

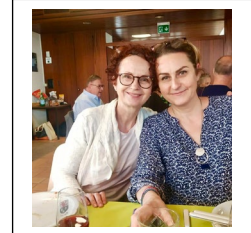
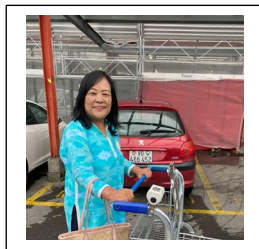
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Dear friends,

It's already Christmas and we hope you're all well.

As you know, this year it's Nepal that has come to Switzerland! For those of you who were able to come to our donors' lunch last May in Bursinel, we were delighted to welcome and introduce you to Lakhphuti, who was very honoured to meet you.

Here are a few photos of the preparations for this event:



We would like to take this opportunity to extend our warmest thanks to the Commune of Bursinel for hosting the event and making the hall available. We would also like to thank all the members of our Foundation Board who helped us during the day.

It's impossible to sum up Lakhphuti in just 2 sentences, because her life is a real adventure that even the Nepalese can't imagine! For those who weren't able to attend, I'd like to remind you that Lakhphuti was only able to go to school for a few months in her early childhood. Her parents needed her at home, and it was mostly the girls who made the sacrifice.

This suffering naturally led Lakhphuti to turn her life towards helping others, particularly in terms of the freedom that education brings.

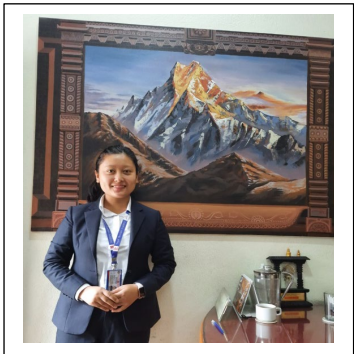
As a reminder, 11 years ago, the Nepalese Government hired Lakhputi as a member of the Nepal Mountain Academy committee. When she arrived, there were 8 months' unpaid rent and 6 months' unpaid wages! Lakhputi was acutely aware of this problem, which she took on head-on, because she's not the kind of person to just sit back and watch! So she rolled up her sleeves and for 4 years she battled between the ministries of finance and tourism and the private sector to convince them to create this high-level mountaineering academy combining theory and practice. This academy is now recognised worldwide and the members of the government have finally realised the extent to which this training is valued and worthwhile.

We are delighted and proud to announce that Dolma Lakhpa has passed her Bachelor's degree at the Nepal Mountain Academy with the highest mark, 4 out of 4, after 4 years of study. In view of this excellent result, we have granted Dolma Lakhpa permission to continue her university studies for a further 2 years to obtain a Master's degree, which is also unique and recognised worldwide.

Opposite, a photo published by Tribhuvan University, the Government and the Mountain Academy. Dolma Lama is at the top of the 3rd photo from the left (she did her training surrounded by boys who were extremely kind to her).



A letter from Dolma Lakhpa



Together with my university colleagues

Warmest greetings from Népal !

It gives me great pleasure to write you this letter. For the last 4 years I've been doing a Bachelor Degree in Mountaineering (BMS) and I graduated with the highest mark of 4 out of 4. I would love to share this moment with all of you in Nepal, but unfortunately we are very far apart.

I'm also happy to tell you that, in view of my results and performance, my university has taken me on as an academic assistant. I've been in the job for about 6 months now. So far, everything has gone very well and I've given my superiors my full satisfaction.

I'm now getting ready to start a master's degree in tourism and tourism management. I still have to decide on a subject, which I'll do after consulting the universities. I'd like to make a career in tourism.

Finally, I'd like to say how grateful I am to you all for supporting me to complete my bachelor's degree, and I'd like to thank you all so much for your continued love and support. Avec toute mon affection, Dolma Lakhkpa Lama

CONGRATULATIONS DROLMA DEKYI

Drolma Dekyi won the prize for the best pupil in the middle school and was named captain of her school. In recognition of this, the school management presented her with a cheque for the equivalent of CHF 100 (a fortune for the country). Our local team opened a bank account for her into which this money was deposited, but of course she won't be able to use it until she comes of age.

She also took part in an inter-school sports competition and won a bike! We're very proud of her.



As for the other children, they are all doing very well. However, we need to think about the best way to guide them in their professional lives, as they are not all equal in their ability to study. On the other hand, they also need to be guided towards a job that has an opening, and Lakhphuti will guide them according to their aptitudes.

Here are some photos that the children sent me during the Dashain festival.



From left to right, Rupa, Pratikcha, Sabita and Dolma.

PINK CARNET

We are delighted to announce that Mingmar has become the mother of a baby boy named Adarsh. She gave birth last September and is now living back in Nepal. Her husband, on the other hand, has returned to the Seychelles to work at the Constance Lemuria hotel, where he is still working as a sushi chef.

A HUGE THANK YOU TO ALL OF YOU for your unfailing support over all these years, we are very grateful.

I wish you a very happy Christmas and New Year, and may 2023 bring you joy and good health,,

Brigitte Susse

A LETTER FROM THE CHAIRMAN

2022 was another difficult year for Nepal.

Between the ongoing Covid-19 epidemic and the arrival of dengue fever due to global warming, which has made the climate wetter and warmer, making it easier for the tiger mosquito to spread, a prolonged visit to Kathmandu is not ideal. Brigitte is allergic to antibiotics and a local illness would be very problematic.

We have therefore decided to postpone our trip to Nepal once again.

However, Lakhphuti, the founder in Nepal, came twice this year, enabling us to discuss and resolve the various problems we encountered on the ground. One of her visits enabled us to organise a meeting between donors and Lakhphuti for those who were able to attend the event in Bursinel. Her speech aroused a great deal of interest and emotion. The aim was to introduce you to this exceptional woman with a huge heart and an impressive will to succeed.

We monitor the children's progress through regular contact with our local team. They are putting a lot of effort into their studies and have passed their annual exams. We are now in the phase of choosing their professional future, which depends on their ability to study. For those who have more difficulty, we are guiding them towards the equivalent of an apprenticeship so that they can obtain a diploma enabling them to work in a profession that interests them. A few particularly gifted students will have the opportunity to go on to higher education, including one of our girls who wants to be a biologist and who really has what it takes if she keeps up the momentum until she passes the Nepalese Maturité exams.

On the financial front, it's important to stress the impact of what's happening around the world on food and energy costs, etc. Fortunately, thanks to your generosity and strict control of our spending, we're managing to cope. Here again, the work of Lakhphuti is decisive.

I would like to take this opportunity to thank you all very warmly for your constant support, which has been essential to our success for over twenty years. Your help has enabled children to acquire solid knowledge and to train for a career of their choice. Many thanks on their behalf.

In conclusion, the entire Foundation wishes you a very happy festive season.

Patrick Susse,
Chairman