

Everest Base Camp Trek

by Celia Ambler November 2013

For my seventieth year I thought I ought to do something memorable. It was my first visit to Nepal and the first time I had done anything like this. The scenery was absolutely stunning - from wooded valleys and rushing rivers through bushes and scrub then boulders and lichen and finally snow, rocks and wild desolation as we approached Base Camp. And snow capped mountain peaks everywhere!



There were amazing extremes of temperature - from pleasantly warm by day to well below freezing when the sun went down and much effort was required to walk, let alone climb, as we gained altitude and the oxygen levels became less. I think this has to be experienced to be fully understood. I found the climbs up to Namche Bazaar and Tengboche particularly hard. We were in bed early every night - we needed the rest! On the plus side we escaped for a few days from the world of the motor car. There are no roads so everything has to be carried up by yak, mule or human being - it was unbelievable how much one guy could carry up those rough tracks - sheets of roofing material, sheets of plywood, pieces of timber, general provisions.

Our two guides were absolutely fantastic - always helpful, cheerful and efficient - and our two porters had our luggage at the lodges well before we arrived. They kept us going. We would never have achieved our goal without their encouragement and we are extremely grateful to them all. *It was a great experience.*

Everest Base Camp Trek

Not yet been to Nepal?

We are taking names for November 2015 to join us on an adventure to the top of the World (well almost) This is the ultimate trekking adventure. No, you do not have to be a mountaineer to experience the trek of a lifetime.



This is a 12 day trek from Lukla to Everest base camp with 2 rest days plus 3 meals and accommodation provided every day plus porters. We will average around 7 miles per day.

Full details of itinerary and costs given on request to our secretary at arthurb80@gmail.com



We have many images of life in Nepal and would be pleased to arrange an illustrated presentation to your local club or church, subject to availability.

Contact **Arthur Benbow**: Tel 01729 824222.
Email: arthurb80@gmail.com
Or visit our Website: www.kasin.org.uk



November 2014

The future of Nepal is in the hands of today's children



UK charity number 111146
www.kasin.org.uk

Our Work at Kids at School in Nepal - 2013/14

Thanks to our regular donors and supporters who raised sponsorship from Half Marathons, a Sky Jump, and the Everest Base Camp Trek, we were able to continue our main objective of Teacher Training.

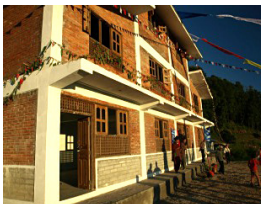
Progress has been made since the last newsletter thanks to our regular donors and numerous supporters who raised sponsorship from half marathons, plus a Sky Jump in Wales by our intrepid Chairperson Eliana who raised in excess of £1000



£3,000 was allocated for two training sessions for schools around Phulkharka and attended by around 35 teachers, most of whom have had no training provided by the Nepali education authority. Three laptop computers were sent out from the UK. Sadly the number of schools able to make full use of these are limited but we hope to improve this in the future.

The Trustees annual visit to the schools in November 2013 unfortunately clashed with the rearranged National Election which meant that all Government schools were closed for 4 days with teachers required to assist on the election. For the first time the 2013 newsletter was also printed in Nepali for the benefit of both teachers and kids at our 8 schools. £1,300 was allocated to promote the opening in December of a new Agricultural College mainly funded by Italian charity Fruili Mandi Namaste.

This college will provide further education for the many children completing secondary education and will also prevent immigration away from the Phulkharka area where work is limited to agriculture.



space for advert

Radio Guru

The Mountain Trust meets Trustees of Kids at School Nepal in April 2013 and January 2014. The project our Trustees will pursue in the next 12 months is Radio Guru. There are approx 44,000 listeners to Radio Guru. There is a short film worth watching on the home page of their website <http://www.mountain-trust.org/>. The plan is to expand existing audience to both to younger and older ages. Trustees will investigate if the stations are available to our schools in the Phulkharka region. If so, actions to consider: Promoting Radio Guru to our schools and support the distribution of wind up radios in the region.

The Teacher training.

In view of the success and demand for the existing teacher training attended by many teachers beyond the 8 we support, the Trustees annual visit in October will investigate an extension of the existing schedule. They will also visit and establish what is required at the new agricultural college which will provide further education for the many students on completion of secondary education.

High Speed Internet

Is now available at one of our 8 schools i.e. Tamang Kharka school with over 800 children. The Trustees will now explore the extension of this in order that we can have a direct link with schools and eventually link UK schools with schools in Nepal.

Connecting Classrooms

Following a visit in 2013 of 2 teachers from Nepal to schools in Craven and Gusburn area of Yorkshire plans are now in hand for an exchange of teachers.

Teachers Training Report April 2014 ..

Report by Harihar Timilsina

The main motto of KASIN is to support the children of Nepal in different ways. Education is the most important thing in human life and KASIN is presently supporting a Teachers Training Program, which helps to provide quality education. Many teachers from the area praise KASIN'S effort.

Training Report 2014 (cont)

This is the third Teachers Training organized by KASIN and was held at Mangaladevi Secondary School, Marpak, which is about 4 hours walking distance from Phulkharka. The name of the training was 'Motivation and Language We Use in The Class Room' with the main objectives being motivation, teachers as 'change agents', future generations, empowerment and developing skill and professionalism. Harihar was assisted by Komal Phuyal, Bishwo Karki, Prabin Kumar Jha and Nilam Shrestha who all freely gave their time, talents and experience to this valuable project.

Some Comments from the Trainees:

"We had never thought that this kind of training will be held in our school. Thank you KASIN family and all the trainers."

"We ladies have many problems to go out for training, like children and household work. I am very happy because most of the participants are ladies this time. Thank you KASIN for your discretion."

"This training was effective and inspiring. We want second phase if possible."

"We were teaching only text books, which was not enough. We learned games and using local materials in teaching."

"I want to apply in my teaching what I learned here."

Want to run in the London Marathon?

We now have a Golden Bond Place

This could either be for the 2015 event on the 26th April or for April 2016 if you have not already applied.

This is a guaranteed place.

This year 125,000 people applied in the ballot and only 20,000 were accepted.

The remaining 105,000 will be able to apply for a charity place but demand always exceeds supply.

If you found that you were not successful in the ballot when the results were published in early October, or if you are thinking of applying to run in April 2016 and would be enthusiastically prepared to raise money for KASIN, we would love you to run for us. KASIN will provide 100% support, plus a copy of our current newsletter for all your sponsors

So please check out the website and send an email to info@kasin.org.uk