



E-News Oct 2014

With an eye to encouraging others to volunteer to spend time in Humla, our lead story is from one of our volunteers, Chelsea Leander from the USA, who volunteered with us last year teaching at Bargaun School. She writes:

"More than one month in Nepal's remote district of Humla provided me with a lifetime of experience. I enjoyed many festivals in the main 'city' of Simikot, several short treks to surrounding villages and the beautiful people in my home stay village. Through teaching English in a local village school, I became very close to some of the students and teachers. They



Chelsea and some Bargaun School Children

were some of the most genuine, friendly and fun people I've ever met! It was truly a treasure to be a guest in their homes, where they shared their foreign culture with me (including tons of local food and tea!) which soon became both familiar and refreshing. The slow pace of life provided so many opportunities to soak up time with the people and their breathtaking land. I was truly blessed to be accepted into the fun-loving family of Humla and am already looking forward to returning!"

For more information, funny stories, and pictures of Chelsea's trip, please visit her blog: CJLeander.blogspot.com



Humla home stay

PLEASE JOIN US AT THE AGM ON THE 22 NOVEMBER - THIS YEAR IN BRISTOL

With a big thank you to Mark Sevier and Alpha Portfolio Management, we are able to hold this year's AGM at a central office location in Bristol with excellent rail and road access. Alpha's office is right beside Bristol Temple Meads station and close to the M32, with the added bonus of plenty of car parking available close by.

The meeting will kick off at 15.00 and last 2 hours. It will include an update from Jeroen on what has been achieved during the year along with a presentation on plans and programmes for the forthcoming years. Following normal tradition we will retire to a local hostelry for networking and fellowship after the meeting and for those with the stamina move on to a nearby restaurant for a bite of supper afterwards.

The address of the Alpha office is: **1 The Square, Temple Quay, Bristol BS1 6DG**

Please let Anna know if you hope to attend as we have to give an idea of numbers to our hosts.

CALLING YOUNG VOLUNTEERS

2015 sees the start of our Trek-to-Teach Programme, a programme offering young people a real and meaningful experience in the Hidden Himalayas as part of their gap year. Are you able to help put us in touch with potential participants? As always the contact point is Anna.



MAD - OR MAYBE JUST PLAIN OLD STUBBORN!!



Trust secretary, Chris Rae, has signed up to run the Venice Marathon this month. From his web page he comments "training has been painful, but I'm finally confident enough that I can actually do it to let people know, and to seek sponsorship for the brilliant Nepal Trust and it's awesome work. I'm discovering that marathons are not really my thing, and that it brings all sorts of

mechanical failure (particularly in the knees!) with it... so this is proving a particularly challenging fundraiser for me"

If you fancy sponsoring him and making the pain all the more worth while please go to:

<https://www.justgiving.com/Christopher-Rae3>

Good luck Chris from all our readers.

Did you receive a copy of Namaste 2014? If not email Anna your postal address: annaclutterbuck@gmail.com

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TREKKING WITH THE NEPAL TRUST

From the latest Namaste you will know that our new birthing centres are now open and operational at Bargaun and Sarkegad and that much progress is being achieved with the new school at Tehe and the agriculture project.

We will be organising a trek team to visit Sarkegad in September 2015 to visit and observe our work there and at other locations on route. The team will fly into Simikot and after a short acclimatisation period walk to Sarkegad, observing at first hand the work of the Nepal Trust and life and times in this very remote part of the world: in total a 3 week trip with 10 days of walking on the trails. It won't be too arduous and all at a relatively low altitude.

If you are interested in joining us or know of others who would, be please make contact or put them in touch with Anna.



Student volunteers Will and Matt

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