



# EMPOWERING WOMEN OF NEPAL

## Newsletter 2009

Dear Friends,

Happy Holiday season! We would like to share with you an overview of EWN's activities for this year. We **thank you** for your constant support and friendship!

Sincerely,  
Lucky Chhetri  
Founder and Director of Empowering Women of Nepal

### Basic Trekking Guide Training

This year's January and August Basic Trekking Guide Trainings were a success with close to 80 participants from 16 different districts in Nepal. Topics included trekking information, history, flora & fauna, geography, environmental responsibility, conversational English, and First Aid. Both groups learned a lot and were enthusiastic and hard-working. We are looking forward to the new training session, which starts in just a couple of weeks.

### International Women's Day

To celebrate International Women's Day 2009, EWN organized an interactive cultural exchange program between women from Sweden and representatives from different women's groups in West Nepal. They joined together for a trek and field trip in the Annapurna region.



### Lodge Management & Cooking

In July, EWN provided lodge management and cooking training in the Mugu district in West

Nepal. The main objective of the one-week training was to increase knowledge about hotel management and encourage local food production and preparation in order to provide direct economic benefits for the local community. 17 people completed the training.

### Female Ice Climbing

#### with the Magic Mountain Foundation

Climbers from the Polish Magic Mountain Foundation (Robert, Dariusz, Tamara, Konrad, and Stanislaw) led EWN's second ice-climbing training on Chulu West (6419m). The four female ice climbers faced difficult winter conditions, but the team succeeded in placing one of our female guides on the summit. The training enabled the female guides to significantly build on the techniques they learned last year. The next step will be to send the trainees abroad for training in the Alps to fully prepare them for a 2011 Everest expedition.



## **Basic Ecotourism Management in Dolpa and Humla districts**

For two weeks in November, EWN partnered with SNV and Nepal Trust to provide basic ecotourism training for almost 70 people (2/3 women) in the Dolpa and Humla districts of West Nepal. Classes were taught on First Aid/Hygiene, Environment and Conservation, and Basic English Conversation. Lucky Chhetri taught a course on Tourism and Trekking. The classes were very successful, and a follow-up is planned for next year. Many thanks to Pema Lama from Nepal Trust who led a class on Women's Health.

## **Rock Climbing**

Harry Brands, a climbing instructor from the Netherlands, led this year's 12-day rock climbing training in December. Harry taught climbing and belaying, emphasizing the importance of safety and communication. The girls were able to attempt 13 different climbs.



## **Humanitarian Treks**

EWN and 3 Sisters were excited to offer two humanitarian treks in West Nepal. Both the 12-day trek from Jumla to Rara Lake and the 30-day trek from Dolpa to Simikot involved interactions between the trekkers and the local villagers. The guides and the trekkers worked together to plan a presentation for small groups of villagers on topics such as hand washing, teeth brushing, etc. The topics are basic, but their implementation makes a significant difference to the villagers' standard of living. In September 2009 a group of 13 Canadian women trekked from Jumla to Rara Lake. If you are interested in joining one of these treks in 2010, please contact 3 Sisters.

## **Children's Home**

The mission of the Children's Home is to provide educational opportunities, a safe environment, and lots of love to socially disadvantaged young girls. Currently 15 girls live in the children's home and receive tuition for school, food, accommodation, medical care, and the love and attention of a home mother and the EWN staff. Also 10 of our staffs' children receive outside partial scholarships, which provide tuition fees, stationery, and an after-school tutor.



## **Additional Practical Trainings**

Throughout the year EWN provided several practical trainings. These included:

- Cushion-Making
- Photography
- Introduction to Japanese Language and Culture
- Making Cloth Sanitary Pads

**EWN would like to extend a heartfelt thank you to all of the wonderful people who donated their time and knowledge to EWN as well as those who have trekked with 3 Sisters. We hope to see you again in the future!**

### ***Empowering Women of Nepal***

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