this division into different worlds dissolved for me. I learnt a lot by living and working together with the local people, and the challenges that my stay in Ghana posed to me taught me a lot about myself.

The day in Ghana ends while cooking over the fire in the jungle or on the beach. We are exhausted, but with a satisfied feeling about the work done. This helps me to find my inner peace!

Magdalena Anetzberger, Intern vegetable growing and processing

I became aware of OPC through the website WWOOF, a portal for the worldwide placement of ecological farm projects. I had been to Ghana once before and had fallen in love with the country and its people, but this time I really wanted to volunteer. Since for me one of the keys to overcoming our global crisis lies in a sustainable, ecological and above all regional way of doing business, I wanted to gain practical experience with projects that pursue such approaches.

Therefore, last year I was able to spend four months at OPC. For me it was an incredibly enriching time; I learnt a lot in the herb and vegetable garden as well as the mushroom farm and tried out certain things myself. Among other things, I realized that it is not always easy and many things do not work right away. This taught me patience. The people at OPC are survivors who do not get discouraged so quickly. If it does not work this time, it will work the next time. I hope to keep this confidence and carry it forward. In addition, my appreciation for food has increased. It was wonderful to harvest what was available in the garden - a small green bell pepper, some green onions, eggplant, delicious water leaves (similar to spinach but much better) and of course the fantastic oyster mushrooms - and then prepare it all in the small kitchen.

Many conversations at OPC inspired me a lot and I was able to experience how nice it is when people care for each other. The motto of OPC - for more inner peace - was exemplified to me and I was a part of it. I felt very accepted and I realized how important this motto is for solving our current problems; because only those who take good care of themselves and are inwardly content and balanced can then also take good care of others. A small part of my heart has definitely remained on OPC land. I am very much looking forward to returning soon to learn many more things, but above all to meet again all the wonderful people from whom I was able to learn so much.

Joëlle Martz, BSc student sustainable tourism

In my field of expertise, tourism, the topic of sustainability is a complex and sometimes paradoxical challenge. For several years, I have been dealing with the topic privately, professionally and academically and strive to understand and develop my own approaches to solutions and implement them. In 2020, OPC gave me the chance to dive further into this passion by conducting my bachelor thesis. Therefore, in Busua, I explored the question of how OPC can best communicate the principle of sustainability to its national and international visitors.

After working out the disposition in Switzerland, I found out on site that adapting the question to local conditions took more time than planned. With the professional and emotional support of Israel Ashitey („Joeman“), Mohammed Zakari („Zak“) and Theresa Oppong, I nevertheless rose to the challenge. The three of them introduced me to the local conditions and supported me in various ways, which greatly enriched my work and personal experience. Thus, I found myself in the precious role of the learner, a state that I want to enable all future visitors of the project to be in through my work.

I hope that my work can be used to ensure that even short stays at OPC are characterized by an exciting exchange with like-minded people from different cultures, and thus new skills can be learnt.



It can also enrich OPC with an understanding of the challenges that lie ahead, and show approaches to implementing tourism offerings in a way that promotes shared learning about sustainability. Whether I will be able to witness these steps from afar or on the ground is not yet clear. What I do know is that OPC can always count on my support, no matter where I am.

Maurice Riedel, active member of the association

I have always wanted to go to Africa. However, not just like that, I wanted to get a first-hand impression of how to help the local population in a sustainable way. That's how I came into contact with OPC - rather by chance, but also with a feeling that it was in some way preordained. The association pursues a holistic solution approach, which is to offer local farmers an opportunity to practice independent, sustainable and beneficial agriculture. I thought that was great, and that is how I found OPC!

Once in Ghana and thoroughly informed, I gradually got to know the country and its people. The Ghanaian population is struggling with hunger and poverty, although the soil they live on is so fertile and valuable! Another big problem that shows itself, for example, in the form of corruption and fraud, is the widespread greed, the lack of harmony, as well as the dogged pursuit of material development according to the Western model. However, when I think of home, it strikes me that things do not feel much different there in my circles. Despite the palpable problems, I found it surprisingly difficult to be concerned in any way. On a very human level, OPC successfully helped me to build and expand my inner peace in a sustainable way.

Thanks to the impressions and experiences I had at OPC, I learnt a lot about so many things; my priorities shifted and I define the word „problem“ differently since then. It has been an incredibly enriching experience. I firmly believe that all the „Obrobibinis“ of the world will have a very enriching and memorable experience at OPC. Akwaaba!

Wolfgang Radig, Partner Managing Director of Entwicklungslabor Dr Radig

Unexpectedly, in the summer of 2020, in the middle of the Corona crisis, an email came to me from Christian Andres; he was thinking about a project to esterify sustainable palm oil into biodiesel so that he could at least partially decouple his vehicles in Ghana from petroleum, and he needed a technical partner for this. I had no experience with the esterification of palm oil, but the idea of using sustainable palm oil in the region of origin seemed to me to be a good thing, in contrast to what we usually hear about palm oil, i.e., the destruction of primary forests in Southeast Asia. Because I count myself among the quite existing European engineers who are looking for solutions to balance the imbalance in economy, finances and politics worldwide.

After initial meetings and discussions with Christian on how we could use palm oil for the future development of the project, we decided to build a small-scale transesterification plant based on a simple principle of oil refining and conversion. His brother sent me still available stocks in Switzerland for basic laboratory tests regarding oil quality and the resulting necessary design of the planned plant. At the same time, I worked out a first draft of the plant and did some research on potential European suppliers of hardware components in order to define a rough financial framework.

In the end, however, we abandoned the idea, because in the final phase of the project application, through discussions with various stakeholders and potential project partners, some fundamental questions arose that made us critically question the project itself and the approach. In a country like Ghana, which continues to import palm oil to feed its population, it would probably make more sense to look at the energetic and material use of the palm oil production waste to enable the valorisation of this raw material. This is what we are now commemorating. For me, the study of native palm oil was a new experience, and the laboratory results obtained can be used in the future for similar projects to build small-scale decentralized biodiesel production plants.

Dario Grünenfelder, donor representative Solisdarität

The Swiss association „Solisdarität“ follows the credo, „help others by helping yourself“. The goal of Solisdarität is for our participants to create additional motivation for themselves to achieve a goal they have set for themselves by making a financial contribution. All money collected should always be donated to a charitable cause to support people in need or sustainable projects in other countries and regions. At Solisdarität, it is very important to us that we have a close personal connection to the respective support project and that we can make the benefit of our invested funds tangible and comprehensible for our members.

With OPC, we have found an organization where we not only know and have great trust in the people behind it, but also see a very strong connection to us and our desire for sustainable change. By working together, we have been able to both sensitize our members to the very challenging situation in Ghana and show how easy it can be to make a difference and advance meaningful, sustainable projects with little financial resources.

The goal at Solisdarität will remain for us to be able to build a personal connection to our support projects. We are proud to have contributed to an exemplary development project with our financial support and we will certainly continue to follow the further development of OPC and offer our support again when the opportunity arises.



A sincere confession

In April, we received a moving letter from a person in the United States. This person felt a deep need to purify negative karma. With the confession and donation, the person is certainly one step closer to achieving the goal. We are grateful that our organization inspires others to such virtuous actions, which is exactly what we are here for. Read the anonymized letter [here](#).

Dear Obrobibini,

My name is [Anonymous] and I am an alcoholic. I am currently going through my past and trying to make up for the mistakes I have made in the past. I am doing this because if I skip this important step, I run the risk of drinking again.

Back in 2014, I was volunteering in Ghana, trying to make a difference in the lives of others. There, I helped build a vocational school. On a certain day, the project leaders sent us to another place to do other work. Because of my big ego and inability to be flexible, this made me angry.

I blamed others for my anger. Trapped in my head and self-centred, I started blindly cutting rows of tomatoes that a poor farmer had planted there. Because of my selfish and self-centred nature, I hurt the very community I was trying to help. I was taking money and security away from a family without thinking of them and their welfare. I was not even sincere enough at that time to admit my mistakes.

Since I am unable to find the farmer I had never met in person, I am trying to make it up to him by donating to your organization. I have sent you two \$50 donations to help build two family gardens that will help feed one family each for a year. From now on, I will be more mindful of my self-centred behaviour and mindful of how my actions can affect others in order to avoid causing more unnecessary harm to others.

Sincerely yours,
[Anonymous]

At this point, I would like to add some thoughts for the spiritually inclined. We all have pleasant and unpleasant experiences in life. Whether one perceives pleasant or unpleasant experiences now depends on whether positive or negative karma is ripening. Every person knows that if you do good things, good things will happen to you. Similarly, the experiences we have now depend on what deeds we have done in the past. Since we have done countless positive as well as negative deeds in the past, we need methods to purify negative karma before it ripens as unpleasant experiences in life. However, if one does not regret one's negative deeds, the purification also lacks power, like a weak bleach, which is not able to remove the dirt of negativity from the cloth of our consciousness.

Reality is in fact and truth a reflection of our own mind. Today he is my best friend, tomorrow my enemy. He has not changed, only my perception, my mind, is different. This shows that objects have no intrinsic properties, there is no independent existence on the part of the objects. We create all the objects of perception around us every day with our consciousness. Therefore, what appears to us depends directly on what mental state we are in. With this priceless knowledge in one's heart, all doors are open, one takes responsibility for one's own actions and experiences, and one moves with great strides toward greater serenity and inner peace. A person who has internalized this is a source of inspiration and can give support and hope to others. May we all work to develop such valuable spiritual qualities.



Dr Christian Andres
President (Switzerland) and Co-Managing Director (Ghana) of OPC

Dr Christian Andres
President (Switzerland) and Co-Managing Director (Ghana) of OPC





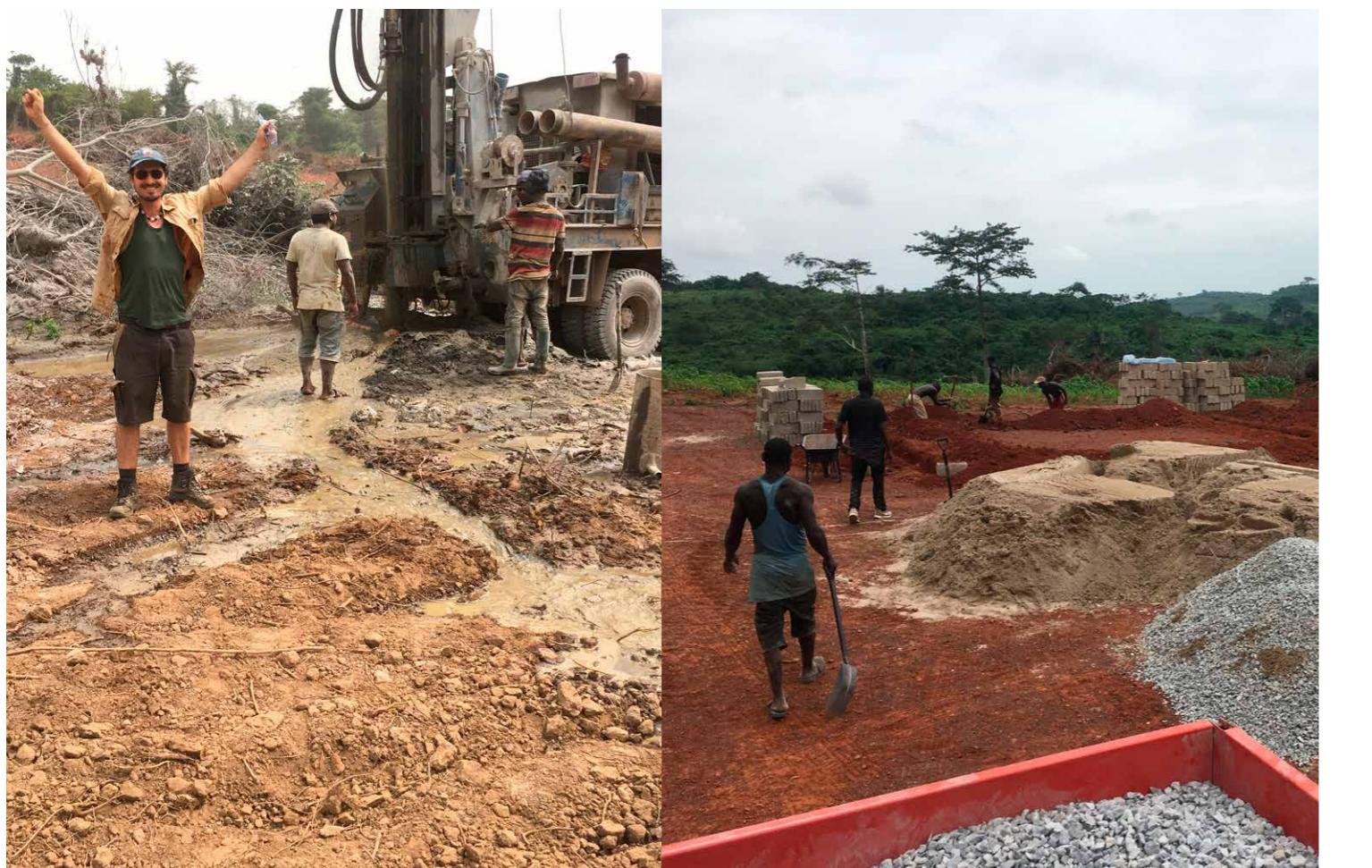
Activities and impressions

2020 January	Well drilling in Mankessim (97m deep)
	Planting of 2 hectares of yams in Mankessim
February	Completion of the kitchen in Busua
March	Completion of the composting toilet in Busua
April	Completion of the workshop in Busua
	Planting of 2 hectares of cassava in Mankessim
May	Completion of ploughing and sowing of maize on 20 hectares in Mankessim
June	Successful crop protection of the 20 hectares of maize in Mankessim
	Completion of foundation of food processing centre in Busua
	Completion of foundation and start of woodwork on residential building in Busua
July	Ground-breaking construction of two two-storey sheds in Mankessim
August	Fabrication and installation of solar dryer and storage silos in Mankessim
	Completion of phase 1 of construction of two two-story sheds in Mankessim
	Maize harvest, drying and storage (10 tons of grain maize)
September	Ground-breaking of sustainable palm oil mill in Busua (improved income for 200 local smallholders)
	Sowing of grain legumes and millet on 20 hectares in Mankessim
October	Commissioning of 3kW solar plant, replacement of 2kW gasoline generator
	Organic certification of the farm in Mankessim
November	Successful completion of the Food System Caravan Dissemination Tour
	Completion of mill for sustainable palm oil in Busua
December	Construction of biogas plant in Busua
	Start roof work food processing centre in Busua
	Planting of 1 hectare of pineapple in Mankessim



Impressions of the construction in Busua; kitchen and compost toilet (top), workshop and foundation of the food processing centre (upper middle), foundation & woodwork of the residential house, mill for sustainable palm oil (lower middle), biogas plant and roof work food processing centre (bottom).

Impressions from agriculture in Busua; cucumber harvest and development of the dynamic agroforestry system (top), honey harvest and filtering (middle). Groups of students and farmers at the Food System Caravan Dissemination Tour (bottom).



Impressions of the construction in Mankessim; well drilling and ground-breaking two-storey sheds (top), construction of two-storey sheds (middle), transport and installation of solar dryer and storage silos (bottom)

Impressions from agriculture in Mankessim; planting cassava and germinating maize (top), maize harvesting and threshing (upper middle), maize drying and organic certification (lower middle), groundnut and pineapple planting (bottom).



Financial report

Annual Financial Statements OPC, Fiscal year 2020

Closing balance sheet as at 31.12.2020

ACTIVE CURRENT ASSETS

Cash and cash equivalents	145,835.01	
Postal account	109,462.96	
Bank account	3,568.05	
Donations received	32,804.00	
Total CHF	145,835.01	145,835.01

LIABILITIES SHORT TERM

Liabilities	152,957.18	
Christian Andres private prepaid 2017 - 2020	152,957.18	
EQUITY	-46,459.88	
Equity	-46,459.88	
Total CHF	106,497.30	106,497.30

Net profit as of 31.12.2020	39,337.71	39,337.71
Total CHF		145,835.01

Income statement as at 31.12.2020

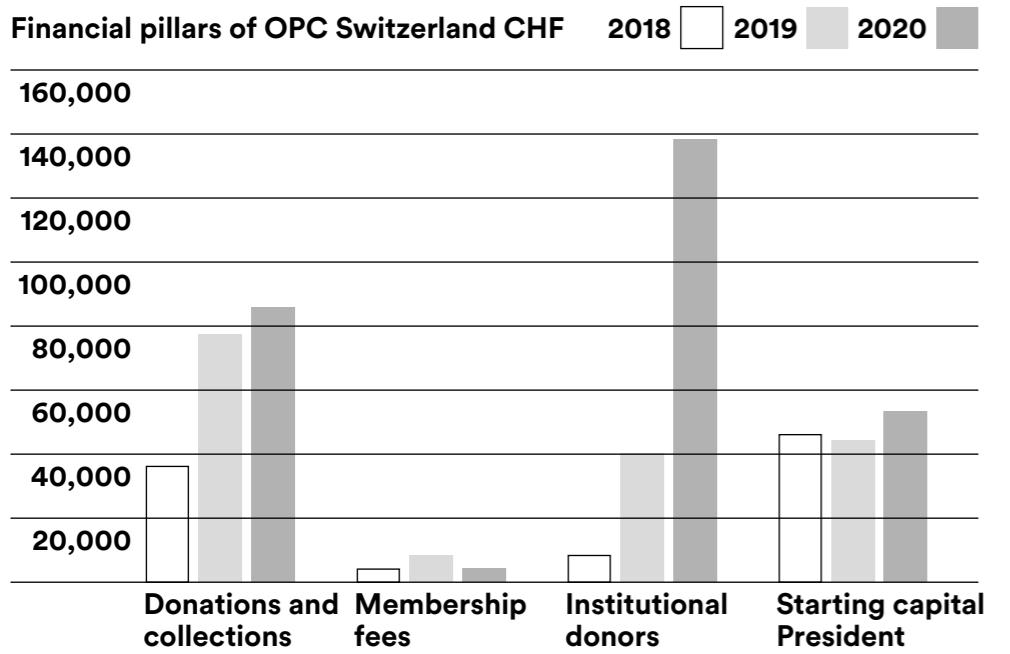
Operating income	224,719.10
Income from membership fees	2,652.00
Income from donations and collections	82,887.82
Institutional donors	139,179.28
Total CHF	224,719.10
Administrative expenses	13,926.63
Office supplies	1,383.70
Telephone	1,116.18
Other administrative expenses	209.05
Advertising	11,217.70
MANKESSIM	
Competence center for sustainable agroforestry	63,233.64
Inputs	6,227.56
Machinery	8,335.52
Buildings	27,275.49
Labor	7,202.85
Land preparation	7,209.82
Miscellaneous	759.25
Living expenses	316.92
Logistics	3,612.79
Crop protection	213.11
Working utensils	36.07
Post - harvest operations	568.85
Land rent	1,475.41

BUSUA

Vocational training centre for sustainability	106,859.82
Wages and living expenses Ghana	29,641.37
Learning platform	1,163.40
Water system	3,662.48
Workshop	3,578.20
Herbal medicine	70.00
Solar system	528.60
Compost toilet	234.80
Living house	9,384.60
General expenses construction	511.00
Mushroom farm	5,086.79
Electricity	242.00
Logistics	7,160.40
Office expenses	276.20
Miscellaneous	258.02
Factory for sustainable palm oil	18,610.40
Project „Food System Caravan“	1,134.53
Biogas plant	4,838.60
Road network	1,230.00
Guest house	6,600.00
Gate house	3,000.00
Farm	100.41
Materials	1,192.90
Land registration	722.68
Food processing center	7,632.44
BANK/POST EXPENSES	
Financial expenses	283.97
Bank expenses	283.97
Total CHF	184,304.06
	184,304.06

Fundraising and financial situation

OPC's three financial pillars are donations and collections (82,888 CHF, 2019: 79,222 CHF), membership fees (2,652 CHF, 2019: 5,470 CHF) and funds from institutional donors (139,179 CHF, 2019: 40,000 CHF). In total, about 224,719 CHF (2019: 124,692 CHF) were available for OPC's development work in 2020 (Figure below). Funds from institutional donors were awarded in response to specific project requests and came from 11 foundations (five times 5,000 CHF, four times 10,000 CHF, twice 15,000 CHF) two associations (once 4,500 CHF, once 27,804 CHF) as well as the Swiss National Science Foundation (7,558 CHF), the Swiss Embassy in Ghana (3,792 CHF) and the Global Ecovillage Network (525 CHF). One of the 11 foundations earmarked the contribution for the expansion of the solar plant.



Financial pillars of OPC Switzerland and Presidential seed money 2018 – 2020

In 2020, we focused our fundraising efforts on crowdfunding and foundation fundraising, in addition to maintaining existing contacts. In the spring, we participated in GlobalGiving's Climate Action Campaign Voting Challenge. Out of 126 participating projects, we landed in 3rd place on the leaderboard with a magical 222 donations in 5 days. This was not quite enough to qualify directly for the Climate Action Fund (1st and 2nd place), but with an advantageous result in the subsequent peer-to-peer voting among the organizations that reached the top 10, we still made it to the five selected organizations that became part of the Climate Action Fund for one year. In total, this Climate Action Campaign raised CHF 14,872 in 2020.

Fundraising with institutional donors went very well in 2020. We were not only able to win over all six foundations that had already made a contribution in 2019, but also to bring another five foundations on board, thus more than doubling the contributions made (+137.5%). In addition, five project-linked contributions totalling 44,170 CHF were collected, which also allow us to tap into new networks. Some of the largest donors and institutions are mentioned in the section „Recognition, thanks and awards“ with their consent.



Site plan Vocational Training Center, Busua

Legend to site plan

a Workshop
b Mill for sustainable palm oil
c Biogas plant

d Incubation house (mushroom farm)
e Fruiting house (mushroom farm)
1 Gate house
2 Guest house (part I)

3 Administration (incl. reception)
4 School
5 Herbal clinic
6 Weighbridge
7 Car park (reception/accommodation)
8 Storage
9 Store
10 Soap factory
11 Packaging

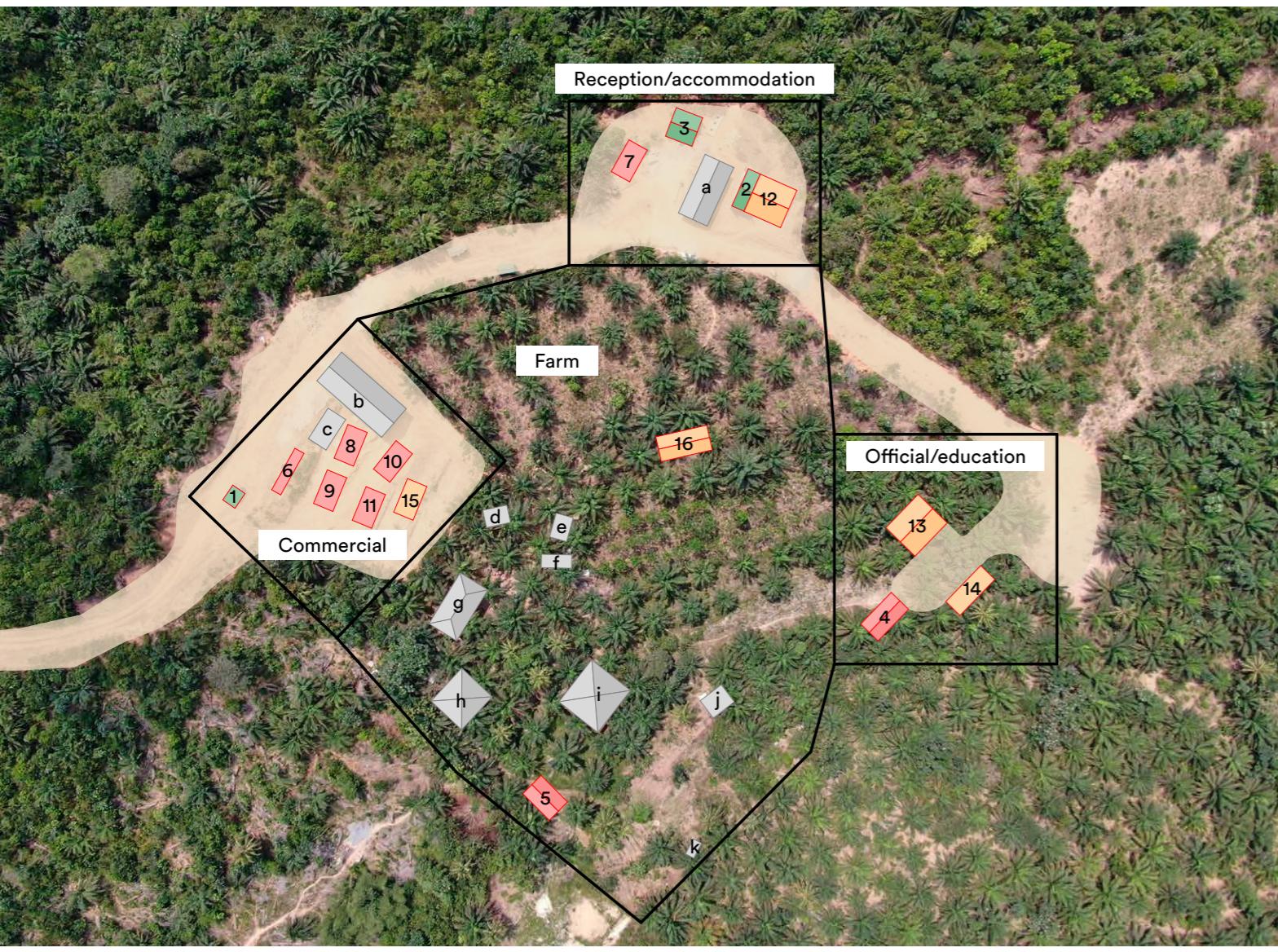
12 Guest house (part II)
13 Conference centre
14 Car park (official/education)
15 Living house commercial
16 Living house reception/accommodation

f Composting platform (mushroom farm)
g Living house farm
h Meeting platform, staff kitchen, store room, sleeping room
i Food centre (processing, workshops, canteen, restaurant, catering)
j Compost toilet
k Gardenhouse

One room, 1-storey building, 1-4 people
Staircase with watertank
Four rooms, 2-storey building, 3-4 people
Two classrooms, 1-storey building, 30 people per classroom
Reception and treatment room, 1-storey building, 4-5 people

To weigh vehicles delivering sustainable palm oil fruits
Canopy, four lots
One room, 1-storey building, 1-2 people
One room, 1-storey building, max. 10 people
Covered space (lower walls), 1-storey building, 5 people

One room, 1-storey building, 3 people
Six self-contained rooms, 3-storey building and rooftop bar, 10-30 people
Max. 100 people, 1-storey building (one big room)
Canopy, six lots
Six rooms, 2-storey building, 6-12 people
Six rooms, 2-storey building, 6-12 people



Outlook

Project Vocational training centre for sustainability in Busua

2021 will be dominated by the further expansion of the infrastructure. On the attached map, you can see at a glance what we have already built, where we are on it and what is planned for 2021 and 2022. In addition to the infrastructure development, we will also gain important experience in the commercialization of the social enterprises (production of sustainable palm oil as well as oyster mushrooms) in this phase, as well as develop the first curricula.

Project Centre of excellence for sustainable agroforestry in Mankessim

In 2020, we were able to complete the most important investments and gain initial experience in cultivation. Maize, cassava and pineapple are working well at our site and should be sustainable and profitable to grow. Building on this experience, social enterprises for the production of Gari (coarse cassava flour) and for threshing, drying, storing and processing maize are in the pipeline. Further, we plan to expand pineapple cultivation and plant agroforestry rows with various fertilizer, fruit, wood and medicinal trees. In addition to production, the medium to long-term vision of this project is to establish a research and extension centre for organic and sustainable agroforestry in Ghana.

Build-up of the association, strategic and institutional goals

While at the strategic level in 2019, the idea was still to establish an umbrella organization to present and advance OPC's mission in a universally understandable language, the exchange with various networks in 2020 led to the realization that this umbrella organization already exists in the form of the Global Ecovillage Network (GEN, <https://ecovillage.org/>). Through the implementation of the first project funded by GEN (see "Focus topic" section), we realized in 2020 that GEN embodies exactly the values that are important to us. Since the network is already large and internationally recognized, we feel that our energy is best invested in doing our part to further connect with and strengthen GEN at the national, regional and global levels.

Recognition, thanks and awards

On behalf of the association, we would like to thank our donors and members for their trust in OPC and their reliable support of our work. The following individuals and institutions have already donated more than 1,000 CHF to OPC Switzerland (total 2018 - 2020):

Private individuals

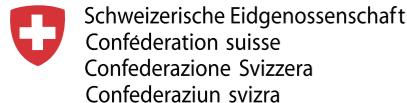
- Daniel Decurtins
- Peter und Iris Andres-Mayer
- Markus Bieri
- Roman Hüppi
- Gian Reto à Porta
- Nicolas Agusti Cepeda
- Flurin Müller
- Matthias Aregger
- Sandra Heiniger
- Francois Wittinger
- Eveline und Thomas Schaffner-Andres
- Adrian Dubler
- Katharina Dittrich
- Isabella Hilber Schöb

Institutional donors

- Solidaritätsfonds der Allgemeinen Baugenossenschaft Zürich
- Accordeos Stiftung
- Däster-Schild Stiftung
- Fondation DAVAC
- Fondation Philanthropique Famille Sandoz
- Margarethe und Rudolf Gsell-Stiftung
- S. Eustachius Stiftung
- Stiftung Das Hungernde Kind
- Stiftung Mutter Bernarda Menzingen
- Schweizer Botschaft in Ghana
- Schweizer Nationalfonds (SNF)
- Verein Solisdarität

We would also like to thank other institutions that have financially supported OPC Switzerland:

- Temperatio-Stiftung
- Global Ecovillage Network



FONDS NATIONAL SUISSE
SCHWEIZERISCHER NATIONALFONDS
FONDO NAZIONALE SVIZZERO
SWISS NATIONAL SCIENCE FOUNDATION

We would also like to thank our partners for their excellent cooperation:

- Centre for No-Till Agriculture
- DAS Biogas & Construction Ltd.
- Developing Minds
- Ecological Organic Agriculture Platform of Ghana (EOAP-G)
- Entwicklungslabor Dr Radig
- Escape3Points
- Instituto Bioregional do Cerradó
- Justus-Liebig-Universität Giessen (JLU)
- Kalaidos Fachhochschule Schweiz
- PGS Ghana
- Pens Foodbank
- Roxbourg Institute of Social Entrepreneurship (RISE)
- Takoradi Renewable Power Resources
- The Arctic University of Norway (UiT)
- Tree Solutions Ghana
- University of Ghana
- WWOOF



Ecological Organic Agriculture Platform of Ghana (EOAP-G)



Die Hochschule für Berufstätige.





Finally yet importantly, we express our gratitude to all our active association members, volunteers, interns, students, consultants as well as temporary staff:

Active members of the association 2020 (without board)

- Claudio Decurtins
- Dominik Bachmann
- Katherine Schmid
- Katja Degonda
- Lars Hegland
- Maurice Riedel
- Noah Silvani
- Severin Wiens
- Sofia Jegi
- Yan Hörenberg

Volunteers

- Ishmael Ofori Tetteh
- Randall Barriga
- Samane Sadeghian
- Victoria Feuillerat
- Viona Bernardi

Students

- Allison Van Roekel
- Joëlle Martz

Volunteers

- Isabelle Frenzel
- Magdalena Anetzberger
- Nicolas Stöcklin
- Rahel Boss

Students

Consultants (BNF Hospitants)

- Adrienn Szijarto (Database Specialist)
- Claire Pomenya (Database Specialist)
- Ece Satar Pfister (Foundation-Fundraising)
- Elisabeth Borges (Social Media Developer)

Temporary employees

- Enoch Cudjoe
- Halifax Duku
- Mohammed Zakari
- Theresa Oppong

Through the successful collaboration, we continue to be permanent partners of GlobalGiving („Vetted Partner“).



Award at GlobalGiving earned through successful collaboration

Press review

Four sustainable resolutions for a better 2021

(January 01, 2021) Want to live more sustainably in 2021? Consider these four sustainable resolutions recommended by Obrobibini Peace Complex (OPC), part of GlobalGiving's Climate Action Fund expert group. OPC is working to make sustainable living mainstream in Ghana by offering courses on sustainable agriculture, healthy eating, herbal medicine, water recycling and renewable energy.

1. Teach children about sustainability with fun environmental activities.
Simple resolutions like „plant a tree with a child“ can make a difference for years to come. Have the child name the tree and take care of it to make the experience even more meaningful! This type of activity shows younger generations what it means to care for our planet.

2. Watch for discarded plastic when you go for a walk or hike.
Pick up plastic when you see some lying around and dispose of it properly. This might even lead to conversations with your friends and family about the toxic effects of plastic accumulating in our food chain. Awareness is the key!

3. Cook more healthy meals at home.
You can start with one healthy meal a week and gradually increase. Preparing meals at home gives you the freedom to use sustainable ingredients, waste less food, and use less energy. We recommend reading up on each ingredient, its nutritional content, and its medicinal values to reap all the benefits of this resolution!

4. Adopt sustainable and healthy habits.
An activity like meditation is not only great for mental health, but it is also a great way to become more mindful of the world around us. This sustainable intention can help us treat the earth and ourselves a little better. Not to mention, it is COVID safe!





Donation information

Your donation arrives!

We would like to thank you very much for the trust you have placed in OPC with your donation. Without your generosity, we would not be able to help the people in Ghana so substantially! It is all the more important to us that the money entrusted to us is used sparingly, appropriately and effectively. A well-known logo in Switzerland, which increases the confidence of donors in NGOs, is the Zewo seal of approval. Technically, OPC now fulfils the most important requirements for an audit by Zewo. However, since this also involves considerable effort and costs, the board is currently evaluating whether we want to apply for the Zewo seal of approval in the current situation of the association. Our organization continues to be characterized by an exceptional closeness to its donors; this solid basis of trust could continue to make the effort and costs for the Zewo seal of approval obsolete for the time being.

Donate for special causes

If certain topics are particularly close to your heart, we have grouped sub-projects that belong to one topic in terms of their orientation and objectives under one keyword each. If you would like to support the work on such a topic, please indicate one of the following keywords in your transfer:

- | | |
|----------------------|----------------------------|
| - Employment | - Herbal medicine |
| - Education | - Sustainable agriculture |
| - Renewable energy | - Sustainable construction |
| - Children and Youth | - Water |

We guarantee that your donation will then benefit sub-projects with exactly this theme.

Donations without earmarking

The majority of our donations are without specific earmarking. These donations enable us to provide help wherever it is needed. This is about the health of future generations through the improvement of their environment: clean water, good nutrition and education. If you would like to support the work of OPC in general, please indicate the keyword „general“ on your bank transfer, or simply leave the message line blank.

Supporting membership

If you want to support the work of OPC permanently and keep the administrative effort for your donation low, become a sustaining member! As a sustaining member, you support OPC with a fixed monthly or annual donation, the amount of which you determine yourself. By doing so, you give us reliability with which we can plan.

More information at:
www.obrobibini.org/member.html

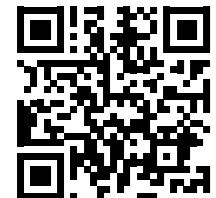


Central donation account

Obrobibini Peace Complex
IBAN: CH57 0900 0000 1500 1815 6
BIC: POFICHBEXXX
PostFinance
Konto-Nr. 15-001815-6

Donate online

You can of course also donate online:
www.obrobibini.org/donate.html



If you have any questions about donations, please feel free to contact us:
info@obrobibini.org

Contact

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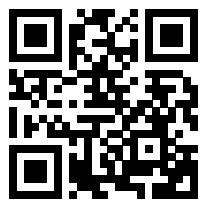
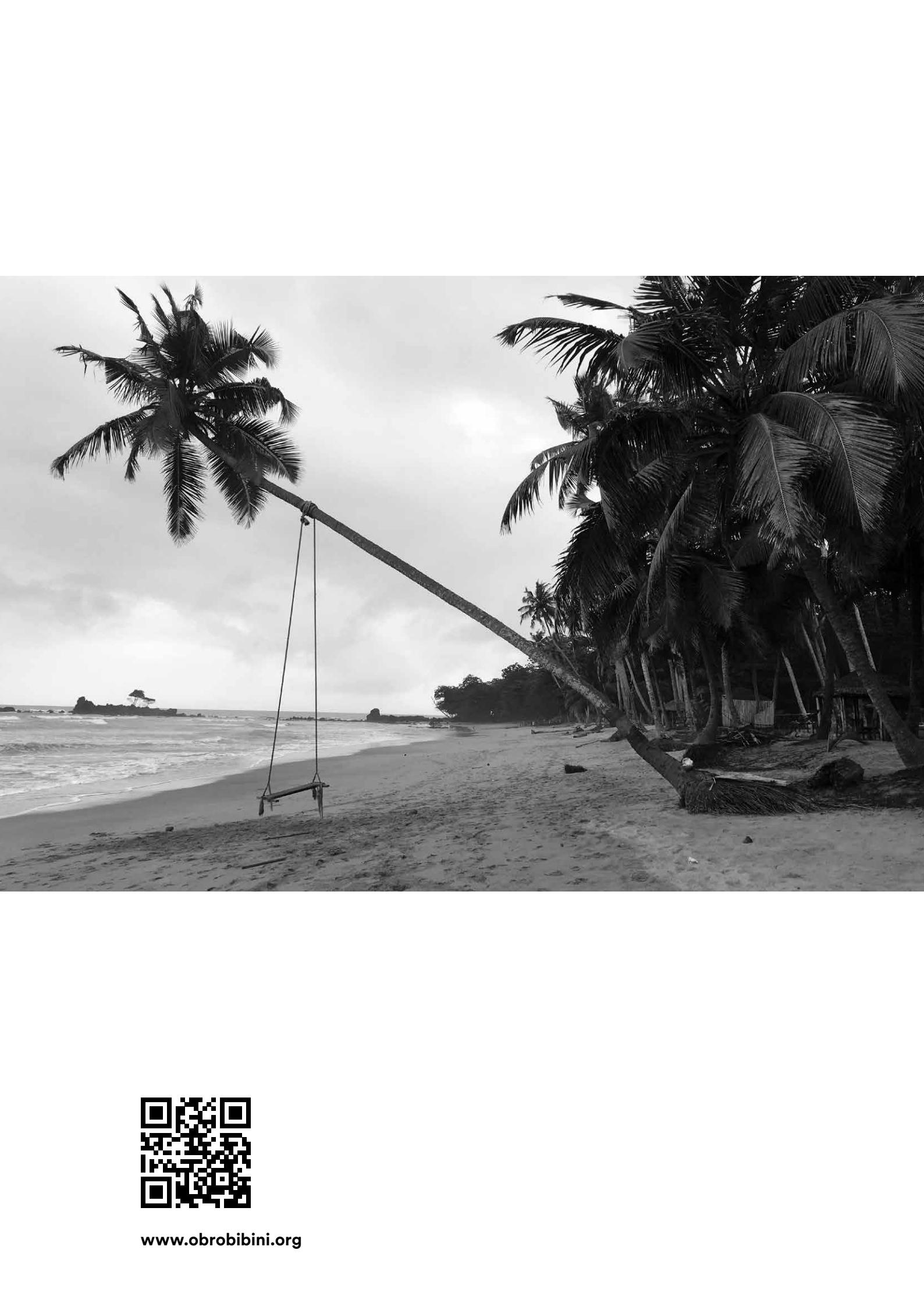
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