



ENLIGHTENS



ENRICHES



EMPOWER

WHAT WE HAVE BEEN UP

1. Rock Climbing Training
2. Female Trekking Guide Training (SOYEE)
3. Blanket Distribution to Flood Victims
4. Art Competition
5. Wilderness First Aid Training
6. Food Supplement Distribution
7. Basic Female Trekking Guide Training
8. Homestay Training
9. Scholarship Program

ROCK CLIMBING TRAINING



EWN organized Rock Climbing Training—'Sport for Development' and 75 trainees took part. During the course of training, basic knowledge including theoretical and practical techniques of rock climbing were provided free of charge to the trainees. We are thankful to 'Laureus Sport for Good' and 'The SOL Foundation' for providing us such great opportunities for our girls' empowerment.

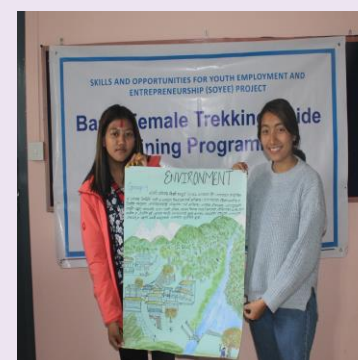
"TIME FOR CHANGE" ART

Following last year's tradition, this year we hosted an art competition on July 17 with a 'Time for Change' theme for the children. The winner of the worldwide program was awarded with € 5000 from 'Laureus Sport for Good'.



FEMALE TREKKING GUIDE TRAINING

Female Trekking guide training 2021 in collaboration with PLAN International Nepal was organized from January 11th to February 22nd. This was a free of charge, intensive six-week program that included technical and conversational English. Participants were from 8 districts of Nepal. We thank all participants for your wonderful participation and we are grateful to the partner organization.



Blanket Distribution to the Flood Victims of Sindhupalchowk District



WILDERNESS FIRST AID TRAINING

'3 Sisters Adventure Trekking' in collaboration with 'Kathmandu Environmental Education Project' (KEEP) organized five days of 'Wilderness First Aid Training' for the trekking guides and staff of our organization from November 11 to 15 with financial support from '3 Sisters Foundation' and 'Women Fair Travel, Germany'. The course included theoretical knowledge and practical skills of first aid for trekking injuries and emergencies.



ENABLING PERSONS WITH DISABILITIES IN REMOTE MOUNTAIN COMMUNITIES



To support local communities' economic development, and especially the disabled people of Western Nepal through tourism, EWN trainer Mr. Bijendra Maharjan conducted a 5 days 'Basic Homestay and Hotel Management Training' from November 19 to 23 in Humla. 16 participants from Sarkegad RM successfully completed the training. Most of the participants were disabled and had a minimal educational background.

EDUCATION SCHOLARSHIP SUPPORT



Shristi Thapa, a studious girl who has recently completed high school with the help of EWN Scholarship, is now planning to join a college. She was raised by a single mother. Due to the Covid-19 pandemic and low family income, it was difficult for them to continue with Shristi's high school education.

Currently Studying in class 10 at National Inventive School, Barsha is from the remote part of Western Nepal called Humla. Her father and mother both are handicapped. EWN is supporting her through scholarship.

Currently EWN has provided scholarships to 9 students. Scholarships include tuition fees, hostel fees, stationery supplies and school uniforms.

BASIC FEMALE TREKKING GUIDE TRAINING



EWN successfully organized 'Basic Female Trekking Guide Training' from November 28 to December 24. A total of 14 Participants joined the training from 6 districts. The training was provided free of charge to a mixed group of new and experienced participants.

STORY OF HOPE

Amrita Pariyar (name changed), is a 30 year old woman who left her home at the age of 12 and got married at the age of 14. After she was married her father and mother left home; leaving their children alone. Being the eldest daughter of the family she looked after her younger siblings. To financially support the family (while leaving her small baby in others hands), she left the country and struggled in foreign countries for many years. During this period her husband also divorced her. Now she wants to do something for herself and her 12 year old daughter.

After joining the EWN's 'Female Trekking Guide Training', she is now hopeful that she will start her career in trekking so that her life will improve.

Thank You!!!

To All Our Program and Funding

- Laureus Sport, UK
- Global Giving, USA
- United World College of South East Asia (UWCSEA), Singapore
- Women Fair Travel, Germany
- PLAN International Nepal, Nepal
- GivenGain Foundation, Switzerland
- 3 Sisters Foundation, Nepal

Food Supplements and Oral Health-care Products Distribution to Manav Seva Ashram , Pokhara Aged Shelter and Shree Radhakrishna Bridhashram



Considering the pandemic, to boost up the immune system to minimize the health risk of senior citizens, with the support of 'Women Fair Travel' we provided the food supplements and oral health-care products distribution to 3 aged shelter homes of Pokhara. Through this program, 242 senior citizens and 12 children get benefitted.

We would like to express our sincere and heartfelt thanks to our donors, partners, supporters, friends and volunteers who helped us to achieve our goal. We appreciate your support, time and effort assisting us. We will never be able to forget you and your kindness.

How Can We Help?

- Go trekking with 3 sisters Adventure Pvt. Ltd.
- Become a volunteer and contribute your time & skills
- Donate to Empowering Women of Nepal-EWN A/C # 01 031236301 (Standard Chartered Bank Nepal Limited) Swift code # SCBLNPKA, New Road, Pokhara, Nepal
- **Donate by online fund-raising platform** Global Giving's project: Empowering Young Women through Adventure

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