

On our website...



Video Message from the Girls of Nepal: Krishna Chaudhary, a girl who was freed from Kamlari slavery by NYF, sent a message to the world on International Day of the Girl. She speaks about the end of child slavery and the beginning of freedom and education.

Girl Rising Tells Suma's Story: People around the world are gathering to watch the film *Girl Rising* — featuring a segment about Suma, one of the girls liberated by NYF.

Annual Summary Report: Read about some of our successes during the past year. Highlights include:

Vocational Training – More than 224 trainees, including former Kamlari girls, took courses in engineering, computer technology and more.

Educational Support – We provided scholarships to underprivileged and disabled children from grade school to graduate school, serving over 600 students this year.

Nutritional Rehabilitation Homes – This past year, 1,178 children were admitted and cared for at the eight facilities managed by NYF.

Ankur Counseling Center – We help children heal from the emotional scars of trauma, abandonment and neglect. Over 1,600 children were treated this year.

Read about all of this and more at:
www.nepalyouthfoundation.org

We're top-rated on Charity Navigator and Great Nonprofits

For seven consecutive years *Charity Navigator* has given Nepal Youth Foundation its highest 4-star rating for financial accountability and transparency. Fewer than 2% of charities evaluated earn seven consecutive 4-star ratings. The 4-star rating is proof of our efficient and effective use of our donors' gifts. We hope this assures you that your donations to NYF are making the greatest possible impact on the lives of needy children in Nepal.

GreatNonprofits is the leading provider of online reviews and ratings of nonprofit organizations in the United States. Once again, our reviewers have helped us earn a spot on the Great Nonprofits Top-Rated List for 2013. Thank you!



How you can help

All the success Nepal Youth Foundation has achieved was made possible by you, our donors. Your loyal support over the years has helped us to better the lives of tens of thousands of children who would have had no chance for a decent life or an education without NYF's intervention at the right time and in the right way. We can't think of a better investment for your charitable dollars.

- \$100 pays a child's annual school expenses.
- \$260 saves a child from dying of malnutrition.
- \$750 puts a bright young adult in college for a year.
- \$860 provides vocational training for a girl rescued from slavery.
- \$1,900 sponsors a child at J or K House.

Your support is more important than ever. Whether it's \$10 or \$10,000, your gift will immediately be put to work to improve the lives of the children in Nepal — so please give as generously as you can.

For more information about making a donation to NYF, please call Robin Woodland, Director of Development & Communications, at 415-331-8585 x105 or email him at robin@nepalyouthfoundation.org.



Introducing Robin Woodland

We are very happy to welcome Robin Woodland as NYF's new Director of Development & Communications. Robin is a marketing and communications expert who has led successful campaigns in both nonprofit and corporate settings, including eleven years at Shaklee Corporation. In recent years, he's focused on nonprofit fundraising and has achieved record-breaking results for organizations such as Seva Foundation and the San Francisco and Marin Food Banks.

"NYF is a uniquely inspiring organization, and I feel privileged to be a part of it," says Robin. "The organization is doing essential, transformative work with the children of Nepal, and has become firmly rooted in the community — that's what makes it so effective. NYF has created a perfect model of innovation and sustainability, and I'm eager to help it grow."

Do you have an idea for fundraising event? Would you like to discuss planned giving options? Do you know a foundation that might support NYF? Please bring your ideas and questions to Robin at 415-331-8585 x105 or robin@nepalyouthfoundation.org.



Thanksgiving in Kathmandu

Dear Friends,

It's almost Thanksgiving, my favorite holiday. Although it's not observed in Nepal, the American community here in Kathmandu does the best it can without turkey or cranberry sauce or other traditional pleasures.

Of course, Thanksgiving isn't really about the dinner. Appreciation for the blessings you have in life — that's part of it. But it's also about feeling grateful for what you can give. And there is no better place to experience giving than in Nepal, where a few wisely invested dollars can totally transform a child's life.

I was reminded of this the other day, when I had the pleasure of hosting two young women who had been rescued from the Kamlari slavery system by NYF some years ago. They had come to join Som and me on a trip to Hong Kong to attend the gala fundraising dinner hosted by our NYF chapter there.

Som and I thought it would be inspiring for the gala guests to meet some of the girls NYF has liberated, and we found two young volunteers: Krishna, sold at age five and rescued by NYF after 13 years of working for abusive employers; and Manjita, bonded away when she was nine years old for \$30 a year. Both are smart, ambitious, determined and beautiful, and they have evolved into effective and passionate advocates against child slavery.

Som's wife Sajani, a smart cookie, suggested that the girls stay at my house for a night or two so they could become familiar with western customs before encountering the world of sit-down dinners and multiple eating utensils. Krishna and Manjita proved to be delightful company. We showed them how to use the shower and bathroom, and at dinner we provided a short course in knife-and-fork etiquette — a new skill, since most Nepalis eat with their hands.

We went shopping at a store that boasts one of the few escalators in Nepal, so they could practice before getting to the airport. Krishna was wearing plastic flip-flops, her only footwear, so Sajani helped the girls to choose attractive but sensible shoes (and rather blingy socks!). This was the first pair of shoes Krishna had ever owned in her 21 years.

Our next stop was a bookstore, where Manjita, now in college and studying finance, made straight for the self-help shelf and chose a Nepali translation of "How to Become a Millionaire" along with technical tomes on micro-lending and cooperatives. They also chose some



biographies of Nepalis who had overcome great obstacles to become successful. Manjita's ambition is to be a banker and establish a bank for members of her community. Krishna's goal is to become a lawyer.

This letter must go to print prior to our journey to Hong Kong, so I will write about how we fared in the next issue. But Krishna and Manjita seem ready for the new experiences that await them on the trip, as they take their first flight, enter another country, and talk about their lives to an audience whose life experiences could not be more different from than their own.

So, a sense of thankfulness all around this Thanksgiving — Manjita and Krishna for their freedom and the future that freedom promises, and we at NYF for the joy that comes from helping them to retrieve their childhoods and go on to better things.

And you, our donors and friends, are at the center of our circle of gratitude. Without your help, Manjita and Krishna and more than 12,000 other girls would be destined for "a life among dirty dishes" (as one of the girls we liberated colorfully put it), living far away from the safety and comfort of home and family.

I hope you will enjoy Thanksgiving in the knowledge that you are helping to transform the lives of some of the world's most disadvantaged and deserving children.

With gratitude and appreciation,

Olga Murray,
Founder and Honorary President

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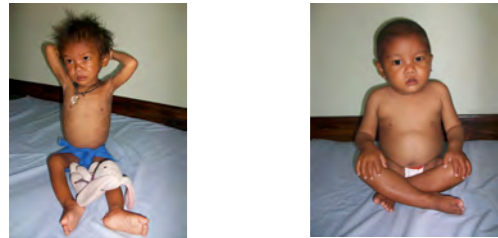
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Fall 2013

Success Story: Nutritional Rehabilitation Homes

Eight of NYF's innovative nutrition hospitals handed-off to Nepal government



Jal, at admission and after 20 days of care

We began building *Nutritional Rehabilitation Homes* (NRHs) in 1998 as a way to restore severely malnourished children to good health while educating their caregivers about affordable nutrition basics. Yet with half of all Nepali children suffering from malnutrition, we knew we would need the Nepali government to partner with us to create a sustainable solution to the problem.

Today, the NRHs are a model of innovation and sustainability. We have built 16 of these small hospitals throughout the country, and the government is now operating eight of them. Together, we have restored the health of more than 11,000 children and have educated their parents about low-cost nutrition strategies.

It's a win-win program. We build the NRHs, hire and train the staff, and pay all of the operating costs for the first

few years. After five years, we hand over responsibility for the NRHs to the government, freeing up valuable resources so we can construct new facilities such as the NRHs we're building in Baglung, Dang and Butwal.

While poverty is pervasive in Nepal, the simple lack of knowledge about good dietary practices is often the cause of child malnutrition. NRH nurses and nutritionists teach parents to prepare food that is affordable and locally available. The families return home with a healthy child and the knowledge they need to keep all of their children growing strong.

When you meet the children at the NRHs, like little Jal Bahadur, you appreciate the miracles that happen there. NYF workers found Jal last April during a Nutrition Outreach Camp. His mother had died and his deeply impoverished father struggled to care for Jal and his older sister. Three-year-old Jal was so malnourished he could not talk, walk or even stand up.

Within 20 days of care at the center, Jal had put on weight and regained enough strength in his legs to walk. His father learned the basics of good nutrition and took this information back with him to share in his rural village.

Thanks to your support, Jal and thousands of children like him have a chance to lead a healthy life.

NYF Graduate Gives Back to the Community



Our programs aim to inspire and motivate youth to become agents of change and ensure a broader impact throughout society. Here is a NYF graduate who is making great things happen for the people of Nepal.

Dr. Harish Chandra Neupane

When young Harish Chandra Neupane passed the medical school entrance exam in the early 1990's, he had no idea how he would pay for his studies. His parents were subsistence farmers with no money for their son's education.

A social worker introduced Harish to NYF, and we offered him the scholarship aid he needed. Harish successfully completed his medical degree and worked for several

years at the teaching hospital he had attended. He was later awarded another scholarship to earn a masters degree in surgery, and then served at a government hospital specializing in cancer treatment.

Dr. Harish is a brilliant doctor with a truly ambitious vision for improving medical care for the Nepali people. He inspired other doctors and investors to join him in establishing Chitwan Medical College at the Institute of Medicine at Tribhuvan University. The college is now one of the top teaching hospitals in Nepal, serving about 250,000 patients each year. With a profound sense of responsibility to care for those in need, Dr. Harish has made it a policy to provide free medical services to 25% of patients treated at the hospital.

NYF remains close to his heart. He recently joined the board of NYF-Nepal as a representative of our NYF graduates. We are tremendously proud of Dr. Harish and applaud his commitment to serving the youth of Nepal.

Chitwan Medical College Teaching Hospital, architectural drawing



Victory! Kamlari Child Slavery System Ends

NYF campaign instrumental in causing government to declare abolition

Dear Friends,

This year we achieved a victory for the girls of Nepal and for girls everywhere — a victory that all of you who support the Nepal Youth Foundation have helped to win.

On June 27, the government of Nepal declared the abolition of the Kamlari system, an amazing development in our 13-year campaign to end child slavery. This means the government is finally committed to enforcing existing laws that have long been ignored, a move prompted by the growing power of the freed Kamlari girls and a shift in the attitudes of people throughout Nepal.

Thanks to your support, NYF has freed and educated more than 12,000 formerly bonded girls, offering a roadmap for everyone fighting to end modern-day slavery and oppression.

Yet our work is not over. We must now empower the newly freed girls through vocational training, leadership development and economic opportunities. Our strategies include:

Education and Vocational Training – This is the key to helping freed girls build a new life. We provide training for hundreds of former Kamlari girls who are taking courses in engineering, computer technology, health care, dress making, cosmetology, cooking, poultry farming and more.

Cooperatives – NYF is helping the freed girls establish income-generating business cooperatives, launching 32 co-ops with over 1,800 members to date. The co-ops offer low interest loans to help members start their own businesses.



Action and Advocacy – With training and support from NYF, the girls have established their own advocacy action group: the *Freed Kamlari Development Forum* (FKDF). More than 1,300 girls are now affiliated with FKDF and participate in leadership training, peer counseling, and community organizing to raise public awareness about children's and women's rights.

As the Kamlari system comes to an end, we thank our community partners in Nepal, our global nonprofit partners, our allies in the government, and especially you — the friends who have supported NYF through the years.

With your continued support for the next phase of our work, we will help to build a world that ensures freedom and wellbeing for all of Nepal's children.

With gratitude,

Som Paneru
President, Nepal Youth Foundation

J & K Village Project is Underway!

As a last resort for children with nowhere else to turn, NYF offers J House and K House — nurturing home environments for orphans, children with disabilities, and children who have been abandoned or are living on the street.

At the homes, children are provided high quality education and are encouraged to excel and fulfill their dreams. They also receive psychological counseling to help overcome the trauma in their lives.

Now we have an opportunity to serve even more children. J&K Village will be a safe, attractive, loving home for 70 children, and a training center for hundreds of other young people. Thanks to the generosity of a family foundation, we have purchased three acres of land outside of Kathmandu. In 2014 we begin construction of new houses for the children along with recreational facilities, a model farm, and a vocational training school for over 300 teens including graduates of J & K House.

J&K Village will be a safe, attractive and loving home for children in need, along with a training center and model farm that will serve hundreds of other young people.

