



SERVICE PROJECT SHEET Nepal Trust



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Project name:
The Nepal Trust
(Registered Charity SC022552)

Project goal:
Providing health, renewable energy, heritage preservation, education and community development facilities in the Hidden Himalayas.

Rotary service type:
Fund Raising. Also possibility of participation in projects during Nepal Trust organised "Treks to Build Health and Community".

Unique selling proposition:
"Nobody makes a greater mistake than he who did nothing, because he could only do a little."

Description:
The main project area is Humla, a culturally unique and fragile Himalayan region 440km NW of Kathmandu. People live in rocky terraced enclaves, and subsist from inter-village trade, livestock and foodgrains. Child mortality rate is 30-40%. Much pain and suffering can be relieved and many fatalities avoided with simple basic health care and education. The introduction of renewable energy systems is a means to provide better conditions for education, save time on back breaking labour and allow for income generation activities. As important as encouraging new ideas is the preservation of people's heritage, of what has brought them together in tough times and has given them the strength and pride for survival in the face of incredible hardship.

The Nepal Trust, founded in 1993, is asking for help with six specific project areas:

1. Health - supporting the running of health posts and the small district hospital - possibly further health post renovations - training/health education
2. Renewable energy - micro-hydro and solar power schemes
3. Heritage preservation - rebuilding of an ancient monastery
4. Children and women's education and literacy
5. Computer education at Durbar School in Kathmandu
6. 'Treks to Build Health and Community'

The Nepal Trust has built or renovated six health posts and is developing the district hospital in Simikot. With local villagers being trained as health workers, much of the suffering caused by ill health and lack of education is being relieved or avoided. Each health post has clean water, latrines and electricity from solar panels. The hospital, which is serving as a referral centre is running regular health camps for specific ailments. Renovation of further health posts are planned, more health worker training and education is needed as well as ongoing support of the existing centres.

The benefits of renewable energy are numerous and an integral part of bringing about better health, education and income generation.

What's good from the past, preserve and give to the future. The treasure of their ancient heritage is what holds these remote communities together. Helping to preserve what is important to them strengthens self-confidence and builds enthusiasm for other development.

Children and women's education will bring about much needed change for the future. Hand in hand with education comes also better health and more opportunities for development.

The computer education programme at the Durbar High School, teaching IT skills and connecting students with their peers in other countries, is filling a major gap in the curriculum of the pupils attending this government school.

The 'Treks to Build Health and Community' take trekkers through some of the most remote routes in the Himalayas to help with building a health centre, constructing a micro-hydro scheme, renovating a monastery or to help with other project related tasks. This not only encourages a different kind of tourism, but also promotes income generation in the local area.

Some examples of costs:

- To build a health post costs around £20,000 including initial set up costs of medicine and medical equipment
- The yearly running costs of a health post are £3,000 - £4,000
- To set up a health camp depending on size and equipment brought in £10,000+
- To support the work of a health worker for one year £1,000
- A health worker's training and subsistence costs £800
- Travel and subsistence costs to send out a Western Volunteer Doctor/Nurse £2,000
- A 6kw micro-hydro scheme depending on the location £15,000 - £20,000
- "Little doctors programme" - health and education for children £300 per course
- Computer education - yearly running cost of £1,500
- Approximate cost to participate in a 34 day 'Trek to Build' £3,200

Benefits to club:

This is a simple fund raising project for a part of the world that has enormous need and has found a sensitive and sympathetic helper.

Contact for further information:

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or your District International Service Chairman.

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