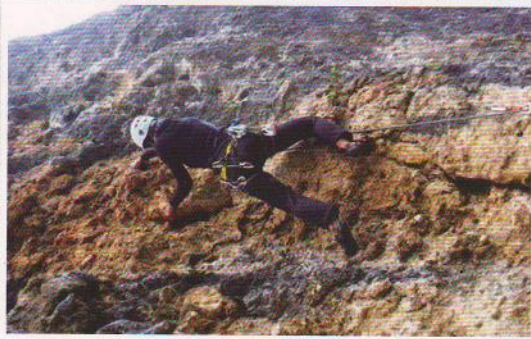


Other activities in adventure tourism

Rock-Climbing & Ice-Climbing



EWN has offered basic and advanced courses in rock-climbing since 2005 and ice-climbing since 2008. These courses provide senior guides working in the field of adventure tourism with additional skills to increase their employment opportunities.

Our future goal is not just to limit women to trekking, but to have the opportunity to lead tours involving rock-climbing for those craving more adventure!

Environmental campaigns



EWN and 3 Sisters Adventure participates in regular environmental clean-up activities to keep Pokhara and mountain areas clean for future generations.

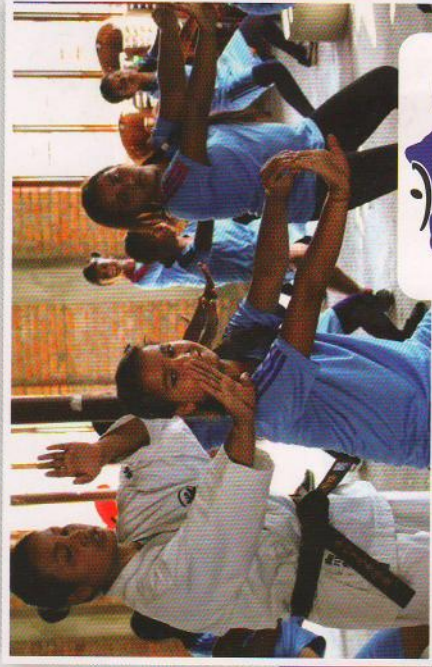
Empowering a new generation of women

Educational Support Program

We continue to provide educational scholarship for underprivileged girls to attend school until grade 10. Depending on the need of the children, scholarship includes their tuition fee, accommodation, stationary, medical care and clothing.

GOAL Program

Girls aged 11 to 16 participate in EWN's GOAL program, a 9-month life skills lessons and sports program to empower disadvantaged girls.



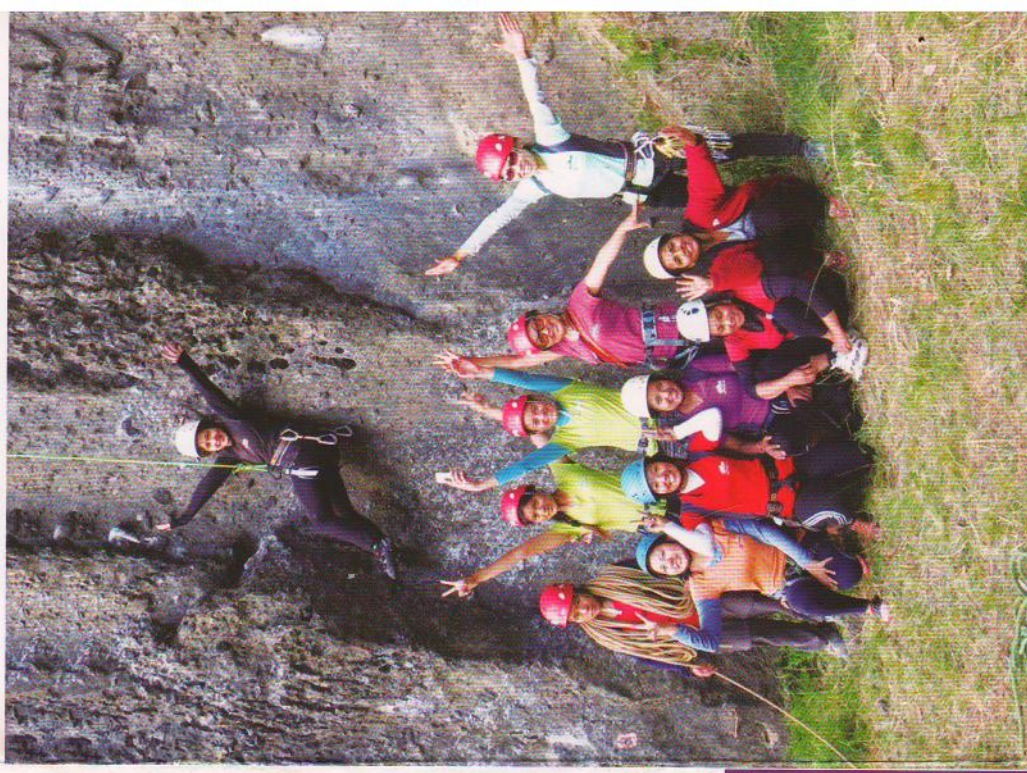
EMPOWERING WOMEN OF NEPAL

How can you help?

- Come trekking in the Himalayas with 3 Sisters
www.3sistersadventuretrek.com
- Volunteer your time or skills
ewn@3sistersadventure.com
- Donate money to support Nepali women & girls
A/C # 01 0312363 01
Standard Chartered Bank Nepal Limited
Swift Code # SCBLNPKA
Lakeside Branch, Pokhara, Nepal

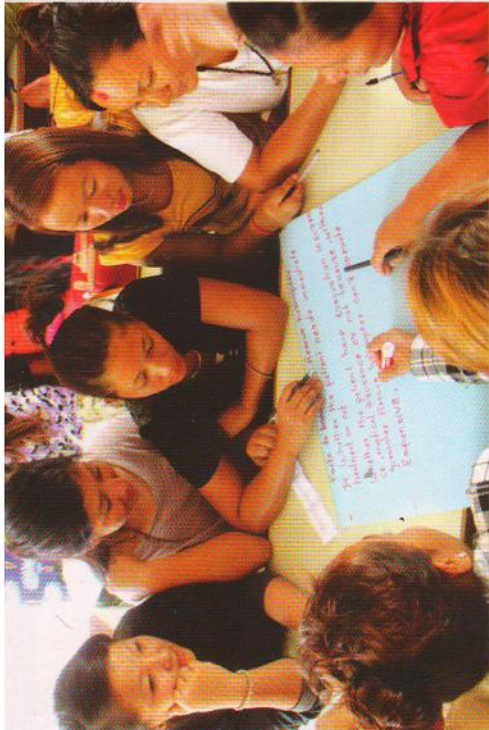


EMPOWERING WOMEN OF NEPAL



Dedicated to improving the world one woman and one girl at a time

W : www.empoweringwomenofnepal.wordpress.com
E : ewn@3sistersadventure.com
P : 977 (61) 462 231 or 977 (61) 461 749
M : Post box 284, Lakeside, Khahare, Pokhara - 6



Soon after founding 3 Sisters Adventure Trekking in 1998, Lucky, Dicky and Nicky Chhetri established a non-profit organization to improve the lives of disadvantaged women and girls in Nepal.

Empowering Women of Nepal (EWN) developed for women and by women, to empower a new generation of strong, confident and capable citizens of Nepal.



EWN's Flagship Program - training for adventure tourism

"Women do not need sympathy, they need education and opportunity."

EWN's first program, and the one that remains as its flagship, is a partnership with 3 Sisters Adventure Trekking to provide training for potential guides.

The practical skill-based training program over 4 weeks equips young women to take advantage of gainful employment opportunities, specifically focused in the trekking industry.

"Before this training I was really shy, unhappy, confused, not a confident girl, with no dreams... but now I have built my confidence, I am happy now. I know my dream. EWN has really helped me to meet myself."

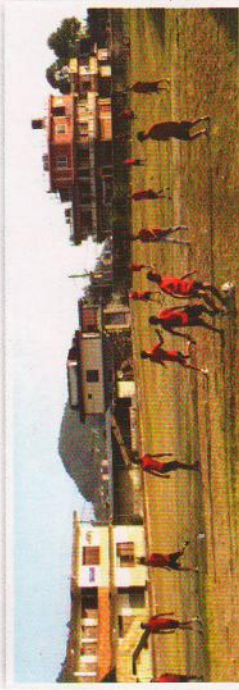
Training Topics

- Leadership
- First aid, emergency procedures & AMS
- Environmental responsibility
- Health & hygiene awareness
- History & geography
- Culture & region
- Flora & fauna
- Conversational English
- Women's rights & women's health



Each participant is empowered with a solid foundation in learning to serve her in good stead, no matter what her ultimate career might be.

In 2015, EWN has launched Boys Leadership Program that utilizes sports to empower and educate young boys (ages 10 to 15) with valuable life skills to advance gender equality and for them to lead successful lives.



Girls get Science Technology Engineering Math (STEM) Project

EWN in partnership with the Fulbright Alumni Team in Kathmandu has initiated a 5 months STEM training course for underprivileged girls attending local government schools to help develop their math, science and computer skills.

The training course targets girls with little access to skills that can accelerate their career path and earning potential.

