



# CARRYING HOPE

TO THE CHILDREN OF  
THE HIMALAYAS

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[www.mountainchild.org](http://www.mountainchild.org)





# OUR PURPOSE

MOUNTAINCHILD EXISTS FOR THE PURPOSE OF RAISING AWARENESS, RESOURCES, AND FINANCIAL AID FOR HUMANITARIAN WORK CARRIED OUT AMONGST IMPOVERISHED CHILDREN LIVING IN THE HIMALAYAS.

**M**ountainChild began in 2000 when short-term exploratory teams traveled to the region to investigate reports of severe medical, social, educational, and environmental challenges facing these children. Our research revealed staggering death rates in which large numbers die before reaching their eighth birthday, and one out of every five children die before the age of one. MountainChild is urgently working to improve the lives of these children by bringing food, medical aid, education, clean water, and love to children who have little chance of survival amongst such hostile conditions.

MountainChild takes careful steps to ensure that the cultural integrity and rich history of these precious children remain intact, and that they are empowered through appropriate and sustainable development techniques.

MountainChild focuses its efforts among those in the Himalayas that are the most remote, and therefore, have the least access to medical assistance, clean water, and education and are most at risk of child labor and human trafficking. Our research has shown that the people living in the remote mountainous districts on Nepal's northern border with Tibet are those most in need of assistance. It is on the people living in these remote mountain villages that we place our focus. By carrying out development work among these people, we aim to stop the cycle of suffering and enable the mountain child to become a carrier of hope to their people.



# OUR ORIGIN

IT ALL STARTED WHEN A SMALL TEAM TREKKING THROUGH THE HIMALAYAS STUMBLED ACROSS A GROUP OF YOUNG CHILDREN BEING ESCORTED OUT OF THE MOUNTAINS BY TWO ADULT MEN ...  
**IT DIDN'T TAKE LONG TO SENSE THAT SOMETHING WASN'T RIGHT.**



**O**ur worst fears were quickly realized when the two men openly spoke of their plans to sell the children into the booming sex trade industry of south Asia. That's when we started crying. It wasn't a shallow type of cry. This was deep, real deep, like a well, that frankly, we haven't found the bottom of yet. We are still crying. But a few of us, decided to band together and to turn the tears into tactics. We started getting organized, started making plans about how a small group of people could make a big impact. That was in 2000. Today we have helped to mobilize thousands from nations across the world into the great task of carrying hope to the mountain child.

***“Having a face-to-face encounter with children in the mountains who were being sold into sexual slavery, infected with intestinal worms, malnourished, without schools, and hopeless was more than I could bear.*”**

***It was as if a sledgehammer descended upon my heart, shattering it into a thousand pieces.*”**

***I decided to do something.”***

- Jack Reid, Founder



# OUR STRATEGY

## A PLAN FOR LASTING CHANGE

MountainChild has devised a strategic plan to expand our relational network throughout the Himalayas by implementing regional operating bases supported by numerous gateway projects for development work within our targeted villages of Nepal's remote northern districts.

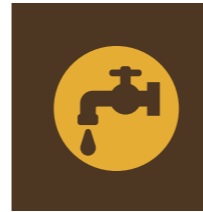
These regional operating bases and gateway projects are the foundations for the children's homes, remote schools, health posts, water projects, health and sanitation WASH programs, and various other community development projects. Through doing ethnographical worldview studies, we have been able to define and prioritize the needs found.

MountainChild has developed plausible action plans aimed at administering aid, which creates lasting transformation for the people of the Himalayas through remote projects.



### ANTI-TRAFFICKING

- EDUCATION / PREVENTION
- ENFORCEMENT / LEGAL REFORM
- RECOVERY / THERAPY
- SKILLS TRAINING / JOB CREATION
- FOSTERING NATIONAL PARTNERSHIPS



### POVERTY ALLEVIATION DEVELOPMENT PROGRAMS

- WASH PROGRAMS
- HEALTH TRAINING
- HEALTH POSTS
- EDUCATION
- GATEWAY PROJECTS



### VOCATIONAL TRAINING PROGRAMS

- VOCATIONAL TRAINING CENTERS
- AGRICULTURAL TRAINING
- VOCATIONAL TRAINING
- MOBILE TRAINING
- EDUCATION



### R.A.N.C.H

- CHILDREN'S HOMES
- BRIGHTER FUTURE
- R.A.N.C.H. NEXT STEP PROGRAM

For more details, please visit our website, [www.mountainchild.org/strategy](http://www.mountainchild.org/strategy)





# STRATEGIC PLAN

CARRYING HOPE THROUGH EFFECTIVE METHODS

The task of carrying tangible hope to villagers spread throughout remote valleys across the Himalayas of Nepal requires a broad, well researched, and effective strategy. This map shows some of that strategy in picture form.



- COMMUNITY PROJECT
- GATEWAY PROJECT
- REGIONAL OPERATING BASE
- ◆ DISTRICT ZONE



CORE ISSUE NO.1

HEALTH

24,000

CHILDREN DIE BEFORE  
THE AGE OF 5  
EVERY YEAR IN NEPAL

**H**EALTH: An alarming number of the children living in the Himalayas will die before their eighth birthday. The leading cause of death amongst these children is simple diarrhea and can be directly traced to contaminated drinking water. Limited access to clean water, insufficient sanitation, and poor hygiene worldwide kills 3.6 million people annually. That is more than wars, famine, and AIDS combined. MountainChild is building remote village water treatment facilities together with medical posts in an effort to get crucial medicine and clean water in close proximity to those who need it most. 3 out of 4 people in Nepal's rural areas also lack adequate sanitation. To combat the issue, regular health and hygiene training workshops are being conducted in remote villages in an effort to educate villagers on the importance of sanitation and clean water. Working together with engineers, trained doctors, and medical professionals, MountainChild is tackling health issues at the source and rescuing children from certain and imminent death.



The harsh cycle of deprivation and mass poverty in rural Nepal lead to the pervasiveness of poor nutrition, the absence of sanitation, the lack of access to medical care and clean water, and high child mortality rates. This cycle of suffering affects every aspect of life for those in remote villages of Nepal's Himalayas.



CORE ISSUE NO.2

# TRAFFICKING

15,000 ~  
20,000

CHILDREN WITH  
AN AVERAGE AGE OF  
12 YEARS OLD ARE  
TRAFFICKED EVERY YEAR  
IN NEPAL

**T**RAFFICKING: Human trafficking in the Himalayas remains a rampant injustice in the form of commercial sexual exploitation and involuntary servitude with an estimated 15,000 to 20,000 persons trafficked in Nepal every year.

Trafficking of girls from Nepal into India for forced prostitution is perhaps one of the busiest slave trafficking routes anywhere in the world, with an estimated 5,000 to 10,000 Nepali women trafficked across the border every year and an estimated 100,000 to 200,000 Nepali trafficked persons still in India. In many cases, relatives or acquaintances deceive the parents with the promise of a better life in the city for their children, only to exploit them into sex trafficking.

***Slavery still exists. An unimaginable number of young victims from Nepal are coerced, transported, and held as slaves for the purpose of sexual exploitation by manipulation and force.***

Often, the families will never hear from the child again. MountainChild is joining the fight against trafficking primarily through prevention with community awareness education and by providing alternative options for families of children at risk. MountainChild is continually seeking new ways to combat trafficking such as the creation of the MountainChild Anti-Trafficking Center of Nepal and providing avenues for healing and awareness through the arts.





**EDUCATION BREAKS  
THE CYCLE OF SUFFERING &  
LEADS TO LASTING  
TRANSFORMATION**

**E** DUCATION: MountainChild believes that education is key in equipping a new generation with the tools for lasting transformation. Nothing will bring lasting change more quickly and more effectively than bringing education to the children of the Himalayas. 84% of Himalayan children live in remote villages and are deprived of even the most basic education. Teacher training and curriculum development are integral parts of the success of education in the Himalayas. MountainChild is equipping indigenous teachers through the MountainChild School of Frontier Training and through local partnerships to empower new educators with the tools, equipment, and support necessary for academic success. Building Gateway Projects with remote village schools makes sense and serves as the spearhead in MountainChild's strategy of bringing lasting transformation to the home and future of the mountain child.



**A lack of education in remote villages of Nepal creates an environment in which villagers are unaware of sanitation and hygiene issues that lead to disease and sickness, are more vulnerable to trafficking, are more susceptible to child labor, and have no hope for their future. Education is the key that breaks this cycle of suffering.**



CORE ISSUE NO. 4

# CHILD LABOR

## WORK STARTS AT AGE FIVE & KEEPS CHILDREN FROM ATTENDING SCHOOL



There are currently an estimated 1.6 million children, between the ages of 5 and 17, enslaved in underage labor in Nepal. Child labor prevents children from obtaining an education, which continues the cycle of suffering for the children and families involved.

**C**HILD LABOR: Child Labor is widespread throughout the Himalayas. Due to poor economic conditions, children start working in the fields as young as AGE 5. Long hours are spent plowing fields, tending livestock, cutting firewood, gathering water, and serving as porters. Many children who do reach school are forced to drop out and return to the fields in less than 1 year. The MountainChild supported village school program is flexible in its academic calendar, allowing children to return to their villages during important harvest seasons. This allows them to help their families, while not interrupting their education. MountainChild is working with local communities to provide education for children while addressing the root cause of child labor. Educating parents and improving farming techniques are at the center of MountainChild's strategy aimed at getting children into schools and keeping them there.



CORE ISSUE NO.5

# ENVIRONMENT

## EROSION TOGETHER WITH ANTIQUATED FARMING TECHNIQUES LEAD TO A CROP LOSS OF 40%

**E**NVIRONMENT: 1,500 miles long by 250 miles wide, the Himalayas are crossed by only three motorable roads, leaving millions cut off from modern progress and technology. The vast majority of remote village tribes live a 7 to 20 day walk from the nearest road. Few crops grow in the cold, high altitudes, and stony soil of the Himalayas, and those that do, take twice as long to reach harvest stage. Incessant rains, landslides, and antiquated farming techniques result in a severe crop loss of up to 40%. Pesticides are not used, so insects and rodents contribute to further crop damage. Through the MountainChild School of Frontier Training, a new generation of indigenous mountain people are being trained with improved farming techniques. We are investing in sustainable agricultural solutions, empowering local communities with the tools for unequivocal advancements in progress.



The mountains for the Himalayas present a glaring contrast. The beautiful, snow covered peaks of the Himalayas provide some of the most beautiful scenery in the world. However, these same mountains create one of the harshest living environments on the planet. The difficulties of living and farming on this land present enormous obstacles for those living in these areas.



# HELPING OUTSIDE THE HIMALAYAS

## **VOLUNTEER**

Volunteering your time, knowledge, and expertise is a great way to be an active part in carrying hope to the children of the Himalayas. Volunteers can help in our office locations across the United States, Korea, and the United Kingdom. There are also ways to volunteer from within your own community. Contact us for more details.

## **AWARENESS**

Help raise awareness and resources for our work amongst impoverished villages in the Himalayas. You can host your own events or forums right in your own community. Contact us, and we can help you with ideas and practicalities.

## **COMMUNITY**

The MountainChild relational network can grow and expand through the help of volunteers and advocates around the world. You can help to create new relationships and opportunities for MountainChild within your community and circles of influence.

## **EVENTS**

MountainChild hosts a wide range of events throughout the year to raise awareness and resources for our work. You can become a part of our core team of volunteers and offer your time and efforts at ongoing events already hosted by MountainChild in the U.S. and beyond.

# DONATE

Give to support to work of MountainChild in the Himalayas.

Your tax-deductible donation can be given at [www.mountainchild.org/donate](http://www.mountainchild.org/donate)



To learn more about how you can help in these ways from where you are, email us at:

[info@mountainchild.org](mailto:info@mountainchild.org)





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MountainChild is a 501(c)(3) corporation registered in the United States of America