



Dear Friends: We would like to share with you an overview of EWN's and 3 Sisters' activities for 2011. We thank you for your support and friendship!

Sincerely,
Lucky Chhetri

Founder and Director of Empowering Women of Nepal



World Record Breaking Achievement: First Nepali Women to Climb to Top of Annapurna IV

Empowering Women of Nepal (EWN) and 3 Sisters Adventure Trekking (3 Sisters) are proud to announce that on **May 31, 2011 at 5:15 am Nepali time, Nirma Rai, Shanti Kala Rai, Manu Gurung, and Saraswati Bishwakarma (all 3 Sisters guides)**, reached the summit of **Annapurna IV (7525m)** along with their team of Sherpas. **These brave women are the FIRST Nepali women to step foot on the top of Annapurna IV!!! WHAT MORE CAN WE ADD?** Our special thanks go to our principal sponsors Women Win (Girl Power Program), The Netherlands, and Cottier Donze Foundation, Switzerland, without whom this expedition would not have been possible. We also thank everyone in the climbing team and all the support staff, as well as our office staff, program partners, individual donors, technical trainers, the Nepali government, national and local media, and all our well wishers **Congratulations!**



What one of them said: "I was happy to tear apart the misconception through my trekking guide job that society had and the way they looked at us because of our caste and sex. I ignored all what people had to say about me and just concentrated myself on my goal as Gautam Buddha did for attaining truth of life. Many people believe that females are physically weaker than males and whenever that thought crossed my mind I remembered great Pasang Lamhu Sherpa, the first Nepali women to conquer the highest peak of the world Mt. Everest. Weather was extremely cold but none of us lost our hopes and kept on moving forward to conquer Annapurna IV. After reaching the top of mountain first person I remembered was my mother. We were all happy as we were first ever women to summit the mountain of Annapurna IV, we did what nobody had ever done in their lives."

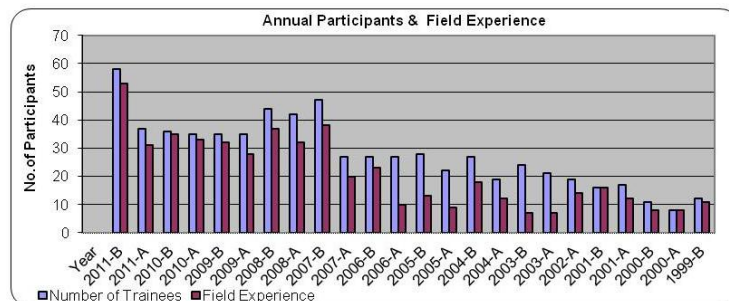


Female Trekking Guide Training Program

This year 100 women from 18 districts in Nepal participated in EWN's intensive 4-week trekking guide training programs held in January and August. EWN is grateful to our staff and volunteers Laura, Catherine, Caroline, Renuka, Ching, Keri, Aaron and Lucas for all their help.

3 Sisters

3 Sisters Adventure Trekking continues to provide a paid apprenticeship program where the women acquire field experience working as trainee guides. 122 female and 35 male trekking staff are now employed by the organization each trekking season. By mid-December 2011, 923 clients had trekked with 3 Sisters this year.



Rock Climbing

EWN provides rock climbing for 3 Sisters' guides interested in expanding their skill set. Trainee guides are also encouraged to participate in order to improve their self-confidence and ability to work in a team.

EWN rents land on which there are rock faces suitable for climbing. A total of 14 climbing routes are available, enabling EWN to run regular rock climbing training courses at basic and more advanced levels. During 2011 39 women participated in the rock climbing program. Since 2005 a total of 197 women have taken part in rock climbing training.

March 2011: To celebrate *International Women's Day*, the *Women's Open Rock Climbing Competition* was organized by EWN and 3 Sisters. 12 girls from 9 districts participated. 1st place - **Anita Rai**, 2nd place - **Dewaki Rana**, 3rd place - **Lal Maya Shaki**. Best Rock Climber, a special prize, was awarded to **Manu Gurung**.



Training in West Nepal

EWN continued its training programs in the Karnali region in the West Nepal mountains. In May and November the training program **Women's Initiation in Ecotourism** was run in 4 different villages in the Mugu and Jumla districts to improve the practical knowledge and skills for women interested in earning money from tourism-related businesses. 88 women took part and topics covered included ecotourism, women's health, food and kitchen hygiene, waste management and conversational English. EWN is grateful to Mama Cash in The Netherlands for providing the funding for these programs. Our thanks to the staff of the Rural Community Development Service, our local partner, for their help in organising the training.



West Nepal Midwife Scholarship Fund

The *West Nepal Midwife Scholarship Fund* started in August 2010 to assist deserving women from Humla, Dolpa, Mugu, Jumla and Kalikot to train as midwives. We are addressing the urgent need for midwives in these west Nepal districts to avoid pregnancy complications and reduce birth-related deaths every year. 3 women are currently recipients of this scholarship and are attending a 29 month course in midwifery at Karnali Technical School in Jumla.

Children's Home

As of December 2011, 17 girls that range from age 4 to 16 live in this home along with a house mother. The girls receive a scholarship to attend school, have an after-school tutor, receive medical care, and are given accommodation and food. This year we welcomed a new member in our home when Subasana from Dolpa joined her sister Sujata. The sisters are delighted to be together again. Congratulations to **Gyanu Dawadi** who has graduated from high school. EWN Children's Home is very proud of her.

An additional 9 children under parental care are receiving scholarships and extra tuition. The home also provides childcare for 5 children of 3 Sisters' office and trekking staff. Trekking staff can work, knowing that their children will be well taken care of while they are away.



Girl Power

EWN organized a 3-day *Young Girl's Empowerment and Leadership Training Program* in collaboration with the Nodan Club. The main goal of the training program was to make the girls aware of how to take responsibility for their own development. A total of 158 girls (12-20 years) from children's homes, and government and private schools in Pokhara completed the training program. EWN is grateful to our sponsors Women Win, to the Nodan Club for providing trainers, and to the Kaski Scout volunteers and EWN staff for helping to make this program a success!

Annapurna Marathon

The first **Annapurna Marathon** was successfully completed on June 3 this year to celebrate Nepal Tourism Year 2011 and the first successful ascent of an 8,000m peak, Mt. Annapurna (8,091m), by a French team led by *Maurice Herzog* on June 3, 1950, and as a tribute to the first Tourism Minister of Nepal, *Dr Harka Bahadur Gurung*. This high elevation marathon began from Annapurna Base Camp and finished in Dhampus in the Kaski district.

We congratulate 3 Sisters' trainee guide, **Parbati Kumari Bista**, who clocked 7 hours 51 minutes 40 seconds to secure third position in the women's race.



Annapurna 100

The **Annapurna 100** ultra event took part on the first day of Nepal Tourism Year 2011. The race started from Pokhara, passed through Ghandruk, Ghorepani, Birethanti and ended in Pokhara. Altogether 102 ultra runners from 13 different countries have participated in four categories of the race --100 km, 70 km, men's 50 km, women's 50 km. Encouraged by the organizers, Nepal Mountaineering Service, around a dozen female guides from 3 Sisters entered the 50 km race. We are delighted that **Anita Rai** of 3 Sisters came 3rd in this category and our congratulations to all of our guides who took part. Last year, no Nepali women had entered the race so yet again 3 Sisters are leading the way!



Visit to Germany

Mana Kunwar from 3 Sisters and **Renu Karki** from EWN were selected to attend a 3-week seminar in Germany run by KURVE Wustrow and a group of volunteers. The program included a 10-day workshop on climate change, field trips and a cultural exchange program. Four Nepali and six Indian participants took part. The participants and volunteers shared their experiences, culture and effects of climate change in their respective countries. Participants

learnt about the effects of global warming, the shortage of resources in global and local lifestyles and discussed the use of renewable and sustainable resources.

Mana was particularly interested to learn about the hidden cost of things we take for granted, e.g. 1 cup of coffee takes 40 litres of water to produce, 1 internet search requires the equivalent energy of 10 hours use of a light bulb. They enjoyed visits to a wind power farm, a camping trip to the North Sea coast, an eco-village and spent 3 days staying with host families in different towns in Germany. The visit ended with a trip to Berlin where everyone enjoyed some sightseeing, followed by the closing ceremony.



In the News

- Gold trophy from the *Global Sports Forum Barcelona 2011* for EWN's contribution to the world of sport
- *Himalayan Sisters*, a film about EWN/3 Sisters trekking guide trainees by Anne Milan, was shown at the November 2011 Underwire Film Festival in London. Ling Lee earned the Editing Category award!
- *Federation of Women Entrepreneurs' Association of Nepal* Outstanding Women Entrepreneurs Award 2011 was received by Dicky Chhetri of 3 Sisters.
- *Siddhi Setuli Smriti* Foundation Award 2011 to Lucky Chhetri of EWN
- March 2011 - *Nepal Sisterhood tackles lecherous trekking guides*, article published by AFP on Yahoo - sg.news.yahoo.com/nepal-sisterhood-tackles-lecherous-trekking-guides-20110318-071633-140.html
- *A Woman in a Man's World-Making it Her Own!* By Lucky Chhetri - india.ashoka.org/woman-man's-world---making-it-her-own-lucky-chhettri
- *Meeting the Challenges of Climate Change to Tourism: Case Studies of Best Practices* contains an article by Lucky Chhetri - www.iipt.org/IIPT%20Book/articles/Lucky%20Chhetri.Three%20Sisters%20Trekking_EWN%20Nepal.pdf
- August 2011: An *interaction program* was held between EWN/3 Sisters staff and 20 volunteers from the *Weltwärts* program, Nepal German Friendship Association (NeGFA)
- 2 guides from 3 Sisters have opened a poultry farm business in Pokhara. We are very proud of their accomplishments.

