



A NEW TOURISM FOR A NEW CENTURY

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





A young Chhetri girl from Humla



Halji Village in Limbu



Trekking gear on their way to build Limbu Clinic

Since 1993 the Nepal Trust has been committed to working in Humla to help the communities address their problems. Tourism has been the vehicle to promote positive and proactive social change in one of the most remote and deprived areas of the world.

A NEW TOURISM FOR A NEW CENTURY

What does it mean?

Tourism has undoubtedly brought many benefits to Nepal since it first opened its doors to visitors in 1950 - it is now vital to Nepal's economy and is the third largest source of foreign exchange for the country. Unfortunately in the last 20 years tourism has mainly benefited Nepal's elite and Western tour operators, bringing highly localized economic benefits to well-tramped areas like Everest and the Annapurnas. Much of the income from tourism goes right back out of the country to pay for the imported goods and materials needed to support Western travellers, with little or no benefit to the communities through whose villages they have tramped.

So, tourism is a bad thing and should be discouraged? No! Tourism - responsible tourism - can be an active vehicle for encouraging and supporting the communities in their development and helping them to gain skills and knowledge which will enable them to sustain their way of life and protect their environment and rich cultural heritage. This is the 'New Tourism' which works in partnership with the communities with respect to their needs. This is the tourism needed for a 'New Century', to bridge the global inequalities and begin to lift desperately impoverished people out of the poverty trap. This is the work of the Nepal Trust in Humla.



Where is Humla?

Humla, the highest and arguably the most impoverished of Nepal's 75 districts, is a culturally unique and fragile Himalayan environment that lies 440km North-West of Kathmandu along the Tibetan border. Here isolation and poverty in a harsh mountainous land deprive people of all but the basics of life. Humla is home to a population of 45,000 Tibetan-speaking Buddhists and Nepali-speaking Hindus, living on forested alpine slopes or villages overlooking steeply-terraced strips of cultivated land.

The Nepal Trust works in five main community development activities:

- Health
- Literacy and Education
- Renewable Energy
- Treks to Build Health & Community
- Heritage Preservation

There is only one part-time doctor for 45,000 Humlis. Infant mortality is 30%



Child after operation in Simkot



Volunteer German doctor operating in Simkot Hospital 2004



Women queuing for treatment at a health camp

Sustainable development depends on harnessing and using wisely the rich natural resources of the Earth



A 'de-lighted' grandmother in TI



Wiring of electricity in TI



Grinding grain with newly-installed micro-hydro grinder

WHAT DOES THE NEPAL TRUST DO ?

Health

There is a severe lack of access to even basic medical facilities in the Humla region. The Trust works with the people of Humla on health education, promotion and prevention, building clinics that are managed by community health committees, training local women as health workers, running daily clinics at the health posts and conducting regular health camps. Trust's work also includes the building of community health water-points and latrines, as well as education in village hygiene.

The Nepal Trust's Humla Health Project has achieved a significant positive impact. But we need and want to do more.

Renewable Energy

Community activities include installing solar power systems and micro-hydro electricity schemes, use of fuel-efficient stoves, studying the possible application and benefits of wind-power as well as undertaking training in environmental awareness. A renewable energy service is planned that will provide technical training and establish local expertise, provide jobs and allow a quick reaction to maintenance.

Renewable energy is the first step for remote communities like Humla to adapt to change in order to survive.

*What is good from the past
save, preserve and give to
the future.*



1000 year-old Hindu monastery
in the Limi Valley

Heritage Preservation

An ancient way of life and mountain culture is fast disappearing in the forgotten valleys of Nepal and hidden treasures like some of the old monasteries are at risk. Heritage and culture is what binds and keeps people together especially in the harshest of times. The Nepal Trust wants to support what is important to these remote mountain communities.

Listening to the people and learning what is really important for them builds a trusting relationship that encourages co-operation and participation in development projects



Tourist helping to repair wall-painting in Hindu monastery



Village lama with sacred Buddhist text



A wall-painting in urgent need of repair

*Today the gap between the rich
and the poor is a knowledge
gap. There can be no sustainable
development if there is no transfer
of knowledge*

Literacy and Education

The main objective of our Literacy and Education projects is to help people realize their own potential to create secure livelihoods through effective economic and social education. In Humla the Nepal Trust runs health and literacy classes for women and the Little Doctors programme. In Kathmandu, the Nepal Trust established a computer education programme at the Durbar High School.

With the right tools, opportunities, jobs and responsibility the people of Humla can be enabled to survive in a rapidly changing world.



Young students being trained in health
education as Little Doctors



Health awareness and education
classes for women



Children praying for a better future



Fitting solar panels at Torge Clinic.



Volunteers decorating Simikot Guesthouse.



A solar heater ready to be installed.

"Never doubt that a group of concerned citizens can change the world. Indeed it is probably the only thing that ever has".

- Margaret Mead

Through this 'New Tourism' we can strengthen and empower indigenous communities to ensure their survival and give them hope that they too can share in the riches of a 'New Century'

TREKS TO BUILD HEALTH AND COMMUNITY

Tourism, the biggest industry in the world generating well over \$400 billion annually, has the potential to be a tremendous force for good in this world. The Nepal Trust's philosophy is that the cultural exchange which brings tourists and local people together to work on projects, can lead to greater understanding between nations and contribute to a more peaceful world. We believe many tourists actively want to put something back into the society from which they have derived so much pleasure.

Our 'Trek to Build Health and Community' offer an opportunity to transform tourism in the developing world into a proactive force for justice, mutual enrichment and peace.

With our tourist volunteers we have :

- established 6 community health posts
- installed 3 hydro-micro electricity units
- renovated an ancient monastery
- run 2 district level Health Camps
- established a tourist centre and guesthouse in Simikot

On future treks we plan to:

- Construct more community health posts and continue to support the existing buildings.
- Continue the programme of electrification of villages.
- Design nature and culture based tourist facilities to enhance tourism in the region.
- Construct a Community Cultural Centre in the Limi valley.
- Complete the renovation of Halji monastery and continue to restore other culturally important buildings.
- Further equip and refurbish Simikot hospital.
- Extend the work of the Nepal Trust into other districts in the far North-West of Nepal.

Do you want to make a difference?

Well, you can. By becoming informed and educated and choosing to trek with an organization like the Nepal Trust, tourists can make a positive difference in people's lives. We believe that Western trekking companies should think less of how to cut costs and services and more of how tourism can be a vehicle for positive and proactive social change in developing countries. The Nepal Trust is developing Himalayan Travel Ltd, as a trading arm of the Nepal Trust to run the 'Trek to Build' programme and develop ethical, responsible eco-tourism initially in Humla and the wider Karnali zone and then throughout the trans-Himalayan region. **All profits are used to support project work.**



Nepal Trust trekking team on a fundraising trek from west to east Nepal in April 2003. Tushita Pass between Dolpa and Mustang

"Nobody made greater mistake than he who did nothing because he could only do a little"
 -Edmund Burke

MAKE A DIFFERENCE

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THE NEPAL TRUST

Who are we?

The Nepal Trust was founded by Alan Jacobsen, a former British Indian Army soldier, who witnessed first hand the courage of Nepal's Gurkas during WW II and was later moved by the poverty in their country when he visited in 1993. The same year he established the Nepal Trust with the objective of improving healthcare, education and ecological awareness in a remote area of Nepal.

Since then the Nepal Trust has grown into a highly cost-effective charity. We take our partnership and commitment to the people of Humla seriously – it is our practice to ask the Nepalese people what they want or need in terms of development and do our best to assist them to make their projects a reality. We take our partnership and commitment to our donors seriously – we are a value-for-money, grassroots organization and we encourage our donors and supporters to come out to where we work and to see first-hand what we do. We are an inclusive and transparent organization and the resources entrusted to us are used wisely and put to work effectively. As well as continuing our Treks-to-Build Health and Community programme our future plans include:

- A Development Café in Kathmandu to promote the work of the Trust and provide an outlet for marketing the handicrafts and trekking potential of remote areas in north-west Nepal.
- Organising treks to other areas of Nepal using our own trained staff, the profits from which will fund further projects in remote and disadvantaged areas.

The Nepal Trust is proud of its achievements thus far and is grateful to all who have helped and supported our work. But...we need to do more! We are passionate about our work, passionate in our belief that life can be improved for the disadvantaged and impoverished communities of our world, passionate in our commitment to fight poverty and create community projects that can improve the quality of human life for all. If you share our passion ... JOIN WITH US!