



60 YEARS
*of sharing all profits
with good causes*

1962–2022



LOVE TO
share

KAVLI TRUST ANNUAL REPORT 2022

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CULTURE AND

INCLUSION: Theatre practice with Kulturhjerter in Lillehammer, May 2022. Photo: Hanne Eide Andersen/Kavli Trust



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60 YEARS
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Happy Anniversary!

On 25 April 2022, it was 60 years since Knut Kavli, son of the Kavli Group's founder, Olav Kavli, established Kavli Trust and made the foundation the owner of the group. In the statutes he laid down that the entire profit from the Kavli Group must be distributed to humanitarian, scientific and cultural causes.

Much has happened since the first two allocations in 1965. It has been a process of moving away from art grants and monumental works gifted to municipalities locally, to working strategically to help solve the great societal challenges of our time in three continents.

Since 2016, Kavli Trust has contributed to more than 15,000 children having the opportunity to participate in inclusive cultural activities. We have developed our own call for proposals for health research, and we are proud to be a foundation that looks beyond our own national borders.

Kavli Trust has supported international aid projects since 2001. Through our long-standing collaboration with the Strømme Foundation, Kavli's profits



Photo: Anne Elisabeth Næss/Kavli Trust

have contributed to over 25,000 children in Burkina Faso, Nepal, Bangladesh and Myanmar receiving quality education. We believe that it is important to contribute where the challenges are greatest.

The international commitment is also in line with our founders' values. Olav and Knut Kavli were both internationally oriented global citizens, in business life and as humanitarians.

Kavli Trust today gives back more than ever before to the local communities where our values are created. In our 60th year, we are happy to support a wide range of good causes in all four countries where the Kavli Group operates: Norway, Sweden, the UK and Finland.

During Kavli Trust's 60 years, thousands of people have been employed by our companies. Every day has been a contribution to create profit for good causes.

In total, Kavli Trust has distributed NOK 1.2 billion during these 60 years. We at Kavli Trust and the Kavli Group are proud of everything we have managed to create and accomplish together in our management of the legacy of Olav and Knut Kavli.

But none of this would have been possible without all the consumers who have bought spreadable cheese and other Kavli products. Thank you to everyone who has played a part through their everyday choices at the supermarket!

We will continue to work strategically and in collaboration with other partners

to maximise the value of the money we distribute. In the spirit of Olav and Knut Kavli, we will also actively explore how we can improve our work and think innovatively to adapt to the current and changing reality. This is particularly important in the times of crisis the world has faced in recent years.

Both Knut and Olav were big-hearted, socially engaged people who were known for sharing with others. They would certainly have been happy to see that their life's work has created – and continues to create – ripple effects in the lives of tens of thousands around the world.

We look forward to 60 new years for good causes!

Inger Elise Iversen

Adventure, cheese and generosity

The Kavli Trust story is about an adventurous, ambitious and innovative Norwegian. It is a story about the world's first spreadable cheese and a wish to share with others.



THE STORY OF KAVLI

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The next time you enjoy a slice of bread with Kavli spreadable cheese: Close your eyes and imagine Fannestranda shore in Molde, where you have a view of the proud Romsdal Alps, green fields and a fjord full of fish. This is where the Kavli adventure began.

On 7 January 1872, Ole Knudsen Kavli was born, as the fourth in a group of six siblings. The family's farm is small, and everyone has to pitch in to put food on the table. With cows, sheep, chickens and pigs, fishing and logging, they make ends meet through hard work.

Ole, or Olav as he eventually calls himself, quickly learns that frugality and hard work are important virtues, and at the young age of seven he starts saving. He earns his money from various small jobs, and his goal is clear: He wants to travel abroad and start his own business.

GOOD TIMING

When Olav turns 18, he has an equity of NOK 60. This roughly corresponds to

one month's salary. The money will be the start of what is today the Kavli Group. Just a few days after Olav has come of age, he goes to Bergen. The plan is to take evening courses at the Norwegian School of Economics (NHH), work during the day and gain valuable experience before starting his own business. On 28 March 1893, three years after he arrived in the capital of Western Norway, the energetic 21-year-old registers the company O. Kavli.

His business sells cheese, butter and meat products, with whey cheese from Trøndelag as the most important products in the early days. Kavli is lucky with the timing of his startup. Bergen is growing rapidly. Dairy products are produced industrially, and luxury goods such as cheese and butter are becoming increasingly popular. With a general increase in prosperity in the population, success is around the corner for young Kavli.

SUCCESS AND DOWNTURNS

And it will be a success. Through a century marked by two world wars, economic collapse and reconstruction, cold war and nuclear armament, Kavli builds up its food group, product by product. Sometimes one step forward and at least two steps back. In 1924, the company O. Kavli goes bankrupt after liquidity problems and some bad



“Olav Kavli was a true adventurer who travelled with his suitcase full of cheese. He realised early on how important marketing and publicity were, and he considered each country where he left his suitcase packed full of cheese, as a new export country.”

investments. However, only one month later, the limited company O. Kavli AS is established, and the business continues.

“The story of Kavli is fascinating,” says Ola Honningdal Grytten. The professor of economics knows the Kavli history well, having written “Kavli – an Industrial Adventure”, together with Kjell Bjørn Minde. The book was published in 2013, on the occasion of the 120th anniversary of the Kavli Group.

“The Kavli Group is very atypical for Norway and Bergen: a multinational company based on cheese, not fish. Olav Kavli became a pioneer in product development, Norwegian exports and international industrial start-ups,” Grytten points out, adding:

“Olav Kavli was a true adventurer who travelled with his suitcase full of cheese. He realised early on how important marketing and publicity were, and he considered each country where he left his suitcase packed full of cheese, as a new export country. This way he could eventually claim that the Kavli Group exported products to several dozen countries.”

THEN CAME PRIMULA

Olav Kavli strives to be the first on the market with his products. Around 1920,



"Primula is launched internationally in 1925 as the world's first long-life spreadable cheese, and quickly takes large chunks of the market at home and abroad."

there is a competitive race in the international cheese industry to make a soft, tasty and not least, long-life spreadable cheese. Combining all three in one product is demanding, but whoever manages it will be successful.

In 1923, Olav and his staff have managed to make a processed cheese that tastes good, is not too salty and has a long expiry date. In September that year, he invites an exclusive collection of guests to the secret launch of Primula, packed in a crescent-shaped box with a healthy-looking milkmaid on the label.

The cheese becomes popular, mass production starts up and in 1924 the trademark Primula is registered. Primula is launched internationally in 1925 as the world's first long-life spreadable cheese, and quickly takes large chunks of the market at home and abroad. The cheese becomes the foundation for the Kavli Group's further success.

FACTORIES ABROAD

The Kavli Group is also the first in the world to sell cheese in tubes, as early

as 1929. When export and import regulations in the 1930s make it difficult to sell Norwegian products to other countries, Olav decides to establish his own Kavli factories in Austria, Denmark, the UK and Sweden. In fact, the international part of the group gradually becomes more important than the Norwegian one. After World War II, the turnover volume almost quintuples in a few years.

"In everything Olav did, his ambitions shone through. He was the visionary entrepreneur who travelled the world and who charmed his audience with cheese. In the course of 65 years, he managed to build up a multinational food corporation from Norway. Part of the success lay in his ability to recruit good employees, show them trust and let them work independently," says Ola H. Grytten.

FROM PIONEER TO PHILANTHROPIST

Working alongside Olav is his son Knut, who starts working in the Kavli Group after being educated abroad. He becomes the general manager in 1924, aged 28. Throughout much of the 1930s,



ENTREPRENEURIAL COUPLE: Karin Kavli [1906-1990] and Knut Kavli [1896-1965]. Karin Kavli was a famous Swedish actress.

LOVE TO *share*

he is the general manager of Swedish O. Kavli AB, and he plays a central role in building up Kavli's export business.

However, he will be remembered for some very different efforts in posterity. Knut's new role starts when Olav Kavli's adventure ends. After a brain haemorrhage in the summer of 1953, Olav never recovers. He withdraws completely from the daily management of his company. On September 22, 1958, Olav Kavli passes away, aged 86. When Olav dies, Knut Kavli becomes the main shareholder and director of Kavli. Like his father, he values his employees highly and sees workers' rights and their well-being as important ingredients for success.

GENEROUS AND PASSIONATE

Knut is passionate about culture and humanitarian purposes. He has a reputation for being generous and socially engaged like his father, and is happy to help young people both with

their education and professional ambitions. He often does this discreetly.

But Knut is struggling with a number of health problems. He is thinking about what would be best for the company in the future. He and his wife Karin never had children. Thus, there were no heirs to take over the Kavli Group after him. Knut does not want his father's life's work to wither away and be distributed among many owners. His goal is to ensure that the ownership remains with one or a few owners, that it will grow and develop further and not least: that the Kavli Group will continue to be based in Bergen.

A FOUNDATION IS BORN

After considering a number of solutions, Knut finally makes a decision.

"Christmas 1961 may have been a decisive time for Knut. He reflected on the Christmas spirit and his father's upbringing in a strongly religious community, where doing good to others

“The money played a part, but the recognition that came with the support meant a lot to the recipients.”

was highly valued. For Knut, it was crucial to manage his father's legacy in a way that benefited society. At the same time, he wanted to ensure the future of the Kavli Group,” says Grytten.

In a letter to director Olav Jacob Dreyer in May 1962, Knut writes:

“As I am getting older, I wish to secure the future of our company in such a way that after my death I will not risk the company falling into the hands of or under the influence of outsiders, and by outsiders I mean people who are not working in the company in higher positions. I have therefore, after many long considerations, decided to establish a charitable foundation...”

On April 25, 1962, the O. Kavli and Knut Kavli Charitable Trust, today called Kavli Trust, is established by Knut Kavli. The statues make it clear that the purpose is “to promote humanitarian work, scientific research and culture”. This is to be done by distributing profits from the company. Kavli Trust cannot transfer its shares to outsiders.

This is how it happened that as long as the Kavli Group exists, Kavli Trust will be the sole owner of the whole company and distribute all its profits to good causes.

Knut Kavli only got to experience the very first allocation. In the autumn of 1965, he became seriously ill and died.

“Everyone in Kavli Trust and the Kavli Group is very proud of our founders. Olav Kavli and Knut Kavli were not only innovative and skilled businessmen. They demonstrated social responsibility in an exemplary manner long before the concept existed. Thanks to them, Kavli Trust, as one of the few owners of its kind in Norway, can distribute all the profits from the Kavli Group to good causes, and create ripple effects in the lives of individuals as well as society,” says Inger Elise Iversen.

“We are here for others!”

60 YEARS
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with good causes*



*“Since 2013,
Kavli Trust has
distributed just
over NOK 800
million to good
causes in
humanitarian
work, research
and culture.”*

From fine art and high culture to culture for all



DREAMCATCHERS: Anita and the other participants in Kulturhjerte have created their own dreamcatchers for the performance by the same name, which premieres in May 2023. Photo: Vivian Haverstadløkken/Kulturhjerte

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Kavli Trust's history is a journey from classical music and monumental works gifted to local municipalities, to interventions for inclusion and the realisation of dreams for children in three continents.

Lillehammer, November 2022: On the premises of Kulturhjerte, there is an air of excitement and enthusiasm on this particular night. Parents, grandparents and other volunteers have all met up to watch their young ones prepare for the theatre performance "Dreamcatcher".

60 years after Knut Kavli established Kavli Trust, Kavli is a large group that distributes its profit to realise the dreams of young people not only in Norway, but in several countries and in three continents.

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RECEIVED GRANT: (L.) Pianist Jan Henrik Kayser from Bergen. Photo: Schrøder/Sverresborg Trøndelag Folk Museum

THE PRIDE OF BERGEN: (R.) Kavli Trust contributed to the decoration and completion of the Grieg Hall. Photo: Thor Brødreskift

«The first major allocation took place in 1969, with NOK 50,000 towards decorating the Grieg Hall in Bergen.»

The scope of the allocations was much narrower in the early years. The artist Rolf Aamot and concert pianist Jan Henrik Kayser were the first to receive a grant from Kavli Trust. In 1965 they received NOK 5,000 each, which is equivalent to NOK 56,000 today.

SHAPING THE FOUNDATION

"The first years after the establishment were used to build up capital and 'find the shape' of the new foundation", says General Manager of Kavli Trust, Inger Elise Iversen.

The solution was a three-member board led by Knut Kavli. In accordance with the statutes, the board must

allocate funds for good purposes, manage capital and ensure that the company has a profit and a return on the shares.

Over the years, there have been some adjustments to the business model. Since 1994, a holding company, of which Kavli Trust is the sole owner, has been in charge of the Kavli Group management.

MONUMENTAL WORKS

Kavli Trust's purpose of allocating its entire profit to humanitarian work, research and culture has not changed since its inception.

"But the way we fulfil the purpose has changed in line with the financial situation and with the times we live in," says Inger Elise Iversen.

In the first decades, Kavli Trust's allocations were related to art and culture. Most of it was gifted locally, in the form of large, monumental works and grants to performers in the fields of art and classical music.

The first major allocation took place in 1969, with NOK 50,000 towards decorating the Grieg Hall in Bergen. Kavli Trust later contributed to the completion of the city's large concert hall.

WIDER SCOPE

Towards the end of the 1970s, the scope of the allocations widened, and included causes such as interventions for people with rheumatism and the blind, and for cultural purposes such as Bergen Folk Art and Craft Association and other interventions to promote traditional craftsmanship.

In 1983, the board decided to support a major project at the hospital called Diakonissehjemmet Hospital in Bergen. The project was at the intersection between research and humanitarian activities. This was the start of a development that gave humanitarian causes and research more weight.

HOLIDAY FUN FOR EVERYONE:

In the years 2016–2021, Kavli Trust supported FeriePULSE, the Norwegian Marching Band Association's free holiday activities for children and young people, both with and without marching band experience. Every day for one week there is music, socialising and creative activities from early morning to afternoon. Those who want can be taught how to play an instrument by South African musicians with whom the association collaborates. The week culminates in a terrific performance for family and friends. The photo shows choreographer Beret R. Stølen and a FeriePULSE group from Oslo. The group performed at the association's anniversary concert at the Oslo Opera House. Photo: Hanne Eide Andersen / Kavli Trust



Over the last two decades, humanitarian work and research have been awarded the majority of the allocations. Pure art projects and classical music have gradually been phased out.

“Today we mainly support cultural projects where music, theatre and other creative activities are used as tools for inclusion, empowerment and good mental health for children and adolescents,” says Inger Elise Iversen.

INTERNATIONAL COMMITMENT

Since the 1980s, the allocation strategy and criteria have been under continuous development. This has resulted in widening the geographical scope.

“We prioritise projects in all countries where the Kavli Group has operations, and over several years we have developed a strong international commitment,” says Inger Elise Iversen.

She is proud of the Kavli Trust portfolio for international development projects. “The first development project we supported was in Bangladesh in 2001. Since then, the foundation has supported projects in countries in Africa and Asia with NOK 330 million,” says Iversen.

RECORD YEAR

Since the turn of the millennium, good results in the group have resulted in increased dividends for Kavli Trust,



and with it a significant increase in allocations. In 2008, Kavli Trust distributed NOK 6 million. In subsequent years, the allocations were multiplied up to the record year 2018, when the foundation was able to distribute a total of NOK 131 million. Since then, the annual amount has been around NOK 100 million on average.

“This is money that can make a big difference to many people and communities, but it relies on using it in a smart way,” says Iversen.

“That is why we have stepped up our strategic work in recent years. In the

“In the spirit of Olav and Knut Kavli, we want to be forward-looking, innovative and in step with the times we live in, while at the same time ensuring high quality of the allocations.”

Inger Elise Iversen

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FESTIVAL FOR ALL:

Performers from the Bergen International Festival play a concert at Løvåsen nursing home during the festival in 2017. Photo: Thor Brødreskift

spirit of Olav and Knut Kavli, we want to be forward-looking, innovative and in step with the times we live in, while at the same time ensuring high quality of the allocations,” says Iversen.

USEFUL HEALTH RESEARCH

She highlights the Kavli Trust Programme on Health Research as a success story.

“In collaboration with Dam Foundation we have ensured that the Kavli Trust research allocations go to research that has high utility value for the users,” she says.

Knut Kavli himself only lived to experience the very first allocation. In the autumn of 1965, he became seriously ill and died. But the legacy lives on in the best of health.

“At the age of 60, Kavli Trust has become a professional owner, manager and an important contributor within our priority areas locally, nationally and internationally, states Inger Elise Iversen.

KULTURHJERTE:

Kulturhjerter is a meeting place and cultural arena for children and young people in Lillehammer, both newly settled refugees and children born in Norway. Together with professional instructors and technicians they create theatre performances based on cultural expressions from their various countries of origin. Kulturhjerter also engages parents and other members of the community as volunteers in the productions.

Kavli Trust has supported Kulturhjerter since 2019. The current funding was allocated in 2021 and will run throughout 2023. These photos are from November 2022, during preparations for the performance "Dream-catcher", which premieres in May 2023. Photo: Vivian Haverstadløkken/ Kulturhjerter



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NOK 1.2 billion*

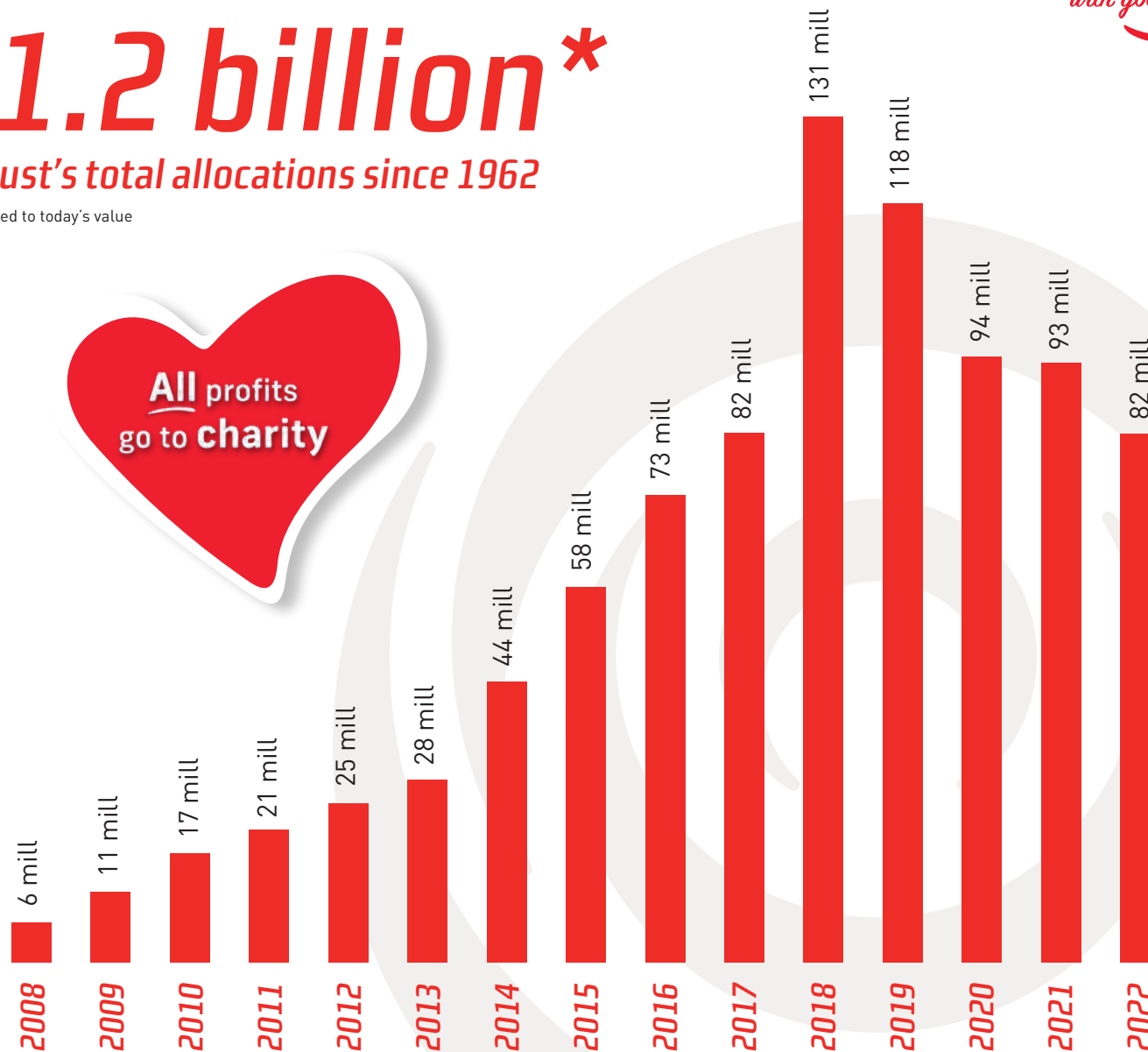
Kavli Trust's total allocations since 1962

*amount converted to today's value

Facts about the Kavli Trust allocations



- Each year, the Kavli Group transfers its entire profit after operation and development to Kavli Trust, which distributes it to good causes in accordance with the statutes.
- After the turn of the millennium, financial growth and good results in the group have led to a strong increase in allocations.
- The annual allocation amount multiplied from NOK 6 million in 2008 to a record high NOK 131 million in 2018.
- In 2022, the total amount ended at NOK 81.5 million.



Amount in NOK, roundet up

This is the Kavli Group



KAVLI TRUST AND KAVLI HOLDING AS

- Kavli Trust is the sole owner of the Kavli Group through Kavli Holding AS. (12 employees)
- The Kavli Group's subsidiaries produce a number of well-known and beloved brands in their markets.
- Kavli Trust distributes the entire profit from the sale of Kavli products to charitable causes.



KAVLI NORWAY/ Q-MEIERIENE

O. Kavli produces cheese spread, caviar, mayonnaise, Kornbiscuits and flatbread, HaPå spread and salad dressings. Kavli owns 100 percent of Q-Meieriene. Q-Meieriene produces Q-Milk, yoghurt, Skyr®, chocolate milk and the plant-based products Q Planti.

Number of employees:

Kavli Norway (O Kavli AS): 147
Q-Meieriene: 261



KAVLI SWEDEN

Produces and markets Kavli cheese spread, dressings and mayonnaise. Several mustard brands, such as: Johnnys, Västerviks, Eriks sauces and dressings. Druvans vinegar and sauces. Perstorp Ättika. Bärry Yoghurt and Bollnäsfil. The plant-based products Planti.

Number of employees:

O Kavli AB Älvsjö: 135
Eslöv: 53



KAVLI FINLAND

Produces milk-free, plant based drinks and yoghurts under the brand name Planti (which is also sold in Sweden). Also sells Kavli products produced by Kavli Sweden.

Number of employees:

Kavli OY Åbo: 35
Esbo: 7



KAVLI UK

Primula Ltd. located in Gateshead outside of Newcastle, producing cheese spread under the Primula brand.

Castle MacLellan Foods Ltd. based in Kirkcudbright, Scotland, producing pâtés.

Number of employees:

Primula Cheese Ltd: 131
Castle MacLellan: 130

"Visionary founders"

"Olav and Knut Kavli were visionary founders. They wanted to ensure that the business would continue based on their own strong values, and they were able to see the bigger picture of how business can give back to society," says CEO of Kavli, Kenneth Hamnes.

"It is great to see that more and more companies are taking social responsibility and giving money to good causes. But Kavli is unique in that we give away our entire profit, and have done so for 60 years," states Hamnes.

As CEO, he is in charge of the value creation that lies behind every krone Kavli Trust can distribute.

"Everyone who works in the Kavli Group focuses on doing the best job possible. The fact that the entire company has a unique purpose creates a sense of pride that is almost tangible, and for me as a manager this is of course an additional motivation," he says.

"Everyone wants to play a part in something bigger, and at Kavli we are able to do this every single day. This is a privilege that means a lot."

TEARS OF JOY

The CEO believes that the direct connection between the value creators and the purpose is particularly visible



CEO: Kenneth Hamnes.
Photo: Kavli Holding AS

"I want the Kavli companies to be more relentless in all areas, so that Kavli Trust can be even more generous!"

Kenneth Hamnes

during the annual ceremony where cheques are handed out as part of the so-called employee nomination.

"This is an occasion where we fulfil the purpose of Kavli Trust in a concrete and powerful way that touches everyone. I have seen quite a few tears of joy," he says.

The workday itself is probably quite similar to that of any CEO of a food group.

"The Board of Kavli Holding is commercial and competent, and sets just as high targets as other owners," he points out.

"But more and more people are becoming aware that Kavli and Q-Meieriene are owned by Kavli Trust, which strengthens our brand. Those who do not know our purpose are always very impressed when I explain where I work and how we operate," he says.

STRIKES A NOTE WITH CONSUMERS

"The fact that we have a foundation as an owner, with a solid and good purpose, strikes a note with consumers. Stronger brands will over time strengthen Kavli Trust, which in turn can distribute even more money to good causes," he reasons.

He points out that the unique ownership structure is no cushion for the group's sustainability work.

"Our purpose is to create profit for good causes, and we shall do it in a sustainable way. This provides direction for everyone in the Kavli Group," says Hamnes.

"The expectations of sustainability from both consumers and food chains strengthen awareness throughout the group, driving even more stringent demands on the Kavli companies' suppliers and partners. Sustainability should permeate everything we do, not just be a topic we talk about every once in a while. Kavli has always acted

responsibly and with high integrity, and that also applies here,” he states.

RECYCLED ALUMINIUM

Developing and improving the sustainability measures is a constantly ongoing work. One of the advances he likes to highlight is Kavli Bacon Cheese in tubes of recycled aluminium, which was launched in the Kavli Trust anniversary year.

“Recycling aluminium uses only five percent of the energy needed to make brand new aluminium,” he explains. Kavli also works to increase knowledge among consumers that the aluminium tube can be recycled, including the one made of aluminium that has already been recycled.

“In 2022, Action for Recycling and the project ‘From tube to bicycle’ had a record turnout with thousands of Norwegian school children learning about the potential of recycling Kavli tubes,” Hamnes says proudly.

POSITIVE PRESSURE

He points out that today’s consumers have a completely different awareness, which means that taking social responsibility is more expected today than in the 1960s.

“People’s increased awareness creates a positive pressure from several angles,” he believes.

“Employees expect employers to act responsibly, politicians expect the population to take responsibility and the business community that trades with each other also has certain standards. All these pressures push us forward and in the right direction. Humans have adapted throughout the ages, and I believe we will be able to do so again. If everyone accepts their responsibility.”

PRAISES THE CUSTOMERS

Unlike the time when Knut Kavli established Kavli Trust, today there are many business actors who hold a high bar for social responsibility.

“And fortunately, more and more people are following through on their ambitions. Personally, I think that the customers of Kavli and Q-Meieriene have taken great strides,” says Hamnes.

The ‘customers’ in this context are the grocery chains. He has no doubts:

“They make tough demands on us, but they also make ever tougher demands on themselves. The grocery chains are also such large businesses that their



EMPLOYEE: Natalie Mutaf at Kavli UK’s production site Primula Cheese in Gateshead. Foto: Kavli UK

behaviour has a major impact on society. I cheer for them all,” he says.

In the Kavli Trust anniversary year, he likes to pay an extra tribute to the Norwegian Q farmers.

“They are always very positive, and know that our work together will be very important for us to achieve our goals. They deserve a big thank you,” he says.

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OWNERSHIP BONUS

Hamnes becomes engaged when he talks about how Q-Meieriene and the other Kavli companies are working hard to win the battle for consumers. He is proud of Kavli as a leading, well-respected food company with strong brands and solid positions in local markets.

“Kavli regularly asserts itself in rankings related to innovation, sustainability and brand strength. We have a good dialogue with consumers and customers, and are always looking for insight that we can turn into profitable growth,” he says.

The CEO is clear that the Kavli Group’s products should be chosen due to taste and competitive advantages.

“We have to win over consumers every time. Our ownership structure should be a bonus and an additional element. Communicating this in a smart and relevant way will be important going forward.”

“I’ve said it before, and I’ll say it again: I want the Kavli companies to be more relentless in all areas, so that Kavli Trust can be even more generous!”

KAVLI TRUST'S ALLOCATION STRATEGY

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OUTDOOR ACTIVITIES FOR CHILDREN: The Norwegian Trekking Association was presented with a gift cheque in autumn 2022. The funds will be used for low-threshold outdoor activities for children in their local environment, all over Norway. Photo: Hanne Eide Andersen/Kavli Trust



EMERGENCY HELP FOR UKRAINE: From left, Kavli Norway's Director of Department of Human Resources and Organisational Development, Birthe Drageset with Ihna Stallemo and Erik Abild from the Norwegian Red Cross, who received NOK 1 million for relief work in Ukraine from the employee nominations programme in 2022. Photo: Hanne Eide Andersen/Kavli Trust



LOCAL CHARITIES: Kavli Sweden distributed funds to many local charities that were nominated by the people of Sweden in 2022. Here, Möllans Basement, an inclusive meeting place for young people in Malmö, receives a gift cheque. Photo: Kavli Sweden

This is how the funds are allocated

Kavli Trust distributes profits from the Kavli Group in four different ways:

1) OUTREACH ACTIVITIES

Kavli Trust finds most of the projects they support through outreach activities. The administration of Kavli Trust identifies projects within the foundation's priority areas.

The exception is the Kavli Trust Programme on Health Research.

In the current allocation strategy Kavli Trust prioritises projects that promote child and adolescent mental health. The foundation also prioritises projects that promote smart solutions for the

climate and environment, especially within responsible consumption and production.

2) THE KAVLI TRUST PROGRAMME ON HEALTH RESEARCH

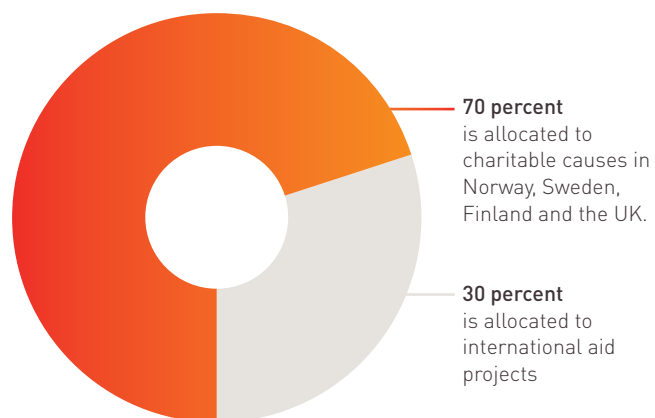
In the years 2017-2025, Kavli Trust will distribute up to NOK 215 million to research in child and adolescent mental health. These funds are allocated through an annual call for proposals, which is operated by Kavli Trust in collaboration with Dam Foundation (Stiftelsen Dam). Read more on page 43.

3) EMPLOYEE NOMINATIONS

Once a year, the more than 900 employees in the Kavli Group take part in deciding who will receive funding from Kavli through the so-called employee nominations. All employees can nominate local projects in Norway, Sweden, Finland and the UK. In 2022, Kavli's employees distributed NOK 10 million. Read more on page 50.

4) LOVE TO SHARE: LOCAL CHARITIES

Since 2020, the Kavli companies have distributed funds to local charities in the four countries where the group operates. Consumers are invited to nominate local causes that are close to their hearts. The campaigns are called Love to Share, which is also the motto of the Kavli Group. These funds are announced. It is always the Board of Kavli Trust that decides which projects will receive support. Read more on page 59.



Funding priorities

Kavli Trust's allocation strategy prioritises the following areas:

- **Child and adolescent mental health**, in particular preventive interventions, life skills and education.
- **The climate and environment**, with an emphasis on responsible consumption and production.

THE UN SUSTAINABLE DEVELOPMENT GOALS

Kavli Trust focuses on four of the UN Sustainable Development Goals as a foundation for our priority areas:

Goal 3: Good health and well-being

Goal 4: Quality education

Goal 12: Responsible consumption and production

Goal 13: Combat climate change

GEOGRAPHICAL DISTRIBUTION

Today, about 70 percent of Kavli Trust's funds are allocated to charitable causes in the four countries where the Kavli Group operates: Norway, Sweden, Finland and the UK.

The remaining 30 percent is allocated to international aid projects in countries where poverty is widespread.



Charitable work
60 %



Research
30 %



Culture
10 %



Child and
adolescent
mental health



Responsible
consumption and
production

The Kavli Trust allocation strategy supports the following UN Sustainable Development Goals:



Treated anxiety and obsessive-compulsive disorders in four countries



“We have been able to do much more than we planned before the pandemic stopped everything,” says psychologist Bjarne Hansen. In 2022, he and his Norwegian team have ensured that new health teams in both Singapore, Germany, Sweden and Finland have received training in the 4-day Treatment for Anxiety and Obsessive-Compulsive Disorders (OCD).

March, 2020: Everything was done and ready. Plane tickets, hotels and a packed programme for the whole week were in place. Bjarne Hansen and Gerd Kvale, the two psychologists who developed the 4-day Treatment for Anxiety and Obsessive-Compulsive Disorder (OCD), were looking forward to going to Singapore.

They had already been there on an initial visit, and had been introduced to some of the country’s leading mental

SINGAPORE Bjarne Hansen on training in B4DT with a healthcare team in Singapore. Photo: Private



PSYCHOLOGIST
Bjarne Hansen.
Photo: University of
Bergen

"Several studies have shown that around 90 percent of patients have a clear improvement after four days"

healthcare professionals. Now the actual work was to begin. Together with colleague and psychologist Krister Hagen, they were to give the Singaporean healthcare teams training in the treatment, and treat the very first patients.

BAD NEWS

The message from the hospital in Singapore came the day before departure: the danger level had been upgraded to orange, and employees were not allowed to have meetings of more than two people. The cause was covid-19.

"Everything stopped with the pandemic," says Bjarne Hansen.

Since 2017, Kavli Trust has supported the work to make the treatment, which is officially called The Bergen 4-Day Treatment (B4DT), available to as many people as possible.

"Kavli Trust is constantly working to ensure that the funds we allocate are

of the greatest possible use. B4DT contributes both to positive changes in the lives of individuals and to financial savings for society. It is with great pleasure that we contribute to this work, as part of our commitment to strengthening child and adolescent mental health," says General Manager of Kavli Trust, Inger Elise Iversen.

"As the training of the health teams also involves the treatment of patients, we feel that the funds from Kavli Trust have a very high utility value. It is fully in line with our allocation strategy," says Iversen.

BRILLIANT RESULTS

After two years of the pandemic, the world opened up again in 2022, and Bjarne Hansen and his colleagues could finally restart their training programme. During the year, they have trained health teams in both Sweden, Finland, Germany and Singapore.

"What a journey it has been! We have adapted the training programme to the

This is the Bergen 4-Day Treatment

- Bergen 4 Day Treatment (B4DT), also called the 4-Day Treatment for Anxiety and Obsessive-Compulsive Disorders (OCD), was developed by Bjarne Hansen and Gerd Kvale, both professors in psychology at the University of Bergen and Haukeland University Hospital.
- B4DT is based on cognitive behavioural therapy, and consists of four days of individually adapted, intensive exposure therapy in groups, with one therapist per patient.
- The patients can have regular contact with their therapist in the period after the treatment.
- Several studies have shown that around 90 percent of patients have a clear improvement after four days, while 70 percent of patients are cured of their obsessive-compulsive disorder and live a normal life four years after completed treatment.
- The same results have been further confirmed in a randomised control study (Launes et al., 2019b).
- Hansen and Kvale have also developed effective training modules to expand the treatment quickly and cost-effectively across national borders.
- Health authorities and institutions from all over the world request the treatment.
- In 2018, Time Magazine listed Kvale and Hansen as two of the world's 50 most important people in health care.

**IN FINLAND:**

Psychologists Bjarne Hansen (left) and Kristen Hagen from the Bergen Center for Brain Plasticity together with the first Finnish team to receive training in the 4-day Treatment in Helsinki, March 2022. Photo: Privat

various countries' healthcare systems, language and culture," says Hansen.

Surprisingly, the team perceived the differences between Norway and Finland to be greater than between Norway and Singapore.

"Probably not many people, including me, expected that," he says, and describes it as absolutely fantastic to be able to work with so many colleagues on their home turf. The Norwegian team has only met goodwill and enthusiasm, and achieved good results both with training and treatment of patients.

"We have met so many talented colleagues. Forward-looking, clever people who are open to new ideas and to being challenged," he says.

FASTER EXPANSION

"The training we provide will enable them to train new teams on their own. This increases the sustainability of our programme. The expansion is faster, and it is more cost-effective, says Hansen.

The next big step will be to start the training programme in low-income and middle-income countries.

"We are considering several countries in both South America and Asia. That could be a very exciting opportunity," he says enthusiastically.

BECAME A PSYCHOLOGIST BY CHANCE

It was a matter of chance that he became a psychologist. After studying a foundational course in both Political

A disorder of the young



- OCD stands for Obsessive-Compulsive Disorder.
- There are no reliable figures, but it is estimated that 1-3 percent of the population in Norway (100,000-150,000 people) is affected by OCD.
- A majority develop their first symptoms at a young age.
- Typical obsessions are fear of illness or fear of forgetting something important (such as turning off the stove), and that this could cause something scary and dangerous to happen.
- To reduce anxiety and discomfort and to ensure that negative

events do not occur, patients act on compulsions such as excessive washing of hands, excessive checking of doors, windows and electrical appliances, excessive orderliness, the need to create symmetry or repetitive mental rituals such as counting to certain numbers.

- The causes of OCD are complex, and both genetic and environmental causes can play a part.
- OCD can be very intrusive in patients' lives, and is among the most common reasons why young people drop out of education or work, and end up on disability benefits.



AWARD: Kavli Trust's Inger Elise Iversen with Gerd Kvale and Bjarne Hansen in 2020. In 2022, the two researchers were awarded the Research Council of Norway's innovation prize for their work with B4DT. Photo: Anne Elisabeth Næss/Kavli Trust

"Since 2017, Kavli Trust has supported the work to make The Bergen 4-Day Treatment (B4DT) available to as many people as possible."

Science and History of Ideas, Bjarne Hansen received a very good grade halfway through his Psychology course at the University of Oslo. He was then offered a place on the Psychology professional training course at NTNU in Trondheim.

"There were very few places. I guess I thought that I just couldn't say no," he says today.

Still, he was unsure for a long time whether he wanted to become a psychologist. Then he started working with patients.

"I got to work closely with other people towards a common goal. I liked to set goals and make a robust plan, and then create change together with the patient. I felt from the start that this was an area where I could make a

difference, and the line of work suited me very well," he says.

AROUND THE WORLD WITH KAVLI SUPPORT

Little did the young psychologist from southern Norway know that his career choice would one day take him halfway around the world with a treatment programme for obsessive-compulsive disorder. Nor that the trip was to be financed with funds created at Kavli's cheese spread factory in Bergen, the city that would later become his workplace.

"Kavli's founder, Olav Kavli, was an adventurer and pioneer who travelled to 60 countries with cheese in his suitcase. This is how he ensured great success for the Kavli Group both at home and abroad," says Inger Elise Iversen.

"It is fantastic to think that the innovator Olav Kavli travelling around the world with his cheese 100 years ago today makes it possible for Bjarne Hansen and his team to travel around the world with an innovative treatment for OCD."

NEVER GETS TIRED OF PATIENTS

Hansen is driven by a genuine desire to work together with both colleagues and patients to create positive change. The fact that the training of new health-care teams involves partaking in the treatment of patients suits him perfectly.

"I never get tired of meeting patients," he declares.

He is motivated by seeing the contrast between the personal potential in OCD patients he meets, and what the disorder does to their lives and level of functioning.

TAKE THEIR LIVES BACK

"It is so pointless. If you're missing a foot, you can't run. There are some conditions that we cannot do anything about. But with OCD, the vast majority of patients can learn simple techniques that will work within a few days, thus they can take their lives back completely. They just have to get the treatment."

He is passionate about conveying that there is hope and opportunities for change, even for those who are hardest hit and who are locked in a pattern of anxiety, depression or other mental illness.

"For some, the goal will be to move a few small or large steps in a good direction. For many, it is within reach to get completely healthy," he states.



NORDIC CONFERENCE: Bjarne Hansen gave a presentation on the collaboration on B4DT with Icelandic healthcare professionals at the Nordic Summit on Mental Health in Reykjavik in March 2023. Photo: Kristen Hagen

NOK 35 million to international expansion



- In 2018, Kavli Trust allocated NOK 35 million to the international expansion of B4DT.
- The work will take several years, and is currently led by Bjarne Hansen based at the brain research centre Bergen Center for Brain Plasticity at Haukeland University Hospital.
- The centre was established as a collaboration between the Trond Mohn Foundation, the University of Bergen, Haukeland University Hospital and Kavli Trust.
- The Trond Mohn Foundation finances further development of B4DT in order to adapt the treatment to patients who, as of today, are not helped by it.
- Kavli Trust has previously financed the expansion of B4DT in areas where it was lacking in Norway, as part of the foundation's commitment to child and adolescent mental health in children.
- Bjarne Hansen and his team provide training to healthcare teams, and later guide them in the treatment of patients. Training is combined with actual interventions, as well as the opportunity to collect data for research.
- The data is used as a research basis to gain more knowledge about how the treatment works, for whom it does not work, and the reasons for this.
- In this way, the expansion itself becomes part of the work to develop new variants of the treatment to help those who do not receive sufficient help from the 4-day treatment.
- The international expansion is the largest single research project Kavli Trust has ever supported.



Ten years for food, people and the environment!

Since 2012, Kavli Trust has helped establish and build up food banks in Norway. Now the foundation also contributes to similar projects in Sweden and the UK.

It all started in Oslo in 2012. Kavli Trust stepped in with NOK 900,000 to support the establishment of Oslo Food Bank (Matsentralen), which was at the time a completely new concept in Norway: An actor who collected and redistributed surplus food from the food industry to non-profit organisations.

ROGALAND FOOD BANK: General Manager Tor Jan Bredebekk and Operations Manager Ann Merete Pedersen Myrvold. Rogaland Food Bank is one of eight food banks that Kavli Trust has supported with profits from Kavli since 2012. Photo: Rogaland Food Bank

RESPONSIBLE CONSUMPTION AND PRODUCTION

OSLO FOOD BANK:

Salam works as a driver and warehouse worker at Oslo Food Bank. Photo: Hanne Eide Andersen/Kavli Trust



FOOD CENTRE IN NORTH EAST ENGLAND: FareShare NorthEast has redistributed surplus food to non-profit organisations since the 1990s. Sarah is the new Stock Co-ordinator for Tees Food Hub, the new warehouse in Teesside that Kavli Trust has financed. Photo: FareShare NorthEast

General Manager of Kavli Trust, Inger Elise Iversen, remembers well recommending the project to the Kavli Trust board.

“We had found a project that could make a real difference in three of the most important areas of the Kavli Trust work: food, people and the environment”, she says, adding:

“The project was described as a national innovation and joint collaboration between actors who could also be competitors. The goal was to make Oslo Food Bank a pilot project. If we were successful, similar projects could be considered in several cities.”

SPECIAL RESPONSIBILITY

In 2013, Oslo Food Bank opened its doors for the first time. Ten years later, Norway’s first food bank is active like never before. In addition, food banks have been established in seven other Norwegian cities, all of which are members of the umbrella organisation Food Bank Norway. Together, the eight food banks saved 5,508 tonnes of food from being thrown away in 2022. This corresponds to 11 million meals.

“Kavli Trust has been involved as a supporter for all food banks, and for Food Bank Norway,” sums up Inger Elise Iversen.

“The food banks are good for the climate and the environment because they save surplus food from the food industry from being thrown away. They ensure that the food becomes useful and enjoyable for people who need it through non-profit organisations, while at the same time providing job training for people who are out of work,” she elaborates.

Iversen points out that Kavli Trust, as owner of the food group Kavli, has a particular responsibility to contribute to good solutions in responsible consumption and production. “From the outset, the Food Bank appeared as a real ‘Kinder Egg’

project, where Kavli Trust could get a lot out of the funds,” she states.

FOOD RESCUE IN SEVERAL COUNTRIES

With Kavli operations in both Sweden and the UK, it was a natural step to look for similar projects there as well. In Sweden, local branches of Sweden’s Stadsmissioner (‘City Missions’) run the largest food banks.

“Most of the surplus food is used in the Stadsmissioner’s own services for people in a vulnerable situation,” says Grant Manager for Kavli Trust in Sweden, Guro Hjetland Sundsby.

RESPONSIBLE CONSUMPTION AND PRODUCTION

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These services include free cafes, member shops with low prices and distribution of food bags directly to the recipients.

“The support from Kavli Trust is used to scale up operations at already existing food banks. We are particularly excited about the further development of the food banks in Mälardalen and in Umeå,” says Sundsby.

CREATIVE SOLUTIONS

In the UK, Kavli Trust supports several organisations that have different approaches to the collection, distribution and efficient utilisation of surplus food.

“Some make use of the food in creative cafés where they also provide job training to young people. Others distribute it more directly to recipients,” says Rune Mørland, grant manager for Kavli Trust in the UK.

MORE NEED FOOD HELP

In all three countries, non-profit organisations have seen increasing numbers of people in need of food aid in recent years. Increased electricity prices, more expensive food and a general rise in the cost of living mean that more and more people are struggling on a low income. The situation is most serious in North-East

England, where the projects supported by Kavli Trust are based.

CHILD POVERTY

A new report from Action for Children shows that 38 percent of all children in the region live in poverty. This is the highest incidence in the whole of the UK.

“The services we support locally play a very important role in the work to ensure support for more families, so that they can cover their basic needs,” says Mørland.

EXCITING JOURNEY

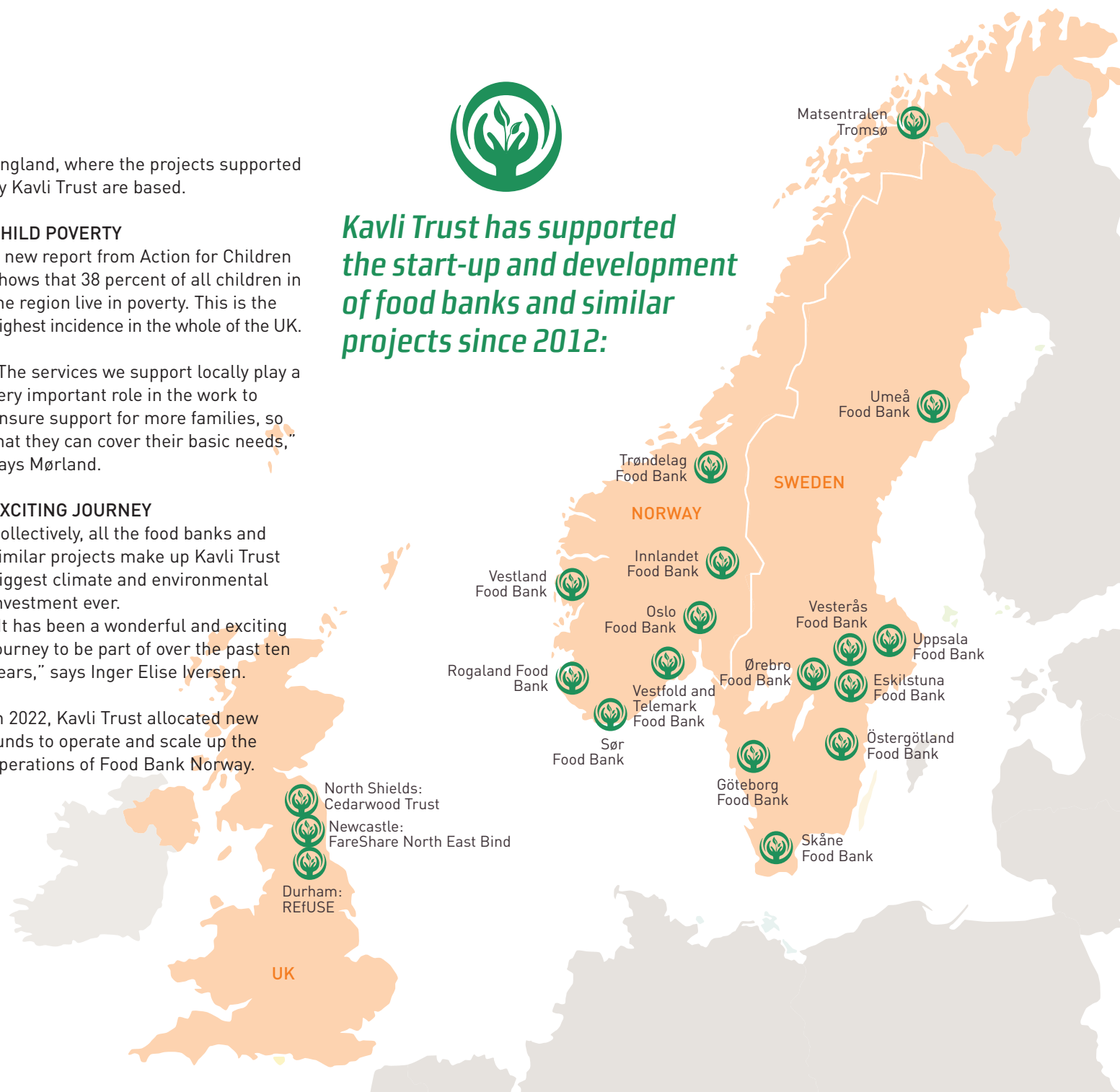
Collectively, all the food banks and similar projects make up Kavli Trust biggest climate and environmental investment ever.

“It has been a wonderful and exciting journey to be part of over the past ten years,” says Inger Elise Iversen.

In 2022, Kavli Trust allocated new funds to operate and scale up the operations of Food Bank Norway.



Kavli Trust has supported the start-up and development of food banks and similar projects since 2012:



RESPONSIBLE CONSUMPTION AND PRODUCTION

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1) NEIGHBOURS: FareShare North East is based near the Primula Cheese factory in Gateshead, which Kavli Trust owns. Lisa Thornton and Gareth Watsen (right) presented the gift check to FareShare's Katie Bates and Jake Hanmore in arrears due to the pandemic spring 2022 (the allocation was made in 2021). Photo: FareShare North East



2) FOOD BANKS IN MÄLERDALEN: Kavli Trust supports the expansion of operations at the food banks in Eskilstuna (pictured), Västerås and Örebro. Photo: Västerås Stadsmission



3) FOOD BANK IN NORWAY: Hand over of gift check to the umbrella organisation Food Bank Norway on the premises of Oslo Food Bank, May 2022. The allocation was made in 2021 for the period 2022-2023. Photo: Hanne Eide Andersen/ Kavli Trust



Action for Recycling 2022:

A record number of school children gave new life to the Kavli tube

Thousands of cheese and caviar tubes will be given new life as bicycles and other items, thanks to a total of 14,000 school children who participated in Action for Recycling 2022. Together, they have ensured that nearly 900 kilograms of aluminium packaging was recycled!

“In addition to doubling the number of registered school children compared to the previous year, far more packaging has been recycled during Action for Recycling 2022. The environmental benefit and the ripple effects of the campaign will be greater than ever,” says Marketing Director at Kavli, Gudfinna Traustadóttir. “We are very pleased with the result!”

RECYCLING ON THE CURRICULUM

The annual school campaign has been organised since 2018, and gives pupils in grades 5-7 the opportunity to learn more about recycling and the circular economy. With a particular focus on aluminium packaging, classes around

the country take part in two different competitions related to collecting tubes and reusing them creatively.

When Kavli teamed up with the social entrepreneur Scientist Factory, Hydro Aluminium and the waste and recycling service company Norsk Metallgjenvinning on the organiser side for the first time in 2021, the motivation and goal were clear. They wanted to spread knowledge about recycling to children and young people, as well as increase the recycling rate of their own packaging.

In line with its focus on projects that promote good solutions for the climate and the environment, Kavli Trust

TUBE RESEARCHERS:

Grade six at Sædalen School in Bergen have been tube researchers and have become experts in recycling the Kavli tube. They all know that tubes should be thrown away as glass and metal packaging, while the cork goes in the plastic waste. They advise you to eat all the contents before throwing out the tube. Photo: Kavli



RESPONSIBLE CONSUMPTION AND PRODUCTION

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contributed a total of NOK 300,000 to Action for Recycling.

In 2022, the foundation contributed NOK 250,000 to the implementation of the campaign.

“Action for Recycling promotes responsible consumption and production, and teaches school children about complex but important topics in a way that is as easy to understand as it is engaging. We believe that it will help to establish good and lasting environmental habits in many of the students, which we support with great pleasure,” says Grant Manager at Kavli Trust, Guro Hjetland Sundsby.

“It is also very pleasing to hear that there was a record turnout in 2022. As the owner of a food group, we have our own responsibility for, and a great desire to, contribute to sustainable solutions. This project is in many ways an ideal platform, because we can contribute to more people getting important and not least correct information about recycling and reuse, as well as inspire new ideas within these areas,” says Sundsby.

IMPRESSIVE IDEAS

During the three-week campaign, the classes register all metal packaging that they collect from their own households. The figures from 2022 show that more than 60,000 units were recycled, and among these were over 9,000 aluminium tubes.

“Aluminium is an everlasting material that can be recycled and reused almost indefinitely.”

Anne Eriksen, Marketing Director at Forskerfabrikken

“‘From tube to bicycle’ has been the campaign slogan, and it seems to be a relatable message for children and young people. Learning that food products that they consume every day are part of a larger context, and that they can make small but effective sustainable choices that make a positive difference to the environment, engage the students,” says Gudfinna Traustadottir in Kavli.

Kavli’s marketing director points out that recycling ambassador Dag Otto Lauritzen has been a motivator for the school children.

Dag Otto Lauritzen is a Norwegian television personality and retired professional cyclist.

“He is a great role model, and when he challenges the students to recycle as much packaging as possible, he inspires their positive competitiveness as well as environmental engagement.



SAVING THE PLANET: Since 2018, over 91,000 pupils have taken part in Action for Recycling. They have recycled millions of units of aluminium packaging and saved the earth from a lot of unnecessary energy consumption. Photo: Forskerfabrikken



AMBASSADOR: Dag Otto Lauritzen is the ambassador for Action for Recycling. He is excited that recycled Kavli tubes and other metal packaging can become new bicycle frames, and is happy to inspire children and young people to enjoy recycling as well as bicycling. Photo: Kavli

RESPONSIBLE CONSUMPTION AND PRODUCTION

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WINNING ENTRY: The creative winning entry for 5th grade at Midtbygda School. The toy castle was popular both with the jury and the other schools that took part in the competition. Photo: Midtbygda School

The classes' impressive ideas for reuse remind us that the only limit is the imagination when we are looking for good solutions for the climate and the environment," says Traustadottir.

FROM GARBAGE TO CASTLE

In the creative part of the campaign, the pupils come up with ideas for reuse, draw models and make ready-to-use items from aluminium packaging. In 2021, a versatile and decorative pencil case took victory, while an elaborate aluminium toy castle was the winner among more than 140 submitted entries in 2022.

"There was a really wide range and high level of creative contributions, which made the jury's task really challenging this year. In the end, the jury chose seven great entries that went on to a digital live vote, where all the classes were invited to cast their vote," says Forskerfabrikken's marketing manager, Anne Eriksen.

A functional juice press and a complete advent calendar came in second and third place in the competition.

"Aluminium is an everlasting material that can be recycled and reused almost indefinitely. In addition to the fact that all the packaging that the students have recycled is turned into new and useful items, the effort saves the environment as much CO₂ as the emissions from a petrol car that drives around the globe," says Eriksen. She is already busy planning the next Action for Recycling.

"We are very much looking forward to the autumn of 2023, where the aim is to bring in even more schools and set new recycling records. We must be ambitious on behalf of children and young people, the environment and the future!"

Facts about Action for Recycling



- Free, national school campaign over three weeks for pupils in 5th to 7th grade, covering topics such as recycling, reuse and the circular economy. The aim is for pupils to learn about environmental protection in a simple and engaging way.
- In 2021, Action Aluminium changed its name to Action for Recycling. Since the campaign was organised for the first time in 2018, over 80,000 pupils have taken part.
- In addition to an educational programme, the school classes take part in two different competitions related to the recycling and reuse of aluminium packaging. In 2022, the recycling competition was won by the 7th grade at Nes School in Ringerike, while the 5th grade at Midtbygda School in Siljan municipality won the creative competition with their toy castle.
- During the 2022 campaign, over 14,000 pupils recycled a total of 898 kilograms of aluminium. The packaging turns into new and useful items, and the pupils' efforts save the environment as much CO₂ as the emissions from a petrol car driving around the globe.
- Hydro, Norsk Metallgjenvinning, Forskerfabrikken, the Kavli Group and Kavli Trust collaborate on organising Action for Recycling. In the period 2021–2023, Kavli Trust supports the implementation of Action for Recycling with NOK 800,000.

Around the world with Kavli Trust

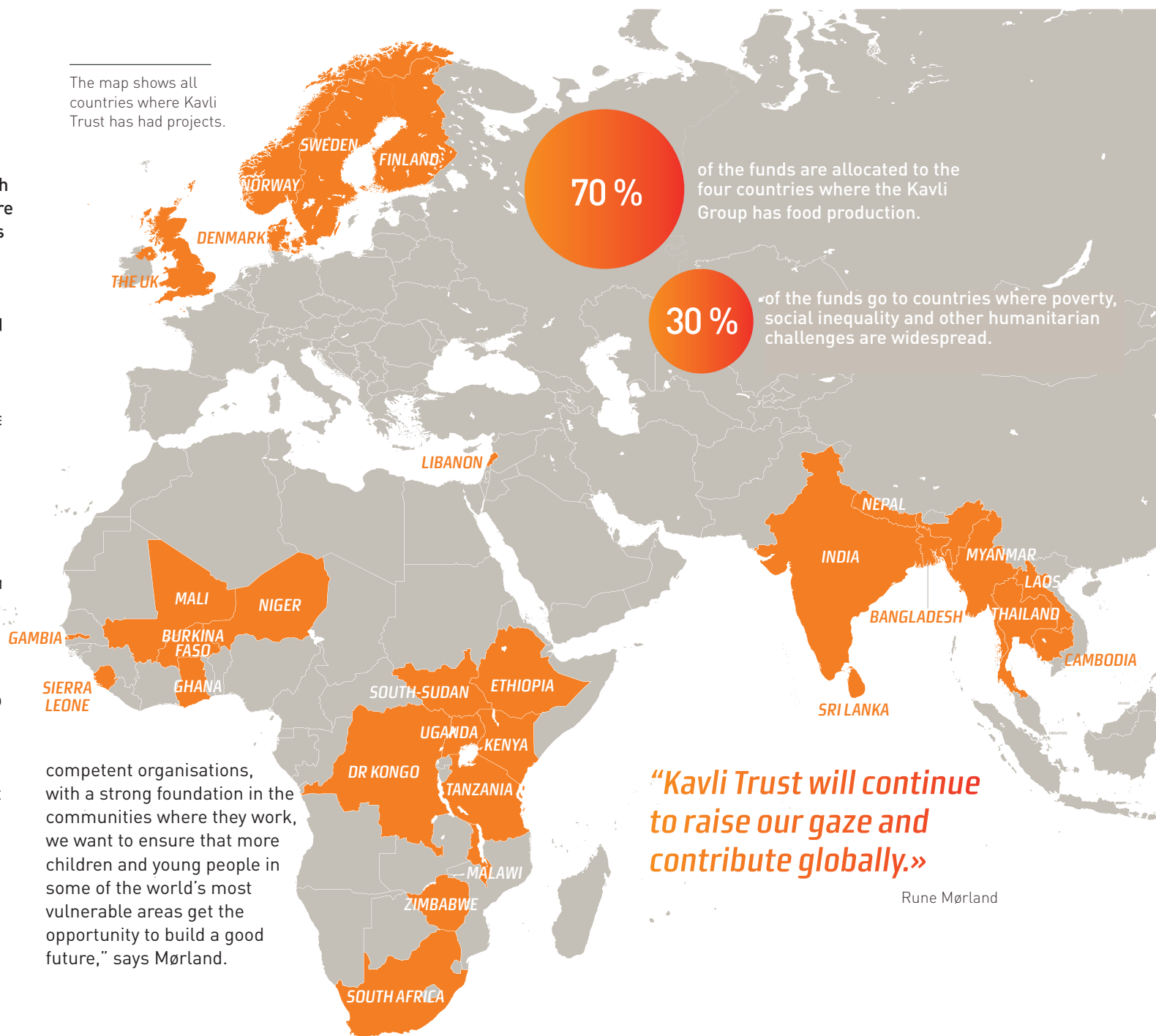
"We are proud to be a foundation with an international commitment. If we are to solve the great societal challenges of our time, we have to contribute to those societies struggling with the largest impact of these challenges," says Grant Manager for International Development Projects in Kavli Trust, Rune Mørland.

Since 2001, Kavli Trust has contributed over NOK 330 million to various aid projects in Africa and Asia. Schooling for children and young people, job creation, maternal health, infant health, development of a vaccine against the rotavirus, work against child marriage, vocational training for women and life skills programmes for young people are some of the areas that the Kavli Trust has supported.

The foundation now supports development projects within the two priority areas in the current allocation strategy: child and adolescent mental health and smart solutions for climate and environment, with a particular focus on responsible consumption and production.

"Kavli Trust will continue to raise our gaze and contribute globally. In cooperation with experienced and

The map shows all countries where Kavli Trust has had projects.



NOK 81.5 million to good causes in 2022

TRAINING SOCIAL WORKERS:

Curious Monkey's experienced facilitators are training future social workers through the power of immersive tech and lived experience. Photo: Curious Monkey



Projects that received funding in the UK in 2022:

© NOK 1.5 million *Curious Monkey*

Project: Troupe – creative programme for young people in the care system
Project period: 2022–2024

The theatre company runs the 'Troupe' programme for young people with experience of the care system in North East England. In Troupe, young people are given the opportunity to develop their skills through creating, performing and experiencing theatre. They receive training in political advocacy and work with professional creative teams who help shape the participants' stories into fresh, direct theatre that is rooted in the experiences of the people they work with. The aim is to improve participants' lives and wellbeing and develop their self-esteem.

© NOK 2 million *Mortal Fools*

Project: Strengthening child and adolescent mental health
Project period: 2022–2024

Mortal Fools is a creative learning and theatre group for children and young people aged 7-21 in North East England. The purpose is to develop leadership skills, confidence, communication abilities, social and emotional skills of young people with complex lives, additional educational needs, neurodiversity and disabilities to prepare them for adult life. Kavli Trust supports the work to develop the programmes 'Melva' and 'Future Ready', which aim to strengthen the mental health of children and young people through a wide range of activities.

KAVLI TRUST IN THE UK: Employees Gary Watson and James Annan from Kavli UK/ Primula Cheese presented a gift cheque to Cedarwood Trust on behalf of the group and Kavli Trust. From left, Katie Bates, Jake Hanmore, Lisa Thornton and Gareth Watson.
Photo: Kavli UK



© NOK 2 million *Children North East*

Project: Inclusion for children living in poverty
Project period: 2022–2023

The children's rights organisation Children North East (CNE) has developed 'Poverty Proofing', a mapping of barriers experienced by children from low-income families which is carried out in close dialogue with school management, teachers and pupils. Based on the mapping, CNE assists schools in developing simple, creative low-threshold solutions to the challenges. It addresses often unseen inequalities and expenses related to uniforms, trips, meals, fundraising and extra-curricular activities. The support from Kavli Trust goes towards rolling out the programme at 60 schools in North East England.

© NOK 2.1 million *Cedarwood Trust*

Project: Sustainable redistribution of surplus food
Project period: 2022–2023

The organisation works to eliminate food waste and support people on low incomes in North East England. Cedarwood Trust redistributes surplus food through its own non-profit services and by redistributing the food to other non-profit organisations. With the funds from Kavli Trust, Cedarwood Trust will create a more climate-friendly production of ready-made meals and more efficient redistribution of surplus food for non-profit organisations in North Tyneside. They will also expand their vocational training programme for young people.

ALLOCATIONS 2022

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NEW COLLABORATION:

Glimpses from Mortal Fools' programmes 'Future Ready' and 'Melva', which they will now expand with support from Kavli Trust. Photo: Mortal Fools

**SHARING THEIR EXPERIENCES:**

In March 2023, young people from Curious Monkey gave child protection staff and other social workers in Leeds training in how they can better meet and provide assistance to children and young people in need of care, whether in the form of foster homes, institutions or adoption. Photo: Curious Monkey



Projects that received funding in Norway in 2022:

© NOK 3 million *ROS – Counselling on eating disorders*

Project: Operation and development of counselling services

Project period: 2022–2023

ROS is a low-threshold service and an advocacy organisation for everyone who has or has had an eating disorder and their relatives, and for everyone else who is affected by body image and food issues. ROS provides free counselling via telephone, chat and email, and at local offices in five counties. Since 2019, Kavli Trust has supported the operation, development and expansion of ROS' services, such as hiring a male counsellor to reach out to more boys and men. The support of a total of NOK 6 million has been allocated in 2019 (NOK 3 million) and 2022, respectively.

© NOK 7 million (a total of NOK 35 million over five years) *Bergen 4-Day Treatment (B4DT)*

Project: Expansion of B4DT internationally

Project period: 2019–2024

The Bergen 4-Day Treatment (B4DT) is a four-day treatment programme for anxiety and obsessive-compulsive disorders (OCD). Studies show that 90 percent of patients have a clear improvement after four days. After four years, 70 percent are free of the disorder and live normal lives. Kavli Trust has previously financed the expansion of B4DT nationally in Norway, and is now financing the training of health teams in several countries. The programme is operated from the brain research centre Bergen Brain Plasticity Center at Haukeland University Hospital and is led by psychologist Bjarne Hansen.



TURBO CLUB: Hamar and Hedmarken Trekking Association have started a local 'Turboklubb' with funds from Kavli Trust. Photo: Hanne Eide Andersen/ Kavli Trust

© NOK 3 million *The Norwegian Trekking Association (DNT)*

Project: National expansion of Turboklubbene

Project period: 2022–2023

Turboklubbene ('Turbo Clubs') is DNT's low-threshold service for children and their families facilitating varied outdoor activities in the local environment. Kavli Trust supports the national expansion of the service which particularly aims to recruit children from families who do not generally have good access to outdoor activities. The clubs focus on promoting nature experiences, community, friendship, inclusion and empowerment as tools to help to strengthen children's mental health.

© NOK 1.6 million *Norwegian Climate Foundation*

Project: #Climatebreakfast

Project period: 2023–2025

At least six times a year, the Norwegian Climate Foundation invites people to join their #Climatebreakfast, a series of open events to promote knowledge-sharing and informed discussion on topics related to climate change, climate solutions and the energy transition. Climate Breakfast attracts an increasing number of participants from research communities, NGOs, business, political circles and other stakeholders. Kavli Trust has supported #Climatebreakfast since its inception in 2014. The event has become a popular arena for research-based conversations and discussions about solutions to climate challenges.

NEW COLLABORATION:

From left, Head of Fundraising and Marketing, Line Toft and Head of Communications at Mental Helse Ungdom, Adrian Lorrentson, and Grant Manager at Kavli Trust, Guro Sundsbj. Photo: Hanne Eide Andersen/Kavli Trust

© **NOK 2 million**
Mental Helse Ungdom

Project: Strengthen communication activities

Project period: 2023–2024

Mental Helse Ungdom ('Mental Health Youth') is a member-based advocacy organisation that works for increased transparency about mental health, prevention of mental disorders and better mental health services. With the support from Kavli Trust, they will strengthen the organisation's communication activities towards young adults, with a particular focus on boys and young men. The funds will go to the further development of previous pilot projects and to the development, production and testing of new content in various social media.



Projects that received funding in Sweden in 2022:

© NOK 1.9 million Skåne Stadsmission (‘City Mission’)

Project: Redistribution of surplus food to non-profit organisations

Project period: 2022–2023

Skåne Stadsmission’s food bank redistributes surplus food from the food industry to the organisation’s services for disadvantaged people in the Skåne region. In recent years, support from Kavli Trust has contributed to the operation and development of the food bank and to the start-up and establishment of ‘Matmissionen’, a food store in Malmö where members can buy surplus food at low prices.

© NOK 2.5 million Västerås Stadsmission

Project: Redistribution of surplus food to non-profit organisations

Project period: 2022–2023

In 2021, Stadsmissionen’s three food banks in Mälardalen (Eskilstuna, Västerås and Örebro) redistributed a total of 150 tonnes of surplus food and gave around 1,000 people food aid every month. With support from Kavli Trust, they are now developing an efficient, regional structure for receiving and distributing surplus food and a system for distribution to Stadsmissionen’s own services in the area that makes use of the food. The aim is to double the amount of surplus food that is distributed during the project period.

© NOK 1 million The MusikBojen Foundation

Project: Music therapy for children with parents in prison

Project period: 2022–2023

Since its inception in 2018, MusikBojen has offered music therapy and reached more than 1,000 children and young people in Sweden who suffer from traumatic experiences, severe illnesses, disabilities, or mental illnesses. With the support from Kavli Trust, MusikBojen will develop and expand its music therapy to children and young people with family members in prison. The interventions are operated in collaboration with the NGOs Buff and The Rescue Mission. A solid pilot project in Stockholm will develop good structures to expand the services to several parts of Sweden.

© NOK 500,000 Trygga Barnen

Project: Expand the programme Trygga Hjälter (‘Safe Heroes’)

Project period: 2020–2023

Trygga Barnen is a children’s rights organisation for children and young people who grow up in families with substance abuse and mental health problems. The organisation provides counselling and support as well as online consultation through the programme ‘Trygga hjälter’. The support from Kavli Trust goes towards expanding the Trygga Hjälp program by establishing more local units to be able to reach out to more children.

MASCOT:
Employees of
Trygga Barnen
with the mascot
Trygga Freddy.
Photo: Trygga
Barnen



EMPOWERING PARENTS: Bris runs several services for children and young people. The picture is from one of their activities. Photo: Bris

© **NOK 3 million**
Children's rights in society (Bris)

Project: Therapy interventions for children with trauma symptoms

Project period: 2022–2023

The Egmont Foundation and Kavli Trust have joined forces to contribute a total of almost NOK 6 million to the children's rights organisation Bris and their interventions for children and young people with a refugee background in Sweden. Among other things, the funds will go to train professionals in Teaching Recovery Techniques (TRT), a group-based therapy method aimed at children with trauma symptoms after war and flight. The programme Parenting in Sweden aims to support children by empowering their parents.





SCHOOLING: 20,000 children in Nepal will receive education through the agreement between Human Practice Foundation (HPF) and Kavli Trust. Photo: HPF

© NOK 8 million *Human Practice Foundation (HPF)*

Project: Child Empowerment Model
Project period: 2022–2025

The Danish aid organisation focuses on providing quality education, working closely with school management, teachers and parents in its educational projects. The Kavli support will be used to expand HPF's programme Child Empowerment Model, which promotes life skills and entrepreneurship, in addition to basic schooling. The programme will be introduced in 30 schools, and over three years will give around 20,000 children quality education.

© NOK 5 million *Strømme Foundation*

Project: 'Samvad' – life skills programme for disadvantaged young people
Project period: 2023–2024

The target group for the Strømme Foundation life skills programme Samvad is young people aged 13–19 who have dropped out of school. During a one-year course, which combines life skills with simple vocational training, participants gain important knowledge about their own rights and their local community. Since 2019, Kavli Trust has supported Strømme Foundation's work in south-western Nepal. Current support will continue the operation of 180 new Samvad centres and includes a preventive programme for mental health through psychoeducation for children and young people and their families.

International aid projects

30 percent of Kavli Trust's funds go to projects in countries where poverty and social inequality is widespread.

© NOK 4 million *Norwegian Church Aid*

Project: Waste for Value
Project period: 2021–2024

Norwegian Church Aid's project Waste for Value in Ethiopia provides women with training in the collection and recycling of plastic and paper. Women can join cooperatives that collect and ensure that plastic and paper are recycled. The women operate the cooperatives, and are responsible for both waste management and administration. With the support from Kavli Trust, KN will expand Waste for Value to several cities in the Sidama region (Hawassa city), the Oromia region, and to a refugee camp in Gambella. The project is also working towards the establishment of national guidelines for the recycling and reuse of plastic and paper.

© NOK 320,000
(total allocated amount NOK 5.2 million, of which NOK 4.9 million in 2021)

ADRA Norway

Project: Education and vocational training in climate/environment for young people in Ethiopia
Project period: 2022–2024

The Adventist Church's global development and relief organisation works in 120 countries and provides aid regardless of age, gender, ethnic background and political or religious affiliation. ADRA Norway is one of the leading aid organisations providing vocational training, and with the support of Kavli Trust, at least 360 Ethiopian youth will receive vocational training in installation and maintenance of solar cell technology. At least 600 young people will receive vocational training in recycling, and at least 600 students will receive psychosocial support.

ALLOCATIONS 2022

**LIFE SKILLS IN NEPAL:**

Since 2019, Kavli Trust has supported Strømme Foundations's expansion of the life skills programme Samvad in Nepal. Both boys and girls can participate, but girls are given priority because they face even more obstacles to finishing their education. Evaluations show a significant reduction in child marriages in areas where Samvad has been implemented. A total of 6,650 girls and boys will be able to participate in Samvad in the period 2019-2024 with support from Kavli Trust. Photo: Strømme Foundation



ALLOCATIONS 2022

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TELETHON: General Manager of Kavli Trust, Inger Elise Iversen, County Manager of the NRK Telethon in Vestland, Marte Eggum and Factory Manager at Kavli Norway in Bergen, Linda Kidøy-Pedersen at the telethon business workshop in Bergen. Photo: Hanne Eide Andersen/Kavli Trust

© NOK 250,000 *Doctors Without Borders*

Project: The NRK Telethon
Project period: 2022–2027

Kavli Trust gave NOK 250,000 to the NRK (Norwegian Broadcasting Corporation) Telethon in 2022. The funding goes to Doctors Without Borders (MSF) and their sister organisation DNDi, and their work to provide life-saving healthcare and prevent diseases in countries with insufficient healthcare services. Parts of the telethon funding will be used to develop medicines against forgotten, deadly diseases. Kavli Trust has previously supported MSF's work with the development of a new, effective and cheap vaccine against rotavirus.



Continues collaboration for beneficial research

In 2022, Kavli Trust and Dam Foundation (Stiftelsen Dam) renewed their collaboration agreement on the Kavli Trust Programme on Health Research for three more years.

Since 2017, the two foundations have collaborated to ensure that the potential of the Kavli Trust's health research funds is maximised.

"We are very happy that they will continue working with us for three more years. There is a huge need for more evidence-based forms of treatment in child and adolescent mental health. At the same time, billions are spent every year on health research that never benefits anyone," says General Manager of Kavli Trust, Inger Elise Iversen.

IN SAFE HANDS

"With Dam Foundation's unique expertise in the allocation of health research funds, we are confident that Kavli Trust funds will go to projects

that will be of real benefit to patients, their families and healthcare personnel," says Iversen.

The Kavli Trust Programme on Health Research will distribute up to NOK 215 million for research into child and adolescent mental health in the period 2017-2025. So far, NOK 138 million has been allocated from the programme, distributed among 15 projects.

"We have had a very fruitful collaboration for these five years, and we look forward to continuing for another three years," says Secretary General of Dam Foundation, Hans Christian Lillehagen.

"The assignment for Kavli Trust has been very educational for us in Dam, and we have incorporated much of

what we have developed into our own programmes. The collaboration has functioned as an innovation lab for us, and has been very exciting," says Lillehagen.

OWN METHOD

The method used in the programme has been developed by Dam Foundation's programme experts Ida Svege and Jan-Ole Hesselberg. Svege and Hesselberg head the annual call for proposals, in close collaboration with the Kavli Trust administration.

"We hope it can inspire other funders to rethink how they fund research projects."

Jan-Ole Hesselberg, Dam Foundation



READY FOR THREE MORE YEARS: From left: Jan-Ole Hesselberg, Hans Christian Lillehagen, Inger Elise Iversen and Ida Svege. Photo: Hege Bjørnsdatter Braaten/Dam Foundation

Hesselberg says that the programme has received a lot of attention among researchers, funders and other stakeholders.

"It is designed to give the most important stakeholders a voice in what research is to be carried out. Researchers, patients, relatives and healthcare personnel are all consulted. We believe this leads to more beneficial research," says Hesselberg.

User participation ensures beneficial research

“Kavli Trust will make sure that our research funds go to beneficial health research. To achieve this, we must involve those who will benefit from it as well as the experts,” says General Manager of Kavli Trust, Inger Elise Iversen.



Photo: Adobe Stock

KAVLI TRUST PROGRAMME ON HEALTH RESEARCH

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“At Kavli Trust we constantly ask ourselves: How do we ensure that we support good causes that are guaranteed to be useful,” says General Manager of Kavli Trust, Inger Elise Iversen.

In 2016, she was present at a research conference at Dam Foundation where the foundation’s programme manager Jan-Ole Hesselberg spoke about wasted health research. Iversen was surprised to learn that 85 percent of all health research in the world has been wasted.

According to a study, published in The Lancet in 2009, every year the world pours USD 100 billion into health research that adds nothing of value – neither for health professionals, patients or their relatives.

“The Kavli Trust Board has been very forward-thinking and wanted to learn more about how we could allocate research funds more purposefully and with better quality,” she says.

After the conference, Iversen contacted Dam Foundation and Hesselberg for advice on how Kavli Trust could best ensure that the foundation’s funds went to research that actually makes a difference.

CAN BE AVOIDED

“Wasted health research can be avoided,” says Jan-Ole Hesselberg.

The contact with Dam Foundation resulted in a collaboration in 2017 named the Kavli Trust Programme on Health Research, under the leadership of Hesselberg and Head of Programme Development at Dam Foundation, Ida Svege.

“There are a variety of reasons why research is wasted,” according to Hesselberg: The methods and planning may be poor, some results are never published, and some research is conducted in areas where the evidence is already good enough and further verification is unnecessary.

“In some cases it may not be useful to do further research on the effect of a drug, if patients are unable or unwilling to use it,” Hesselberg explains.

BRITISH MODEL

The structure of the Kavli Trust Health Research Programme is based on a model developed by the James Lind Alliance in the UK. The key was to develop a method for identifying evidence gaps, i.e. what evidence is lacking and where there is a particular need for more research.

“Two areas stood out as underfunded: mental health and musculoskeletal disorders,” says Hesselberg. The Board of Kavli Trust thus decided to direct all allocations from the new health research programme to child

BREAKFAST SEMINAR: Kavli Trust and Dam Foundation organised a breakfast seminar to announce the new collaboration agreement in October 2022. Photo: Hege Bjørnsdatter Braaten/ Dam Foundation



and adolescent mental health in the years 2017-2022.

With the renewal of the collaboration agreement with Dam Foundation, the programme will continue until 2025 and has a limit of up to NOK 215 million for the years 2017 to 2025.

THOROUGH PROCESS

Before each annual call for proposals, new evidence gaps within child and

adolescent mental health are identified through a thorough process, involving both professionals and users.

“In this context, evidence gaps are meant as research questions where we do not yet have the answers,” explains Ida Svege.

The Kavli Trust Strategic Scientific Committee consists of public health professional and former director Arne

Bjørndal and Senior Adviser Karianne Hammerstrøm Nilsen at the Regional Centre for Child and Youth Mental Health and Child Welfare (RBUP Region East and South), and Johan Siqveland, psychologist and senior adviser at Akershus University Hospital. The committee makes systematic searches in the research literature to uncover research questions to which we have no answers.

The committee often reveals dozens of evidence gaps.

“Patients, relatives and healthcare professionals are then invited to vote on which evidence gaps they believe should be prioritised. Those with the most votes will be part of the call, which outlines the evidence gaps researchers can apply for funding for,” explains Ida Svege.

This means that applicants’ projects must respond to one or more of the evidence gaps identified in the call. Kavli Trust takes user involvement one step further than most funders by involving patients, relatives and health professionals in the work of finding

evidence gaps. In addition, at least two user representatives must be involved in the research project itself.

AIMED HIGH

A separate, international scientific committee screens the applications that are submitted. “We started at the top of the list of the world’s most prominent experts, and did not get far down the list until we had recruited the number we needed,” Hesselberg says. He adds that the interest in joining the committee was greater than they thought.

“The competence is sky high and they screen the applications very thoroughly,” says Svege.

“We have mostly received positive feedback on the method, but some believe that our strict guidelines disrupt research integrity. Academic freedom is an important issue, one that we believe our work does not impact on,” she stresses.

SHARING RESULTS

Publication bias, i.e. when the result of a study influences the decision to

“At Kavli Trust we constantly ask ourselves: How do we ensure that we support good causes that are guaranteed to be useful?”

Inger Elise Iversen

publish it, is one of several reasons why research is often wasted.

“‘Exciting’ findings or findings that support the researcher’s hypothesis are often published to a greater extent, which gives a skewed picture,” Svege says. Therefore, Kavli Trust requires that the research projects’ hypotheses, designs and methods must be preregistered in open registers.

“That this is registered in advance, is essential. The reader of an article can check for themselves that the researchers did what they said they would do,” Hesselberg explains.

“Unrestricted open access to the published output is another requirement, so that anyone can access the results, not just those who have subscriptions to expensive journals. This is an important demand and a general trend in the research community,” says Svege.

“The evidence gaps that have been identified require ambitious and solid projects at the highest methodological level. So far, prominent research

environments have applied and been allocated funds for the programme,” she continues.

HIGH QUALITY

Together, all stages of the call for proposals help to ensure that the funds eventually go to research that will make a difference.

“In some ways, our method is a bit exclusive. However, it does ensure high quality,” Hesselberg adds.

He praises the Board of Kavli Trust, which to a greater extent than most donors has relinquished power over which projects the foundation will support.

“Of course, they have the formal power to interfere. But they have adopted a process that distributes power to patients, healthcare professionals and researchers, and they keep their fingers off the plate. This is rare and helps to raise the quality,” Hesselberg states.

This year's evidence gaps

All applications to the Kavli Trust Programme on Health Research must address one or more selected evidence gaps within child and adolescent mental health.

The evidence gaps were selected in three steps:

- The Kavli Trust Strategic Scientific Committee (SSC) identified evidence gaps by searching for systematic reviews in selected databases
- The Kavli Trust User Panel provided their prioritisation of the evidence gaps
- The Kavli Trust Board decided on how many of the top-ranked evidence gaps to include in the call.



THE FOLLOWING TEN EVIDENCE GAPS WERE INCLUDED IN THE CALL FOR PROPOSALS FOR 2022:

1. What is the effect of non-pharmacological treatments for children and adolescents with ADHD?
2. What is the effect of school-based psychosocial interventions to promote mental health in children and adolescents?
3. What is the effect of interventions to reduce loneliness in children and adolescents?
4. What is the effect of parenting interventions for child and adolescent mental health?
5. What is the effect of psychosocial interventions for school refusal?
6. What are optimal approaches in psychosocial interventions for preventing depressive symptoms in children and adolescents?
7. What is the effect of interventions on bullying and cyberbullying among children and adolescents?
8. What is the effect of psychological and psychosocial interventions for children and adolescents with post-traumatic stress disorder?
9. What is the effect of interventions for children who have been subjected to abuse and neglect or have experienced violence in close relationships?
10. What is the effect of mental health care interventions in child welfare?

These research projects were allocated funding in 2022

The Kavli Trust Programme on Health Research has distributed NOK 138 million through annual awards since 2017. A total of 15 projects have received support, two of them in 2022.

© NOK 9.9 million

Supportive Parents – Coping Kids (SPARCK)

Project owner: The Norwegian Center for Child Behavioral Development (NUBU)

Research lead: Truls Tømmerås

Collaborating institutions: University of Stanford, Department of Education, University of Oxford, Department of Social Policy, NORMENT (CoE), University of Oslo, Faculty of Medicine

Amount: NOK 9.9 million

Project period: 2023–2027

The project will address the following evidence gap:

4. What is the effect of parenting interventions for child and adolescent mental health?

Supportive parents – coping kids (SPARCK) is a new preventive parent intervention targeting parents with children aged four to twelve years with symptoms of anxiety, depression and/or behavioural problems. The children and families in the target group are

affected by problems that are not on a level to receive support from the specialised mental health services. In the current project, parents learn how to support their children to cope with difficult emotions.

Researchers will study potential effects of SPARCK on child symptoms, parenting practices, and referrals to specialised mental health and child welfare services, as well as on parent and child stress regulation as indexed by stress hormones. Researchers will conduct a randomised effectiveness trial across 24 municipalities with 260 to 390 families randomised to SPARCK or regular care in the frontline services.

The overall aims are to produce data on parenting interventions for child mental health, and to innovate frontline services with a usable and effective parenting intervention for prevention of child mental health problems.

© NOK 8 million

Promoting mental health among at-risk adolescents in Malaysia

Project lead: Cecilia E. Essau

Collaborative institutions: University of Exeter, Universidad Complutense de Madrid, Universiti Kebangsaan Malaysia, Sunway University, Universiti Malaysia Sabah, Universiti Malaysia Sarawak, and Universiti Malaya.

Amount: NOK 8.035 million (total project cost NOK 10.870 million)

Project period: Mai 2023–April 2026

The project will address the following evidence gap:

2. What is the effect of school-based psychosocial interventions to promote mental health in children and adolescents?

The research team will evaluate whether Super Skills for Life (SSL) – a psychosocial intervention delivered by school staff – is successful in reducing anxiety and depression and at promoting mental health among at-risk adolescents from low-income communities in Malaysia. This is a group that traditionally has poor access to treatment due to costs

and stigma associated with mental health challenges.

The intervention will be implemented by school staff at 20 different schools. The target group is young people between the ages of 12 and 14 with a high risk of developing anxiety and depression.

214 young people will participate in the project. Between 20 and 40 percent of young people in Malaysia have anxiety and depression, and around 10 percent have attempted suicide. The incidence is higher here than in comparable countries in Southeast Asia and elsewhere in the world.

If proven to have significant impact on adolescent's outcomes and represent good value for money, the study will influence health and education policy and practice and provide a model for promoting mental health in Malaysia and other low- and middle-income countries.

KAVLI TRUST PROGRAMME ON HEALTH RESEARCH

Previous allocations

2017

© NOK 8.562 million

Uppsala University (2018–2021)

Evaluation of the Teaching Recovery Techniques Intervention to decrease mental health symptoms and increase coping among refugee and asylum seeking children

Evaluating the effect of the psycho-educational group therapeutic treatment programme Teaching Recovery Techniques (TRT) Intervention for children and young people aged 8–20 with an asylum seeking or refugee background with symptoms of PTSD in Sweden.

© NOK 9.012 million

Child and Adolescent Mental Health Research Centre, Stockholm (2018–2023)

Feasibility, efficacy and cost effectiveness of therapist guided internet-delivered cognitive behaviour therapy for adolescents with mild to moderate depression

Developing and evaluating the short- and long-term effects of internet-based cognitive behavioural therapy in young people with mild to moderate symptoms of depression, and comparing it with similar therapy given face-to-face.

© NOK 12.5 million

Regional centre for child and adolescent mental health (RBUP East and South) (2019–2024)

Echo: Optimizing a group-based school intervention for children with emotional problems

Developing and evaluating the low-threshold group intervention EMOTION Coping Kids Managing Anxiety and Depression for school children aged 9–12 who have mild symptoms of anxiety and depression.

2018

© NOK 5.3 million

Stockholm University (2019–2023)

PDT versus I-CBT for depressed adolescents

Psychodynamic therapy (I-PTD) is compared with an evidence-based treatment for adolescent depression within internet-delivered, cognitive behavioural therapy (I-KBT), also called EaRly internet-based interventions for Children and Adolescents (ERiCA)

© NOK 12.3 million

UiT The Arctic University of Norway, RKBU North (2019–2023)

Supported Parenting Interventions for Ethnic Minorities

Evaluating the effect of the parenting programme in the programme series 'The Incredible Years' for refugees and ethnic minorities.

2019

© NOK 6.8 million

University of Sussex (2020–2023)

Preventing anxiety in the children of anxious parents

The study examines whether a short-term and simple, web-based intervention for parents who have challenges with anxiety and anxiety disorders can prevent anxiety in their children.

© NOK 12.5 million

University of Oxford (2020–2023)

Online parent intervention to prevent anxiety disorders in at-risk children

Evaluating the effect and cost/benefit of a guided, web-based intervention for parents of children at increased risk of developing anxiety disorders.

2020

© NOK 5.075 million

University of Oslo (2021–2025)

An oxytocin treatment trial to improve social skills in youth with autism

Evaluating the efficacy of the medication oxytocin given intranasally (as a nasal spray) to improve social skills in youth with autism spectrum diagnoses (ASD).

© NOK 10 million

Norwegian Research Centre (NORCE) (2021–2023)

Music for Autism (M4A)

The first European research project investigating the effects of music therapy on social communication and participation, quality of life and mental health, in addition to functional brain connectivity and brain structure in children with autism spectrum disorders (ASD).

© NOK 8.4 million

City University of London (2022–2025)

A Psychological Intervention to Reduce Suicidal Behaviour in Adolescence

A cluster randomised controlled trial to investigate the effectiveness of a brief psychological intervention, developed for young people who come to the Emergency Department to be treated for self-harm. The intervention involves providing a therapeutic assessment soon after the adolescent presents to the Emergency Department, followed up by a series of solution-focused therapy sessions.

2021

© NOK 9.632 million

University of Manchester (2022–2025)

Passport to success

The study will examine the utility of the social and emotional learning intervention 'Passport – skills for life' in promoting emotion regulation in children to reduce internalising symptoms, loneliness, and bullying during the critical developmental transition from childhood to adolescence. The study will examine peer support in the group, if the effect is sustained over time, whether some children benefit more than others, and cost effectiveness.

© NOK 9.1 million

Anna Freud Centre (2022–2025)

Emotion Regulation in Children (ERiC): a Randomized Clinical Trial of Mentalization Based Treatment for School-Age Children with Mixed Internalising and Externalising Difficulties

The study will evaluate the effect of mentalization-based therapy (MBT) in improving mental health outcomes in children aged 6–12 with mixed emotional and behavioural mental health problems.

© NOK 8 million

Karolinska Institutet (2022–2027)

Primary Care Online Emotion Regulation Treatment (POET)

The study will examine the effect of two treatment interventions for mental health problems and emotion regulation, and whether changes in emotion regulation mediates reduction of mental health problems during treatment.



NOK 10 million from Kavli employees to good causes

25 organisations in Norway, Sweden, the UK and Finland received support after being nominated and selected by Kavli employees in 2022.

Once a year, employees in the Kavli Group take part in deciding who will receive funding from Kavli Trust. The so-called “employee nomination” allows employees to nominate and vote on a number of causes that will be granted funding.

The employee nominations are arranged by each individual Kavli company in the four countries where Kavli has operations: Norway, Sweden, Finland and the UK.

The nominated projects must be national or local, and in the category of humanitarian work. Humanitarian work includes all types of interventions that can alleviate societal challenges. Both preventive work and charities that

assist people living with various challenges, such as illness or low income, can be nominated.

The organisations that are finally selected to receive support are invited to a celebration and presentation of gift cheques together with the employees. On this occasion, they also get the opportunity to present their work and how they wish to use the funding.

The employee nomination was established in 2010. The size of the donations has increased steadily, in line with the total allocations from Kavli Trust. In 2022, a total of NOK 10 million was distributed among charities in Norway, Sweden, Finland and the UK.

CEREMONY: Each Kavli company organises gift cheque presentations where all organisations are invited to a ceremony where they meet with Kavli employees. This photo was taken at Kavli Sweden’s big celebration of all the selected organisations in October 2022. Photo: Kavli Sweden



EMPLOYEE NOMINATIONS

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“It is the employees in the Kavli Group who create the profit that we distribute to good causes.”

Inger Elise Iversen

“It is the employees in the Kavli Group who create the profit that we distribute to good causes. Our employees take great pride in the ownership structure of the group, and the fact that we distribute not just parts of, but the entire profit to good causes,” says General Manager of Kavli Trust, Inger Elise Iversen.

She adds that the nominations motivate and inspire Kavli employees in their everyday work.

“We are pleased to be able to involve them in the work of distributing a part of the profit that they have helped to create. The employees’ involvement shows a strong social commitment,” says Iversen.



HAND-OUT: Presentation of gift cheques at Kavli Holding's office in Oslo, December 2022. Photo: Hanne Eide Andersen/ Kavli Trust



These organisations received donations in Norway in 2022:

© **NOK 200,000**

Super Selma

Super Selma is the children's project of the Support Association for People Affected by Cancer ('Støtteforeningen for kreftrammede'). The organisation works to create 'Happy Moments' for all children receiving cancer treatment. Activities are tailored to the child's wishes, needs and condition. Super Selma will use the employee nomination for a winter trip for families who have children with cancer. A winter trip for the whole family can provide positive experiences in times that are often consumed by illness, treatments and isolation.

© **NOK 400,000**

Løvemammaene

Løvemammaene ('Mama Bears') works to raise awareness about and advocate for the rights of children and young people with illness and disabilities in Norway. The organisation also received NOK 500,000 from the Kavli employees in 2021. The employee donation was used to start a programme providing parental support, consultation and assistance when dealing with the help services. The organisation will use the donation for further operation of the programme.

© **NOK 200,000**

The Norwegian Autism Society, Hordaland County

The association works to promote quality of life in a diverse society. In Hordaland county, the association organises and facilitates a great number of meetings, activities, courses and social gatherings as well as providing support to families and people living with autism spectrum diagnoses. The Autism Society will use the donation to organise a summer camp for 40 families.

© **NOK 200,000**

The Norwegian Association for Children with Congenital Heart Disease, Hordaland County

The association works to promote the interests of all children and youth in Norway under the age of eighteen who have a congenital, early-acquired or genetic heart disease, and their families. Children with congenital heart disease have been extra vulnerable during the pandemic, with many social weekend trips having been cancelled. The association will use the donation for a weekend trip for the youth group.

© **NOK 150,000**

Rogaland MS Association

The association works to improve coping skills for people living with the MS diagnosis, through meetings and social gatherings for all age groups and for relatives. The association will use the donation for one or more activities that are open to everyone: family gatherings and evening courses with speakers who focus on good coping strategies.

© **NOK 200,000**

Bjørnar Gull Handball Team

Bjørnar Gull is a handball team for young people and adults with disabilities. The team currently has 15 active players, and participates in Region West's series for organised handball, the TH series. The team will use the donation to cover expenses for participants and companions for the national tournament in Kristiansand and the end-of-season event, as well as for new training suits for the players.

© **NOK 200,000**

Erkeengler ('Archangels')

Non-profit foundation in memory of Mikael (7) and Gabriel (1), two brothers who were killed in Lørenskog in 2020. The foundation will honour the boys through contributions to the local community. Erkeengler works to ensure that financial challenges do not prevent children and young people from being able to participate in sports and leisure activities, through a fund that covers expenses for membership fees and equipment. The foundation received NOK 50,000 from the employee nomination in 2020, and will use this year's donation for the same purpose.

© **NOK 300,000**

KIL-fond Bergen and surroundings

The association helps economically disadvantaged families with food boxes and clothes, organises summer camp activities, pre-Christmas parties and other activities in Bergen and the surrounding area. Since 2018, KIL-fond has bought new school bags for first-graders whose families cannot afford to buy them themselves. KIL-fond will use the donation to continue its work.

EMPLOYEE NOMINATIONS NORWAY

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🎯 NOK 1 million Norwegian Red Cross

At the suggestion of employees, NOK 1 million from the Norwegian Kavli companies was earmarked for humanitarian work for people affected by the war in Ukraine. A large majority voted for the Norwegian Red Cross to receive the funds. The Red Cross runs extensive emergency aid work in Ukraine and for refugees in neighbouring countries. They provide physical and psychosocial health care, shelter, food, water, medicines and other medical equipment. When possible, they evacuate civilians who need assistance and build infrastructure.



EXCEPTION FOR UKRAINE:

Generally, the employee nomination is intended for local or national purposes. In 2022, there was a union agreement among the employees of Kavli Norway to make an exception to donate to relief work for those affected by the war in Ukraine. Senior Advisor Ihna Stallemo and Regional Representative for Europe, Erik Abild from the Norwegian Red Cross were given a gift cheque of NOK 1 million from the employee nomination in 2022. Photo: Hanne Eide Andersen/ Kavli Trust

🎯 NOK 150,000 Association for Adults with Congenital Heart Defects

The association offers various activities and gatherings for people over the age of 18 with congenital, genetic or early-acquired heart defects. The association provides information, peer support and advocates for members' rights in the public health sector. The association will use the donation to arrange a social gathering for young adults, which will help build networks and coping skills for the participants as they approach adulthood.



GIVING BACK: From left Sales Manager at Kavli, Patrick Braathen together with Anne Giertsen and Kari Anne Pedersen from the Norwegian Association for Adults with Congenital Heart Defects. Patrick, who himself has a congenital heart defect, knows first hand the value of good support from an advocacy organisation. Photo: Hanne Eide Andersen/ Kavli Trust



Employee nominations in Sweden:

© NOK 916,667 *CancerRehabFonden*

CancerRehabFonden ('Cancer Rehabilitation Foundation') has received the most votes from Kavli's employees in Sweden three years in a row. The organisation provides cancer rehabilitation for adults affected by cancer when the healthcare system in Sweden does not provide it. The donation will go towards week-long rehabilitation programs for cancer patients including dietary advice, group sessions with a psychologist/therapist, physical training as well as yoga and relaxation exercises.

© NOK 777,778 *Ella's Hjältar*

Ella's Hjältar provides help and support to families who struggle in one way or another. The association facilitates 'dream days' filled with fun and adventure, play and meetings with idols. Disabled children receive financial support for technical aids, and siblings of children with various disorders are included. The employee donation will be used to fill a truck before Christmas and travel around Sweden to distribute Christmas presents to families with children in hospitals.

© NOK 347,222 *Swedish Sea Rescue Society*

Thanks to 2,400 volunteer crew members, rescue services are always available 24 hours a day anywhere along the Swedish coast and on the major lakes. Swedish Sea Rescue Society has 74 rescue stations and more than 260 rescue units along the coast and the largest lakes. When the alarm goes, rescue is on its way in 15 minutes. The donation from 2021 and 2022 will go towards the water vessel Rescue Runner, which will be able to help save many lives at sea.

© NOK 263,889 *Städa Sweden*

Städa Sverige ('Clean Sweden') is an environmental organisation working to engage young people involved in sports. The organisation promotes a rubbish-free Sweden, supporting youth sports by inviting local teams and associations to pick up rubbish in their local community. Participants take part in an environmental workshop prior to the task, and the sports club receives a financial contribution after a cleaning job has been performed. The donation from Kavli Trust will support this work.

© NOK 694,444 *Vid din sida*

The vision of this organisation is that no elderly person should have to look for empty bottles in rubbish bins to get by in everyday life. Elderly people who are poor, lonely or homeless can come and find security, warmth and company with others. The organisation runs a soup kitchen and has two premises where the elderly can come and get help with laundry, a bath and home-cooked food. The employee donation will go towards meals, public transport, emergency food boxes and more.



CancerRehabFonden ('Cancer Rehabilitation Foundation') has received the most votes from Kavli's employees in Sweden three years in a row.

DONATION: Hand-out of a gift cheque to CancerRehabFonden at Kavli Sweden, October 2022. Photo: Kavli Sweden



EMPLOYEE NOMINATIONS SWEDEN



DONATION:
Presentation of gift cheques to all the selected organisations in Kavli Sweden, October 2022.
Photo: Kavli Sweden

Employee nominations in Finland:

© 15,000 euros *Suomen Delfins ry*

Suomen Delfins ry is a nationwide support association for adults who have experienced sexual abuse or violence as children. Through a helpline, chat and support groups, consultation and support is provided to victims, relatives and professionals working with adults exposed to sexual abuse or violence. The association facilitates training for educational institutions and various professional environments.

© 15,000 euros *SOS-Lapsikylä*

SOS Children's Villages in Finland provides high-quality assistance to municipalities, families and children, with a particular focus on the most disadvantaged families. The employee donation will go towards a service providing homework help, which is offered by volunteers who have received training from SOS-Lapsikylä. Through assistance with school work and social support for children and young people, volunteers help children and young people gain a sense of empowerment, giving them the opportunity to reach their potential.

© 15,000 euros *Helsinki Missio*

Helsinki Missio works to combat loneliness. Every year, the organisation helps tens of thousands of elderly people, young people, families with children and students with special needs. Loneliness is a particular problem among the elderly, and the employee donation will go towards a project facilitating peer support and activities for the elderly.

© 15,000 euros *Syli ry*

Syli ry is a support association for families of children affected by cancer. Syli ry supports member families financially, and offers accommodation to families during periods of cancer treatment. The employee donation will go towards robots that enable children to follow school classes even when they are undergoing cancer treatment. The robot is present in the class, and the child can see the other students and be part of the teaching using a tablet.



KAVLI FINLAND: Presentation of gift cheques from the employee nomination in Finland in 2022.
Photo: Kavli

© 15,000 euros *Operaatio ruokakassi ry*

Operaatio ruokakassi is an aid organisation in Turku that is mainly run by volunteers. Operation Ruokakassi works to collect and redistribute surplus food to disadvantaged people through the association's member organisations. All the food distributed is free, and the services are available to anyone in need of food assistance.

© 15 000,euros *Hope Turku ry*

Hope – ry works for disadvantaged families by collecting and redistributing clothes, shoes, sports equipment and toys to children in need. The organisation provides financial support for children and young people's sports and leisure activities, as well as social activities such as cinema, concerts and trips with friends.

Employee nominations in the UK:

© **£60,000**

Dumfries and Galloway Mental Health Association

Dumfries and Galloway Mental Health Association works for people with mental health problems and their carers. The Association provides housing and support/care at home services, a care home and several charity shops. The employee donation will go to several improvements and services including seven mindfulness benches with information on their services and mental health in general.



KAVLI UK: Pictures from the presentation of gift vouchers to the organisations Bright Red and Feeding Families, from the employees.
Photo: Kavli UK



© **£75,000**

Galloway Mountain Rescue

Galloway Mountain Rescue Team organises search and rescue services in Dumfries, Galloway and South Ayrshire. They are a team of highly trained volunteers who have been mobilised to hundreds of emergency incidents across Southwest Scotland. Most of these have been searching for missing persons, but have also included responding to medical emergencies, floods and other severe weather conditions. The employee donation will be used to upgrade and purchase equipment such as drones, life rafts and an ambulance.

© **£83,000**

Feeding Families

Feeding Families supports disadvantaged people in the North East of England with basic necessities. The pandemic and increased costs of living in the UK have created a dramatically increased need for aid. Many families have been forced to choose between heating or eating. The organisation differs from other food banks in that users do not have to prove that they are eligible for the food. The employee donation will go towards emergency food boxes to those in need in the local community.

© **£22,000**

Bright Red

Bright Red is a charity established to improve the lives and treatment of people living with blood cancer. The charity provides care, education of healthcare professionals and promotion of world-class research into the treatment of leukaemia, lymphoma, myeloma and bone marrow failure. The employee donation will go towards a mini bus vehicle to make it possible to travel to different locations and provide onsite services such as the play therapy, complementary therapies and wellbeing sessions.

© **£15,000**

Sunderland Carers Center

Over 10,000 carers are registered in Sunderland, including 830 young carers. The association provides information, advice, guidance, and support to unpaid relatives and carers to enable them to continue to have a life outside of caring. The employee donation will go towards wellbeing classes such as yoga, mindfulness, arts and crafts, music and cookery for carers who desperately need some time to themselves, to care for their mental health and wellbeing.

EMPLOYEE NOMINATIONS UK

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HIGHLIGHT OF THE YEAR:

Presentation of gift cheques and celebration of the organisations at Primula Cheese in Gateshead in North-East England, and at Castle MacLellan in Kirkcudbright in Scotland. Photo: Kavli UK





Local causes

In 2022, consumers in Sweden and the UK were invited to nominate good causes to receive support from Kavli Trust.

“The funds are allocated from Kavli Trust to the Kavli companies, which then distribute them to charitable, local causes in their respective countries,” says General Manager of Kavli Trust, Inger Elise Iversen.

“We get a lot of great feedback from committed consumers who say that they choose Kavli products as often as they can, because they know that all the profits go to good causes.”

“It is thanks to everyone who buys products from our companies that we have profits to distribute, and we are

happy to involve consumers in deciding the causes,” says Iversen.

Most of Kavli Trust’s funds are distributed by Kavli Trust’s administration which finds projects in accordance with the allocation strategy, through outreach activities involving professional communities and organisations.

In all three countries, grocery stores, traditional media and social media are used in a creative and engaging way to invite consumers to submit their nominations.

RECEIVED SUPPORT:
Lunds BOIS. Photo:
Kavli Sweden



Kavli Sweden conducted their nomination campaign in autumn 2021. The causes were chosen in the spring of 2022. These causes received **SEK 25,000** in support:

- Skidklubben Granan
- Barnens guldkant i Sundsvall
- Jörns Idrottsförening
- SFK Laxen
- IFK Bergvik-skidsektionen
- Lunds Bois
- Ramnäs CK Cykel
- Buff Örebro
- Stockholm Frame Fotboll
- Odenslund 4 H klubb
- KFUM Sundsvall Basketförening
- Våga va dig själv
- Onyx Innebandy
- Möllans Basement

Facts

- In 2022, both Kavli Sweden and Kavli UK/Primula Cheese distributed support through local nomination campaigns.
- Kavli Norway carried out campaigns in both 2020 and 2021.
- Both Kavli Norway, Kavli Sweden and Kavli UK/Primula Cheese are planning new campaigns in their respective countries in autumn 2023.

LOKAL CAUSES



RECEIVED SUPPORT:
Onyx Innebandy (top left), Barnens Guldkant (right) and Möllans Basement (bottom left).
Photo: Kavli Sweden



Local charities in the UK

Primula Cheese carried out their nomination campaign in February 2022 and selected the causes in March. The following causes received support:

- © £5,000 Success4All
- © £5,000 Charlie Gard Foundation
- © £5,000 Zarach
- © £5,000 The Bradley Lowery Foundation
- © £5,000 Oscar's Wish Foundation
- © £5,000 The Clothing Bank
- © £5,000 4 Louis
- © £5,000 Homeless Street Angels
- © £1,000 Share Alike
- © £1,000 Feeding Families
- © £1,000 Primula stock
- © £3,000 Mark Rutherford



WELL RECEIVED: The organisation Success4All works for children from low-income households and living with other challenges in North East England. Photo: Success4All

Annual accounts 2022

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1. KAVLI TRUST'S ACTIVITIES IN 2022

O. Kavli and Knut Kavli's Charitable Trust (i.e. Kavli Trust) is the foundation which is the sole owner of Kavli Holding AS (the Kavli Group) and which distributes the entire profit to charitable causes.

Additionally, a separate financial portfolio is managed that equalises both the non-profit activity and any capital requirements of the Kavli Group.

The Kavli Group was established by Olav Kavli in 1893. In 1962, his son, Knut Kavli, established Kavli Trust and transferred ownership of the group to the foundation. According to the statutes, Kavli Trust distributes all its profits/dividends from the Kavli Group to humanitarian, cultural and scientific causes.

Charitable work is the overall purpose of Kavli Trust. For this to be possible, the exercise of ownership and the control of the foundation's financial resources must be safeguarded and managed in a way that creates further value.

Allocations of funds by the foundation have significantly increased over the

last years. In 2022, the allocations amounted to NOK 81.5 million.

The strategy for allocations is revised yearly. In November 2022, the Board of Kavli Trust adopted a new edition of the document Governance and development of Kavli Trust as a basis for future work and development of the foundation.

The unique qualities of the Kavli Group are only apparent when seeing the foundation and the companies of the Kavli Group in context.

The Kavli Trust communication should be open, accessible and engaging. Consumers should easily get information about what they are supporting by choosing Kavli products.

Kavli Trust also aims to support and contribute to the communication efforts by our collaborative partners, i.e. our grant recipients.

By sharing information about their work in our communication channels, offering advice, knowledge and, in some instances, communication

resources, we continue to fulfil the mandate of Kavli Trust.

THE BOARD

The Board of Kavli Trust is required to have in-depth knowledge of the business side of the Kavli Group alongside experience within the culture sector, science or humanitarian work. A minimum of one trustee must have expertise in finance or investment. In 2022, the board had the following composition:

Dag J. Opedal – chair
Aksel Mjøs – trustee until 31 December 2022
Solfrid Lind – trustee
Lise Hammergren – trustee
Erik Volden – trustee

During 2022, the Board of Kavli Trust held six minuted ordinary board meetings and several working sessions relating to ongoing recruitment. The annual accounts and annual report for 2021 were approved at the board meeting on 25 April 2022.

The Annual General Meeting for Kavli Holding AS was held on 15 June, 2022.

ADMINISTRATION

There are four full time equivalents in the administration as of 31.12.2022. Inger Elise Iversen is the general manager. The head office is in Bergen, and the visiting address is Sandbrekkeveien 91, 5225 Nesttun, Bergen, Norway. No liability insurance has been taken out for the trustees or Kavli Trust management in 2022.

ACCOUNTANT

Kavli Trust's state authorised accountant is Ole Martin Waage of PricewaterhouseCoopers AS.

1. KAVLI TRUST'S ACTIVITIES IN 2022

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BBQ WITH KAVLI: From left, Project Manager in En Frisk Generation, Oscar Salazar, General Manager of Kavli Trust, Inger Elise Iversen, Advisor and Business Developer, Alexander Nazar and a volunteer from Lindängen serving hot dogs with dressing from Kavli Sweden. Photo: Hanne Eide Andersen/Kavli Trust

GOOD HEALTH:

The Kavli Trust Board and administration visited several partners in Malmö in November 2022. Here from "Open Day" in the district of Lindängen with the organisation En Frisk Generation, which works to promote good health for everyone in Sweden. Kavli Trust supports their work with low-threshold, health-promoting activities, such as the family activity "Open Day". Children from the whole neighborhood played «Stiff witch» and other physical games, followed by a social get-together and barbeque. Photo: Hanne Eide Andersen/Kavli Trust



1. KAVLI TRUST'S ACTIVITIES IN 2022

FACTORY VISIT: On a field trip in November 2022, the board and administration of Kavli Trust visited Kavli Sweden's factory in Eslöv, and Skåne Stadsmission's grocery store Matmissionen, which has been established with support from Kavli Trust. Photo: Hanne Eide Andersen/ Kavli Trust



2. OWNERSHIP IN THE KAVLI GROUP

The Kavli Group is one of Norway's largest, oldest and most prominent international food producing companies with its own production facilities in Norway, Sweden, Finland and the UK.

Income is generated from the sale of foods under the Kavli brand and strong local brands such as Primula Cheese, Druvan, Eriks, Planti and Q-Meieriene in the Nordic countries and the UK. The Kavli Group is owned 100 percent by Kavli Trust through Kavli Holding AS. The Board of Kavli Trust represents the ownership and constitutes the Annual General Meeting of Kavli Holding AS.

Helge Leiro Baastad is the chair of the Board of Kavli Holding AS. Dag J. Opedal and Lise Hammergren represent Kavli Trust on the Board of Kavli Holding AS.

Employees of the Kavli Group are proud to work for a company that allocates its profit to good causes. The employees are involved in deciding how some of the funds are allocated. Every year, all employees in the four different countries nominate and vote for a selection of local projects to receive funding from Kavli Trust, via the so-called "employee nomination".



EMPLOYEE: Alistair Hay at Primula Cheese in Gateshead. Photo: Kavli UK

In 2022, the Board of Kavli Trust was kept up to date on the group's activities and performance through briefings by the CEO in board meetings, and briefings by the chair of the board, Helge Leiro Baastad, and the CEO Kenneth Hamnes in strategy meetings.

The Kavlifondet group had operating revenues of NOK 4.1 billion in 2022, compared to NOK 4.2 billion in 2021. Dividends received by Kavli Trust and

recognised as income in 2023, are proposed to be NOK 50.0 million.

The board recognises that the Kavli Group has also in 2022 had challenges with parts of its operations in the UK and in Finland. The construction of a new dairy plant in Jæren, on the west coast of Norway, represents the largest investment in the history of the Kavli Group and is a particularly demanding task. The annual result in Kavli

"Employees of the Kavli Group are proud to work for a company that allocates its profit to good causes. The employees are involved in deciding how some of the funds are allocated."

Holding AS is characterised by extraordinary increases in the price of input factors such as raw materials and electricity and the start-up of the new dairy at Jæren, and good progress is expected in 2023. The board fully trusts the management of the Kavli Group to hold their responsibilities in the best possible way, and will continue to be a committed and well-informed owner.

3. FINANCE AND MANAGEMENT

Kavli Trust's income source is a combination of annual dividends from Kavli Holding AS, interest on loans to Kavli Holding AS and returns from its own financial means. As per the Kavli Trust strategy, the aim is to build up a separate capital reserve so that, if necessary, it can provide capital injections to the Kavli Group and ensure that the non-profit activity does not depend on annual dividends from Kavli Holding AS. Furthermore, the investment portfolio contributes to a risk-based balancing of the total assets of Kavli Trust.

The board attaches considerable importance to a management strategy that takes into account relevant risks and a longer investment horizon, financial responsibility, impact realisation and the need for liquidity. The board has, on advice from Grieg Investor, adopted a long-term investment strategy for financial assets. The portfolio is invested in funds. Grieg Investor advises on the choice of management and funds, as well as providing monthly portfolio reports. Current asset composition, as of 31 December 2022, corresponds to strategic priorities. Implementation of the financial strategy has been

| Asset classes | Return on investments as of Dec. 31, 2022 [%] | | | |
|------------------------|---|--------------|-----------------|---------------------------------|
| | Portfolio share (in %) | Portfolio | Reference index | More/less return on investments |
| Norwegian bonds | 13,61 | -3,10 | -2,04 | 1,07 |
| Global bonds | 19,22 | -9,40 | -8,76 | -0,90 |
| Norwegian stock | 8,38 | 6,40 | 7,09 | 0,68 |
| Global stock | 46,32 | 8,55 | 8,76 | 0,21 |
| Real estate funds | 11,80 | -1,87 | -1,87 | 0,00 |
| Hedge Fund | 0,60 | -7,60 | | |
| Cash | 0,10 | | | |
| Total portfolio | 100 | -6,95 | -6,79 | -0,16 |

continuously monitored by CIO Knut Nordenhaug and the investment committee consisting of chair of the Kavli Trust Board, Dag Opedal and trustee Aksel Mjøs with regular reporting and support in board meetings.

As of 31.12.2022, the market value of Kavli Trust's financial portfolio, after loans to Kavli Holding AS were deducted,

was NOK 508.5 million, compared to 558.0 NOK million as of 31.12.2021. 465.0 million of these have been invested in a portfolio through Grieg Investor. The table above shows the portfolio's distribution and return per asset class as at 31.12.22. Kavli Trust's portfolio has been broadly selected by asset managers within board-approved asset classes and distributed according to Norway/Global. Requirements have

"The board attaches considerable importance to a management strategy that takes into account relevant risks and a longer investment horizon, financial responsibility, impact realisation and the need for liquidity."

been set for the portfolio's liquidity, transparency, sustainability and accountability.

The portfolio is constructed with a purpose of adjusting to changing market situations. 2022 has been a demanding year. The board is nevertheless satisfied with the development in the portfolio given the current situation.

3. FINANCE AND MANAGEMENT

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SUSTAINABILITY

Kavli Trust's overall goal is to maximise the long-term value creation of invested capital and at the same time contribute to sustainable development. Kavli Trust assumes that a good return over time depends on sustainable development in an economic, environmental and social sense.

Kavli Trust is aware of its responsibility as an owner, investor and social actor, and wants to use this position to contribute to positive change for society, people and the climate/environment.

Kavli Trust recognises the UN Sustainable Development Goals as the world's common roadmap for a more sustainable world and that investments are an important tool in the global work to achieve these. The foundation's long-term ambition is to increase exposure to investments that contribute to achieving the Sustainable Development Goals.

Kavli Trust further recognises the Paris Agreement and wants to contribute to achieving the two-degree goal. Kavli Trust must therefore have a conscious approach to carbon emissions and carbon reserves from companies in its portfolio. Kavli Trust will have a lower share of carbon in its portfolio than the rest of the market. Kavli Trust regularly

measures the carbon share in its portfolio, both on emissions and reserves.

IMPACT INVESTMENTS

By impact investments, Kavli Trust means investments that have a defined goal of achieving measurable social and /or environmental returns together with financial returns. Through impact investments, Kavli Trust will contribute to strengthening the private sector in developing countries. By investing in companies that create jobs, improve living conditions and promote sustainable development, the foundation can contribute to lasting positive change for both individuals and society at large.

Impact investments are measured by their own criteria and as a separate portfolio, and are considered part of Kavli Trust's allocations for impact realisation. Investments are made primarily through fund and bond structures. Kavli Trust has previously invested NOK 6 million in The Voxtra East Africa Agribusiness Growth Fund and USD 551,000 in an agricultural fund managed by responsAbility in Zurich, Switzerland. In 2021, Kavli Trust invested USD 975,000 in Women Livelihood Bond 4, a bond in which raised capital is lent to ten underlying companies in South and Southeast



LEARNING CAMP: Guttas Campus North Norway, 2022. Photo: Guttas Campus

Asia. The borrowers will in various ways contribute to positive change for around 500,000 women and promote climate-friendly initiatives. The bond is issued by the Singapore-based Impact Investment Exchange. Impact investments are accounted for as investments in the accounts. No new impact investments have been made in 2022.

OPERATING COSTS

Kavli Trust's own operating costs (excluding allocations) in 2022 were NOK 14.3 million. In 2021, operating

costs were NOK 14.3 million. Kavli Trust has no obligations beyond those set aside in the financial statements or discussed in this annual report. Net income before allocations for Kavli Trust were NOK 42.0 million for 2022 (compared to NOK 132.3 million in 2021). The board believes that the income statement and the balance sheet with accompanying notes provide satisfactory information on the year's activities and the foundation's position at year-end.

3. FINANCE AND MANAGEMENT

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BOYS' CAMP: Guttas Campus is an intervention for boys in 9th grade who are struggling at school, and who want to improve academically and socially before upper secondary school. Here, they receive a two-week intensive learning camp with follow-up by mentors for a year afterwards.

Kavli Trust has supported the establishment of Guttas Campus in Oslo, Bergen and northern Norway with a total of NOK 9.3 million since 2018. The photos are from the learning camp in northern Norway in 2022, which Kavli Trust supported through an allocation in 2021. Photo: Guttas Campus



4. CHARITABLE WORK

OVERVIEW

The Kavli Trust statutes say: “O. Kavli and Knut Kavli’s Charitable Trust (Kavli Trust) is a trust with the object of promoting humanitarian causes, research and culture through the award of grants as determined by the Board of Trustees of Kavli Trust.”

Kavli Trust is the owner who makes a difference by not only giving a part of the profit, but all of it to charitable causes. Kavli Trust is the owner that was created to make a difference. We are here for others!

Since its creation in 1962, Kavli Trust has supported many humanitarian, scientific research and cultural projects, all chosen for their high potential for benefit. Our goal is to create positive ripple effects in people’s lives, not only for individuals, but in local communities and in society at large.

Kavli Trust aims to be a responsible, trustworthy, competent and always relevant collaborator, functioning within our priority areas. We reach our goals by working in a responsible, long-term, competent and devoted way.

THREE MAIN CATEGORIES AND THE UN SUSTAINABLE DEVELOPMENT GOALS

Three categories are specifically stipulated and stated as criteria for allocation in the Kavli Trust statutes:

- Humanitarian work
- Scientific research
- Culture

The areas to be prioritised within the various categories are defined in the governance document for the Kavli Trust allocation strategy, which is regularly revised and adopted by the board.

In 2020, the administration and the board carried out a comprehensive revision of the foundation’s allocation strategy. We believe that a new, sharpened allocation strategy with a thematic focus, has strengthened the quality of the Kavli Trust allocations. The strategy is valid until 2025 and is revised annually by the board.

The distribution key between the categories is maintained: 60 percent of all allocations must go to humanitarian

“O. Kavli and Knut Kavli’s Charitable Trust (Kavli Trust) is a trust with the object of promoting humanitarian causes, research and culture”

projects, 30 percent to scientific research and 10 percent to culture.

The same applies to the geographical distribution. 70 percent of the funds are allocated to projects in countries where the Kavli Group operates: Norway, Sweden, Finland and the UK. The remaining 30 percent is allocated to international development projects in countries in sub-Saharan Africa and in Asia.

Kavli Trust prioritises interventions that support the following UN Sustainable Development Goals:

- Goal 3: Good health and well-being
- Goal 4: Quality education
- Goal 12: Responsible consumption and production
- Goal 13: Combat climate change



4. CHARITABLE WORK

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This is how Kavli Trust will contribute:



1) HUMANITARIAN WORK

Child and adolescent mental health
Kavli Trust strengthens the mental health of children and adolescents with various interventions that promote inclusion, life skills and quality education.

Kavli Trust wants children and adolescents to be healthy, safe and have the opportunity to develop their skills. Education, independence and confidence are key to empowering children and adolescents so that they flourish and thrive in whatever they choose to do.

Climate and the environment

Kavli Trust supports projects that provide smart solutions for climate and the environment related to responsible consumption and production.

As the owner of a food group, Kavli Trust has a particular obligation to contribute to solutions related to responsible consumption and production.



2) SCIENTIFIC RESEARCH

Kavli Trust is representative of private, voluntary funding, and plays an important role where public funds are not sufficient. Kavli Trust supports demand-driven research that is anchored in specific evidence gaps and that is highly relevant to users. The foundation supports research that prevents and alleviates mental disorders in children and adolescents through the Kavli Trust Programme on Health Research. The programme is run in collaboration with the Norwegian Dam Foundation acting as the executive partner until 2025.



3) CULTURE

Kavli Trust wants as many children and adolescents as possible to have the opportunity to experience, create and partake in cultural activities. We support cultural activities as a means to promote inclusion and integration.

THE EMPLOYEE NOMINATION

All employees in the Kavli Group contribute to creating the profit that Kavli Trust allocates to good causes. Our employees are also important ambassadors for our businesses, for Kavli Trust and for the projects we fund. The employee nomination is one of the annual highlights of the Kavli Group. All employees in the Kavli Group vote on a number of causes that will be granted funding. The Kavli businesses in each country hold nomination and selection processes and a shortlist is presented to Kavli Trust, which makes the final decision. The selected charities are invited to receive a cheque and celebrate together with the employees. The level of engagement with the employee nomination is high. This direct involvement of the employees with the work of the Kavli Trust is regarded as an important element to instil pride, ownership and solidarity.

Did you know ...

... that the artist Rolf Aamot and concert pianist Jan Henrik Kayser were the first to receive a grant from Kavli Trust? They received NOK 5,000 each, which is equivalent to NOK 56,000 today.

... that Kavli Trust gave the landmark sculpture "The Blue Stone" to the city of Bergen? Today, it is one of the city's most well-known meeting places.



POPULAR MEETING PLACE: The Blue Stone in Bergen. (Photo: Hanne Eide Andersen / Kavli Trust)

4. CHARITABLE WORK

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PROJECTS THAT RECEIVED FUNDING IN 2022

All of the major allocations are reported on kavlifondet.no/en

| ALLOCATIONS 2022 | | | NOK |
|---|--------------|--------------|-----------|
| Employee nominations, Kavli Norway | Humanitarian | Norway | 3 000 000 |
| Employee nominations, Kavli Sweden | Humanitarian | Sweden | 3 000 000 |
| Employee nominations, Kavli Finland | Humanitarian | Finland | 1 000 000 |
| Employee nominations, Kavli UK | Humanitarian | UK | 3 000 000 |
| Curious Monkey | Humanitarian | UK | 1 500 000 |
| Human Practice Foundation | Humanitarian | Nepal | 8 000 000 |
| Strømmestiftelsen | Humanitarian | Nepal | 5 000 000 |
| Västerås Stadsmission | Humanitarian | Sweden | 2 500 000 |
| Skåne Stadsmission | Humanitarian | Sweden | 1 000 000 |
| Den Norske Turistforening | Humanitarian | Norway | 3 000 000 |
| Mortal Fools | Humanitarian | UK | 2 000 000 |
| Cedarwood Trust | Humanitarian | UK | 2 100 000 |
| Helse Bergen HF (Bergen 4-Day-Treatment) | Humanitarian | Norway | 7 000 000 |
| Children North East | Humanitarian | UK | 2 000 000 |
| ADRA Norge | Humanitarian | Ethiopia | 320 000 |
| Norwegian Church Aid | Humanitarian | Ethiopia | 4 000 000 |
| Stiftelsen MusikBojen | Culture | Sweden | 1 000 000 |
| ROS - Rådgivning om spiseforstyrrelser | Humanitarian | Norway | 3 000 000 |
| Barnens Rätt i Samhället (BRIS) | Humanitarian | Sweden | 3 000 000 |
| Doctors Without Borders | Humanitarian | NRK Telethon | 250 000 |
| Local causes, Kavli Sweden | Humanitarian | Sweden | 350 000 |

| | | | |
|--|--------------|---------------|-------------------|
| Local causes, Kavli Sweden UK | Humanitarian | UK | 500 000 |
| University of Roehampton | Research | UK | 8.035 000 |
| Nasjonalt Utviklingssenter for Barn og Unge (NUBU) | Research | Norway | 9 969 000 |
| Norsk klimastiftelse | Humanitarian | Norway | 1 600 000 |
| Mental Helse Ungdom | Humanitarian | Norway | 2 000 000 |
| Trygga Barnen | Humanitarian | Sweden | 500 000 |
| Skåne Stadsmission | Humanitarian | Sweden | 900 000 |
| Seedling projects 2022* | Humanitarian | Norway/Sweden | 2 000 000 |
| Total allocations in 2022 | | | 81 524 000 |

| * SEEDLING PROJECTS 2022 | | | NOK |
|--|--------------|--------|------------------|
| Stiftelsen Evangeliesenteret | Humanitarian | Norway | 250 000 |
| Forskerfabrikken | Humanitarian | Norway | 250 000 |
| Håpets Katedral | Humanitarian | Norway | 50 000 |
| Senter for Livshjelp | Humanitarian | Norway | 100 000 |
| Center for Evidence and Implementation | Humanitarian | Norway | 350 000 |
| Linköping Stadsmission | Humanitarian | Sweden | 125 000 |
| Umeå Stadsmission | Humanitarian | Sweden | 125 000 |
| Foreningen Frisk Mat | Humanitarian | Sweden | 300 000 |
| Rest seedling projects, Sweden | Humanitarian | Sweden | 450 000 |
| Sum minor projects 2022 | | | 2 000 000 |

5. ETHICS, HUMAN RIGHTS, DIVERSITY, WORKING ENVIRONMENT AND CLIMATE/ENVIRONMENT

As a charitable trust, ethical operations lie at the very foundation of Kavli Trust, ensured through a set of rules and regulations, which are evaluated and updated on a regular basis.

These include zero tolerance for corruption, principles of conflict of interest and partiality, clear rules for external duties and working conditions, confidentiality and discretion, robust routines for information security and IT systems, business practices and environment, and health and safety.

Kavli Trust has its own ethical guidelines for communication. These include basic values and principles for general language style and visual presentation in Kavli Trust's media channels.

We are particularly concerned with representing people and collaborating partners in a balanced and dignified manner, ensuring that we do not contribute to stereotypes or prejudices. Kavli Trusts seeks out responsible collaborating partners who share our values and whom we can identify with.

EQUALITY AND DIVERSITY

Through our allocations, we promote universal human rights such as access to education and health services.

Kavli Trust works in accordance with Norwegian anti-discrimination rules related to gender, pregnancy, parental leave, care responsibilities, ethnicity, religion, belief, disability, sexual orientation, gender identity and gender expression.

As of 31 December 2022, the Kavli Trust administration has three female and one male employee. The board consists of two women and three men. The board emphasises that both genders should be equally represented. The working environment is considered to be good.

CLIMATE/ENVIRONMENT

The climate is affected by the operations of Kavli Trust through its office facilities and travel. With a total of four employees based in Oslo, Kristiansand and Bergen respectively, the administration works continuously to organise its work in the most climate-efficient

way. The most effective step is to limit travel generally and strive to use environmentally friendly, low emission transport.

Kavli Trust will continue to support projects with climate and environmental purposes.



"We are particularly concerned with representing people and collaborating partners in a balanced and dignified manner, ensuring that we do not contribute to stereotypes or prejudices."

5. ETHICS, HUMAN RIGHTS, DIVERSITY, WORKING ENVIRONMENT AND CLIMATE/ENVIRONMENT

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**LEARNING TO FIGHT:**

Young people from Strømme Foundation's Samvad groups marched in a protest against gender-based violence and rape during the international campaign «16 Days of Activism». Kavli Trust supports Strømme Foundation's operation of Samvad, a life skills programme in Nepal where girls are given priority. Photo: Strømme Foundation

6. KAVLI GROUP ACCOUNTS

Kavli Trust has prepared the consolidated accounts together with an overview of the foundation's business activities, in accordance with the requirements of the Norwegian Accounting Act (Regnskapsloven). The consolidated accounts for Kavli Holding AS show the economic development for the business activities separately.

The annual profit for the Kavli Group is NOK 11.3 million before distributions to charitable activities, compared to NOK 295.5 million in 2021. The consolidated financial statements for Kavli Holding AS show the economic development of the business sector separately. The consolidated financial statements for Kavli Holding AS were presented to the Board of Kavli Trust on 10 May 2023, with a profit after tax of NOK 14.4 million for 2022, compared with NOK 243,2 million in 2021.

Following the presentation of the group accounts for Kavli Holding AS for 2022, the company has been upheld in its complaint to the Norwegian Directorate of Agriculture regarding the loss of distribution subsidies. This decision results in an improved annual result in the Kavli Holding group of NOK 40.0 million for 2022 and this is taken into account in the consolidated accounts



"Kavli Trust has several collaborative partners who play a crucial role in supporting some of society's most vulnerable."

for Kavli Trust for 2022. See note 5 for more information.

For further information, refer to the annual report for Kavli Holding AS. Reference is also made to statements from Kavli Trust and the Kavli Group relating to the Transparency Act, which will be published in separate reports on kavlifondet.no and kavli.no by 30 June 2023.

7. VIEW AHEAD AND CONTINUED OPERATION

Since 2020, the world has been in a more or less extraordinary situation with crises as a result of pandemics, war and macroeconomic conditions. The need to take responsibility through good deeds and charitable contributions is greater than ever.

Kavli Trust has several collaborative partners who play a crucial role in supporting some of society's most vulnerable, such as people living in isolation and loneliness, low-income families, refugees, children and young people with mental illness, and people in other challenging life situations.

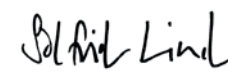
Kavli Trust is pleased to be able to help by supporting this work. We support organisations such as food banks in Norway, Sweden and the UK, the Norwegian Tourist Association and Mental Helse Ungdom ('Mental Health Youth') in Norway, Bris and Erikshjälpen in Sweden, and the Cedarwood Trust, Mortal Fools and New Writing North in the UK. In Ethiopia, we support life skills, vocational and educational programmes managed by the Norwegian Church Aid and ADRA Norway. In Nepal, similar programmes are operated by Human Practice Foundation and Strømme Foundation. The total amount to be allocated to good causes will vary in the years to come.

The Board of Kavli Trust, together with the administration, will continue the development and promotion of Kavli Trust's ownership structure and charitable operations. The board is very positive with regards to the future development of Kavli Trust.


The board considers the conditions for continued operation to be fully present.

Bergen, 10 may 2023


Dag J. Opedal
Chairman of the Board


Solfrid Lind
Member of the Board


Lise Hammergren
Member of the Board


Erik Volden
Member of the Board


Inger Elise Iversen
General Manager



LOVE TO
share

All profits
go to **charity**

