



THE NEPAL TRUST

Working with Health, Community Development and Hope in the 'Hidden Himalayas'

Donation List



The Nepal Trust works in Humla, the most north-westerly district of Nepal, where we provide integrated development solutions in areas such as primary healthcare, renewable energy, education, heritage preservation and ethical tourism. Working in Humla since 1994, we have earned the trust and friendship of the people of these communities.

Hidden high in the Himalayas, most villages are several days walk from any transport head, and all supplies must be carried in by man or animal along steep rocky paths. In winter many villages are cut off by snow for several months at a time, and food supplies are severely limited due to harsh growing conditions and transportation difficulties.

What is the Donation List?

This is a list of example items that your donations will go towards funding, to give you some idea of how the money is spent. These are all items that are essential for bringing sustainable community development to Humla. Rather than guarantee that each individual donation will pay for the exact item you choose, we work closely with the communities in Humla to provide the exact appropriate items they need at each specific time, and in accordance with other funding sources.

Greetings Cards

If you wish to make a donation as a gift to someone, we will be happy to discuss the options with you and produce a relevant greetings card.

To discuss, contact

admin@nepaltrust.org

Tel: (+44) 07917 571 627



Your money can pay for...



£5 - 2 X Energy Saving Light bulbs, to supply light for treating patients in a health post



£250 – Teaching & medical resources for the Little Doctors Programme, for 25 school children to take part in a four-month long health education scheme.



£10 – A yak to carry medical supplies to health posts across Humla



£300 - Transportation of £500 kg of medicine by plane to Humla



£20 – Enough medical supplies for a Health Post to treat a community of 500 people for 1 week (tbc)



£600 – A year's salary for a Mother and Child Health Worker, helping reduce infant mortality and improve women's health



£35 – A fully equipped tool box, to enable a Micro-Hydro Plant supervisor to maintain the provision of electricity and flour grinding facilities to his/her village



£800 – A set of 3 solar panels and batteries for a Health Post to have electric light for treating patients



£60 - One month's wages for a Health Worker to run a Health Post, providing primary healthcare for his/her community



£100 – A box of birthing kits, to ensure that babies are born with clean and appropriate equipment, increasing both babies and mothers' chances in life



£200 – An electrical engineer to spend 2 weeks installing a Micro Hydro or Solar panel energy system

Other ways you can give

As an individual:

- Become a Friend or a Member, by donating regularly each month

As a group:

- Join Community Connections, to gain a unique insight into remote village life, and support that village by contributing a regular amount each year for three years
- Raise money for a specific project such as an essential building or a renewable energy plant

On a trek:

- Trek in Humla, and whether you participate as an individual or as a group, all proceeds go towards the work of the Nepal Trust

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