



**Mountain
Child Care** 
making talent work

We cannot teach people anything. We can only help them discover it for themselves.

Galileo



Mountain Child Care making talent work.

I was really moved when I learned of the Mountain Child Care Project. The vision behind it recognizes a great need right now and will really help Nepalese children in the long run. Personally I feel that many organizations focus too much on 'education', and



too little on developing personal qualities and abilities. Therefore I feel that our business community and the

people of Nepal should actively support the Quest Trek Program to make it a success. For example by providing much-needed funding, offering traineeships and, at a later stage, jobs for these orphans.

If we make their talent work today, they will lead our country tomorrow.

Deepak Shrestha, Managing Director of Black Pepper Cafe & Pub and chairman of Nepal Angels' Home

How does an orphan teenager in Nepal, growing up without parents, deals with the challenges life brings? Without a family, without a home, with no social safety net and no money or possibility to earn any. To give these children the chance of a better future, Mountain Child Care is offering them a Quest Trek including career training.

A Quest Trek is a five day hike, high in the Himalayas. Nepalese teenagers without parents go hiking in search of their special talents. Accompanied by a skilled staff, everyone carries their own backpack and develops and completes their own personal development plan. The Quest Trek, together with coaching sessions and an appropriate traineeship, gives these youngsters the capability to make their talent work after leaving their shelter homes.

Background

Nepal is one of the poorest countries on the planet with over half the population (30 million) below the international poverty line of \$1.25 per day. UNICEF estimates that 1 in 30 males is an orphan aged seventeen or less. There are hardly any government programs to

help these children with the counselling and education they need. Upon reaching 18 they will have to be self-sufficient, yet will not have developed proper job skills. This lack of skills and a network force them into accepting low-paid unskilled jobs. The result is that they never earn enough or have enough time to learn a real trade or skill. They fall into the poverty trap with little hope of ever escaping it.

Vision

Everyone is born with particular talents. Discovering and developing these talents is a condition for a joyful and fulfilling life. Mountain Child Care helps orphaned adolescents find their special skills and qualities, their talents, and bring them out into the world.

Mission

It is MCC's mission to bring adolescents without parents into contact with their innate inner strength and use this knowledge to take control of their own lives. Enabling them, when they leave the orphanage, to participate in and contribute to society in a confident and dynamic manner.

Step by step looking

Goal

Our goal is to give Nepalese orphans (age 14-18) an experience that will inspire them and prepare them for a future in Nepalese society. Our goal will be achieved when we see these young people actively taking initiatives to prepare for their reintegration into society and, ultimately, when they avoid the poverty trap that the majority of their peers experience.

Method

Mountain Child Care will use a four-step model to effect successful re-integration into society.

Step 1: introduction

The Introduction brings the adolescents, the coach from the orphanage and the social worker and coordinators of the Quest Trek together, begins to build a team and mentally prepares the young people for the Quest Trek. It consists of one or two meetings of two hours and preparatory exercises.

Step 2: Quest Trek

During the Quest Trek the adolescents draw up a personal development plan for when they leave the orphanage. On a 5-day hike through the Himalayas, out of their everyday environment– Mountain Child Care accompanies them on their journey, inspiring them to inspire themselves. During the hike they work with questions such as Who am I?, What can I do?, How might I use this in my life? In the afternoons they work through these and other questions in their Journal/Workbook.

Beside the serious part, the children also prepare a theatre play. They will perform it for their friends on the evening they return to the children's home. The entire Quest Trek is supervised by professionals.

Mountain Child Care uses a.o. Theory U by Dr C. Otto Scharmer (www.theoryu.com) to facilitate the program. This theory is based on the experience that 'all great discoveries come out of a great inner journey. —>

for talent.

Step 3: coaching

Soon after the Quest Trek every youngster receives an official version of their personal development plan. With this in hand the coach from the children's home organizes one on one sessions, every two weeks, to work with the children on their plans. The personal development plan guides staff members in the content and process of these sessions.

Once a year Mountain Child Care will organize a coach the coach training for staff members from the participating orphanages. This training will be free of charge and will help staff members to develop their coaching skills.

In exceptional cases, Mountain Child Care can help an adolescent to find funding for a wish or need that is key to realising his or her personal development plan.



Step 4: traineeship

In cooperation with trusted Nepalese enterprises, Mountain Child Care develops a traineeship program. A traineeship in a company enables the adolescents to gain valuable work experience in their chosen line of work before leaving the orphanage. This also helps them to develop their networks.



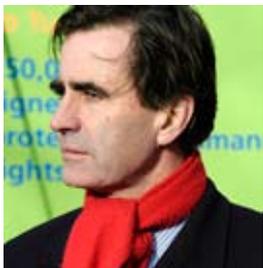
Sponsorship opportunities

Mountain Child Care can use your support. By sponsoring you would give these talented young people in Nepal a fair chance to develop their special talents. The customized programs cost €250 per orphan. Every donation is appreciated, now matter

how small. Giving of your own time, skills, materials or services can also make an important contribution. To inspire sponsors and the Nepalese orphans alike, Mountain Child Care offers the following sponsorship programs:

Wool	Inspiring text	Anyone	Any
Down	Invitation to the annual Friend of MCC Walk	Anyone	€ 50,- per year
Bronze	In company Inspiration Session led by Mark and Marianne	Companies seeking inspiration	€ 1,500,-
Silver	MCC Leadership Development Program (3 days)	Companies that prioritize human capital	€ 1,600,-
Gold	Scholar Quest Trek in Nepal	Dutch scholars or teachers	€ 3,000,-
Diamond	Cultural exchange program in the Himalayas	Dutch youngsters	€ 5,000,-
Platinum	The MCC Business Trek	Entrepreneurs	€ 7,500,-

Board members



Chairman:
David Vriesendorp MA



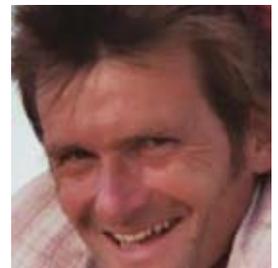
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Mark Simons BA



TALENT
TALENT



INSPIRATION
INSPIRATION



ATTENTION
ATTENTION



*"Come to the edge" he said
"We are scared" they said
"Come to the edge" he said
They came. He pushed them.
And they flew.*

Apollinaire

QUEST TREK
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