


# HIMALAYAN COMMUNITY PROJECTS

Welcome to the eleventh edition of our Himalayan Community Projects newsletter.

After the difficulties of the last two years, we hope this newsletter will bring positive vibes into an uncertain world. Throughout the pandemic we have continued our work in the Himalaya helping our local staff and people in remote communities.

**EXODUS TRAVELS**   
*Foundation*

Find out more at:  
[www.exodus.co.uk/foundation](http://www.exodus.co.uk/foundation)



## A WORD FROM VALERIE

As well as the Himalaya, the Exodus Travels Foundation supports initiatives all around the world, but it cannot exist without travellers who care.

Travel and tourism is one of the biggest industries on the planet, and is responsible for the employment of 1 in 10 people globally. That's a huge opportunity to use a worldwide network to promote positive change. Using the connections and long-standing relationships Exodus has built and maintained over the last 45 years, the Exodus Travels Foundation is able to get off the beaten track and help communities that large aid organisations can't reach.

At the heart of everything are the three guiding principles: empowerment, education and environmental protection, and each cause or project the foundation supports are linked to at least one of these goals. Whether it's supporting a local community project or working with travellers to ensure their impact is always a

positive one, the foundation is focussed on using travel as a force for good.

Since my last Himalayan Community Support newsletter much of the world has changed due to the pandemic. In March 2020 tourism came to a halt and as I write this at the start of 2022, there has been very little travel for almost two years. In the Himalaya our partners and staff have seen their work disappear – they have had no government help and have needed our help more than ever.

We are so grateful to our friends and clients who have continued to support our projects despite hard times. On the following pages you can read more about these projects. Some have been on hold since March 2020 but others we have still managed to support during the pandemic, and we hope in 2022 that we will be able to continue our support to these projects that are close to our hearts.

## OUR SUSTAINABLE TRAVEL ETHOS

We have always believed in three simple guiding principles for the way in which we want to travel:

- 1 We should ensure that communities benefit from our visit
- 2 We realise that every destination is someone else's home
- 3 We should leave places as we would like to find them

FOR DETAILS OF  
OUR APPROACH VISIT:

[www.exodus.co.uk/sustainable-travel](http://www.exodus.co.uk/sustainable-travel)



**! BUY A BAG FOR £25 AND CHANGE A LIFE!**

## FREEDOM KIT BAGS

*Give Nepalese women a better life – period!*

Exodus have been working with Freedom kit bags since 2017 and since then we have donated over £54,000 (and over 2,000 Freedom kit bags) to help women in Nepal have a better life.

Freedom kit bags are eco-friendly, sustainable, hygienic sanitary wear and 'kit' in a bag, that release women and girls from the cultural and physical constraints of menstruation and enhances their health. It gives liberty of movement and allows uninterrupted education and offers empowerment. A small medical research project has shown that Freedom kit bags improve the health and well-being of the women. It also helps the woman to fulfil her family role more easily and enables her to be involved within her community.

When Nepalese women have their period, they are called 'chhaupadi', which translates to 'untouchable being'. Alongside this, Nepalese women must deal with the stigma that is still associated with menstruation plus there are many problems that come from being without proper sanitary protection. Not only are women vulnerable to chronic vaginal infections that can lead to pelvic inflammation and infertility, which is a growing problem in Nepal, but because of 'chhaupadi' women and girls also suffer from low self-image and lack of dignity. Lack of sanitary management of menstruation holds women and girls back from opportunities and the ability to play a fuller role in their world. If you improve the life of a woman – you help the family and therefore improve the life of the community.

A Freedom kit bag includes washable pads for daily and night-time use, pad-holders, panties, a pretty carrying purse, a waterproof bag for used pads, soap and its bag, a washing line and pegs, and a colourful holder-bag to keep it all safely in. Everything is attractive to help empower the women. With care they can last up to 3 years. The

kits are distributed together with a training day where both men and women are taught period health management and sexual and reproductive health and trained in the 'care of the kit'. Nirmala and Sumi are two inspirational Nepali women who are Freedom kit bag ambassadors in Nepal. They run the training and distribution sessions.

In 2021 between lockdowns in Nepal, the Exodus Foundation (under the Community Kickstart Project) funded a training course for 4 Exodus local staff – Subita (who works in our local office in Kathmandu), Bikash, Tenzi and Sukman (who all lead treks for Exodus). As part of the training the Exodus Foundation funded 25 Freedom kit bags for a small practice distribution within the course. We then sponsored 400 Freedom kit bags at £25 a kitbag for distribution in villages where our staff come from. Subita went to Kinja Bazaar in the Solukhumbu, Bikash distributed in Champu and Jyamire villages in Sindhupalchowk and Tenzi's distribution was in and around Machhakhola and Kerajua. In total the Exodus Foundation sponsored 425 Freedom kit bags for this project.

During the dreadful floods of 2021 in Sindapulchowk, when many lost their homes and all their belongings, Exodus Foundation extended their sponsorship to include food bags/cooking pots/ shawls and hygiene kits alongside the distribution of 577 Freedom kit bags.

We have also sponsored the setting up of two sewing/training centres, in Kodari village and in Kathmandu, so that in the future women can make their own kitbags. The Freedom kit bag Kathmandu sewing room has produced almost 1,000 kit bags, most of which have already been distributed.



## ANGELS CHILDREN'S HOME Nepal

Angel's is a children's home in Patan, Nepal. It is home to 21 children. Dr Rosa and Dr Ian Matheson were the founders of Friends of Angel's in 2009. Working with many friends and supporters in the UK (including Brian Mildenhall, a regular Exodus client and now a trustee of the Friends), they raise the money to pay for the food, house rent and education of the children. Throughout the pandemic we have supported the children. We fund £400 twice a year which paid for food in the early lockdowns and now the children are back at school or college we have funded their schoolbooks. We also sent food parcels to the children from the Bread Project.

## HEALTH POST & BIRTHING CENTRE

*Chyamthang, Nepal*

The funding of this health post was the last of our earthquake relief projects. We are happy to announce the birthing center is now open and the first baby was born there in the pandemic.



## TREE PLANTING

*Braga, Nepal*

This was our first project in Nepal and although very small scale it continues to be run by Karma Gurung and his wife. Every year they collect seeds from local indigenous species, plant, protect and grow them before planting out the saplings. Due to dryness, high altitude and harsh climate only about two hundred small trees planted out onto the hillsides every year. Some are planted on communal land to provide a sustainable resource for the community, whilst others are taken by local people to plant on their own land. Despite lockdowns and the pandemic Karma has managed to keep the nursery going.

## FREEDOM KIT BAGS

Release women and girls from the cultural and physical constraints of menstruation enhances their health – gives liberty of movement – allows uninterrupted education – offers empowerment.

Buy a bag for £25 and change a life.



## THE BREAD PROJECT

### *Kathmandu, Nepal*

In March 2020 the tourism industry in Nepal was hit hard by the pandemic and lockdowns. It resulted in a huge rise in the number of unemployed, homeless, and hungry in Kathmandu. Many businesses and individuals that depended fully or partly on the travel industry collapsed as have so many others and there were no government schemes in Nepal to support those left without jobs. Thousands had no income and could not pay rent or buy food, and, although the situation is different from the devastating earthquake in 2015, the country - especially Kathmandu - was on its knees once again.

The Bread Project was our initial response to help people in Nepal needing food. During Nepal's first lockdown our local partner in Kathmandu,

Karma Lama, started baking bread to sell. Any bread left he gave away to those living on the streets. The Exodus Foundation started to fund Karma to expand his efforts. More bread was baked and three of our local leaders (Bikash, Kumar and Sukman) helped distribute the food parcels when it was safe to do so. Over 10 weeks we funded 1,000 food parcels at a cost of £1 per parcel which went to the homeless and vulnerable across Kathmandu.



## TREE PLANTING

### *Ladakh, Northern India*

In late 2019 the Exodus Foundation teamed up with Sankalp Taru for Project Green Leh Ladakh (Tress for Livelihood). The aim is to plant mostly fruit trees and increase green cover in the cold high-altitude desert of Ladakh. Planting trees has many advantages - a sustainable source of income will be generated; CO2 is sequestered as the trees will filter air pollutants and it helps with biodiversity conservation as the trees provide protection and food. Planting trees helps with water security as the mature trees will regulate water flow and recharge ground water. Trees also help to prevent landslides and the fruit can be sold to provide a sustainable source of income. In November 2019 the Exodus Foundation funded 4,000 saplings which were taken to Ladakh and stored over the winter in bunkers. They were to be planted out in April 2020. Due to the pandemic and lockdown the planting out was delayed until May 2020 when luckily lockdown was lifted, and the locals managed to plant the 4,000 trees in 7 villages in western Ladakh. In November 2020, through the Exodus Foundation Community Kickstart fund, a further 250 saplings were taken



to Ladakh and in April 2021 they were planted out on the land of two of our Ladakhi staff in Ranbirpura and Karu. A further 500 saplings have been taken to Ladakh in November 2021 and will be stored in bunkers over the winter to be planted out on land of our Ladakhi trekking staff in April 2022.

## FOOD PARCELS

### *For trekking staff in Nepal and India*

As we moved into 2021 it became obvious that international travel would not start again. Our regular trekking staff in Nepal (at least 78) plus those in Ladakh and the Indian Himalaya (approx. 20) were beginning to struggle without the income from trekking. The Exodus Foundation launched a COVID Emergency Relief Appeal, to which we had a fantastic response. This has allowed us to help our staff in various parts of the world including the Himalaya. From June 2021 until January 2022 we have helped with over 1,000 food packages at a cost of £25 per package for our staff in Nepal, Ladakh and the Indian Himalaya.



## CARE HOME

### *Kyanjin Gampa, upper Langtang, Nepal*

This care home in the upper part of the Langtang Valley is home for 6 elderly Nepalis who lost their families and/or homes in the 2015 earthquake. Throughout the pandemic we have continued to provide food, fuel, clothing, and bedding for these elderly and vulnerable people.



## WOMEN'S ECO CAFES AND FELTED HANDICRAFTS

### *Ladakh, Northern India*

All 3 of the cafes we fund have been closed since winter 2019. Hopefully tourism and trekking will be back again in summer 2022 and we will invest in some training and get the cafes up and running again. As felting needles are not available in India we are hoping the ones they had lasted and we will be funding more in 2022.



## RANBIRPURA TEMPLE/ COMMUNITY HALL

### *Ranbirpura, India*

Good news on this project, which we have supported the last few years. During the pandemic the villagers from Ranbirpura gave their time and the temple/community hall is now completed from the outside and almost completed inside. Thanks to Chospel in Ladakh for motivating the villagers to help with this. In 2022 we will donate a last £200 to help finish the inside.

## HIGH ALTITUDE WORKERS WELFARE ASSOCIATION

### *Nepal*

This small Nepali NGO was set up by a group of Nepali climbing sherpas to help the families of climbing sherpas (and other trekking staff or porters) who have lost their lives or livelihood climbing or trekking. The last few years have seen major disasters on Everest and many young women have been left with no husband or income and children to educate. We continue to sponsor the education of five children.

## EXODUS FOUNDATIONS SCHOLARSHIP

Sarita Praja (on the left) was chosen for the Exodus scholarship for 2020. She is studying to be a nurse at the Nightingale Nursing College Lalitpur. Her 3-year course began in November 2020. Due to the pandemic her classes have been a mixture of online and in school. She has been doing practical training in an hospital in Kathmandu and is waiting for her first-year exams. She loves the course and after a nervous start in the hospital she has enjoyed the practical side of the course. We will be sponsoring Sarita in her second year or training.



## A BIG THANK YOU

*To all Exodus clients and friends, who have donated so generously this year, many of who have raised funds through various challenges or through giving talks. We are very grateful to everyone who supports us.*

### PETE BURRELL

A Trustee of the Exodus Travels Foundation, and former MD of Exodus Travels, Pete did a sponsored virtual Everest challenge. From the 1st-5th July he walked up Meldon Hill in Chagford 40 times which equalled 8,849m, the height of Everest. He raised a grand total of £1,728 for the Emergency food parcel relief for India and Nepal

### EXODUS STAFF & FRIENDS CHALLENGE

Collectively Exodus staff and friends travelled on food, bike and even horseback, the miles from London to Kathmandu. They raised £3,155 for the Emergency food parcel relief for India and Nepal.

Thanks to our local partners who have coordinated much of our work on the ground. We especially want to thank the following:

Our local agent in Nepal, **Karma Sherpa Lama** has coordinated the Bread Project and the Food Parcels for our trekking staff in Nepal. **Subita, Bikash and Tenzi**, three of our Nepali staff have been trained in Freedom kitbags and have done distributions and training in their villages. And finally, **Chospel and Jigmet** who have helped with the tree planting in Ladakh.

**As a traveller, we believe that you have as important a role as we do. We believe that we provide a framework for sustainable tourism but your choices and actions before, during and after your trip have a considerable part to play.**

## HOW YOU CAN HELP

Your contributions really do make a huge difference to the communities we aim to help. Here's a few ways you can donate:

**1** Follow the instructions on the donation page below to see how you can donate:

[www.exodus.enthuse.com/HC](http://www.exodus.enthuse.com/HC)

**2** You can send a donation by cheque to the below address, with a note referencing 'Himalayan Community Project':

Exodus Travels Foundation  
Exodus Travels  
DST House  
St Mark's Hill  
Surbiton  
Surrey KT6 4BH

If you have any queries about any of our projects you can contact Valerie Parkinson at: [valeriepark59@hotmail.com](mailto:valeriepark59@hotmail.com). Please note that Valerie is often out leading treks in the Himalaya and may not always be able to respond to your email enquiries immediately. Alternatively, you can email Kasia Morgan, Head of Sustainability and Community at Exodus Travels, at [kasia.morgan@exodus.co.uk](mailto:kasia.morgan@exodus.co.uk).

If you would like to find out more about the Himalayan Community Projects, use the URL below:

[www.exodus.co.uk/foundation/foundation-projects/the-himalayan-community-project](http://www.exodus.co.uk/foundation/foundation-projects/the-himalayan-community-project)

We are proud to announce that in 2020 and 2021 we won the following awards:



Find out more at:  
[www.exodus.co.uk/foundation](http://www.exodus.co.uk/foundation)

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Foundation



# HIMALAYAN COMMUNITY SUPPORT PROJECTS

Welcome to the tenth edition of our newsletter. We hope it will raise awareness of the positive effects that responsible tourism brings to a region, describe our own on-going projects in the Himalaya and outline our plans for the future.

Exodus Travels is thrilled have launched the Exodus Travels Foundation in 2019.

**OUR MISSION:** To harness the power of travel to improve life in hard-to-reach places.

As well as the Himalaya, The Exodus Travels Foundation supports initiatives all around the world, but it cannot exist without travellers who care.

Find out more at:  
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**FREEDOM KIT BAGS PROJECT**  
FIND OUT MORE ON PAGE 2

## SUSTAINABLE TRAVEL

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aid organisations can't reach. At the heart of everything are the three guiding principles of empowerment, education and the environment, and each cause or project the foundation supports are be linked to at least one of these goals. Whether it's supporting a local community project or working with travellers to ensure their impact is always a positive one, the foundation is focussed on using travel as a force for good.



**WOMEN'S ECO CAFE PROJECT**  
FIND OUT MORE ON PAGE 3

### OUR SUSTAINABLE TRAVEL ETHOS

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## FREEDOM KIT BAGS

*Give Nepalese women a better life – period!*

When Nepalese women have their period, they are called 'chhaupadi', which translates to 'untouchable being'. Alongside this Nepalese women must deal with the stigma that is still associated with menstruation. There are also many problems that come from being without proper sanitary protection. Not only are women vulnerable to chronic vaginal infections that can lead to pelvic inflammation and infertility, which is a growing problem in Nepal, but because of 'chhaupadi' women and girls also suffer from low self-image and lack of dignity. Lack of sanitary management of menstruation holds women and girls back from opportunities and the ability to play a fuller role in their world. If you improve the life of a woman – you help the family and therefore improve the life of the community.

Freedom Kit Bags have been developed between a Nepali woman, Beni Rani Ghale, who campaigns tirelessly to help and empower women and Dr Rosa Matheson, who also campaigns on various women's issues especially in Nepal. Beni had begun making reusable sanitary pads and Rosa helped her develop this idea into a complete kit - the Freedom Kit Bag. The Kit Bag includes washable pads for daily and night-time use, pad-holders, panties, a pretty carrying purse, a waterproof bag for used pads, soap and a washing line and a colourful holder-bag to keep it all in. Everything is attractive to help empower the women.

The kits are distributed together with a training day where both men and women are trained

in period health management and in sexual and reproductive health. There are two Nepal ambassadors who run the training and distribution sessions. One Freedom Kit Bag, which will last up to 2 years, costs £25 and includes a host of other necessary expenses - the kit,



transport, instruction, education and printing. So far Exodus have sponsored over 1200 Freedom Kit Bags.

Moving on from donating Freedom Kit Bags we are now helping the project to set up sewing rooms and training centres for women's groups in remote villages. By providing sewing machines and material and training women's groups to make their own Freedom Kit Bags the project can reach even wider. We are helping in 2019 with the setup of a sewing room and training of women in Kodari and Chautara.

### FREEDOM KIT BAGS

Release women and girls from the cultural and physical constraints of menstruation enhances their health – gives liberty of movement – allows uninterrupted education – offers empowerment.

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### ANGELS CHILDREN'S HOME

*Nepal*

Angel's is a children's home in Patan, Nepal. It is home to 21 children. Dr Rosa and Dr Ian Matheson were the founders of Friends of Angel's in 2009. Working with many friends and supporters in the UK (including Brian Mildenhall, a regular Exodus client and now a trustee of the Friends), they raise the money to pay for the food, house rent and education of the children. Rosa, Ian and Brian visit Nepal to see the children every year. Exodus helps the children by providing money for school uniform and other necessities.

### HEALTH POST AND BIRTHING CENTRE

*Chyamthang, Nepal*

Exodus customers generously donated over £270,000 after the Nepal earthquake in 2017. After helping over 80 of our local staff in Nepal and building 6 schools and supporting two medical camps the last of our earthquake relief money will be spent rebuilding a health centre and birthing unit in the remote village of Chyamthang. The plans have been agreed and the work will start mid 2019 and we hope it will be completed by the end of the year. Others are taken by local people to plant on their own land.



### TREE PLANTING

*Braga, Nepal*

This was our first project in Nepal and although very small scale it continues to be run by Karma Gurung and his wife. Every year they collect seeds from local indigenous species, plant, protect and grow them before planting out the saplings. Due to dryness, high altitude and harsh climate only about two hundred small trees planted out onto the hillsides every year. Some are planted on communal land to provide a sustainable resource for the community, whilst others are taken by local people to plant on their own land.



## WOMEN'S ECO CAFES & FELTED HANDICRAFTS

### *Ladakh, Northern India*

Working with our partners in the Indian Himalaya (YAFCAD – the Youth Association for Conservation and Development of Hemis National Park) in 2014 we established an Eco Cafe with the local Woman's group in Hankar village in the Markha Valley, one of the most popular trekking routes in Ladakh. The cafe provides locally sourced food and drinks as much as possible (the organic fresh coffee is brought from South India) and we try not to use plastic and to be as organic as possible. In summer 2017 we funded the set-up of a second women's cafe in Ski, another village in the Markha Valley. Two volunteers, Mia and Andy travelled to Ladakh in the summer of 2017 and refurbished

an old building and set the café up, which was then run throughout the summer by local women. Both cafes also have UV water filters, which sell safe drinking water to trekkers. Unfortunately, in 2018 flooding in Ladakh damaged the café in Ski and it was buried under a mudslide. In 2019 we funded the set up of two more Women's cafes – one in Pensi which will be run by the women from Ski, and one in Kaya, which will be run by the women from Kaya.

We have also run workshops and training days in both flat and needle felting so the women can make felted souvenirs in the winter season and sell them in the tourist season in the summer.

## OUR GUIDING LIGHTS

*The lives of some of our sherpas have been drastically affected by natural disaster. Here are some of the causes we support in the sherpa community.*

### HIGH ALTITUDE WORKERS WELFARE ASSOCIATION (HAMWWA), Nepal

This small Nepali NGO was set up by a group of Nepali climbing sherpas to help the families of climbing sherpas (and other trekking staff or porters) who have lost their lives or livelihood climbing or trekking. The last few years have seen major disasters on Everest and many young women have been left with no husband or income and children to educate. We continue to sponsor the education of five children.

### KYANJIN GOMPA, UPPER LANGTANG Nepal

The village of Langtang was totally destroyed in the 2015 earthquake. The lodge Exodus used was destroyed and the lodge owner's wife and son killed. The lodge owner, Karma, survived as he was further up the valley in Kyanjin at the time. Apart from the loss of his wife and one son he lost his home and possessions. He is now repairing

and rebuilding a lodge that was damaged in Kyanjin. Exodus have helped him rebuild and in 2017 we donated a UV water filter for the lodge, so Karma can sell safe drinking water to trekkers.

### 'SPONSOR A GRANNY'

In 2018 Exodus started operating treks to Langtang once again. At the top of the Langtang Valley is the village of Kyanjin gumpa at over 4,000m. Just behind the small village monastery is a home built for old people who either have no relatives or who lost all their family in the 2015 earthquake. The home was built by Community Action Nepal and several old people are now living in this quiet space. The local community in Kyanjin gumpa have been helping provide food and wood as the elderly cannot collect their own wood and water, they have no source of income to buy food and some are finding it difficult to look after themselves. The local community have employed a cook/carer to help the elderly folk with cooking and wood and water collection. Exodus Travels UK are funding the cook/carer since April 2019.

### GIRLS ONLY TOILET

*Jitpur, Nepal*

Apart from menstruation another issue in Nepal that stops girls attending are toilets. Many schools, especially in villages have the same toilets for both boys and girls. These are often dirty and have no running water and broken doors. Girls feel embarrassed to go to the toilet and even more so when they have a period and therefore do not attend school. Exodus has helped fund a girls only toilet in the remote village of Jitpur.



### DONKEY SANCTUARY

*Leh*

This sanctuary helps look after old, injured or unwanted donkeys. Exodus has been helping the sanctuary for the past five years now. If you are in Leh ask your leader to take you there – take some carrots along with you – the donkeys love them!!



### HELP BUILD A VILLAGE TEMPLE & COMMUNITY HALL

*Ladakh*

Ranbirpura is a village close to Tikse and consists of 26 families. These families have no village temple which they can use for community events and ceremonies such as funerals and marriages. The temple is now well on its way to completion as you can see below.

### TRAINING WILDLIFE GUIDES

*Ladakh, India*

With a generous discount from Swarovski Exodus funded a spotting scope for our wildlife guides in Ladakh. In an effort to preserve one of the most elusive animals on the planet, Snow Leopard tourism has become an important part of life in Ladakh in the winter months. Training local guides in spotting techniques and bird and wildlife preservation is an important part of wildlife conservation.



# RESPONSIBLE PACKING

*If while packing, you find a spare bit of space in your kitbag we now have a list of useful items that you can bring with you to donate.*

## NEPAL

We have a have a Porter Clothing Bank in Kathmandu. If you have any old walking gear you no longer need bring it with you and give to your leader or leave at the Exodus desk in Kathmandu.

Kyanjin Gumpa old people's home: we are funding a cook/carer for an old people's home at the top of the Langtang Valley. Warm jumpers, fleeces, jackets, slippers for men or women or blankets are always welcome. You can give to your leader or leave at the Exodus desk in Kathmandu.

We also support children in schools in Kathmandu and in villages. If you have room for any of the following items they would be appreciated: books or magazines for 8-18 year olds, notebooks, pens, crayons, boys and girls socks or underwear, shampoo, conditioner, toothpaste and toothbrushes, children's hats and gloves, lightweight wooden games such as chess, solitaire. The above items can be taken to the Ambassador Garden Home in Thamel and given to Prakash Lammichanne. Contact No: +977 1 4700724.

## INDIA

We support schools in both Delhi and Ladakh. Although the basic education is looked after by the government, some of the facilities are limited. If you have any extra room in your luggage any of the following is appreciated: books for 5-15 year olds, notebooks, pens, crayons, painting books, school bags, toothpaste & brushes, lightweight board games. These items can be handed over to your leader on arrival to your hotel in Delhi, and your leader will distribute as appropriate.



## EXODUS TRAVELS Foundation

### HOW YOU CAN HELP

Your contributions really do make a huge difference to the communities we aim to help. Here's a few ways you can donate:

- 1 You can donate online at: [exodus.charitycheckout.co.uk/HCP](https://exodus.charitycheckout.co.uk/HCP)
- 2 By cheque to the below address:  
Exodus Travels Foundation,  
Exodus Travels,  
DST House,  
St Mark's Hill,  
Surbiton,  
Surrey KT6 4BH  
with a note referencing  
'Himalayan Community Project'

If you have any queries please email Valerie Parkinson [valeriepark59@fiscali.co.uk](mailto:valeriepark59@fiscali.co.uk) our Kathmandu Base Manager. Please be aware that Valerie may be out leading treks at various times and may not always be able to respond to your email enquiries immediately; alternatively you can email Kasia Morgan in the Exodus office at [kasia.morgan@exodus.co.uk](mailto:kasia.morgan@exodus.co.uk).

## A BIG THANK YOU

**To all Exodus clients and friends, who have donated so generously this year, many of who have raised funds through various challenges or through giving talks. We are very grateful to everyone who supports us.**

A special thank you to Carole Mahoney and Neil Bowman – Neil is a pianist with altitude in July he certainly hit the high notes when he played an eclectic mix of music on a baby grand piano at 5,328m on the Taglang La in Ladakh (we believe this was the highest a piano has ever been played), to raise money for our Himalayan Community Support Projects, specifically the Women's Eco Cafes in Ladakh and the old peoples home in Kyanjin Gumpa, Nepal.

Some of our local leaders have been instrumental in managing many of the projects. Sukman Tamang supervises the Thulopatel projects and in 2016 won the Exodus Responsible Tourism award. Sonam Chospel, Khenrab Phuntsog and



Thamchos Thinless give their time and provide the local support for our Ladakh projects and... so many more of you not mentioned here who have donated so generously this year – big thanks on behalf of everyone in Nepal.

As a traveller, we believe that you have as important a role as we do. We believe that we provide a framework for Responsible Tourism but your choices and actions before, during and after your holiday have a considerable part to play. Exodus is a true pioneer in Responsible Tourism.

After you have read this newsletter you can either keep it, recycle it or pass on to someone else to read.

We are proud to say that 97% of our customers would recommend us to a friend. It's part of our mission to do things as responsibly as possible without damaging the environment or disrupting local communities.





# HIMALAYAN COMMUNITY SUPPORT PROJECTS

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## Rebuilding more schools

Since our last newsletter was published your donations to our Earthquake Appeal Fund have paid for a further four schools to be rebuilt in the Sindupalchowk and Lalitpur districts. This brings the total number of schools we have funded to six, and includes furniture for five of the schools.

In 2018 we plan to fund a seventh school,



also in the Lalitpur district. Shree Kause Primary School is in a remote village approximately 5 hours' drive from Kathmandu and caters primarily for children from the marginalized Tamang Community. All the rooms were cracked and damaged by the April 25 earthquake, but the 30 children at the school continue to study in these damaged rooms. The government has given approval for rebuilding 4 classrooms.

The road to the village is rough and prone to landslide, especially in monsoon but the hope is that this school will be rebuilt and up and running by April. Below are photographs taken at Chandrawati School, which our MD, Pete Burrell, officially opened in May 2017.

## Sponsor a bed for Friends of Angels

Doctors Rosa and Ian Matheson founded 'Friends of Angels' in 2009 to support Angels Children's Home in Dhobigat. Working with supporters in the UK including regular Exodus client and trustee, Brian Mildenhall, they raise money to pay for the care of the children and visit every year.

In 2017 the children moved to a new house but the old beds had developed bugs. New bed sets (bed, mattress, covers, pillows, blankets, sheets and a pair of pyjamas) cost £100. It would be wonderful if you could sponsor a bed. We thought it would be rather fun for you to 'Name that Bed' (short ones please) and have your name put on the end as a 'thank you'.

**For more details see 'How you can help' on the back page.**



## Welcome to the ninth edition of our newsletter

Much of our previous newsletter focused on the devastating earthquakes in Nepal in 2015, the after effects and Exodus's relief efforts. Thanks to the incredible generosity of our many clients and friends, the Exodus Earthquake Appeal had donations from more than 3,500 individuals and we raised more than £270K. We were utterly humbled by your response and over the last two years we have been able to provide much needed help. On behalf of the Nepalis who we have helped we would like to thank all who donated from the bottom of our hearts.

### GIVING BACK

We are very proud to receive the Giving Back Award for the second year running in the Adventure Travel Awards for all our responsible tourism work. Even more rewarding was the Award for Individual Contribution to Adventure Travel, which was given to our MD, Pete Burrell, who retires from Exodus at the end of March. Pete is passionate about the Himalaya, and this award was a fitting tribute to the work and commitment he has put in over the years to ensure that adventure travel is a force for good for local communities.



In 2018 we have several new exciting projects which you can read about in this newsletter.



**Which? Recommended Provider**  
Holiday Companies 2017



**Adventure Travel Awards 2018**  
Giving Back Award Winner (for our Responsible Tourism work)



**Telegraph Travel Awards 2017**  
2nd in Best Escorted Tour Operator Category



**British Travel Awards 2017**  
Best Medium Sized Escorted Adventure Travel Company



**British Travel Awards 2016**  
Best Escorted Adventure Holiday Company



**TOFT Tigers Wildlife Tourism Awards**  
International Wildlife Tour Operator Winner 2016



## Give Nepalese women a better life – period!

When Nepalese women have their period, they are called 'chhaupadi', which translates to 'untouchable being'. They still deal with the stigma associated with menstruation as well as the problems that come from being without proper sanitary protection. Not only are women vulnerable to chronic vaginal infections that can lead to pelvic inflammation and infertility, a growing problem in Nepal, but because of 'chhaupadi' women and girls also suffer low self-image and a lack of dignity. The lack of sanitary management of menstruation also holds women back from the ability to play a fuller role in their world. If you improve the life of a woman, you help the family and therefore improve the life of the community.

Freedom Kit Bags (FKBs) have been developed between Beni Rani Ghale, a Nepali woman who campaigns tirelessly to help and empower women, and Dr Rosa Matheson, who campaigns on women's issues in Nepal. Beni began by making reusable sanitary pads, Rosa then helped her develop the idea into a complete kit, which includes washable pads for daily and night-time use, pad-holders, panties, a pretty carrying purse, waterproof bag, soap, washing line and holder bag.

The kits are usually distributed on a training day, where both men and women are advised on how to deal with menstruation. One bag lasts up to 2 years, costs £25 and includes other expenses such as transport, instruction, education and printing.

### CHANGE A LIFE FOR £25



**So far Exodus has sponsored 600 Freedom Kit Bags. 150 to the women and girls of Kodari village, Sindapulchowk, 300 distributed to patients and staff through Charikot Hospital and Jiri Health Centre, Dolakha, and 150 to women and girls in Sinu sirawari, Chautara. Can we make it to a thousand in 2018?**

**To donate see 'How you can help' on page 4**

## NEPAL PROJECT ROUNDUP

### WATER AND SMOKELESS STOVES

Many of our previous projects with water pipes and smokeless stoves were damaged in the earthquake. We repaired the water pipe in Thulopatel in 2016 and donated new smokeless stoves for those families in need.

### KALIKA NALBUNG SCHOOL

We continue to sponsor a teacher at the school.

### TREE PLANTING, BRAGA

Our first project in Nepal continues to be run by Karma Gurung and his wife. Every year they collect seeds from local indigenous species, protect and grow them before planting out the saplings. Only two hundred trees are planted on hillsides per year due to the altitude and harsh climate. Others are planted on communal land to provide a sustainable resource.

### FURA DOMA SHERPA

Fura Doma Sherpa and her siblings lost their mother in 2003. Exodus client Richard Bannister sponsored Fura through school and nursing college and she now works as a nurse at Sir Edmund Hillary Hospital in Kunde. Congratulations Fura! And if trekking in the Everest region you can meet her at the hospital.

### HIGH ALTITUDE WORKERS WELFARE ASSOC

Set up by a group of Nepali climbing sherpas to help families of sherpas and other trekking staff who lose their lives or livelihood at work. The last two years have seen major disasters on Everest and many young women have been left with no husband or income. We sponsor the education of five children.

### LANGTANG VILLAGE

Langtang was totally destroyed in the earthquake including the lodge Exodus used. Its owner, Karma survived as he was in Kyanjin but his wife and a son died and their home and possessions were destroyed. He is rebuilding a damaged lodge in Kyanjin and Exodus have donated a UV water filter so Karma can sell safe drinking water to trekkers. Exodus will return to Langtang this year.



## ADVENTURE 2017

**Helping children across the globe to discover their world**

### ANGELS IN KATHMANDU

As detailed on the sponsor a bed cover story, Dr Rosa and Dr Ian Matheson support Angels Children's Home with trustee and regular Exodus client, Brian Mildenhall. They visit the children every year, spending time to ensure their welfare in a loving and caring environment. Exodus helps the children by providing money for school uniform and other necessities. In April, as part of our project to send at least 2,017 children across

the world on exciting educational day trips, all three took the 21 children for a day in Kathmandu. The children chose to visit the monkey temple at Swayambhunath and the Royal Palace. The children's verdict: 'I learnt a lot about my country. It was fun.'





# Exodus and Health Partnership Nepal



After the success of the medical camp we funded in 2016, Exodus teamed up with Health Partnership Nepal (HPN) in May 2017. This is a partnership between St Georges Hospital in South London and the Nepal Medical College and Teaching Hospital (NMCTH) in Kathmandu since 2010.

The 2017 HPN project took place in the town of Charikot in Dolakha district (approximately 8 hours drive by bus from Kathmandu) over two weeks – from the 21st May to the 2nd June 2017 – and involved sixty volunteers from the UK, Australia and Nepal. The charity worked with local doctors

at an established health post, providing medical support, elective surgeries, health care training, and optometry.



## International Action Day for Women's Health



Landing on the 28th May during the HPN project, this was the day chosen to distribute 200 reusable Freedom Kit Bags. Three nurses and other volunteers provided education in personal health and hygiene to girls and women of reproductive age. Exodus' MD, Peter Burrell, was in attendance and said:

*"For women in Nepal periods can be a difficult and sometimes demeaning time. It was uplifting to deliver practical help, which shows it is possible to improve the lives of women in remote areas. My thanks to all at Health Partnership Nepal and the wonderful team from St Georges Hospital, Tooting".*

### AWESOME WATER ADVENTURES

Through their relief work Rosa, Ian, and Brian have built relationships with two schools in Sindapulchowk, Shree Singha Devi Primary School, Kodari and Shree GolmaDevi Secondary, Jitpur. Working with Himalayan Adventure Girls, the only all-female, all-skills adventure company in Nepal, an adventure day programme was created around the theme of 'water'. A staggering 366 children took part in activities



over three days. Older children were taken on an exhilarating white water rafting trip, younger children got to try swimming and very small children played bubble-blowing, apple-bobbing and water-balloon bursting. The day was described as 'awesome' by all.

## LADAKH PROJECT ROUNDUP



### HELP TO BUILD A COMMUNITY

Ranbirpura, a village close to Tikse, consists of 26 families who had no village temple for ceremonies and community events but the temple is now well on its way to completion.



### DONKEY SANCTUARY, LEH

This sanctuary helps look after old, injured and unwanted donkeys. Exodus has been helping for the past five years now. If you are in Leh ask your leader to take you there. Bring carrots – the donkeys love them!

### HEMIS NATIONAL PARK



We have continued working with our partners in the Indian Himalaya Youth Association for Conservation and Development of Hemis National Park. In 2014 we established an Eco Cafe in Hankar with the local woman's group, and last summer we funded a second café in Skiu, another village in the Markha Valley. Volunteers, Mia and Andy travelled to Ladakh to help set up the café, which was then run by local women. We have funded UV water filters for both cafés, to sell safe drinking water to trekkers and run workshops in felting so women can make souvenirs for tourists.



## Do you feel like packing your bags for school?

If while packing you find a spare bit of space in your kitbag we now have a list of useful items for various schools in the area you are travelling to.

If you are travelling to Nepal we have a Porter Clothing Bank in Kathmandu. If you have any old walking gear you no longer need bring it with you and give to your leader or leave at the Exodus desk in Kathmandu. We also support children in schools in Kathmandu and in villages. If you have room for any of the following items they would be appreciated: children's books for 5-18 year olds, notebooks, pens, crayons, boys and girls socks or underwear, shampoo, conditioner, toothpaste and toothbrushes, children's hats and gloves, baby clothes, lightweight wooden games such as chess, solitaire. The above items can be taken to the Ambassador Garden Home in Thamel and given to: **Prakash Lammichanne**, contact no: +977 1 4700724.

If you are travelling to India we are supporting the Ranbirpura Primary School, near Tikse in Ladakh. Although the basic education is looked after by the government, some of the facilities are limited. If you have any extra room in your luggage the school and the children would appreciate any of the following items: children's books for 5-15 year olds, notebooks, pens, crayons, painting books, school bags, girls and boys socks or underwear, warm hats and gloves, toothpaste & brushes, lightweight board games. These items can be handed over to your leader on arrival at your hotel in Delhi, and your leader will carry it to Leh (our local partner will pay for any excess baggage charge on the Leh flight associated with this).

## A BIG THANK YOU...

To all Exodus clients and friends, who have donated so generously this year, many having raised funds through various challenges or through giving talks. We are very grateful to everyone who supports us but would like to take the opportunity to say a special thanks to: **Tony McMurray**, who was at Everest Base Camp on the day of the earthquake in 2015. Once safely back in Kathmandu he made a promise to his leader, Sukman, that he would arrange to bring him to the UK as well as raise funds to help with earthquake relief. In 2017 Tony made good on his promise and Sukman flew to the UK in April. A fantastic evening was held in Towcester which raised over £2000. He and Sukman made a visit to the Exodus office after a day at the seaside – as Sukman had never seen the sea! **Margaret Smith** is a long standing Exodus client and supporter of our earthquake appeal. A talented photographer, she raises funds by giving talks and exhibitions of her photographs which to date has raised over £1250. **Peter Barritt**, set up a fundraising group named the Shropshire Snow Leopards and to date has raised over

£7,000 for Nepal Youth Foundation. **Lynne Dabrowska** may have hung up her trekking boots but supports our work with children in Nepal by undertaking challenges such as sponsored sky diving! And finally, Exodus employee, **Elise Wortley** undertook an epic expedition inspired by the legendary female adventurer Alexandra David-Néel whose book *My Journey to Lhasa*, published in 1927, became a travel classic and inspired Elise to walk in David-Néel's footsteps ninety years on to raise funds for Freedom Kit Bags. Elise undertook the first part of Alexandra's 14 year journey, trekking through Sikkim in Northern India without modern equipment.

Some of our local leaders are instrumental in managing many projects. **Sukman Tamang** (mentioned above) supervises the Thulopatel projects and won the Exodus Responsible Tourism Award 2016. **Sonam Chospel**, **Khenrab Phuntsog** and **Thamchos Thinless** give their time and provide the local support for our Ladakh projects.

And to so many more of you not mentioned here who have donated so generously this year a big thanks on behalf of everyone in Nepal.

## HOW YOU CAN HELP

- 1 You can donate online at: [www.foc-uk.com/donateform.asp?link=exodus](http://www.foc-uk.com/donateform.asp?link=exodus) Or visit Exodus at: [exodus.co.uk/responsible-travel/our-partners-projects](http://exodus.co.uk/responsible-travel/our-partners-projects)
- 2 You can donate by cheque: Please make payable to: 'Friends of Conservation' and mail to: 60 Strand, London WC2N 5LR
- 3 If you may be able to help in other ways, or have any queries please email Valerie Parkinson [valeriepark59@tiscali.co.uk](mailto:valeriepark59@tiscali.co.uk) our Kathmandu Base Manager.

Please be aware that Valerie may be out leading treks at various times and may not always be able to respond to your email enquiries immediately; alternatively you can email Kay Palmer in the Exodus office at [kpalmers@exodus.co.uk](mailto:kpalmers@exodus.co.uk)

### OUR RESPONSIBLE TOURISM POLICY

As a traveller, we believe that you have as important a role as we do. We provide a framework for Responsible Tourism but your choices and actions before, during and after your holiday have a major part to play. Exodus is a true pioneer in Responsible Tourism and has always believed in three simple guiding principles for the way we want to travel:

- Ensure communities benefit from our visit
- Realise every destination is someone's home
- Leave places as we would like to find them

For details of our complete policy visit

[www.exodus.co.uk/responsible-travel](http://www.exodus.co.uk/responsible-travel)

### HINTS FOR RESPONSIBLE TREKKING

We believe in reducing our negative

environmental impacts wherever possible, this goes for when you need to spend a penny in the great outdoors! If no facilities are available there may come a time when you need to go to the loo behind a tree/bush/rock. To avoid leaving toilet paper behind we recommend taking biodegradable dog poo/sandwich bags with you. Once you have done your business you can pop the used toilet roll in here and dispose of it when appropriate.

### DRINKING WATER ON TREK IN NEPAL

Staying hydrated is important at altitude where 3-4 litres per person per day is generally recommended. We encourage you to avoid bottled water as this contributes to the growing problem of plastic pollution. Tea houses in

Nepal provide cold water free of charge. This should not be drunk untreated, but bring a reusable bottle with a wide opening (Nalgene or similar) and use a SteriPEN – a small, lightweight, battery powered UV water purifier. Quick to use, more effective than purification tablets and easy to pack a SteriPEN will pay for itself over the course of a trek and it's there for future trips. Most of Nepal's bottled water is UV treated anyway, so it's exactly the same except you won't leave behind a single plastic bottle. Use on non-boiled water so long as it isn't cloudy or full of sediment (uncommon in these regions). Widely stocked on Amazon, outdoor shops and other online retailers; look for the latest models but avoid USB charging ones.



## Welcome to the eighth edition of our newsletter

On the 25th April and the 12th May 2015 two devastating earthquakes hit Nepal and changed the lives of many people in a country which is very close to our hearts. Many lives, houses and schools were lost and even as we write this newsletter (one year on), the ground is still shaking from time to time.

The country is struggling to get back on its feet and in Autumn 2015 a fuel crisis halted much relief work and had a more devastating effect on the economy than the earthquake itself. Although the earthquake is no longer a major international news story, for many Nepalis (including many of our local staff) their lives revolve around getting back on their feet.

Our newsletter this year is mainly about Nepal and our efforts to help wherever we can to help our staff to get back to a normal life.

Here at Exodus we were utterly humbled by your response. On behalf of the Nepalis who we have helped we would like to thank all who donated from the bottom of our hearts.

Thanks to the incredible generosity of our many clients and friends, the Exodus Earthquake Appeal has had donations from more than **3,500 individuals** and we have raised more than **£270K**.



## Exodus Earthquake Relief Update

2256



Exodus has been operating tours in the Himalaya for over 40 years now and for many of us it is one of the most beautiful and welcoming parts of the world. In 2015, the earthquakes in Nepal, the fuel crisis and the subsequent lack of trekkers has brought the country to its knees. We have done what we can to help first and foremost the staff, who have worked loyally for Exodus for many years.

Following the devastating earthquake, Peter Burrell, the Exodus MD and myself Valerie Parkinson, Asia Base Manager, spent a week in Nepal setting up our relief efforts. The first stage of relief work was to source tarpaulins for

immediate emergency shelters. We took our local leaders on an initial relief run to Kaphal Chor, where we distributed tarpaulins, mattresses and food to families who had lost homes. Our local agent in Nepal, Karma Lama, managed to source more than 2000 tarpaulins, which we then distributed to our leaders together with relief money to go to their own villages and help people in most need.

The next stage of our relief work centred on providing more permanent shelter before the monsoons arrived. Tarpaulin was only ever going to be an immediate emergency solution. As the monsoon approached Nepalis needed



2016 Guardian and Observer Travel Award for Most Open and Honest Tour Operator

2015 Sunday Times Editors Award for our earthquake relief work

2015 British Travel Awards for Best Medium Size Escorted Adventure



» a more permanent solution. Corrugated tin and wood shelters were the answer. We managed to provide most of our trekking staff (leaders, guides and assistant guides (more than 80 families)) with tin so that together with locally sourced wood they could construct temporary shelters.

As it became evident that families were going to be in temporary shelters for a while people adapted and enlarged the original tin shelters. They added wood and bamboo and many built a separate kitchen area. Towards the end of 2015 Valerie visited many of our local staff's homes in Solu and Dolakha to see the situation. Following this visit in early January 2016 we distributed money to staff who had lost homes to buy materials for rebuilding or to pay for labour. Some staff have now cleared their land and collected stones and wood ready for rebuilding.



Phaldung Lama



Peter Burrell, Exodus' M.D., working with our local staff in the initial relief efforts



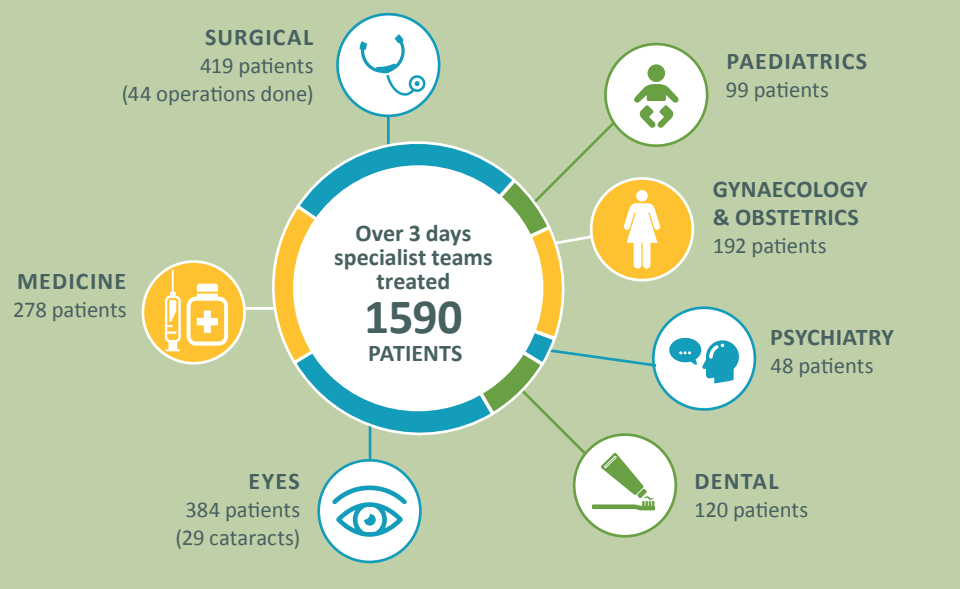
Some of the widespread destruction



Distributing tarpaulin and food

## Specialist Medical Camp in Nepal

From the 18-22 March 2106 Exodus organised and funded a Specialist Medical Camp in Thulopatel village. The camp ran for three days with 29 volunteer doctors and eye specialists travelling from Kathmandu to Thulopatel, a village located 8 hours drive from Kathmandu. Sukman, one of our Nepali leaders, co-ordinated the logistics of the camp and more than 20 of our Nepali staff volunteered to help at the camp. Over three days specialist surgeons, eye doctors, paediatricians, gynaecologists and dentists saw 1590 patients, some of who had travelled a day to get to the camp. The local health post was converted into a full operating theatre. 44 patients had operations including some quite major hernia operations and 29 life-changing cataract operations.





## Additional Projects Supported by Exodus in Nepal



Risankhumani Primary School

### FRIENDS OF ANGELS, NEPAL



Angel's is a children's home in Patan, Nepal. It is home to 21 children. Dr Rosa and Dr Ian Matheson were the founders of Friends of

Angel's in 2009. Working with many friends and supporters in the UK (including Brian Mildenhall, a regular Exodus client), they raised the money to pay for the food, house rent and education of the children. Rosa, Ian and Brian visit Nepal to see the children every year, spending time to ensure their welfare in a loving and caring environment. All the children were safe in the earthquake although their home had some cracks. In 2015 we again paid for new school uniforms for all the children – the photo below shows the children in their new uniform.



Ready to learn!

### HIGH ALTITUDE WORKERS WELFARE ASSOCIATION (HAMWWA), NEPAL

This small Nepali NGO was set up by a group of Nepali climbing sherpas to help the families of climbing sherpas (and other trekking staff or porters) who have lost their lives or livelihood climbing or trekking.

The last two years have seen major disasters on Everest and many young women have been left with no husband or income and children to educate. We sponsor the education of five children and in 2015 we helped HAMWWA with their earthquake relief efforts.

### EXODUS & THE NEPAL YOUTH FOUNDATION

Exodus has teamed up with the Nepal Youth Foundation to fund the rebuilding of schools in the Sindupalchowk district. So far we have funded a five classroom school (Risankhumani Primary School), which was completely destroyed in the earthquake. We are also sponsoring a Nutrition Kitchen at this school for a year, where every day the children receive a nutritious meal whilst at school. At Sipa Pokhari we have funded another five classroom school (Sarbasudar Primary School). Both these projects are finished and the schools up and running. In 2016 we are funding at least two more schools in the same area.

### SHREE INDRENI LECK SCHOOL, NEPAL

This school is visited on the Classic Nepal bike ride led by Kumar Shrestha. Over the last few years clients have helped the school in various ways. In 2015 Kumar started a library in the school and bought a computer. If you are travelling to Nepal and you have spare room in your luggage children's books are always welcome.



The new library, open for contributions



Classic Nepal bike ride route



### LADAKH PROJECTS, NORTHERN INDIA

#### HEMIS NATIONAL PARK

During 2015 we have continued working with our partners in the Indian Himalaya. In the Hemis National Park in Ladakh we are working with Niyamdu. Dro and YAFCAD (the Youth Association For Conservation and Development of The Hemis National Park) on banning the use of plastic mineral water bottles from the Markha Valley trekking route. In Hankar we have established an Eco Cafe with the local Woman's Group. The cafe provides locally sourced food and drinks. We run workshops in felting so the women can make felted souvenirs in the winter season and sell them in the tourist season in the summer.



#### DONKEY SANCTUARY, LEH

This sanctuary helps look after old, injured or unwanted donkeys. Exodus has been helping the sanctuary for the past five years now. If you are in Leh ask your leader to take you there – take some carrots along with you – the donkeys love them!!



#### HELP BUILD A VILLAGE TEMPLE/COMMUNITY HALL IN LADAKH

Ranbirpura is a village close to Tikse and consists of 26 families. These families have no village temple which they can use for community events and ceremonies such as funerals and marriages. The temple is now well on its way to completion as you can see below.



## Water and Smokeless Stoves

Many of our previous projects in Nepal – both water pipes and smokeless stoves were damaged in the earthquake. In 2016 we will be looking at what was lost and how we can help repair the damage done.



## Kalika Nalbung School, Nepal

We still continue sponsoring one teacher at the Kalika School.

## Clothing Bank, Nepal

At our base in Kathmandu we have a clothing bank which offers clients visiting Nepal an opportunity to donate any old clothes, walking gear, trekking boots etc that are no longer wanted. In 2015 these have been distributed to families affected by the earthquake. If you have any spare room in your luggage any old warm clothing is very welcome. Please leave these with your leader or the base manager.



## Tree Planting, Braga, Nepal

This was our first project in Nepal and although very small scale it continues to be run by Karma Gurung and his wife. Every year they collect seeds from local indigenous species, plant, protect and grow them before planting out the saplings. Due to dryness, high altitude and harsh climate only about two hundred small trees are planted out onto the hillsides every year. Some are planted on communal land to provide a sustainable resource for the community, whilst others are taken by local people to plant on their own land.



## Fura Doma Sherpa

Fura Doma Sherpa and her siblings lost their mother in 2003. Richard Bannister, an Exodus client has sponsored her through school and nursing college and Fura now works as a nurse in the Sir Edmund Hillary Hospital in Kunde. Congratulations to Fura and if you are trekking in the Everest region you can meet Fura at Kunde Hospital.



Here at Exodus we believe it is important to ask yourself

### WHY DO I WANT TO TRAVEL?

Yes, you might want to see Everest Base Camp or climb a mountain but at the same time we challenge you to ask yourself **WHY?**

Maybe it is to meet new people?

OR to get under the skin of a country and learn about a different culture?

OR to give something back to a destination?

Let 2016 be the year you find your Shangri La.



## A Big Thank You...

To all Exodus clients and friends, who have donated so generously this year and who have raised funds through various challenges. These ranged from sponsored walks and runs, bake sales, public speaking, as well as one donation which was in lieu of retirement gifts. Without your help we would never have been able to achieve so much. We are very grateful to everyone who supports us but would like to take this opportunity to say a special thank you to **Lynne Dąbrowska, who having recently turned 75, did her second sky dive and raised over £ 1,100.00 in the process as well as organising a knitting circle to crochet baby blankets for us to take out this spring.**

Other intrepid fundraisers supporting the Nepal Earthquake Appeal included **Jane Damerum and Dorothy Stirling who both completed half marathons, and Catherine McQuarrie who negotiated tricky terrain in a cycle challenge in the Outer Hebrides. Kirsty & Angus Dawson are long term supporters who raised over £600 to take out with them when they travelled to Nepal in November. We also very much appreciate the support of everyone at Isos Housing Ltd in Newcastle-upon-Tyne who held a special Charity Day, raising £1,158 for the cause, and the staff of Jaguar/Landrover who raised over £2,000.**

Thanks are also due to **the St Albans Ramblers Club, Hiking to Indulge Meet up Group, Nat West TDS Edinburgh, Ceres Hill Walking Club, The Family Holiday Association, Rotary Club of Carshalton Beeches, Rotary Club of Edenbridge and the children of Fulshaw and Beacon Primary Schools, who all raised funds for our appeal.**

We should also mention **Niraj Shrestha** who works in our operations department and has family in Nepal. Thanks to Niraj for all the earthquake fundraising he has done this year, including the Nepalese lunch at the Exodus office which raised £800.

Thanks are also due to the retired **folks from Penn Court in Wiltshire** who held a Wine and Cheese evening, a Proms Picnic and a Bangers and Sparklers evening and donated all the money raised to our appeal.

Some of our local leaders have been instrumental in managing many of the projects. **Lakpa Lama** has done an amazing job helping with the earthquake relief. **Sukman Tamang** supervises the Thulopatel projects and masterminded the Specialist Medical Camp in 2016. **Sonam Chospel** and **Khenrab Phuntsog** provide the logistical support for our Ladakh projects.

And... so many more of you not mentioned here who have donated so generously this year – big thanks on behalf of everyone in Nepal.



## HOW YOU CAN HELP:



- 1 ONLINE**  
You can donate online at:  
[friendsofconservation.org.uk/donateform.asp?link=exodus](https://friendsofconservation.org.uk/donateform.asp?link=exodus)  
Or visit Exodus at:  
[exodus.co.uk/responsible-travel/our-partners-projects](https://exodus.co.uk/responsible-travel/our-partners-projects)
- 2 CHEQUE**  
Please make payable to: **'Friends of Conservation'**  
Mail to: **11-12 Southcombe St, London W14 0RA**

If you have any queries or may be able to help in other ways, please email Valerie Parkinson [valeriepark59@tiscali.co.uk](mailto:valeriepark59@tiscali.co.uk) our Kathmandu Base Manager.

Please be aware that Valerie may be out leading treks at various times and may not always be able to respond to your email enquiries immediately; alternatively you can email Megan Devenish in the Exodus office at [megan.devenish@exodus.co.uk](mailto:megan.devenish@exodus.co.uk). We appreciate your patience and understanding if this occurs.



## Welcome to the seventh edition of our newsletter

We hope it will raise awareness of the positive effects that responsible tourism brings to a region, describe our own on-going projects in the Himalaya and outline our plans for the future. The last year has been busy and exciting for us as our fund raising has gone from strength to strength and our supporters have been busy with sponsored events which has allowed us to help even more communities in the Himalaya.

Exodus has been operating tours in the Himalaya for well over 30 years and for many of us it is one of the most beautiful and welcoming parts of the world. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs. The last few decades have been dotted with disaster stories where tourism has resulted in over-development, destruction of environments and in cultural misunderstandings

and mistrust. It has also recently been embroiled in the debate about global warming and carbon emissions caused by flying. At Exodus we believe that our type of small group, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges.

It is only natural that we have been keen to give something back, and we have invested a great deal of time and effort in several Himalayan projects. As a traveller,

we believe that you have as important a role as we do. We believe that we provide a framework for Responsible Tourism but your choices and actions before, during and after your holiday have a considerable part to play. Exodus is a true pioneer in Responsible Tourism. In 2010 Exodus was delighted to receive no less than FOUR awards at the prestigious British Travel Awards including Silver for the most Environmentally and Socially Responsible Small Tour Operator.

## Our RT Policy

We have always believed in three simple guiding principles for the way in which we want to travel:

- ▶ We should ensure that communities benefit from our visit
- ▶ We realise that every destination is someone else's home
- ▶ We should leave places as we would like to find them

For details of our complete policy visit [exodus.co.uk/responsible-travel](http://exodus.co.uk/responsible-travel)



Exodus partners with Friends of Conservation to support and run several projects worldwide. For the past few years this has included our own Responsible Tourism projects in the Himalayan region. All our projects now come under Himalayan Community Support'. In this news letter you can read about them all and what we have achieved in the last year.



## Thulopatel Water Project, Nepal

In 2012 Carole Mahoney and Neil Bowman attempted to climb to over 6,000m on Stok Kangri to raise money which was split between the Tibet Relief Fund and the Exodus Himalayan Community Support projects.

Some of the money they raised went to the Thulopatel water project. Water pipe, cement and taps were bought for some of the houses and the villagers brought water closer to the village by pipe, built holding tanks and individual stand pipes close to the houses. This means that the women do not have to spend hours every day collecting water as they have a pipe and tap within a few metres of the house. This project was finished in June 2014.

We are pleased to announce that Carole and Neil achieved one of their lifetime ambitions and summited Dzo Jongo East (6,040m) in August 2014. Big congratulations to them both.

### TRAVEL GREEN

Save water. In hotels turn the tap off whilst cleaning your teeth. If you are only in an hotel for 2 nights there is no need for clean towels and bedding.

## Nalbung – Smokeless stoves and School, Nepal

The Nalbung Kalika School is a government school set above the Seti River, which we have been supporting for several years. The school has nearly 100 students (including a nursery class) and only 3 teachers paid by the government. Since 2009 we have been sponsoring a teacher at the school. £250 pays a teacher's salary for one year.



## Leave nothing but footprints

### PONDER POINT

On the Everest Base Camp trek in Nepal the average trekker drinks up to 52 litres of water. Those who purchase mineral water leave behind 52 bottles. A group of 16 clients drinks 832 litres of water. On trek please use boiled water or bring water purification along with you.

**SAY NO TO MINERAL WATER**

### PONDER POINT

Plastic takes 1000 years to decompose at sea level. Glass takes 4000 years to decompose at sea level.

**Nothing decomposes at High Altitude!**





## Friends of Angels, Nepal

Angel's is a children's home in Patan, Nepal. It is home to 21 children, who are looked after by Amrit and Aishwarya. Some are orphans and some have been given up by a lone parent too poor to care for the child. Dr Rosa and Dr Ian Matheson were the founders of Friends of Angel's in 2009. Working with many friends and supporters in the UK, Nepal and around the world they raise the money to pay for the food, house rent and education of the children. The Rotary Club of the Himalayan Gurkhas also lend a hand by handling any cash transactions and auditing the books. Rosa and Ian visit Nepal to see the children every year, spending time to ensure their welfare in a loving and caring environment. Brian Mildenhall is a Friend of Angel's and a regular Exodus client. In 2013 he cycled 1,011km from Lhasa to Kathmandu, one of the ultimate bike ride challenges and at the same time he raised almost £4,000 - enough to feed the children for six months, a project close to Brian's heart. In Brian's own words: "Without doubt it was physically the hardest thing I have ever done. In total I cycled 1,011km over 12 days from Lhasa to Kathmandu - 31,416 feet of ascent and 39,606 feet of descent! That's 5.95 miles up and 7.5 miles down. It was the most fantastic, awesome trip. As well as the Potala Palace in Lhasa and the wonderful monasteries, we rode through valleys of barley fields with villagers harvesting by hand; alongside vast lakes fed by glacial water; across the arid Tibetan plateau and over high mountain passes festooned with hundreds of prayer flags. One of the highlights was cycling past Rongbuk monastery and then along a gravel track to Everest Base Camp with incredible views of the huge north face of Everest. Another highlight was the Tong La pass. At 5,100m it crosses the Himalaya before a descent of over 3,000m and 90 miles to Kathmandu. I visit Nepal almost every year to see the children at Angel's and it's great to see them growing up happy in a loving and caring family and to know that every penny we raise is spent on the children."

In spring 2014 Exodus paid for new school uniforms for all the children



**TRAVEL GREEN**  
Buy local - both food and handicrafts - this will help the local economy.



for the student who gets the highest marks every year. This year Kumar raised the money to buy new school uniforms for all the children.

## Guiding Disadvantaged Youths to Professions, Nepal

This project was set up by Initiative Outdoor to give train unemployed young people to work in the trekking industry. They ran a 3 months training course in mountain leadership skills. Our local agent in Nepal has taken on one of the boys (Bikash) to work with Exodus groups as an assistant guide (and hopefully a leader in future).

## Tree Planting, Braga, Nepal

Deforestation is a problem in parts of Nepal. Although a small part of this is caused by the influx of trekkers, most is down to the growing population's need for fuel and building materials. As well as ensuring that our practices on trek do not add to this problem, we have for several years provided financial and practical support for a small scale tree nursery in Braga in the Annapurna region. Although on a very small scale this project is now well established due to a local man, Karma Gurung, and his wife looking after the nursery. Every year they collect seeds from local indigenous species, plant, protect and grow them before planting out the saplings. Due to dryness, high altitude and harsh climate, the survival rate of seeds and cuttings is very low. However, Karma and his wife have



persevered and experimented and now get around two hundred small trees planted out onto the hillsides every year. Some are planted on communal land to provide a sustainable resource for the community, whilst others are taken by local people to plant on their own land.

## School Sponsorship

We believe education is an important part of growing up. Some of our clients sponsor children in both Nepal and India who either come from very poor families or have lost one or both parents. These children are now all in school either in Kathmandu or in their village. We are updated on their progress regularly.

**TRAVEL GREEN**  
Follow the 'Leave No Trace' principles - carry a rubbish bag around with you and take ALL non burnable rubbish out of the mountains.

## Well done to Fura Doma Sherpa

I introduced Fura Doma to Richard Bannister in 2003, just after she and her siblings lost their mother. Richard is a regular Exodus client and has trekked in Nepal many times. He kindly sponsored Fura's education at the Edmund Hillary School in Khumjung, where she came 3rd in her final exams. Fura excelled at the Little Angels Scholl in Kathmandu with a first class pass and she has recently graduated from Nethaji Institute of Nursing Sciences with a B.Sc. with distinction. Richard has supported Fura Doma throughout her studies and was privileged to be at her graduation in India earlier this year. Richard and all at Exodus wish her well in her chosen career and a big thank you to Richard.



## Parabolic Solar Cookers, Nepal

In Nepal in autumn 2007 we purchased the first of many parabolic solar cookers. These cookers are one of those rare things in life that are genuinely a good thing for all concerned. Although they can never totally replace fuel burning stoves they have a wide range of benefits, the key ones being:

- A reduction in the time spent (mainly by women and children) collecting the wood, thus allowing them to perform other tasks or simply have more family time to relax and play. In certain areas collecting wood in forests can also be dangerous because of attacks by wild animals.
- A reduction in the use of expensive kerosene, which saves money for local communities.
- A reduction in carbon emissions that ultimately harm the planet we live on.

In addition these are made locally in the Kathmandu Valley apart from the reflectors, which have to be imported. Our first stove was tested on the roof of our



Kathmandu office. Since then several of our Nepali leaders spent a day at the workshop learning how to erect the stoves so that we could start installing them in some of the lodges we use in the mountains. By 2011 we had donated and installed more than 50 solar cookers in the Everest region. In 2014 we donated new reflectors to repair a few cookers damaged by a wind storm and we new solar cookers to Pangboche and Dugla. If you are on any of our treks in the Everest region you should have seen the cookers in action boiling water for the many trekkers in the area.



## Exodus Hall of Fame Award 2014

This year Exodus introduced a new leader award - The Hall of Fame Award. The first one went to Valerie Parkinson, who has worked in the Himalaya for Exodus Travels for 28 years. The prize was £500 to be donated to a project of her choice. Valerie has divided her prize money between the Donkey Sanctuary in Lehigh, the Hanka Eco Cafe, HAMWWA and Thulopatel water projects.



### TRAVEL GREEN

Respect local customs - dress respectfully - read up before you go/ask your leader.

## Danda Kharka, Nepal

This village is home to Chewang Sherpa, one of our popular trekking guides, and several of our assistant guides. We have helped this village for the past 6 years with various projects. In 2011 the village was finally connected to a local hydro power plant. In 2013 we raised and donated the money for the villagers to buy 15 metal poles and cement to complete the project which the villagers erected themselves.

## Kaji's hydro project in Dumili, Nepal

Many clients have trekked or climbed Mera Peak with our guide, Kaji Sherpa. Kaji has also summited Everest 6 times, an amazing achievement, and we at Exodus are very proud of him. Kaji comes from Dumili, a village in the lower Everest region and his dream was to help bring hydro electric to his village. This was done in 2013. The village now needs poles for the electric wire and we are helping the village to fund this.

### TRAVEL GREEN

Travel as light as possible - leave any unnecessary packaging at home.

## High Altitude Workers Welfare Association (HAMWWA), Nepal

This small Nepali NGO was set up by a group of Nepali climbing sherpas to help the families of climbing sherpas (and other trekking staff or porters) who have lost their lives or livelihood climbing or trekking. The job of a climbing sherpa in Nepal is hard and often dangerous as can be seen from the tragedy which happened this spring on Everest. They can lose their lives or get frostbite or other injuries that stop them working. A family is then left without the chief breadwinner and although most climbing sherpas are insured by the company they work for the insurance money is hard to claim and does not last very long and if they die after an expedition they have no insurance. The High Altitude Workers Welfare Association identifies families that need help and the money raised goes towards the education of the children left behind. At the moment we are sponsoring the education of 5 children - Pema Sherpa, Karma Chhiri Sherpa, Bishal Magar, Lhakpa Gelu Sherpa and Ang Daki Sherpa.



## Ladakh Projects, Northern India

Ladakh is in the far north of India on the Tibetan Plateau. We started our projects here in 2007 helping a couple of families in the Markha Valley rebuild their homes after severe flooding.

### Safe drinking water in the Hemis National Park, Ladakh

Since 2011 Exodus has been working with Niyamdu Dro and YAFCAD (the Youth Association For Conservation and Development of the Hemis National Park) on a Waste Management/Water Purification with UV filters project. The aim is to prevent mineral water in plastic bottles being sold in the Hemis National Park and provide an alternative source of safe drinking water. Approximately 35,000 bottles of mineral water are sold to trekkers in the Markha Valley alone every summer. Plastic cannot be recycled in Ladakh and it is not worth anyone taking it to other parts of India to be recycled. This is a huge problem for Ladakhis and this fragile high altitude environment. There has been an agreement in place since Summer 2012 that the people of the Markha Valley will not sell mineral water. Niyamdu Dro have provided UV filters for Skiu, Markha and Chilling villages. In 2012 Exodus donated 2 UV filters for Rumbak and Hanka villages. Exodus has provided water containers for the tea tents along the Markha Valley so that the owners can pressure boil water and store it in the large containers. The safe drinking water (either UV filtered or pressure boiled) will then be sold to trekkers at Rs15 per litre. If you are in Ladakh on our Markha Valley trek your leader will show you the filters and explain the work of YAFCAD. The Hemis National park is home to a sizable population of Snow Leopards and various projects have helped villagers realise the importance of Snow Leopards for the area. Village home stays, cafes and handicrafts have been developed to provide income from Snow Leopard and other tourism. In December 2013 Exodus funded a felting workshop for the women of Markha and Hanka. Exodus provided the money to the women's group in Hanka to decorate and set up a cafe. In summer 2014 Mia MacAllister kindly volunteered to help the women's group run an Eco Cafe, which caters to trekkers and sells locally sourced and organic products. We have also donated wire to Hanka village to build flood barriers as in the past 10 years the water level of the river has risen and destroyed many fields.



### Donkey Sanctuary, Lehigh

Set up a few years back by a Ladakhi and Joanne Lefson this sanctuary helps look after old, injured or unwanted donkeys. Exodus has sponsored two donkeys - named Exodus and Stok Kangri! If you are in Lehigh ask your leader to take you there - take some carrots along with you - the donkeys love them!!

### Buy a Brick Appeal Help build a village temple/community hall in Ladakh

Ranbirpura is a village close to Tikse and consists of 26 families. These families have no village temple which they can use for community events and ceremonies such as funerals and marriages. We have started a Brick Appeal to help the villagers and you can buy 150 bricks for £10.

[www.exodus.co.uk/responsible-travel/our-projects/himalayan-community-support](http://www.exodus.co.uk/responsible-travel/our-projects/himalayan-community-support)



### TRAVEL GREEN

Buy biodegradable soap and shampoo. Do not wash in local streams to avoid polluting water sources.

# A Big Thank You...

To all Exodus clients and friends, who donate so generously and also raise funds through various challenges. Without your help we would never have been able to achieve so much. We are very grateful to everyone who supports us and would like to say a special thank you to fundraisers Phil Chapman (see more below) Frances Stacey, Carole Mahoney, Neil Bowman and Lynne Dabrowska as well as Steve Terry, Celianne Crocker and Helen Connell, amongst many others.

## Mongolia or Bust!

This summer, intrepid adventurer, Phil Chapman, headed off to Mongolia. To get there he planned to travel through 14 countries, pushing himself to the limits, conforming to the strict rules of the 'Mongol Rally' - no support team, no Sat Nav, no 4 Star Hotels. This is a challenge more usually undertaken by drivers in cars with 4 wheels - and not - as in his own words - a 'pathetic motorbike with an engine the size of a lawn mower'. Phil is now home and in his words - 'All good and one hell of an adventure, made 11 of 12 countries but bust a kidney and broke my hand in a late night crash so had to come home before Mongolia. Raised some charity money, not enough though, so I am going to do it all again next year and pick up where I fell off and go to Mongolia. The whole saga is on my blog [www.philvsmongolia.blogspot.co.uk/](http://www.philvsmongolia.blogspot.co.uk/)



## Travelwise & Coffeewise

An independent travel agency in Devizes, Wiltshire, has for the past few years given us space to sell Indian and Nepali handicrafts to raise money for our projects. A big thanks to June Allan and her staff and if you are near Devizes pop in for a cup of coffee and have a look at our range of handicrafts for sale.



and... everyone else not mentioned here who has donated to any of our projects - big thanks on behalf of everyone in Nepal.

## Leader Awards

Thanks to **Kumar Shrestha, Pasang Bomjan, and Valerie Parkinson** who won Exodus Leader awards the last couple of years. The prize money has been spent on our Himalayan Community Support Projects. Some of our local leaders have been instrumental in managing many of the projects. **Keshar Khadka** has helped over the years with many of our projects. **Sukman Tamang** supervises the Thulopatel projects and **Chewang Sherpa** supervises all the Danda Kharka Projects. **Sonam Chospel** and **Khenrab Phuntsog** have been instrumental in providing the logistical support for our Ladakh projects.

## TRAVEL GREEN

If you have to bring wet wipes please buy the natural, compostable and chlorine/alcohol free wipes.

## Four ways to donate

**1 Online** You can donate online at: [www.friendsofconservation.org.uk/donateform.asp?link=exodus](http://www.friendsofconservation.org.uk/donateform.asp?link=exodus) or visit Exodus at: [www.exodus.co.uk/responsible-travel/our-partners-projects](http://www.exodus.co.uk/responsible-travel/our-partners-projects)

**2 Standing Order** Please consider paying by Standing Order as this helps to reduce our administration costs. We will send a copy to your bank.

To the manager of (Bank/Building Society)	
Address	
Postcode	
Name(s) of account holder(s)	
Sort code	Account Number
Please pay Friends of Conservation, Sort Code: 30-94-81, Account No: 01750076 the sum of: £	
<input type="checkbox"/> Weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Quarterly <input type="checkbox"/> Annually (tick Box)	
Commencing Date / / until further notice.	
Signature Date / /	

**3 Cheque** £ Please make payable to: **Friends of Conservation**

**4 Credit/Debit Card** If you would prefer to make a credit or debit card donation by phone, please call **020 3667 7017**

## Your details

Title
First name(s)
Surname
Address
Postcode
Telephone
Email

*giftaid it*

If you are a UK Taxpayer, Friends of Conservation will be able to claim an additional 25p for every £1 you donate.

☐ Please treat all my donations until further notice as Gift Aid. (tick Box)

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Signature Date / /

**Please send completed form to: Friends of Conservation, 60 Strand, London WC2N 5LR (Tel: 020 3667 7017)**

If you have any queries or may be able to help in other ways, please email Valerie Parkinson [valeriepark59@tiscali.co.uk](mailto:valeriepark59@tiscali.co.uk) our Kathmandu Base Manager. (Please be aware that Valerie may be out leading treks at various times and may not always be able to respond to your email enquiries immediately; we appreciate your patience and understanding if this occurs).



## Welcome to the fifth edition of our newsletter

We hope it will raise awareness of the positive effects that responsible tourism brings to a region, describe our own on-going projects in the Himalaya and outline our plans for the future.

The last year has been busy and exciting for us as our fund raising has gone from strength to strength and has allowed us to help even more communities in the Himalaya.

Exodus has been operating tours in the Himalaya for well over 30 years and for many of us it is one of the most beautiful and welcoming parts of the world. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs.

The last few decades have been dotted with disaster stories where tourism has resulted in over-development, destruction of environments and in cultural misunderstandings and mistrust. It has also recently been embroiled in the debate about global warming and carbon emissions caused by flying. At Exodus we believe that our type of small group, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges.

It is only natural that we have been keen to give something back, and we have invested a great deal of time and effort in several Himalayan projects. As a traveller, we believe that you have as important a role as we do. We believe that we provide a framework for Responsible Tourism but your choices and actions before, during and after your holiday have a considerable part to play.

Exodus is a true pioneer in Responsible Tourism. In 2010 Exodus was delighted to receive no less than FOUR awards at the prestigious British Travel Awards including Silver for the most Environmentally and Socially Responsible Small Tour Operator. In 2012 we won the Moroccan Ministry of Tourism Responsible Tourism Award for Social and Economic Development in Tighza.

## Our RT Policy

We have always believed in three simple guiding principles for the way in which we want to travel:

- ▶ We should ensure that communities benefit from our visit
- ▶ We realise that every destination is someone else's home
- ▶ We should leave places as we would like to find them

For details of our complete policy visit [www.exodus.co.uk/responsible-travel](http://www.exodus.co.uk/responsible-travel)



Exodus has entered into a partnership with Friends of Conservation to support and run several projects worldwide. For the past few years this has included our own Responsible Tourism projects in the Himalayan region.

All our projects now come under 'Himalayan Community Support'. In this news letter you can read about them all and what we have achieved in the last year.

## Nava Kiran Orphanage Patan, Nepal

**Exodus has supported the orphanage since 2002 in various ways, with our staff helping with renovations and taking the children out for picnics in our own expedition vehicles.**

In March 2006 we opened a new home, which we built for the children. Since then we have been helping out with the children's educational needs (school fees, books, uniforms etc). Although we will still continue to monitor the children's educational needs, the orphanage now has its own website and some of the children have sponsors so we are gradually reducing our involvement and we aim to provide extra support where needed. Last year the kitchen/dining annex was damaged by fire, wind and heavy rain and part of the boundary wall has collapsed. We are hoping to raise funds to rebuild these and we need about £5,000. You can help with the rebuild by donating through Friends of Conservation (see page 4).

If you are travelling with Exodus to Nepal and would like to see the orphanage, please ask your leader who will be delighted to organise a visit. Any children's clothing, toys, books or school equipment is always gratefully appreciated (please take these to Nepal with you rather than sending them to the Exodus UK office).



## Nalbung Kalika School, Nepal

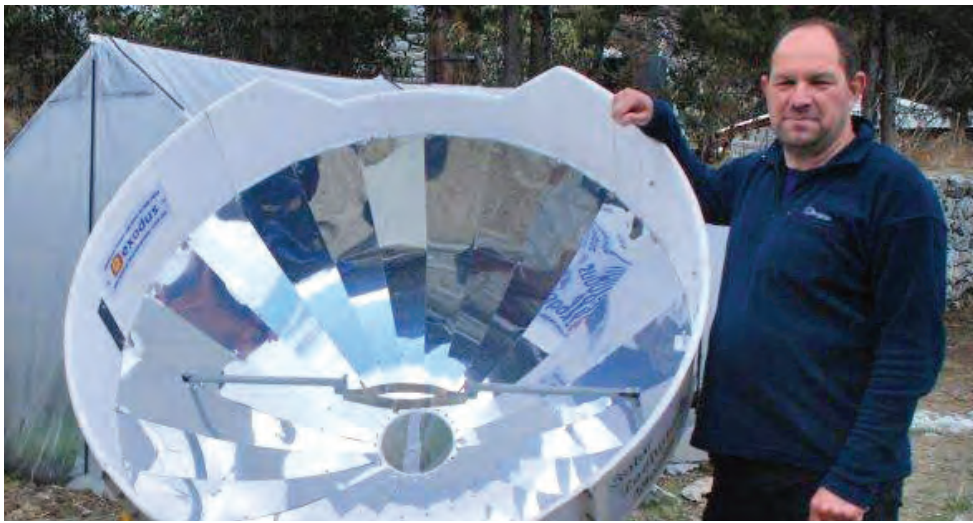
The Nalbung Kalika School is a government school set above the Seti River, which we have been supporting for several years. The school has 96 students (including a nursery class) and only 3 teachers paid by the government. Since 2009 we have been sponsoring a teacher at the school. £220 pays a teacher's salary for one year.

This year we have bought water pipe for the school and some carpet for the nursery class.

In 2013 we will be running the first of our 'Get Involved' volunteer trips to Nalbung. You will spend 2 days in the village helping install smokeless stoves or digging a channel for water pipe for the village. The trip also includes time in Kathmandu and Pokhara and a short trek.

For more details see [www.exodus.co.uk/responsible-travel/volunteer-holidays](http://www.exodus.co.uk/responsible-travel/volunteer-holidays)





## Parabolic Solar Cookers, Nepal

**In Nepal in autumn 2007 we purchased the first of many parabolic solar cookers. These cookers are one of those rare things in life that are genuinely a good thing for all concerned. Although they can never totally replace fuel burning stoves they have a wide range of benefits, the key ones being:**

- A reduction in the use of wood as a fuel which helps save the forests.
- A reduction in the time spent (mainly by women and children) collecting the wood, thus allowing them to perform other tasks or simply have more family time to relax and play. In certain areas collecting wood in forests can also be dangerous because of attacks by wild animals.
- A reduction in the use of expensive kerosene, which saves money for local communities.
- A reduction in carbon emissions that ultimately harm the planet we live on.

In addition these are made locally in the Kathmandu Valley apart from the reflectors, which have to be imported. Our first stove was tested on the roof of our Kathmandu office. Since then several of our Nepali leaders spent a day at the workshop learning how to erect the stoves so that we could start installing them in some of the lodges we use in the mountains. By 2011 we had donated and installed 50 solar cookers in the

Everest region. Unfortunately the hurricane winds which tore through the Everest region in January 2012 destroyed the reflectors of a few of the cookers. The base of the cooker survived so we aim to replace the reflectors by 2013. If you are on any of our treks in the Everest region you should have seen the cookers in action boiling water for the many trekkers in the area. The cost of one cooker is approximately £350, which includes the actual cooker and transportation to the lodge. The lodge owners are asked to pay approximately £50 each towards the cost.

Paul Green had trekked twice to Everest Base Camp with Exodus. He was so impressed with our solar cookers that instead of birthday presents for his 50th birthday he donated a cooker. This has been installed at the Sir Edmund Hillary Hospital in Kunde and in April 2012 Paul went back to Kunde to see his stove and met Dr Kami who looks after the hospital.



## Smokeless Stoves, Nepal

The villagers from Thulopatel cook on wood collected from community managed forests and the typical Tamang kitchen is a smoke filled room where the whole family sits around a very smoky fire. This smoke can cause serious respiratory and eye problems.

An easy solution to this is a smokeless stove. These are made of metal and are simply designed. As well as providing a smoke free kitchen they have a water heater and also provide heat for warmth. At a cost of £50 per stove we have donated and installed 139 stoves to Thulopatel since 2010.



## The Exodus Big Fat & Fundraising Lunch

**On the 3rd April 2012 our own Customer Operations Department held a special fundraising lunch.**

The whole department cooked lots of lunch goodies for the rest of the Exodus staff to buy. It was a great success and the £314 raised was doubled by Exodus so a total of £628 went into the Himalayan Community Support Projects. The money will buy water pipes for Nalbung which will be installed later in the year. Thanks to all in Customer Ops who made this event a success.

## Porter Clothing Bank, Nepal

At our base in Kathmandu we have a porter clothing bank which offers clients visiting Nepal an opportunity to donate any old clothes, walking gear, trekking boots etc that are no longer wanted. These are distributed amongst the porters who work regularly for us in Nepal. If you have any spare room in your luggage any old walking clothing is very welcome. Please leave these with your leader or the base manager.

## TOP TEN RT Tips

### Leave nothing but footprints

#### How can I be a Responsible Traveller...

- 1 Respect the local culture, religion and traditions
- 2 Dress respectfully
- 3 Use bio degradable soaps and shampoos
- 4 Leave all excess packaging at home
- 5 Take plastic and used batteries back home and dispose of properly
- 6 Buy locally made souvenirs and handicrafts
- 7 Try not to buy mineral water - bring water purification or drink boiled water
- 8 Ask before taking photographs
- 9 Conserve water
- 10 Support local responsible tourism projects







## Tree Planting, Braga, Nepal

**Deforestation is a problem in parts of Nepal. Although a small part of this is caused by the influx of trekkers, most is down to the growing population's need for fuel and building materials. As well as ensuring that our practices on trek do not add to this problem, we have for several years provided financial and practical support for a small scale tree nursery in Braga in the Annapurna region.**

Although on a very small scale this project is now well established due to a local man, Karma Gurung, and his wife looking after the nursery. Every year they collect seeds from local indigenous species, plant, protect and grow them before planting out the saplings.

Due to dryness, high altitude and harsh climate, the survival rate of seeds and cuttings is very low.

However, Karma and his wife have persevered and experimented and now get around two hundred small trees planted out onto the hillsides every year.

Some are planted on communal land to provide a sustainable resource for the community, whilst others are taken by local people to plant on their own land.

## Esther Benjamins Trust, Nepal

**Since 2010 we have been helping the Esther Benjamins Trust (EBT). Founded by Philip Holmes, the Trust focuses on improving the lives of Nepal's most vulnerable children and young people.**

The EBT refuges in Nepal provide full time care for children who are "at risk" of being trafficked or of domestic or sexual abuse - an indispensable safety net. The facilities cater for 140 children (boys and girls) at three centres; Kathmandu, Hetauda and Bhairahawa, south Nepal.

EBT has been conducting refuge childcare since the charity began operations in Nepal in 1999. The Trust's work is distinctive from other childcare centres in two respects:

- The children who are looked after are in general staying at the refuges on the basis of being "at risk" rather than "needy" or "disadvantaged". 90% of the children in the Trust's care have step-parents; in Nepali culture children from previous marriages are often not welcome in new relationships and step children are liable to domestic abuse or to be trafficked. The Trust is caring for children who may have run away from home to live on the streets to escape beatings by step parents. Other children were sold (trafficked) by step parents into a life of physical and sexual abuse as "performers" inside Indian circuses. After the Trust rescued children from both these situations it was not safe or desirable to return children to these families and has had

to look after them itself. A significant number of children are the dependents of prisoners. It is not uncommon in Nepal for a prisoner's spouse to re-marry soon after the conviction and, again, the step parent rejection of children condemned children to an unthinkable outcome; innocent children being jailed alongside their parents.

- Refuge care goes far beyond catering for basic needs and education. In addition the children are provided for through sport, recreation and developmentally, identifying less obvious talents.

Given the children's family circumstances and the dangers that might be involved in their being reunited with families, the reality is that they have to be cared for until they can lead independent lives. This can involve not only caring for their general and developmental needs but also providing a full academic or vocational education.

In 2011 we began helping Deepa Moktan with her nursing training. Deepa was rescued by the trust in 2005 from the Empire Circus where she had been since she was 10 years old. She had been in the circus for five years and she was made to work to exhaustion without adequate food or rest in very poor living conditions. After her rescue Deepa was

## School Sponsorship

As well as sponsoring the education for some of the Nava Kiran children we are sponsoring several children in Nepal and India who either come from very poor families or have lost one or both parents. These children are now all in school either in Kathmandu or in their village. We are updated on their progress regularly.

## High Altitude Workers Welfare Association (HAMWWA), Nepal

**This small Nepali NGO was set up by a group of Nepali climbing sherpas to help the families of climbing sherpas (and other trekking guides or porters) who have lost their lives or livelihood climbing or trekking.**

The job of a climbing sherpa in Nepal is hard and often dangerous. They can lose their lives or get frostbite or other injuries that stop them working. A family is then left without the chief breadwinner and although most climbing sherpas are insured by the company they work for the insurance money is hard to claim and does not last very long.

The High Altitude Workers Welfare Association identifies families that need help and the money raised goes towards the education of the children left behind. At the moment we are sponsoring 5 children.

HAMWWA also organises first aid course for guides. You can also help HAMWWA by buying one of their CDs of Nepali music. Made by the members all the profits will go towards supporting the education of children. The CD is a good memory of your trip in the Nepal Himalaya and cost \$10 and is only available in Kathmandu. Please see the Exodus rep if you wish to purchase one.

## Danda Kharka, Nepal

**This village is home to Chewang Sherpa, one of our popular trekking guides, and several of our assistant guides.**

For the past seven years a couple of Exodus trekkers, Kirsty and Angus Dawson have been raising money to help the village and water pipes have been put in the village, the monastery has been repaired and a community kitchen has been built. Thanks to a fundraising run Kirsty and Angus raised more money, which British Airways matched. The villagers have decided that they would like to be connected to the local hydro power plant so each home will have electricity. This project was completed in 2011 with Exodus and each family adding to the money already raised.

taken to the refuge in Bhairahwa (Southern Nepal) before being transferred to the Esther Benjamins Memorial Foundation in Godavari (South of Kathmandu) for further education. Deepa proved to be a very conscientious student and worked hard to catch up with her peers and make up for lost time. In 2010, she passed her School Leaving Certificate (SLC) exams with second division. She was very keen on training as a nurse so she took coaching for the Nursing school entrance exams and secured a seat in Green Tara Nursing College. She is currently in her second year in the Proficiency Certificate Level (PCL) Nursing.

For more information have a look at the EBT website [www.ebtrust.org.uk](http://www.ebtrust.org.uk)

# A Big Thank You...

To all Exodus clients and friends who have donated so generously to help get these projects off the ground and completed. Without your help and generosity we would not have been able to achieve so much. Many of our clients have been fund raising this year and we would especially like to thank the following:

**St Leos Third World Group**, who have been supporting us now for many years. **Travelwise and Coffeewise**, an independent travel agency in Devizes, Wiltshire, which for the past few years have given us space to sell Indian and Nepali handicrafts to raise money for our projects. In 2011 they raised more than £1,000 for our projects. A big thanks to **June Allan** and her staff and if you are near Devizes pop in for a cup of coffee and have a look at our range of handicrafts for sale.

On July 8th 2012 **Lynne Dabrowska** will make her first skydive over Kent. If you would like to sponsor her please visit: [uk.virginmoneygiving.com/LynneDabrowska](http://uk.virginmoneygiving.com/LynneDabrowska). Thanks to some of our local leaders, who have given their time to help the projects along. **Keshar Khadka** has raised a lot of awareness and money to help various projects along especially the Nalbung Kalika School and Nava Kiran. **Sukman Tamang, Lhakpa Tenzing and Chandra Khand** have made sure the solar cookers are installed properly. **Sukman Tamang** supervises the Thulopatel Project and **Chewang Sherpa** has supervised all the Danda Kharka Projects. **Sonam Chospel and Khenrab Phuntsog** have been instrumental in providing the logistical support for our Ladakh projects.

**and... everyone else not mentioned here who has donated to any of our projects - big thanks on behalf of everyone in Nepal.**

## Ladakh Project, Northern India

Ladakh is in the far north of India on the Tibetan Plateau. We started our projects here in 2007 helping a couple of families in the Markha Valley rebuild their homes after severe flooding.

In 2010 Exodus provided money for an all season greenhouse for a home for disabled children in the village of Chushot, close to Leh.

Since 2011 Exodus has been working with Niyamdu.Dro

[www.niyamdu.dro.free.fr](http://www.niyamdu.dro.free.fr)

And YAFCAD (the Youth Association For Conservation and Development of the Hemis National Park) on a Waste Management - Water Purification with UV filters project. The aim is to prevent mineral water in plastic bottles being sold in the Hemis National Park and provide an alternative source of safe drinking water. Approximately 35,000 bottles of mineral water are sold to trekkers in the Markha Valley alone every summer. Plastic cannot be recycled in Ladakh and it is not worth anyone taking it to other parts of India to be recycled. This is



a huge problem for Ladakhis and this fragile high altitude environment. There is an agreement in place that the people of the Markha Valley will not sell mineral water from summer 2012. Niyamdu.Dro have provided UV filters for Skiu, Markha and Chilling villages. In 2012 Exodus has donated 2 UV filters, which will be put in Rumbak and one other village along the Markha Valley trekking route. Exodus have provided water containers for the tea tents along the Markha Valley so that the owners can pressure boil water and store it in the large containers. The safe drinking water (either UV filtered or pressure boiled) will then be sold to trekkers at Rs15 per litre. If you are in Ladakh on our Markha Valley trek your leader will show you the filters and explain the work of YAFCAD. As well as safe drinking water Eco Cafes are being set up in the main villages along the Markha Valley where trekkers can recharge batteries with solar and buy locally made products.

## Four ways to donate

### 1 Online

You can donate online at: [www.friendsofconservation.org.uk/donateform.asp?link=exodus](http://www.friendsofconservation.org.uk/donateform.asp?link=exodus) or visit Exodus at: [www.exodus.co.uk/responsible-travel/our-projects](http://www.exodus.co.uk/responsible-travel/our-projects)

### 2 or by Standing Order

Please consider paying by Standing Order as this helps to reduce our administration costs. We will send a copy to your bank.

To the manager of (Bank/Building Society)

Address

Postcode

Name(s) of account holder(s)

Sort code

Account Number

Please pay Friends of Conservation, Sort Code: 30-94-81, Account No: 01750076 the sum of: £

☐ Weekly ☐ Monthly ☐ Quarterly ☐ Annually (tick Box)

Commencing Date / / until further notice.

Signature

Date / /

### 3 or by Cheque

£

Please make payable to: Friends of Conservation

*giftaid it*

If you are a UK Taxpayer, Friends of Conservation will be able to claim an additional 25p for every £1 you donate.

Please tick the box opposite and complete your details.

If you have any queries or may be able to help in other ways, please email Valerie Parkinson [valeriepark59@tiscali.co.uk](mailto:valeriepark59@tiscali.co.uk) our Kathmandu Base Manager. (Please be aware that Valerie may be out leading treks at various times and may not always be able to respond to your email enquiries immediately; we appreciate your patience and understanding if this occurs).

### 4 or by Credit/Debit Card

Please debit my Mastercard/Visa/Maestro

£

Card Number

Start Date

Expiry Date

Security Code

Issue No. Maestro only

Signature

### Your details

Title

First name(s)

Surname

Address

Postcode

Telephone

Email

☐ Please treat all my donations until further notice as Gift Aid. (tick Box)

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Signature

Date / /

Please send completed form to: Friends of Conservation, Southcombe Business Centre, 11-12 Southcombe Street, London W14 0RA (Tel: 020 7348 3408)





## Exodus Himalayan Community Support Projects



Welcome to the fourth edition of our newsletter.

*We hope it will raise awareness of the positive effects that Responsible Tourism brings to a region, describe our own on-going projects in the Himalaya and outline our plans for the future. The last year has been busy and exciting for us as our fund raising has gone from strength to strength and has allowed us to help even more communities in the Himalaya.*

Exodus has been operating tours in the Himalaya for well over 30 years and for many of us it is one of the most beautiful and welcoming parts of the world. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs.

The last few decades have been dotted with disaster stories where tourism has resulted in over-development, destruction of environments and in cultural misunderstandings and mistrust.

It has also recently been embroiled in the debate about global warming and carbon emissions caused by flying. At Exodus we believe that our type of small group, positive-impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges.

It is only natural that we have been keen to give something back, and we have invested a great deal of time and effort in several Himalayan projects.

As a traveller, we believe that you have as important a role as we do. We believe that we provide a framework for Responsible Tourism but your choices and actions before, during and after your holiday have a considerable part to play.

Exodus is a true pioneer in Responsible Tourism. In 2010 Exodus was delighted to receive no less than FOUR awards at the prestigious British Travel Awards including Silver for the most Environmentally and Socially Responsible Small Tour Operator.

### Our RT Policy

We have always believed in three simple guiding principles for the way in which we want to travel:

- We should ensure that communities benefit from our visit
- We realise that every destination is someone else's home
- We should leave places as we would like to find them

For details of our complete policy visit [www.exodus.co.uk/responsible-travel](http://www.exodus.co.uk/responsible-travel)

Exodus has entered into a partnership with Friends of Conservation to support and run several projects worldwide. For the past few years this has included our own Responsible Tourism projects in the Himalayan region. All our projects now come under 'Himalayan Community Support'. Below you can read about them all and what we have achieved in the last year.

### Porter Clothing Bank

Kathmandu, Nepal

At our base in Kathmandu we have a porter clothing bank which offers clients visiting Nepal an opportunity to donate any old clothes, walking gear, trekking boots, etc that are no longer wanted. These are distributed amongst the porters who work regularly for us in Nepal. If you have any spare room in your luggage any old walking clothing is very welcome. Please leave these with your leader or the base manager.

### Nava Kiran Orphanage

Patan, Nepal

Exodus has supported the orphanage since 2002 in various ways, with our staff helping with renovations and taking the children out for picnics in our own expedition vehicles. In March 2006 we opened a new home, which we built for the children. Since then we have been paying for the children's educational needs (school fees, books, uniforms, etc). Although we will still continue to monitor the children's educational needs, the orphanage now has its own website and some of the children have sponsors so we are gradually reducing our involvement and we aim to provide extra support where needed. This year the kitchen/dining annex was damaged by fire, wind and heavy rain and part of the boundary wall has collapsed. We are hoping to raise funds to rebuild these and we need about \$10,000. You can help with the rebuild by donating through Friends of Conservation



or you can sponsor an Exodus client, Phil Chapman, who is taking on sponsored challenges ([uk.virginmoneygiving.com/team/PhilandKaren](http://uk.virginmoneygiving.com/team/PhilandKaren))

If you are travelling with Exodus to Nepal and would like to see the orphanage, please ask your leader who will be delighted to organise a visit. Any children's clothing, toys, books or school equipment is always gratefully appreciated (please take these to Nepal with you rather than sending them to the Exodus UK office).

### Kalika School

The Nalbung Kalika School is a government school set above the Seti River. We have been supporting the school now for several years. The school has 96 students (including playgroup class) and only 3 teachers paid by the government. Since 2009 we have been sponsoring a teacher at the school. £220 pays a teacher's salary for one year.

### School Sponsorship

As well as sponsoring the education for some of the Nava Kiran children, we are sponsoring several children in Nepal and India who either come from very poor families or have lost one or both parents. These children are now all in school either in Kathmandu or in their village. We are updated on their progress regularly.

### Gorak Shep Porter Shelter

In December 2010 the Exodus Everest Base Camp group handed over 10 blankets, 10 pairs of trekking boots and 2 solar cookers to the Porter Shelter at Gorak Shep.

## Esther Benjamins Trust

An exciting new project for us in 2010 was a tie up with the Esther Benjamins Trust (EBT).

Founded by Philip Holmes, the Trust focuses on improving the lives of Nepal's most vulnerable children and young people. The EBT refuges in Nepal provide full time care for children who are "at risk" of being trafficked or of domestic or sexual abuse - an indispensable safety net. The facilities cater for 140 children (boys and girls) at three centres; Kathmandu, Hetauda and Bhairahawa, south Nepal.

EBT has been conducting refuge childcare since the charity began operations in Nepal in 1999. The Trust's work is distinctive from other childcare centres in two respects:

- The children who are looked after are, in general, staying at the refuges on the basis of being "at risk" rather than "needy" or "disadvantaged." 90% of the children in the Trust's care have step-parents; in Nepali culture children from previous marriages are often not welcome in new relationships and step children are liable to domestic abuse or to be trafficked. The Trust is caring for children who may have

run away from home to live on the streets to escape beatings by step parents. Other children were sold (trafficked) by step parents into a life of physical and sexual abuse as "performers" inside Indian circuses. After the Trust rescued children from both these situations it was not safe or desirable to return children to these families and has had to look after them itself. A significant number of children are the dependents of prisoners. It is not uncommon in Nepal for a prisoner's spouse to re-marry soon after the conviction and, again, the step-parent rejection of children condemned them to an unthinkable outcome; innocent children being jailed alongside their parents.

- Refuge care goes far beyond catering for basic needs and education. In addition the children are provided for through sport, recreation and developmentally, identifying less obvious talents.

Given the children's family circumstances and the dangers that might be involved in their being reunited with families, the reality is that they have to be cared for until they can lead independent lives. This can involve not only caring for their general and developmental

needs but also providing a full academic or vocational education.

In 2011 we began helping Deepa Mktan with her nursing training. Deepa was rescued by the trust in 2005 from the Empire Circus where she had been since she was 10 years old. She had been in the circus for five years and was made to work to exhaustion without adequate food or rest in very poor living conditions. After her rescue Deepa was taken to the refuge in Bhairahwa (Southern Nepal) before being transferred to the Esther Benjamins Memorial Foundation in Godavari (South of Kathmandu) for further education. Deepa proved to be a very conscientious student and worked hard to catch up with her peers and make up for lost time. In 2010, she passed her School Leaving Certificate (SLC) exams with second division. She was very keen on training as a nurse so she took coaching for the Nursing school entrance exams and secured a seat in Green Tara Nursing College. She is currently in her first year in the Proficiency Certificate Level (PCL) Nursing.

For more information have a look at the EBT website [www.ebtrust.org.uk](http://www.ebtrust.org.uk)

## Tree Planting

Braga, Nepal

Deforestation is a problem in parts of Nepal.

Although a small part of this is caused by the influx of trekkers, most is down to the growing population's need for fuel and building materials. As well as ensuring that our practices on trek do not add to this problem, we have for several years provided financial and practical support for a small scale tree nursery in Braga in the Annapurna region. Although on a very small scale this project is now well established due to a local man, Karma Gurung, and his wife looking after

the nursery. Every year they collect seeds from local indigenous species, plant, protect and grow them before planting out the saplings.

Due to dryness, high altitude and harsh climate, the survival rate of seeds and cuttings is very low. However, Karma and his wife have persevered and experimented and now get around one hundred small trees planted out onto the hillsides every year. Some are planted on communal land to provide a sustainable resource for the community, whilst the local school children in Braga plant and look after some saplings as part of their education.



## Ladakh Project

Northern India



Ladakh is in the far north of India on the Tibetan Plateau. We started our projects here in 2007 helping a couple of families in the Markha Valley rebuild their homes after severe flooding. In 2010 Exodus provided money for an all season greenhouse for a home for disabled children in the village of Chushot, close to Leh. The Exodus group that travelled to Ladakh in March 2011 visited the home and the greenhouse was officially opened. If you are going on a trip to Ladakh and have any small gardening tools or vegetable seeds these will be very welcome. Please give them to your leader, and if you would like to visit the home this can be arranged locally from Leh by your leader.

Our other project in Ladakh is to prevent mineral water in plastic bottles being sold in the Hemis National Park. Approximately 35,000 bottles of mineral water are sold to trekkers in the Markha Valley alone every summer. Plastic cannot be recycled in Ladakh and it is not worth anyone taking it to other parts of India to be recycled. This is a huge problem for Ladakhis and the environment in Ladakh. Working with Niyamdru.dro, a French association, and YAFCAD: Youth Association

For Conservation and Development of Hemis National Park, we already have an agreement in place that the people of the Markha Valley will not sell mineral water from summer 2011. Niyamdru.dro have already provided a large UV filter for Markha Village and in 2011 will provide UV filters for Chilling and Skiu villages. Exodus have provided water containers for all the tea tents along the Markha Valley trekking route so that the tea tent owners can pressure boil water and store it in the large containers. The safe drinking water (either UV filtered or pressure boiled) will then be sold to trekkers at Rs15 per litre.

The cloudburst and flash floods in Leh and surrounding villages in August 2010 proved to be the worst natural disaster in the history of Ladakh. Valerie Parkinson, our Asia Base Manager was in Ladakh at the time and Exodus set up a flood relief appeal. In summer 2011 Valerie will again be in Leh and will visit the new home of a member of our Ladakhi staff that was washed away. Some of the money we raised in our appeal has rebuilt his house. Valerie will also be looking at how the remainder of the funds raised can best be spent.



## High Altitude Workers Welfare Association

(HAMWWA)

This small Nepali NGO was set up by a group of Nepali climbing sherpas to help the families of climbing sherpas (and other trekking guides or porters) who have lost their lives or livelihood climbing or trekking. The job of a climbing sherpa in Nepal is hard and often dangerous. They can lose their lives or get frostbite or other injuries that stop them working. A family is then left without the chief breadwinner and although most climbing sherpas are insured by the company they work for the insurance money is hard to claim and does not last very long.

The High Altitude Workers Welfare Association identifies families that need help and the money raised goes towards the education of the children left behind. At the moment we are sponsoring 5 children and we hope to increase that number in 2011.

HAMWWA also organises first aid courses for guides and some of our Nepali leaders have attended the first aid course in 2011. You can also help HAMWWA by buying one of their CDs of Nepali music. Made by the members all the profits will go towards supporting the education of children. The CD is a good memory of your trip in the Nepal Himalaya and costs \$10 and is only available in Kathmandu. Please see the Exodus rep if you wish to purchase one.



## Parabolic Solar Cookers

Kathmandu, Nepal

In Nepal in autumn 2007 we purchased the first of many parabolic solar cookers. These cookers are one of those rare things in life that are genuinely a good thing for all concerned. Although they can never totally replace fuel burning stoves, they have a wide range of benefits, the key ones being:

- A reduction in the use of wood as a fuel which helps save the forests.
- A reduction in the time spent (mainly by women and children) collecting the wood, thus allowing them to perform other tasks or simply have more family time to relax and play. In certain areas collecting wood in forests can also be dangerous because of attacks by wild animals.
- A reduction in the use of expensive kerosene, which saves money for local communities.

- A reduction in carbon emissions that ultimately harm the planet we live on.

In addition, these are made locally in the Kathmandu Valley apart from the reflectors, which have to be imported. Our first stove was tested on the roof of our Kathmandu office. Since then several of our Nepali leaders spent a day at the workshop learning how to erect the stoves so that we could start installing them in some of the lodges we use in the mountains. By spring 2011 we have donated and installed 50 solar cookers in the Everest region. If you are on any of our treks in the Everest region you should have seen the cookers in action boiling water for the many trekkers in the area. The cost of one cooker is approximately £300, which includes the actual cooker and transportation to the lodge. The lodge owners are asked to pay approximately £50 each towards the cost.



## Smokeless Stoves

The villagers from Thulopatel cook on wood collected from community managed forests and the typical Tamang kitchen is a smoke filled room where the whole family sits around a very smoky fire. This smoke can cause serious respiratory and eye problems.

We have found a manufacturer in Kathmandu of smokeless stoves. These are made of metal and are simply designed. As well as providing a smoke-free kitchen they have a water heater and also provide heat for warmth. At a cost of £50 per stove we have donated and installed 89 stoves to Thulopatel in 2010/11. We hope to expand this project in future to other villages.

## Danda Kharka

This village is home to Chewang Sherpa, one of our popular trekking guides, and several of our assistant guides. For the past seven years a couple of Exodus trekkers, Kirsty and Angus Dawson have been raising money to help the village and water pipes have been put in the village, the monastery has been repaired, a community kitchen has been built and 30 houses in the village were given a solar panel and light bulbs. Kirsty and Angus have now raised another £500 for the village and as Angus is a pilot for British Airways they have donated another £500. The villagers have decided that they would like to be connected to the local hydro power plant so each home will have electricity. We are still raising money to complete this. Our Sherpa Heartland trek (TNM) spends a night in Danda Kharka, where you can meet the locals and see all the projects.

## Nishtha Trust

Himachal Pradesh

From 2011 we will be incorporating another project within our Himalayan Community Support portfolio. This is supported by Philippa Russell, who lives in the Kangra District of Himachal Pradesh and leads some of our trips there. You can visit the project on the Dharamsala and the Dalai Lama, the Cycling through Himachal Pradesh and the Mountains, Temples and Hillstations trips.

Founded in 1998 the trust works for the benefit of the hill people of the Kangra Valley in the mountainous state of Himachal Pradesh, North India. The main activity of the trust is to run a Primary Health Clinic for the poor and underprivileged in the area. Through interaction with patients, other health programs have been developed such as nutritional enhancement, health awareness workshops for women and youths, outreach programs for single women, provision of clean water in villages, eco-san toilets for the poor, personal development and self-defense training for women and herbal cultivation and the use of traditional herbal remedies.

As well as the clinic, the Nishtha Community Centre provides a space for social support, development programs and livelihood enhancement training. It is also a venue for community activities, a library and computer training centre. It also has a kitchen for community meals, child nutrition, patients and guests, and it is a refuge for the chronically or terminally ill and women in need. For more information see [www.nishtha-hp.org](http://www.nishtha-hp.org)



**A Big Thank You...** to all Exodus clients and friends who have donated so generously to help get these projects off the ground and completed. Without your help and generosity we would not have been able to achieve so much. Many of our clients have been fund raising this year and we would especially like to thank the following:

In 2010 **Chris Norman** cycled the L'Etape du Tour in 10hrs 40mins raising more than £4,000 for the Esther Benjamins Trust and Ladakh Flood Relief.

In 2010 **Richard Hooker** cycled from John O'Groats to Lands End in 12.5 days and raised £1,429 for the Ladakh Flood Relief Fund.

**Tara Air** in Nepal for transporting all our solar cookers from Kathmandu to Lukla.

In November/December 2010 we ran a fundraising trek to Everest Base Camp.

**Jenna Spry, Arwen Jobbins** and **Jonathan Wolfe** all raised money for solar cookers, which the group helped install at the Sir Edmund Hillary School in Khumjung and the porter shelter at Thyangboche.

Also in November 2010 a team from **Global Ethics** made it to Kala Pattar and raised well over £18,000 in the process. This means that at least another two communities in Africa will soon have access to clean water via a Play Pump. These are fantastic contraptions where school children provide the muscle power by spinning a roundabout to pump water, which is held in a storage tank for them to take home at the end of the

day. Whilst in Nepal the team helped install three solar cookers - two at the Sir Edmund Hillary Hospital in Kunde and one for the monks at Thyangboche monastery.

Thanks also to **St Leos Third World group**, who have been supporting us now for many years.

Four of the **TUI Directors** carbon balanced their flights, which bought 12 smokeless stoves for Thulopatel.

**Pam Sonnenberg** and her daughters **Justine** and **Ariela** travelled to Nepal on our family trip and since returning they raised over £300 themselves and at the Akiva School for the Nava Kiran children.

**Bridget Brown** has been instrumental in raising funds for our Ladakh projects over the last few years. Her brother kindly donated money to our Ladakh fund instead of having wedding presents. This money paid for the greenhouse at the disabled school and went towards the Markha water project.

**Helen Connell** sponsors two children in Nepal and in 2011 made a very generous donation to some of our other projects.

**Travelwise** and **Coffeewise** is an independent Travel Agency and coffee shop in Devizes, Wiltshire. For the past few years they have given us space to sell Indian and Nepali handicrafts to raise money for our projects. In 2010 they raised more than £1,000 for our projects. A big thanks to **June Allan** and her staff and if you are near Devizes pop in for a cup of coffee and have a look at our range of handicrafts for sale.

Thanks to some of our **local leaders**, who have given their time to help the projects along. **Keshar Khadka** has raised a lot of awareness and money to help various projects along especially the Kalika School and Nava Kiran. **Sukman Tamang, Lhakpa Tenzing** and **Chandra Khand** have made sure the solar cookers are installed properly,

**Sukman Tamang** supervises the Thulopatel Project and **Chewang Sherpa** has supervised all the Danda Kharka Projects. **Sonam Chospel** has been instrumental in providing the logistical support for our Ladakh projects.

And... everyone else not mentioned here who has donated to any of our projects - big thanks on behalf of everyone in Nepal.



#### Donating

If you have any queries or may be able to help in other ways, please email Valerie Parkinson [valeriepark59@tiscali.co.uk](mailto:valeriepark59@tiscali.co.uk), our Kathmandu Base Manager. (Please be aware that Valerie may be out leading treks at various times and may not always be able to respond to your email enquiries immediately; we appreciate your patience and understanding if this occurs).

## How you can donate

### Donation Form

If you wish to donate to any of the projects outlined in this newsletter you can do so through Friends of Conservation website:

[www.friendsofconservation.org.uk/donateform.asp?link=exodus](http://www.friendsofconservation.org.uk/donateform.asp?link=exodus)

or you can visit Exodus here: [www.exodus.co.uk/responsible-travel/our-projects](http://www.exodus.co.uk/responsible-travel/our-projects)

Alternatively, you can fill out the form below and send to: **Friends of Conservation, Southcombe Business Centre 11-12 Southcombe Street London W14 0RA (Tel: 020 7348 3408)**

### Standing Order

Please consider paying by Standing Order as this helps to reduce our administration costs. We will send a copy to your bank.

To the Manager: \_\_\_\_\_ Bank Plc

Bank Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Please pay Friends of Conservation,  
Account No. 01750076, Sort Code (30-94-81)

The sum of £ \_\_\_\_\_

☐ weekly ☐ monthly ☐ quarterly ☐ annually

Commencing \_\_\_\_ / \_\_\_\_ / \_\_\_\_ until further notice

Signature: \_\_\_\_\_

Your Account No: \_\_\_\_\_

Your Sort Code: \_\_\_\_\_

### Credit Card

Visa MasterCard Switch: \_\_\_\_\_

Credit Card No: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Title: \_\_\_\_\_

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Home Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Daytime Tel: \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Date Today: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Cheque

Please make payable to: Friends of Conservation.

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If you are a UK Taxpayer, Friends of Conservation will be able to claim an additional 25p for every £1.00 you donate. All you need to do is tick the box below and then complete the form with your name and full address details, including postcode.

Please treat all my donations until further notice as Gift Aid. I confirm that I pay UK income tax/ capital gains tax at least equal to the amount that will be reclaimed on my donation in the tax year. ☐

Signed: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_



## Exodus Responsible Tourism Projects in the Himalayan Region



*Welcome to the second edition of our newsletter.*

*We hope it will raise awareness of the positive effects that responsible tourism brings to a region, describe our own on-going projects in the Himalaya and outline our plans for the future.*

**Exodus** has been operating tours in Nepal for well over 30 years and for many of us it is one of the most beautiful and welcoming countries on Earth. However, it is also one of the poorest and, over recent years, has suffered from an ongoing political crisis that has stalled economic growth and delayed much needed improvements in infrastructure. It is only natural that we have been keen to give something back, and have invested a great deal of time and effort in several Nepal projects.

As a traveller, we believe that you have as important a role as we do. We believe that we provide a framework for Responsible Tourism but your choices and actions before, during and after your holiday have a considerable part to play.

**Exodus** is a true pioneer in Responsible Tourism and was thrilled to have been awarded the coveted title of *'Most Environmentally Responsible Tour Operator'* at the annual British Travel Awards 2006.



### Our Responsible Tourism Policy:

- To design and operate our holidays in a way that gives the highest degree of long-term economic benefit to the host communities, whilst also maintaining and/or improving the environment.
- To attempt to operate our holidays in a way that encourages positive cultural exchanges.
- To endeavour to integrate the ethos of responsible tourism throughout our organisation.

Exodus has entered into a partnership with Friends of Conservation to support and run several projects worldwide. For the past few years this has included our own Responsible Tourism projects in the Himalayan region. We have now divided our projects in to two categories - The Himalayan Social and Education Fund, which includes the Nava Kiran Orphanage, Thulopatel School, Kalika School, Markha Valley housing project, children's educational sponsorship and various other social projects. Our Himalayan Environment Projects include solar cooker and solar light projects and the tree nursery in Braga.

### Himalayan Social and Education Projects

#### Nava Kiran Orphanage

Patan, Nepal



Nava Kiran Orphanage, Nepal

This orphanage, known as Nava Kiran (or New Light) is situated in Patan, in the Kathmandu Valley.

The founder, Savitri Pokrel, looks after approximately 40 orphaned children between the ages of three months and 16 years, with the help of the local community.

The old orphanage was run entirely on donations and struggled to look after, clothe, feed and educate all the children. The house was dilapidated with the children living in two bedrooms and a common room. Exodus has supported the orphanage since 2002 in various ways, with our staff helping with renovations and taking the children out for picnics in our own expedition vehicles.

In March 2006 we opened a new home which we built for the children. In summer 2008 Keshar Khadka, one of our Nepali leaders supervised a repaint and renovation of the building. The bio-gas unit is still under construction having had some teething problems.

We pay for the education and schooling for all the children. In 2008 four children - Raj Kumar, Pradeep, Mina and Sangeeta passed their 10th class exams - well done to you all. The two girls Mina and Sangeeta are now at nursing college which we are sponsoring and the two boys Raj Kumar and Pradeep are at Music College. We will continue to support all the children through their schooling and college in the hope they can find a job and become independent in the future. We also welcome five new children to the home - three are brothers and the other two are brother and sister. They are all between 3-6 years old and have lost one or both parents. They are slowly adjusting to their new home and will be starting school shortly.

In February 2009 Keshar and Chandra Khand took the children out for the day on



Children at Nava Kiran Orphanage

their annual picnic. This year we took the children to the Manakamana Temple. Most of the children went along with the house mothers and several other helpers. 58 children and adults set off in our bus at 6.30am and drove three hours out of the Kathmandu Valley to Manakamana. Here, all went in Nepal's only gondola up to the temple. After a tour of the temple the children came back down to the Riverside Spring Resort for a well deserved special lunch - they were so hungry after all the activities they ate all the food the restaurant had!!! They then drove back to Kathmandu arriving at 7.30pm. A long but exciting day for the children, many of whom had never been out of the Kathmandu Valley. The gondola was a first for everyone and the children asked lots of questions about the temple and the countryside they saw. Thanks to both



Orphanage Picnic

Keshar and Chandra for organising a great day out for everyone. Our next outing will be to the Chitwan National Park for a couple of days to see the elephants and wildlife.

The local community has always supported the home but as the new home is more expensive to run than the old building we now pay for all the children's educational needs. The education costs around £120 per child per year. This includes: school fees, uniforms, books, exam fees and transport to and from school if necessary. Unfortunately we don't have individual sponsorship, but all the children's educational needs are paid through our Himalayan Social and Education Fund. Valerie Parkinson and Keshar Khadka of our Nepal office will continue to monitor the children's educational needs and between them and the children we will have a yearly update on the progress of all the children.

If you are travelling with Exodus to Nepal and would like to see the orphanage, please ask your leader who will be delighted to organise a visit. Any children's



Orphanage Picnic

clothing, toys, books or school equipment is always gratefully appreciated (please take these to Nepal with you and not send them to the Exodus UK office). We will naturally keep you updated on the progress of this project and if you would like to help financially to sponsor the education of a child, you can donate through Friends of Conservation, either as a one off donation or as a standing order.

As well as sponsoring the education for the Nava Kiran children we are sponsoring several children in Nepal and India who either come from very poor families or have lost one or both parents. These children are now all in school either in Kathmandu or in their village. We are updated on their progress regularly.

## Kalika School

Seti Khola, Nepal

There is a chance to visit the school on our Classic Annapurna trek during the free day at the raft camp. During the past few years we have been able to buy some land for the school to build two toilet blocks. Clients have since donated money for toilet pans, which one of our groups took up to the school. If you are travelling to Nepal on our Classic Annapurna trek you may like to take some pens, books, games or children's clothes for the villagers.



Kalika School children



Kalika School



Thulopatel water tap

## Thulopatel School Project

Dolaka District, Nepal

Thulopatel is situated close to Jiri in the Dolaka district and is the home of another of our popular trekking guides, Sukman Tamang. The Tamang people populate the villages in this area and many of our trekking staff come from these villages.

In 2004, through donations from our trekkers, we raised enough money to put water pipes into the village. Sukman organised to transport the water pipes, cement and taps to his village and during the summer the villagers laid the pipes. Now all the people in the village have access to fresh water.

In summer 2007 we provided the money for the building of two new classrooms for the Thulopatel Madi Secondary School. Previously, there were only resources to teach up to the age of six years, so any children above that age had to travel to and

board at the district headquarters for education, which many families could not afford. The Thulopatel school now has 530 pupils and 11 teachers and there is a small library, which we have donated books to for both the children and staff. A parabolic solar cooker was also donated to the school, so that drinks and meals during school hours can be made without having to use wood or kerosene.

In summer 2008 we provided money for the repair of some of the older classrooms and we are now sponsoring a teacher at the school (£65 per month). The Gaurishankar trek (TNF) visits Thulopatel on the last day of the trek and you will visit the school and meet the villagers.



Thulopatel School children



## Markha Valley Project

Ladakh, Northern India

Ladakh is in the far north of India on the Tibetan Plateau. Normally Ladakh has minimal rainfall and a desert-like climate, however in the summer of 2006 heavy monsoon rains reached Ladakh and caused devastation in many areas, particularly in the Markha Valley. The whole valley was flooded and many people lost houses, fields and livestock, which was their whole source of income.



Valerie Parkinson with The Pangchenmo & Thinlespa families

Several clients who trekked with us in 2006 in the Markha Valley wanted to help in some way, so together with Chospel, one of our Ladakhi leaders, we have identified families who need their homes rebuilding. The Thinlespa family lost their house, furniture and fields in the floods. In 2008 they moved into their new home which we helped them rebuild. They are hoping to run a home stay in one of the new rooms. The Pangchenmo family lost their house completely and in 2008 we provided the material for them to build a new home which they should be in by now. We have also provided wire for the school in Hankar village so they can make a flood barrier. The school is fairly close to the river and they were afraid of flooding. The wire will hold stones and hopefully keep them safe.

Anyone booked on our Markha Valley trek (TGR) will be able to visit the families and see this project. Any further money donated will be used to help more families recover from this devastating flood.



Thinlespa family's new home

## Porter Clothing Bank

Kathmandu, Nepal

At our base in Kathmandu we have a porter clothing bank which offers clients visiting Nepal an opportunity to donate any old clothes, shoes, trekking boots etc, that are no longer wanted. These are distributed amongst the porters who work for us in Nepal. If you have any spare room in your luggage any old walking clothing is welcome. Please leave these with your leader or the Base Manager.

## Himalayan Environmental Projects

### Tree Planting

Braga, Nepal

Deforestation is a problem in parts of Nepal. Although a small part of this is caused by the influx of trekkers, most is down to the growing population's need for fuel and building materials. As well as ensuring that our practices on trek do not add to this problem, we have for several years provided financial and practical support for a small scale tree nursery in Braga in the Annapurna region.

This small resource replacement project, high in the Annapurna region, is visited on Exodus' Annapurna Circuit trek. This project is now well established due to a local man, Karma Gurung, and his wife looking after the nursery. Every year they collect seeds from local indigenous species, plant, protect and grow them before planting out the saplings.

Due to dryness, high altitude and harsh climate, the survival rate of seeds and cuttings is very low. However, Karma and his wife have persevered and experimented and now get around one



Exodus Tree Nursery, Manang



Saplings in Braga

hundred small trees planted out onto the hillsides every year. Some are planted on communal land to provide a sustainable resource for the community, whilst the local school children in Braga plant and look after some saplings as part of their education. Our groups trekking the Annapurna Circuit regularly visit Karma and the small nursery to monitor its progress. Although small, this project is appreciated by the villagers and will hopefully provide a sustainable source of wood for the foreseeable future.

## Parabolic Solar Cookers

Kathmandu, Nepal

In Nepal in autumn 2007 we purchased the first of what we hope will be many parabolic solar cookers. These cookers are one of those rare things in life that are genuinely a good thing for all concerned. Although they can never totally replace fuel burning stoves they have a wide range of benefits, the key ones being:

- A reduction in the use of wood as a fuel which helps save the forests.
- A reduction in the time spent (mainly by women and children) collecting the wood, thus allowing them to perform other tasks or simply have more family time to relax and play. In certain areas collecting wood in forests can also be dangerous because of attacks by wild animals.
- A reduction in the use of expensive kerosene, which saves money for local communities.
- A reduction in time spent in smoke filled rooms that so easily cause serious respiratory health problems.
- A reduction in carbon emissions that ultimately harm the planet we live on.

In addition these are made locally in the Kathmandu Valley apart from the reflectors, which have to be imported. Our first stove was tested on the roof of our Kathmandu office. Since then several of our Nepali leaders spent a day at the workshop learning how to erect the stoves so that we could start installing them in some of the lodges we use in the mountains. In 2008 and early 2009 we have donated and installed 29 solar cookers in the Everest region and one at Annapurna Base Camp. If you are on any of our treks in the Everest region you should have seen the cookers in action boiling water for the many trekkers in the area. The cost of one cooker is approximately Rs30,000 which includes the actual cooker and transportation to the lodge. The lodge owners are asked to pay Rs5,000 each towards the cost.



Lhakpa Tenzing & Chandra Khand with solar cooker



Parabolic solar cooker

## Danda Kharka Village

### Nepal

This village is home to Chewang Sherpa, another of our popular trekking guides, as well as many other of our trekking staff.

For the past six years a couple of Exodus trekkers, Kirsty and Angus Dawson have been raising money to help the village and water pipes have been put in the village, the monastery has been repaired and a community kitchen has been built. In 2008 30 houses in the village were given a solar panel and light bulbs. This means now that each home has light in the evenings. There are still another 30 houses in the village that need a solar panel and we hope to raise the money to provide these.

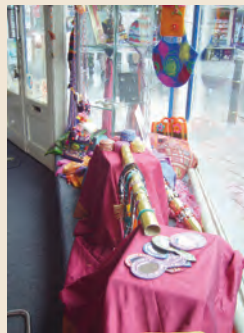


Danda Kharka village



Danda Kharka village

**A Big Thank You...** to all Exodus clients and friends who have donated so generously to help get these projects off the ground and completed. Without your help and generosity we would not have been able to achieve so much. We would especially like to thank Kirsty and Angus Dawson who have raised most of the money for the Danda Kharka solar light project and their son Jack, who is in class 7 and has saved £200 from his pocket money to pay for English lessons for Chewang's daughter.



Travelwise

Great thanks to Bridget Brown who was has raised most of the Markha Valley project money and thanks to her brother who instead of wedding presents donated money to the Markha Valley Project.

Thanks also to some of our local leaders who have given their time to help the projects along. Special thanks to Keshar Khadka, one of our Nepali leaders, who has talked regularly to clients about our projects and raised a lot of awareness and money to help the projects along. Chandra Khand and Lhakpa Tenzing have made sure the solar cookers are installed properly, Sukman Tamang supervises the Thulopatel Project and Chewang Sherpa has supervised all the Danda Kharka Projects. Sonam Chospel has also been instrumental in providing the logistical support for our Ladakh project.

Travelwise is a small independent travel agency in Devizes, Wiltshire. For the past few years they have given us one of the shop windows over the Christmas period to sell Indian and Nepali handicrafts to raise money for our projects. In 2008 they raised more than £2,000. A big thanks to June Allan and her staff for giving us the window space.

## Donating

If you have any queries or may be able to help in other ways, please email Valerie Parkinson ([valeriepark59@tiscali.co.uk](mailto:valeriepark59@tiscali.co.uk)), our Kathmandu Base Manager. (Please be aware that Valerie may be out leading treks at various times and may not always be able to respond to your email enquiries immediately; we appreciate your patience and understanding if this occurs).

In spring 2009 Valerie Parkinson will be attempting to climb Everest. At the same time she is raising money for all our

Himalayan Projects. If you would like to support our projects this way she has set up a Justgiving page [www.justgiving.com/valerieparkinson](http://www.justgiving.com/valerieparkinson)



Val Parkinson

## Donation Form

If you wish to donate to any of the projects outlined on this newsletter you can do so through Friends of Conservation website: [www.foc-uk.com](http://www.foc-uk.com) Or through the exodus website: [www.exodus.co.uk/responsibletravel](http://www.exodus.co.uk/responsibletravel)

Alternatively, you can fill out the form below and send to: **Friends of Conservation, FOC/Exodus Projects, Kensington Charity Centre, Charles House, 375 Kensington High St, London, W14 8QH.**

Title: \_\_\_\_\_

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Home Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Daytime Tel: \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Birth: / / Date Today: / /

### How to Pay

#### Standing Order

Please consider paying by Standing Order as this helps to reduce our administration costs. We will send a copy to your bank.

To the Manager: \_\_\_\_\_ Bank Plc

Bank Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Please pay Friends of Conservation,  
Account No. 01750076, Sort Code (30-94-81)

The sum of £ \_\_\_\_\_

☐ weekly ☐ monthly ☐ quarterly ☐ annually

Commencing / / until further notice

Signature: \_\_\_\_\_

Your Account No: \_\_\_\_\_

Your Sort Code: \_\_\_\_\_

### Cheque

Please make payable to: Friends of Conservation.

### Credit Card

☐ Visa ☐ MasterCard ☐ Switch

Credit Card No: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_