



ALTITUDE PROJECT

Community Support Foundation

Dear Friends, and Friends of Friends,

Please accept our sincere and heartfelt thanks to all who have been able to donate so generously to the 2019 campaign to support schools, along with some new initiatives, in the remote Upper Dolpo region of Nepal! None of this is possible without your kind and generous support - Thank You!



In this Newsletter:

- Schools supported in 2019 – we have added a one-time grant for a fifth school this year
- Public Health – Safe Drinking Water – Training for 17 people - completed
- REED - Teacher Training Initiative – at Dunai in late March
- Travel Plans for fall 2019
- Solar Lights by LuminAID
- Dorje Dolma – Yak Girl – Update
- Travel Plans for fall 2019
- New Video – Saldang Portraits by David R. Gluns
- Ways to Donate

Schools:

Funds have been sent to Nepal and school coordinators and staff are busy purchasing and packing school supplies for the year. Arrangements are being made to transport the goods, first by truck, then jeep and finally by yak caravan - for seven to ten days to reach the villages.



For 2019 we are funding these five schools:

- Saldang – where we began, and in conjunction with Freunde Nepal of Germany
- Komang – our second school, and in conjunction with Tripod of Koma from Sweden
- Karang – the third school added with a grant in 2016; we are now the primary sponsor for this school with some ancillary support from Switzerland and the US
- Ku – in 2018 we provided a one-time grant to Ku. After meeting with the school coordinator in December we have decided to continue our support. This school has multiple sponsors.
- Tiling – this is a new school for us. In February, I met with the people from Tiling and learned that they have lost one of their primary sponsors. For 2019, we have agreed to a one-time grant to fund the transport of all supplies and to purchase food supplies for teachers and for student lunches.



ENPHO – Public Health NGO – a three-day training program for 17 people was held on Feb 25, 26 and 27. The focus of the training was to provide education about water quality – safe drinking water; proper use of toilet facilities; and general hygiene practices. The program is called “WASH” – water; sanitation and hygiene and was started by a Calgary based Canadian NGO – **CAWST**.

Comments from some attendees:

“We are from Dolpo, one of the most remote areas of Nepal. The only water source at our place is also far away and gets polluted on the way while reaching to the consumers. Community people and school students always get sick consuming polluted water. We came here to attend the School WASH training conducted by ENPHO to learn and exercise a proper WASH practice in order to mitigate this problem in near future.” Tsewang Gurung, Project Coordinator, Namdo School.

“We were able to understand about the proper WASH practices at schools and community through this training. These were very simple but important things which we have been neglecting till date. After getting this training, I am confident that I can deliver these learning at the school and community people.” Wangmo Thapa, Nurse, Dho-Health post.

“I had a mindset that this training would practically teach me the Water Purification - Point of Use (PoU) options, but I have learnt much more than what I had actually expected. The training helped me understand about the importance of appropriate WASH practices at schools.” Kunsang Lhamo Lama, Teacher, Shelri Dugdra School, Dolpo.

We plan to fund a visit to the Dolpo by an ENPHO expert to evaluate the drinking water situation and determine how to install a permanent, practical safe drinking water system at one location – probably Saldang.



REED - Teacher Training Initiative

Altitude Project, along with 8 other NGOs from around the world, is providing funding for the first year of a teacher training program. Eighty teachers from the Upper Dolpo will receive ten days of training starting on March 26th at Dunai in the Lower Dolpo. Afterwards, they will move to higher ground to open the schools for the season. This training is important – most of the project teachers are not trained as teachers. They are people from the Dolpo who have completed high school and / or college in Kathmandu and that wish to return to help people in their villages. It is admirable on their part and touching to witness. Part of the training program includes follow-up in the field by the trainers to help the teachers implement the skills they have learned. This is an exciting initiative and we are proud to be part of it. It will improve the learning outcomes for students.

Solar Lights – by LuminAID – we are delivering another 125 solar lights (by LuminAID) this year. These simple lights make a difference. To have a light in the home in the evening is a game changer; it allows children to work on their studies in the evening. Travel between homes and night becomes easier and they are extremely useful for trips to the toilet as well.



Dorje Dolma – Yak Girl – Update:

Dorje Dolma's book tour to the west Kootenay and Okanagan valley was a huge success. She broke attendance records at several venues. Special thanks to all those who helped get the word out!

And now Dorje is in Nepal. She was invited to be the keynote speaker and the WOW Women's Achiever Awards in Kathmandu as part of International Women's Day celebrations. Turkish Airlines and Hyatt Regency sponsored her trip! You can view her keynote address [here](#).

Fall Trips:

We are planning trips to the Upper Dolpo for the fall of 2019. We have a good response and it seems that two trips will proceed. Those who expressed interest will receive more information soon from Dave Gluns, our trip coordinator.

Saldang Portraits by David R. Gluns:

Check out this new slideshow / video by David R. Gluns – Saldang Portraits.

As Altitude Project grows, and it seems to be growing, we will undoubtedly need more help. Although needs can't be clearly defined at this point, if you are interested in becoming involved with our work, please let us know by email and include some information about why you are interested and something about your skill sets – thanks!

We are now on facebook - please like / follow us to see the latest updates and photos.

If you can give a little – it will help a lot!

And remember – every dollar goes directly to Nepal!

Altitude Project is a registered charity in Canada

Tax receipts are issued for all donations.

Here are the ways to donate to Altitude Project

- Interbank transfer from your bank to this account number at CIBC in Nelson BC, Canada – 00270/010/1065610
- e-transfers can be sent to donations@altitudeproject.ca – for security question please use “What is this for” with the answer SaldangSchool (no spaces)
- A cheque payable to Altitude Project can be mailed to Altitude Project, 4228 Crescent Bay Road, Nelson BC, Canada, V1L 6N1
- On the donate page of the Altitude Project website
- We can now accept securities as donations. We have an account with Canada Helps; they handle transactions on our behalf. Canada Helps is a large non-profit charity that helps other charities raise funds. They make it easy, click “Donate Now -> “Donate Securities” and then follow the instructions.
 - Donating stock can be a big benefit to donors, as it eliminates capital gains tax!
- For our friends in the US, we are now able to accept tax-deductible donations from American donors in partnership with CAF America. Please visit our page and click on the Donate Now button. Please note that the minimum gift for this service is \$500 and there is an 8% fee and a minimum fee \$80. **For more information**, download the Donor Advised Gift sheet.

❖ *And please be sure to include your name and mailing address when donating. We need both to issue a tax receipt – it is a CRA requirement! Also, please include your email address as we send receipts by that way to save on the cost of stamps!*

Tashi delek, Namaste, Sincere Thanks

On behalf of Altitude Project



David Swain

If you no longer wish to receive email from Altitude Project, please advise us by return email – thanks

