

SIR EDMUND HILLARY'S

HIMALAYAN TRUST



2018

REVIEW

HIMALAYAN
TRUST

FOUNDED 1960
BY SIR EDMUND HILLARY



The Himalayan Trust's work in Nepal continues to bring important changes and I hope you enjoy reading in this *Annual Review 2018* about the impact of our rebuild, education, health and water programmes in the Solukhumbu. It is your ongoing support that makes all this work possible.

I would like to congratulate our partners Himalayan Trust Nepal, Action for Nepal and REED-Nepal on their achievements this year. It is thanks to their local expertise, knowledge and experience that we are able to increase our impact and ensure long-term, sustainable change in Nepal.

Earlier this year, after five years of outstanding achievements, our General Manager Prue Smith moved on. Her tenure was dramatically impacted by the 2015 earthquakes in Nepal, which reduced so many schools to heaps of rubble. Prue rode the wave of generous giving by New Zealanders to help Nepal recover. She then went on to manage the largest infrastructure programme undertaken by the Himalayan Trust, leaving the Solukhumbu with 150 classrooms that are well-designed and earthquake-resistant.

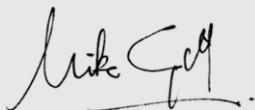
It is our pleasure to welcome John Loof as our new General Manager. John has been in the not-for-profit sector for 18 years and brings considerable experience from roles at Cancer Society Auckland and the SPCA.

We are grateful to those who challenged themselves to raise funds for the Himalayan Trust this year, including the Summit Challenge participants and our trekkers. I hope you feel a great sense of achievement in the work the Himalayan Trust is undertaking in Nepal thanks to you.

Looking forward, we have an exciting year ahead with the centenary of Sir Ed's birth in July 2019. As we prepare to celebrate this centenary, there can be no better time to have the support of another of our most inspiring New Zealanders. We are delighted to announce the Rt Honourable Helen Clark as our Patron. The centenary year provides an opportunity to inspire a new generation of New Zealanders through Sir Ed's example of generosity, adventure and his "can-do" attitude to helping others. We are delighted that Helen Clark will help us champion this message,

So thank you. It is only with your generous and continued support that the Himalayan Trust is able to keep Sir Ed's inspirational legacy alive and continue to change lives in Nepal.

Namaste and thank you.

A handwritten signature in black ink that reads "Mike Gill". The signature is written in a cursive, flowing style with a horizontal line underneath the name.

Mike Gill

Chair

STRONGER, SAFER SCHOOLS



New earthquake-strengthened classroom block at Thame school.

Thanks to you, over 7000 children in the Everest region of Nepal are back at school in classrooms made safer and stronger than ever before.

Three years after the devastating 2015 earthquakes, the Himalayan Trust has completed the final classrooms in its rebuild of 150 earthquake-strengthened classrooms in 36 villages across the Everest region.

THANK YOU FROM THAME



Teacher Pemba with students at Thame school.

"The earthquake is coming and we ran outside," recalled Lakpa from Thame village, now 12 years old. "Children are crying, I felt frightened."

Om Prasad Bhattavai, a teacher at Thame school, added: "Our school classrooms totally collapsed. The children were scared for months afterwards." He also explained how difficult it was to teach in the tents they were using as temporary classrooms: "In the winter the tents were very cold and in the summer they were too hot. When the wind blew they were really noisy."

In December 2017 the new, earthquake-strengthened blocks at Thame school were finally opened, thanks to your support.

Local communities have been involved in decision making, planning, financial management, and construction work at every school.

The rebuild team held meetings with the school communities to explain the earthquake-strengthening construction techniques used in the new buildings and for many communities, the new classrooms are now the safest buildings in their village.

"I feel happy that my new school is nice and safe. I want to thank all who help to build my school," said Lakpa.

TRADITION + STRENGTH

"The design of the school buildings is similar to traditional buildings in the area but we strengthened parts to build earthquake resistance," said Satya Man Lama, Engineer Project Manager with Himalayan Trust Nepal.

"For instance, we used cement mortar between the bricks and reinforced concrete horizontal and vertical bands to give strength and stability to the walls. And we used local timber for the roofs but made the roof connections much stronger by using metal plates."

THE BIG BUILD

The building of these 150 earthquake-strengthened classrooms has been the largest, most complex infrastructure project undertaken by the Himalayan Trust since Sir Edmund Hillary built the first school in 1961. All of this great work was made possible thanks to your generous support.



Lakpa in the new classroom.



New classrooms at Monjo school.



Satya Man Lama.



New classrooms at Khumjung school.



LITERACY REVOLUTION

Exciting changes are taking place in schools across the Khumbu thanks to our Literacy Improvement Programme.

The literacy programme is based on three core principles: teachers using child-centred, creative activities in the classroom to improve vital reading and writing skills; teaching in age groups rather than subject teaching for younger students; and head teachers, teachers, school management councils and parents all working together to help students improve their literacy skills.

Now, teachers and parents are talking about how important it is to allow children to learn in a creative way. The students tell us they really enjoy working in groups and using their initiative. Thanks to Himalayan Trust supporters, our programme is underway in 11 schools.

The literacy project team is also working closely with the local government, the Pasang Lhamu Rural Municipality.

Lakpa Thering Sherpa of Action for Nepal, our project partner, told us: "The local government have designed a policy for the rural municipality based on the core principles of our literacy programme – the teaching of 90-minute literacy sessions. This is a huge achievement because lasting change will truly happen when the local government takes ownership of providing quality education in our schools."





ENJOYING THE CHALLENGE

Pemba Diki Sherpa is a teacher at Shree Himalaya Basic School in Namche. She has been teaching for four years and talks about some of the changes in the classroom thanks to the Literacy Improvement Programme.

"I feel there has been a drastic change. Before we were limited to teaching from the text book. The teacher just speaks, and the students are sitting and looking. But now we teach children from lots of different story books. The children are doing creative writing and drama. They are writing about themselves and their families.

"During the literacy session in my class, the children share their news and then I read them a story. After the story, the children ask lots of questions and do creative writing based on the book. The children also do some group work, buddy reading with an older student, and children get a chance to choose a story book to read by themselves.

"I think the children in my class really enjoy the group work where they can interact with friends and learn from each other.

"At first it was a challenge to teach this way because it was all new. But it gets easier and I am enjoying it. I like being able to interact with the students and learn things from the students as well.

"The training coaches were with us at school for 15 days and we learned the skills by working alongside them. We also had a week of training at a nearby school. Then we practice the skills in our classroom. The coaches will come four or five times each year and see how we are getting on and help us with more coaching.

"I would like to thank New Zealand from bottom of my heart for supporting the literacy programme and schools in the Khumbu area."

LISTEN AND LEARN

Pasang Dhiki Sherpa lives in Thame and has two young daughters at school. The family earns a living from agriculture and transporting goods with their yaks.

Pasang told us: "Before, my children didn't read at home. I can't read so we didn't have any books at home. Now the children can bring books home from school with them to read. I really enjoy listening to their stories.

"Learning to read is so important, otherwise our children will miss out on opportunities. I think it is our responsibility as parents to help our children but before this literacy programme, I didn't know how to help. I think encouraging my children to read every day and listening to them will really help them improve."



EDUCATION IN NUMBERS

7000 children can study safely in **150** earthquake-strengthened classrooms at **36** schools

413 children and **25** teachers at **11** schools benefit from literacy coaching, more and better story books, and carpeted reading corners

450 children and **61** teachers benefit from subject teaching support

6500 students benefited from educational resources and equipment

40 students can continue their education thanks to the scholarships programme

1500 students at **7** high schools now have access to better libraries

RIGHT RESOURCES

Through our partner Himalayan Trust Nepal, 6500 students have been equipped with the tools to learn this year.

LIBRARY BOOST

We are working at seven high schools with our partner REED-Nepal to improve the management and use of libraries for reading and research. Kumar Khadka, Principal at Singhakali High School, says: "We plan to manage ten thousand books in the library and to extend the library to community level as a resource centre."

ACTIVE LEARNING

The School Based Teacher Training Programme with our partner Himalayan Trust Nepal is in place at schools in the lower reaches of the Solukhumbu. We provide child-centred training for subject teachers as well as practical activity ideas to encourage active learning in the classroom. The programme has a focus on several subjects, including maths, science, Nepali and English.

SCHOLARSHIPS

Over 40 scholarships were granted this year to help students complete their education, including scholarships for the children of the 16 porters who were killed in an avalanche on Everest in 2014.

Over the years, scholarships have enabled students from remote villages to become doctors, foresters, engineers, teachers, nurses and entrepreneurs.



WATER BRINGS HOPE

In remote, mountainous areas of Nepal, many communities must tackle difficult and dangerous tracks to access water sources. Having clean, safe drinking water nearby means less time spent walking for water and better health for the whole community.

In Musey, almost 70 percent of the population depend on agriculture for their livelihood. Improving the water supply also offers the chance to grow more cash crops to sell and improve incomes.



Thanks to your support, the Musey community is building a safe water system with two large water storage tanks, a filtration system to ensure the water is safe and clean, and pipes that will carry water directly to all the houses in the village.

“All the villagers have high hopes with this project,” says Pandi Sherpa, a grandmother from Musey village and member of the Musey Water Project Committee.

“Water is the most important part of life. Our village water tank was destroyed in the 2015 earthquakes and the pipes were broken. In the rainy season the water is muddy and during the dry season the water runs out.”

The new, earthquake-strengthened reservoir water tanks are almost complete. They will store enough water to meet daily demands and supply water for irrigation and a fire hydrant system. The whole system will be complete and ready to change lives by December 2018.

Lhakpa Gelzen Sherpa, the Musey Water Project Chairman, tells us: “We designed the Musey water system to last 25 years, otherwise it’s difficult to do any community development activities. In future, the water will not only be for drinking and cooking. Many people in Musey are farmers. We plan to provide water to grow more cash crops like tomatoes and cabbage, which can be sold at the nearby market.”

Pandi adds: “If we get enough water, we can have good sanitation and health, and grow vegetables to eat and for an income. Without water, we can do nothing.”

Thank you for helping bring clean water to remote, mountain villages – saving lives and helping people grow nutritious food that will improve the health of whole communities for years to come.



WATER IN NUMBERS

270 people can access safe water

2 reservoir tanks hold 45,000 litres of water

2 fire hydrants protect over 50 homes



HEALTHY COMMUNITIES



Your support is providing medical equipment and training so that remote regions can have access to better, local health care.

A few years ago, research carried out in the remote region of Bung found a high rate of maternal and child deaths and malnutrition in the region due to inadequate local health care and a lack of health awareness among the community.

Today, new equipment installed at the Bung health clinic, thanks to supporters like you, is already making a huge difference. Basanta Kumar Rai, the local health assistant, told us: "Before, it was difficult to sterilise equipment, which raised the chance of infection. Now we have a refrigerator to store vaccines and medicines and we have a machine to sterilise our surgical instruments and child delivery sets."

You are also enabling Basanta and Sushila Nachiring, also from Bung, to train as auxiliary nurse and midwife and to learn the skills to provide essential birthing services, antenatal and postnatal care at the clinic.

Two health facilitators, both local women, are holding regular meetings with women in the community, including pregnant women and new mums. The groups discuss health and nutrition, and learn about the facilities and services available at the clinic.

"The reality of life in this area is very harsh," says Dr Jangmoo Sherpa, the project leader. "Here in remote Nepal, people take the death of a woman or a baby in childbirth as normal. But why should they die? Many of these deaths can be prevented by improving local health care in remote areas like Bung."

Thanks to you, 4500 people in Bung will have access to better local health care. "We are delighted with the support from the Himalayan Trust. All this will help us make a huge difference in the life of our people," adds Basanta.

CENTENARY CELEBRATIONS



Had he lived to receive a birthday letter from the Queen, Sir Ed would have marked the occasion on 20 July 2019. To celebrate this milestone, events are being planned around the country.

New Zealand Composer Gareth Farr has created a symphony in Sir Ed's honour that will be performed by the Christchurch Symphony

Orchestra in Christchurch on 27 July 2019. Other celebrations planned for 2019 include a reception at parliament, a Himalayan Trust gala dinner, and commemorative treks in Nepal.

For the latest news on centenary events, sign up to our enews at himalayantrust/enews or join us on Facebook.

WELCOME HELEN CLARK



We are delighted that Rt Honourable Helen Clark has agreed to the inaugural Patron for the Himalayan Trust.

Chair Mike Gill said: "With Helen's remarkable example of leadership, both in New Zealand and internationally, her strong friendship with Sir Ed, her passion for fighting poverty in the world, and

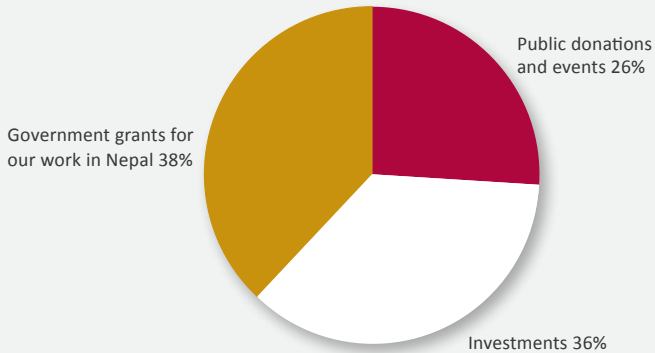
her love of mountaineering, there can be no more compelling Patron for the Himalayan Trust."

Helen will trek to the Everest region next year as part of the Sir Ed centenary celebrations. She will meet some of the communities we work with and see first-hand the real impact of the Himalayan Trust's contribution in the region.

FINANCIAL REVIEW

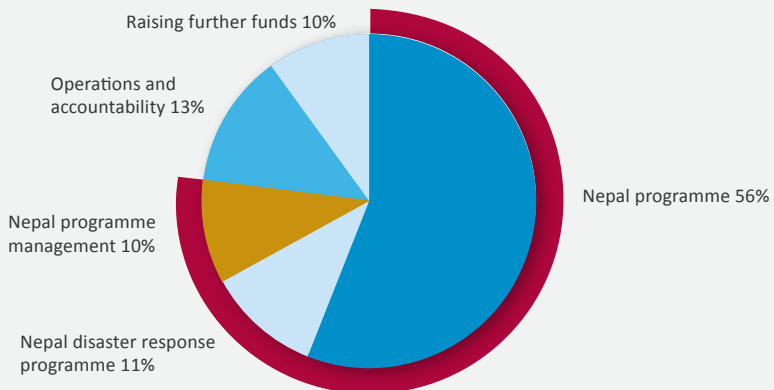
WHERE THE MONEY COMES FROM

TOTAL INCOME FOR YEAR ENDING JUNE 30, 2018
\$1,029,029



WHERE THE MONEY GOES

TOTAL EXPENDITURE FOR YEAR ENDING JUNE 30, 2018
\$1,487,635



Overall programme expenditure 77%



Nepal programme is our long-term development work with communities to deliver quality education and improve health.

Nepal disaster response programme refers to expenditure on rebuild and recovery work in the Solukhumbu following the 2015 earthquakes. It also includes expenditure on the scholarship programme for children of the victims of the 2014 avalanche on Everest. **100 percent of donations to the Earthquake Appeal and Everest Avalanche Appeal are spent in Nepal.**

Nepal programme management covers essential work to ensure our programmes in Nepal are well set up and monitored and delivering the best possible results for people in need.

Operations and accountability covers essential services in finance, accounting and management. **Raising further funds** covers the cost of activities to attract public donations and engage long-term supporters.

The information in this report has been summarised from the Performance Report of Himalayan Trust for the year ending June 30, 2018. This report has been prepared by HLB Mann Judd Ltd and, at the time of publication, was subject to audit by William Buck Audit (NZ) Ltd.

The audited Performance Report is available on request. The Himalayan Trust is committed to complying with the Council for International Development Code of Conduct.



THANK YOU



You have helped bring hope to thousands of people in Nepal. From rebuilding and equipping schools, to training teachers and health workers, to bringing safe water to remote communities – thank you for making this possible.

Thank you to everyone who supported our work this year. Whether you made donation or took on a fundraising challenge, your generosity has made a huge difference to so many people.

We are deeply grateful to all our monthly donors. Your ongoing support makes it possible to plan and carry out our work more effectively and bring lasting change to communities in Nepal.

We would also like to say a special thank you to the following organisations for their financial support this year: Active Adventures, Bivouac Outdoor, HealthPost, Hillary Ice Axes, the Hillary Institute of International Leadership, HLB Mann Judd, Kathmandu, Love of Nepal Committee, Macleans College, Sir Edmund Hillary Alpine Centre, Tama Bar and Eatery and the University of Waikato.

Thank you to our incredible partners in Nepal: Himalayan Trust Nepal, Action for Nepal, REED-Nepal and EduTech Nepal.

We would also like to thank the Office of the Honorary Consulate General of Nepal in New Zealand and the New Zealand Honorary Consulate in Kathmandu for their support.

We also acknowledge the vital ongoing support from the Ministry of Foreign Affairs and Trade.

Finally, we would like to thank the extended Hillary family for their continued support.

TREKKING IN ED'S FOOTSTEPS



Last May, 65 years after Sir Ed and Tenzing Norgay reached the summit of Mt Everest, 26 Kiwis joined the Himalayan Trust and Kathmandu Summit Club trek through the Himalayas to celebrate this special anniversary.

On their 19-day journey to Everest Base Camp, the trekkers also volunteered with local communities and at schools supported by the Himalayan Trust.

"As a teacher myself, I was excited to meet local teachers and spend time in the classrooms with the students," said trekker Helen Chalmers. "It was such a privilege to teach a literacy lesson based around the old kiwi classic *Hairy Maclary*. The kids loved it!"



After helping with the construction of the new water system in Musey, the trekkers went on to visit Khumjung School, the first school built by Ed in 1961, where they were treated to a special cultural show organised by the students.

The trekkers made one last stop for dinner with the medical staff from Kunde Hospital, the hospital built by Ed in 1966, before embarking on the final hike up to Everest Base Camp.

"We really got a sense of how much Sir Ed has impacted generations of the lives of people in this region," said Anita Perkins. "We learned about the long-lasting friendship between New Zealanders and the Nepali people, a friendship that lives on today.

"On the final climb to Base Camp it felt like a never-ending up hill. But the views of incredible 8000m peaks, and of course that unforgettable glimpse of Everest, will be a sight I hold dear for a very long time indeed.

"At our evening briefing on the next day's hike, our guide Prasant would always remind us: "...just go slowly and remember to look back so you can see your achievement" – sounds like good advice for life to me!"

"This trek has been a wonderful opportunity to get to know this region of Nepal. Sir Edmund Hillary's legacy lives on and is inspiring other New Zealanders to follow in his famous footsteps."

The trekkers raised over \$25,000 to support the work of the Himalayan Trust. Find out how you can join the adventure of a lifetime at himalayantrust.org/trek



REACHING GREAT HEIGHTS

Last May, we challenged New Zealanders to climb 8848m, the height of Everest, to celebrate the 65th anniversary of Ed and Tenzing's historic ascent and raise funds for Nepal.

Over 100 people took part and raised an incredible \$54,000!

Jodie Lynes took on the challenge by climbing the hills around Queenstown. She said: "I decided to do the challenge because it was a good incentive to get fit. I was also keen to help the people of Nepal. As a New Zealander, I feel we have a really special relationship with Nepal."

Others interpreted the challenge in their own way: Sue Lewis pushed her own bodyweight for 8848m, a preschool took 8848 steps with their four-year-olds, and 91-year old Ben Thomas walked 8848m along his local beach. Ben told us: "I've been to Nepal, met the lovely people and seen how hard they work with just the very basics to live on. Whatever help we give will be received with huge gratitude. Ed Hillary has done wonders in inspiring so much support for the people of Nepal – he has always been my number one hero."

Huge thanks to our sponsor Kathmandu for their support in promoting our challenge – and providing the unmissable t-shirts!

Could you climb the height of Everest in 2019? Find out more at himalayantrust.org/summit-challenge





INSPIRING YOUNG KIWIS

Schools around New Zealand commemorated the 65th anniversary of the summit of Everest – taking the opportunity to learn all about Sir Ed with the Himalayan Trust education pack and raise funds for Nepal.

At Te Mata School in Hawkes Bay, teacher Pip Wilkins told us: “The children learned about Sir Ed’s achievements and his legacy of helping others. They learned how he overcame many challenges to become the world’s greatest mountaineer and how he used his fame to help others. Sir Ed was a very special and humble man who did amazing work for others. The children were very interested, as were the parents.”

The Te Mata students raised over \$1900 for Nepal by taking on a sponsorship challenge to read 8848 pages in teams of eight during May. As a determined group, they read 15,000 pages, just short of reaching Everest twice! They also held a dress up day where everyone dressed as mountaineers and Sherpa.

Students at Mission Heights Junior College in Auckland also celebrated the 65th anniversary of the summit and raised \$1600 through bake sales, food stalls, and a challenge to run 8848m in less than two hours.

Miriam Martin Ortega, the Global Studies Teacher at the school, said: “The students have been learning about Sir Ed’s inspirational achievements. One of the cornerstones of our school life is leadership through service, which is something Sir Ed demonstrated. We were very proud to commemorate the summit anniversary this way and to know we are helping to improve lives in Nepal.”

Find out more about the Himalayan Trust education pack at himalayantrust.org/schools

8848 FOR NEPAL



Hasely Lobb challenged himself to climb 8848m last November to support the Musey water project.

"I wanted to do something to help the people of the Everest region and challenging myself to climb the height of Everest seemed like a fitting way to raise funds," said Hasely.

He hiked and biked trails around Taranaki and persuaded people all around the country to join him. Together, they raised \$9000. We're also grateful to Hasely and his team for being the inspiration behind our very own Summit Challenge!

TWO GREAT WALKS



A team of 11 Kiwis tackled the Routeburn and Caples tracks in just 21 hours, usually a five-day hike, and raised an incredible \$22,000.

Aucklanders Ken Brophy and Mark Macky were the driving force behind the challenge and have been fundraising for the Himalayan Trust for 10 years, raising over \$65,000 so far.

"In 2008, Mark and I discussed how we could honour Sir Ed," said Ken. "Ed said that when his time came he didn't want a monument, rather he wanted people to help continue his work in Nepal. So that's what we're doing. We're planning another challenge in 2019 to take our fundraising total to \$100,000 to mark Sir Ed's centenary."

BOOKS THAT GIVE BACK

In the 1970s, Nepal enlisted New Zealand's help to set up the Sagarmatha National Park in the Himalayas. Bruce Jefferies, a New Zealand ranger, set off for Nepal to help with his wife Margaret and three children in tow. *Under the Himalayan Sky* is Margaret's memoir of their time in remote Nepal and paints a fascinating portrait of their family life amongst the hospitable Sherpa people.

Edmund Hillary: A Biography by Mike Gill is on the short list for the Mountain Literature prize at the Banff Festival. And don't forget *Outdoor Appetite*, the perfect recipe book for summer. **All these great books are available to buy online at himalayantrust.org/shop. 100% of funds go the Himalayan Trust!**

FUTURE LEGACY

Janet Willis has chosen to leave a gift to the Himalayan Trust in her Will. She told us: "My father, John Willis, made many trips to Nepal – he trekked every year from 1975-1988! In the 1970s he was head of Rotary and fundraised for the medical centre in Junbesi, Nepal.

"I have a large collection of memorabilia from my father's trips to Nepal, including correspondence with Ed. I have such fond memories of listening to his stories and seeing the photos from Nepal – I remember Ed and Louise Hillary staying with us too.

"I greatly admire Ed Hillary and Nepal is a very deserving country. I'm happy to know my gift to the Himalayan Trust will help bring education and health care to people in remote villages that are still affected by the 2015 earthquakes."

Thank you, Janet, for your incredible gift to bring lasting change to remote Nepal.



BIRDS AND THE TEES

Thanks to the team at Kathmandu and everyone who supported the *Yak that Gives Back* 2017 Christmas campaign. The campaign raised \$15,000 to help children in the Everest region get the best possible start to their education.

This year's appeal will feature the beautiful Himalayan Monal, the national bird of Nepal. Look out for these special little birds in Kathmandu stores this December!

Also check out the Artist Series tee from Kathmandu. Stunning designs, great quality and \$5 from every tee comes to the Himalayan Trust. Available in stores and at kathmandu.co.nz





Pasang Gelzen Sherpa reading with his daughter. Photo: Blair Millar

Sir Edmund Hillary founded the Himalayan Trust in the 1960s when he built the first schools and hospitals in the Everest region. We follow in his footsteps, working in partnership with local communities to improve education, health care and safe water systems for remote communities in Nepal, one of the poorest countries in the world.

Thank you for enabling Sir Ed's unique legacy to live on and for making a difference to the lives of so many children, families and communities in the Everest region of Nepal.

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The Himalayan Trust is a registered charity with the New Zealand Charities Commission, registration CC39393.

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HIMALAYAN
TRUST
FOUNDED 1960
BY SIR EDMUND HILLARY