



# THE NEPAL TRUST

*“Working with Health, Community Development & Hope in the ‘Hidden Himalayas’ of North West Nepal”*

The Nepal Trust is a Scottish charity and Nepali NGO which over the past 15 years has grown into an amazing cost-effective grass-roots organisation. The Nepal Trust supports the mountain people of Humla to implement effective Health, Community Projects & Enterprise Initiatives to improve the opportunities & livelihoods of the people in the ‘Hidden Himalayas’ of North West Nepal.

## **Importance of mountain life**

Mountains are crucial to the survival of the world’s ecosystems, as they cover  $\frac{1}{5}$  of the earth’s surface area and house about 10% of its population. The greater Himalayan region is the most populous mountain region and sustains more than 150 million people and impacts the lives of 3 times more living on the plains and in the river basins below.

## **Constraints**

Because of their isolation and remote living areas, mountain peoples generally have poor access to employment, health and social services, roads, markets, electricity and other conveniences that others take easily for granted in their own daily lives.

## **How does The Nepal Trust contribute?**

The Nepal Trust wants to create an effective and efficient organization by combining community projects with enterprise initiatives for sustainable development. Its policy focuses on several practices in the areas of health (natural) resource management, education and social enterprise development.

## **Mission**

The Nepal Trust is dedicated to work together with communities of the Upper Karnali River Region of North West Nepal by responding to their needs for improved access to basic health, education, employment, food security & renewable energy resources. The Nepal Trust contributes to this by strengthening the ability of poor communities to help themselves to improve their livelihoods.

## **The Nepal Trusts’ Presence**

The Nepal Trust uses the knowledge and capacity of local communities, (inter)national consultants and volunteers and is supported by donors and partner organisations such as Rotary International and UNESCO.

## **Strategies**

The Nepal Trust has adopted specific strategies for working towards its mission and objectives:

- Use of trekking tourism as a tool of community development and change in lives of remote areas through activities such as ‘Treks-to-Build’ Programs. The Nepal Trust believes that this strategy will benefit both the community and tourists in terms of development and cultural sharing
- Selection of the projects that directly benefit the communities
- Creation of partnerships at international, governmental and local level for the effectiveness in implementation of our programs
- Getting communities directly involved in all programs at local level and encouraging them to contribute to the projects
- Mobilization of local people as project staffs and local resources for the projects

## **Focus areas in Nepal**

The Nepal Trust concentrates its activities mainly in 1 portfolio region, knowingly the Upper Karnali River Zone, in the District of Humla which is in the most northern part of the Karnali with a population of approximately 45,000 inhabitants. It is the most remote and impoverished of Nepal’s 75 districts – there are no roads and communication facilities, few schools and minimal health facilities in an area of 21,351m<sup>2</sup>. Humla is a culturally unique and fragile Himalayan environment. Possibilities are taken into account to expand activities in the areas of health, sustainable tourism, renewable energy and income generation projects throughout the whole Karnali Region, notably the districts of Mugu, Jumla, Dolpa and Kalikot, and other areas of Nepal (e.g. Kaski District).

## **Areas of specialisation**

The seven major practice areas of The Nepal Trust are:

- Primary Healthcare
- Renewable Energy
- Education and Literacy
- Culture and Heritage Preservation
- Food Security & Agricultural Development
- Tourism - Social Enterprise and Business Development
- Water/ Sanitation/ Hygiene (WASH)

### *Primary Healthcare*

The Nepal Trust provides support by implementing a sustainable approach for healthcare by educate, empower & mobilize local communities. Its activities (PPP) are based on the (re)construction of community-run health clinics and organisation of mobile health camps throughout the Upper Karnali River Zone to provide and improve the basic health conditions (Dental, Eye, Surgery, Woman focused, Ear, Education) of local people. Next to this, The Nepal Trust focuses on the establishment and upgrading of Simikot Hospital for more advanced research and medical check-ups and set up medical awareness programs in order to educate children and local communities.

### *Renewable Energy - Micro Hydro Power (MHP) and Solar*

The Nepal Trust supports local communities in effective implementations of solar and micro hydro power projects and creates linkages to renewable energy technologies such as solar ovens, improved solar home units & cook stoves, LEDs & new technology, but also computer education & communication. Alternative energy projects contribute to reduction of deforestation, health related problems, support local enterprises and enhance better quality of life.

### *Education and Literacy*

The Nepal Trust empowers people by education, raising awareness, sharing knowledge & on-the-job trainings. At local community level, The Nepal Trust mobilises local communities to enhance the people's skill level through responsible and accountable (technical) trainings, communication and computer education. The Nepal Trust focuses on the improvement of education standards by improve school and education facilities.

### *Culture and Heritage Preservation*

The Nepal Trust helps to preserve local culture and heritage sites with a main focus on Nepal's oldest monastery in Halji (+800 years). Next to the renovation of monasteries, The Nepal Trust helps local communities to create business opportunities by linking local arts & crafts to (inter) national markets and facilitates in marketing local architecture, arts & crafts, lifestyles, religion and nature for income generating businesses and tourism based activities.

### *Food Security & Agricultural Development*

The Nepal Trust supports local communities to optimize their food processing capacities & implements agricultural/ environmental awareness programs to educate people about agricultural development, food security and food storage to increase the quality and quantity of food in remote mountain areas.

### *Tourism - Social Enterprise & Business Development - 'Treks-to-Build Health & Community'*

The Nepal Trust uses tourism, the world's largest industry, in a responsible way as a driving catalyst for job creation, income generation & local (economic) development in the poorest parts of Nepal. The Nepal Trust organizes & runs (commercialized) 'Treks-to-Build Health & Community' throughout Nepal to develop the Karnali region by combining business with sustainable development. The Nepal Trust is supported by UNESCO to promote Humla Eco-tourism and develop the Humla Natural & Cultural Trail.

### *Water/ Sanitation/ Hygiene (WASH)*

The Nepal Trust supports local communities to utilize the world's most important resource – water – in a sustainable way. The Nepal Trust promotes WASH activities and helps people to access clean drinking water resources, provide assistance to raise awareness among communities on the importance on clean drinking water, water provision, sanitation measures and hygiene issues (e.g. food preparation). Clean water contributes to food production, raises the health and hygiene standards in villages, is utilized by local tourism industries and of main importance to daily life of villagers. Currently the Trust is focusing on water supply schemes, promotion of proper water usage and water-health related issues.

### **Volunteer Programs**

The Nepal Trust sets up programs for volunteers to sustain projects on a cost effective basis & distribute specialized knowledge among its project areas. Doctors, nurses, (medical & engineering) students & universities from all over the world and anyone else who can contribute in a positive way, are welcome to use their skills and knowledge to work towards enhancement of the living conditions of local communities in North West Nepal.

**PICTURES NEPAL TRUST PRACTICE AREAS**

Primary Healthcare



Female healthcare

Solar system Simikot hospital

Rotary Doctor Bank in action

Health camp Simikot

Partners: UNICEF, Nepal Ministry of Health, Rotary Intl.

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Renewable Energy – Micro Hydro Power (MHP) and Solar

Til MHP power house



Halji solar system

Kermi MHP turbine and food grinder

Jang MHP power house

Partners: DANIDA, ESAP, Thapa Engineering, Structo Nepal, AEPC, CATN, Rotary Intl.

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Education and literacy



Nepal Trust guest house/ regional office/ training centre for school children

Little Doctor's health

Solar oven

Solar shower

Partners: UNICEF, UNESCO, GTZ, Nepal Ministry of Health, Rotary Intl.

## Culture and Heritage Preservation

Cultural tourism  
interaction program



Construction  
Raling Gompa

Renovation  
Halji monastery



Local festival and  
mural restoration by Rotary International

Partners: UNESCO, Rotary Intl.

## Tourism – Social Enterprise & Business Development/ 'Treks-to-Build Health & Community'

Rotary trek to Ghoti  
50 kW micro hydro



Rotary trek to Torpa  
health post

Rotary trek to Til solar  
project with UK scouts



Rotary trek to Raling  
Gompa

Partners: UNESCO, SNV, UNWTO, STEP Foundation, ATLAS, Nepal Tourism Board (NTB), Rotary Intl.

### Projects supported by the Nepal Trust to date:

- 5 Micro hydro power plant installations, 1 under construction
- 11 Community solar projects, incl. hospital
- 1 Guest house/ multi-purpose training centre
- 1 Hospital & 6 health posts construction/ renovation
- Medical professionals/ supplies
- 1 Ambulance donation to a remote hospital
- 5 Food grinder installations
- 2 Oil press machine installations
- 3 Health camps → 12000 patients treated
- 8 Education and literacy programs
- Heritage preservation → 2 Monastery renovations
- 12 'Treks-to-Build Health & Community' to implement community projects
- Mobile health clinics to remote areas