

THE NEPAL TRUST

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

Community Connections Programme

Supporting Sustainability



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.

Facts about Humla

- Total Area: 5655 Sq. Km
- Altitude Range: 1500-7300m
- Population: 40,595
- Extreme poverty:
Nepal HDI Rank: 138/177 Countries
Humla HDI Rank: 68/75 Districts
Humla HPI Rank: 75/75 Districts
- High illiteracy: 19.6% of adults are literate; 10% of women are literate
- Sparse health facilities: Many people live more than 1 day's walk away
- A food deficient area: government rations are flown in
- Recent history of conflict
- Rocky & steep terrain, harsh climate



What is Community Connections?

The Community Connections Programme is a new initiative, developed to enable British communities, such as Rotary clubs, towns or villages, universities, businesses or even family groups, to connect with and support a community in Humla. This provides:

- A unique and personal link to a remote mountain village community, with an insight into the culture and subsistence lifestyle of the Humli people
- The opportunity to support the continuous sustainable development of a village, helping the people to live with the guaranteed presence of certain essential services.



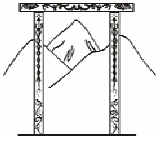
Why donate in this way?

When people donate large amounts of money to charity, they are often keen to give directly to a specific project, helping to purchase tangible items such as buildings and large equipment. The reality, however, is that these are of little use without trained and motivated local staff, maintenance, supplies, and monitoring - items that also cost. The effect of the harsh climate on buildings and equipment, and the isolation that staff can face in remote villages, make these factors of vital importance in Humla.

Our supporters

Alan Jacobsen, who worked with the Gurkhas in WWII, founded the Nepal Trust in 1994. Since then support has come from a wide range of individuals and organisations, in particular Rotarians and the RIBI. Many of our supporters have benefitted from a life-changing visit to Humla.

The Community Connections Programme is a chance to show your support for the continuous sustainable development of a Humla community. By contributing financially to the ongoing costs of our projects within a specific village you will help to guarantee a more secure future for the villagers and their children.



Don't just give – Connect!

Where will the money go?

What is needed varies with each village, depending on our work there: some have several Nepal Trust projects, whereas others have only one so far. We will discuss with you your preferences and funding abilities and match you to a suitable village, providing you with details.

Examples of the costs that need covering could include:

- Staff salaries e.g. Health workers, Micro-Hydro workers, helpers
- Initial / Further staff training
- Volunteer trainer assignments (e.g. a foreign nurse)
- Outreach visits from Coordinators
- Medicines, medical equipment & transportation
- Micro-hydro or solar power spare parts and engineer visits
- Low energy light bulbs, to be sold to villagers at subsidised cost
- Health Post & Micro Hydro power plant building maintenance

How does it work?

We are looking for UK communities who can commit:

- £1000 - £3000 per year
- A minimum of 3 years
- Genuine enthusiasm and an interest in the lives of others from a different culture

The actual cost per year will be defined according to the village, and can be matched according to your funding abilities. If you think you cannot raise the entire funds for one village, then we will team up with another UK community to do it together.

In return you will receive:

- A detailed community profile
- Newsletters updating you with news, stories & photos of what's happening in the village throughout the year
- Support and advice from us on fundraising
- The opportunity to meet the people of your specific Humla community face to face, and to see where your money goes, by joining one of our treks



Kermi village wants to connect with you!

- Approximately 80 households
- 1-2 days walk from the district headquarters, Simikot, on the main Nepal-Tibet trading route
- Health Clinic built in 2000
Suffered damage and looting during the civil conflict
- Micro-hydro power installed in 2001
- Dedicated locals Mingyur Lama & Manju Lama run these facilities for their community



That's not all...

Being involved in Community Connections gives you a unique relationship with your village in Humla, but of course, you can still choose to become involved in many other ways, such as fundraising for specific one-off projects, taking part in treks to other villages and projects, and volunteering in both the UK and Humla.

Contact

For more details and to discuss your interest in the programme, contact us on

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