

Stichting Molenaars Kinderfonds
Attn. of Mrs Freeke Molenaar
Marten Michielshof 71
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Date: 15th February 2014

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Subject: Report on the first fully Nepalese Quest Trek.

Dear Mrs. Molenaar,

We, the Nepalese staff of Mountain Child Care, are very pleased that you have given us opportunity to guide a Quest Trek with a Nepalese team for our Nepalese youngsters only. We are proud of ourselves. We have proven ourselves that without Mark and Marianne, we could guide counsel our youngsters in a high standard. In this report, we take you with us on our journey and highlight the progress of some of the youth that participated.

Facts

Quest Trek 6 2014

Date: 24th December to 29th December 2014

Number of participants: 10 (a mixed group from Heartbeat and 5 girls from CWCN)

Partner organizations: [Heartbeat](#) and [Child Watabaran Centre Nepal](#)

Report by MCC Youth Coach Bipana Dhimal

It was the first pure Nepali Quest Trek. So we were all very excited! There were 10 youngsters, three coaches from Mountain Child Care, two coaches from the partner organizations and 5 trekking staff. We started our trekking from Sundarijal.

First we asked the youngsters to think about their three qualities during walking. Then we took rest after 20 min walking. From there, we started our program officially. Introduction, talking stick and group contract was done there. Then we moved ahead reflecting on three different phases of our life (0–7 years, 7–14 years and 14–21 years). Then near to Chisapani, which was the lunch place, all the youngsters walked very slowly in silence, one by one for 10 minutes. During this silence walk they had to reflect on what they are thankful for in their life.

The theme of the first day was Open Mind. It is a day that we try to be aware and try to postpone our judgment. So the challenge for that day was to be open to each other and to ourselves. We talked with the youngsters, we shared with them our stories and listened to their stories too. This is how we got connected with them.



The theme of the second day, the day of Open Heart, was trust. We all know that we need to trust ourselves and others as well. But it's really hard to trust others especially. So on the second day of the Quest Trek, we practiced this. We did this through various exercises such as blindfolded walk (walk 800 meter blindfolded), trust fall (let yourself fall backwards 1,20 mtrs into the hands of the other participants and trusting step by step. This latter is an exercise in which you name and experience three different things (thoughts, situations etc.) which give you trust, and another three that take trust away.

The third day is known as letting go day, the day of Open Will! It was also silence day. After individual coaching, we started our morning walking in silence, one by one. In normal life we always talk with other people and keep busy. But one day if we practice to remain silence definitely we can get a time to think about ourselves. So till noon, we have spent the day in silence and thinking about what is hampering us to do what we really want in life? What are our fears? What is it that I really want to leave behind and what is stopping me to go freely? Later, during the fire ritual they shared their fears and wrote them on a piece of paper to throw them in the fire and burn the fears they have.

The theme of the fourth day was letting come/crystallizing! What are the steps you see ahead of you? Till now, youngsters have learned what their qualities are, what their fears are and what they really want to do in their life. So on the fourth day of the Quest Trek, they crystallize their future and articulate what is needed to reach this goal. What is the first step to take? For this a very powerful exercise, named The Walk of Life, is used in which they visualize their future and also the steps needed to reach there.

The focus of the fifth day was on making things practical. Together with a coach two or three youth decent down into normal life, reflecting on what their first steps would be, to start realize their aim in life. Down in the valley everyone wrote this and more down in a personal development plan. By writing this plan they reflect and bundle all experiences of the Quest Trek! We did it through the exercise 'what are you going to do after you are back in your normal daily life?'. Also we helped them to polish their future planning.

On the sixth day we returned home by giving acknowledgments to each other. Because most of the time we human forget to appreciate others and we see the negative part only. This exercise really changes our perspective by seeing positive parts and empowers people enormously.



Like this, we have finished our first Nepali Quest Trek. It seems simple, but if we go deeper each activity gives positive vibes to the youngster. All activities are well sequenced and invite the youngsters to dive deep in themselves, find out who they are, what their talents are, what matters to them and what they want to do in their life and in the mean time they really get connected to each other!

Comment of youngster:

Fuchya Ko Fuchi

December 30, 2014

Thank u MCC team for making my life so memorable.

Comment of the social worker of Heartbeat:

Neelam Tiwari

December 31, 2014 ·

It was wonderful moment to be in the mountains this winter with various activities. It was great Quest Trek experience with very effective activities for our youth like trust walk, trust fall, walk of life, voice dialogue, fire ritual, privilege walk and so many. It's All about "Open Mind ", "Open Heart" and "Open will ". I hope they learnt lots of things from this trekking with training and they will follow it in their life to make better future. It was great experience to lead my team. Special thanks to the lovely MCC team to give us beautiful opportunity and thank you everyone who make it possible with your warm love and valuable support.

This status also proves programme's effect. During each talking stick round, we MCC team, felt very proud! Because the youngsters shared openly that what they learned from each day's activities. And by seeing positive changes in them. Overall it was a great Quest Trek! We enjoyed a lot and we feel we did a great job too. There were lots of changes in the youngster way of thinking and in their behavior. And this is exactly what we aim for!



Case study of some Quest Trek participants.

Rama Darji: She doesn't have her biological parents now. Her father was died when she was child, her mother did second marriage. After some years of second marriage, her mother also died. After that, her step father started to abuse her sexually and mentally. She was sent to work as a domestic worker, but there also she abused physically and mentally. After that she went in depression. She tried to harm herself by using the knife blindly. Then one day she came to street by running from the workplace. Although, her physical wounds disappear but the wound inside her can never disappear easily. Now she is staying under the care of our partner organization CWCN. In our quest trek, we tried to consult her counsel her and tried to find out her talents. It is true that environment can play huge role to develop our mentality. We tried to give her good environment. Tried to fill her that in this world, there is no bad people only, we are there with her. By using different methods and tools, we get success to increase her self- confident and fill her with positivity. Main thing is she has her own identity; she is some good parts also. Like she has good and polite voice, she has struggle a lot! She is strong etc. Now, when you see her, you can't believe that she has faced that much in her life. She is an example! We salute her! !

Srijana Rai: She has never got her mother's love. Her mother has many boyfriends and even she doesn't know who her father is. So she is the child without any father. Because of early pregnancy without legal marriage, her mother abandons her. Then her grandmother put her in one child orphanage home in pokhara. She didn't like to stay at that orphanage home so she came back with her grandmother. Like this she came to in street. Later she came to CWCN, our partner organization. During six days quest trek, we listen her, we counsel her. And we came to know that she has a habit of dreaming a lot! She has faced a lot in her life that's why she doesn't want to accept the reality and she just likes to lost in fantasy. We recognize that and we appreciate her because she dreams a lot! we tried to convert this negativity into positivity. Dreaming is not bad actually. Dreaming is the first step of goal. You can dream but you need to give attention to your goal also. We counsel her by saying You have lots of potentiality and you are a powerhouse: with this you can put dreams into reality. And you dream a lot! To dream is the first step to achieve your mission in life. But as you know we need to live in real life. Everything is practical here, so we need to be practical isn't it? We believe you will accept this reality, because sometimes we use to get lost in our dreams and forget the reality. That is not good. So in this real world, we are there for you in your every step. So now, she has accepted this.



Somnath Roy: He is originally from India. He was lost in Nepal when he came to visit Pashupatinath (religious Hindu temple) in Nepal. He was so small when he got lost, so still he doesn't know his home and place. He still remembers that his family was poor and lives in a small hut. He came to the street after he got lost in Kathmandu. Since that day, he was living as a street child. Neelam Tiwari (our partner organization Heartbeat's coach) found him and kept him with her. When we met her for the first time, he was shy and bit unsocial. Because, he has never been in society. So we decided to take him on a Quest Trek. He was so shy and didn't speak in earlier days. But later gradually he started to speak, because we treat him socially. We never let him feel like he is different. We just tried to fill him with positivity. So as a result, now he decided to find his family and he decided his interested field also. Now he knows, what he needs to do and he has decided for it! That's the spirit isn't it?



We include the Personal Development Plans of all participants. They serve as a starting point for the coaching- and traineeship programme, as pointed out in the attached four step model.

Yours faithfully,

Bipana Dhimal
Quest Trek Coordinator and Youth Coach

