



Creating opportunities and resources for the excluded  
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## CORE – more focus on learning

CORE has supported ongoing programs in Nepal since 2006. In 2018, we phased out of the saving-credit program for over 400 members after ten years of work with these two large groups. The positive changes in the lives of many women were remarkable.

CORE now focuses our programs on learning. We expanded the After School Program and added tuition to the support of education for marginalized Chepong children in the hills to the south of Kathmandu. **Thank you to all the staff of our partner organizations, who work hard on the ground.**

Please check out [CORE's website](#) or [Facebook page](#). The video about CORE is now completed and can be seen [here](#).

## Support to 80 Chepong children and their parents



In April 2017, CORE began a project with Himalayan Human Rights Monitors (HimRights) to promote education by giving scholarships to Chepong kids in Makwanpur, a district south of Kathmandu.

For marginalized people living near the jungles, access to education has been so limited that only 1% of women can read. The parents often do not understand the value of education, so they do not encourage or support children to stay in school.



All of us at CORE would like to thank the **Government of Alberta Community Initiatives Program** for its past grants and just completed contribution to the funding our children's educational activities in 2017 and to **Rotary Club of Canmore** for its grants to fund the Kalimati child centre each year since 2016.

Donations to CORE make a difference in the lives of the people we try to help!

You can now donate through CanadaHelps directly on our website [donation page](#). CanadaHelps automatically sends a Canadian tax receipt.

*Thank you to all for your donations, support, and hard work!*

HimRights has worked in this remote area for several years and has a field facilitator, who knows the people and visits families in the remote villages to encourage them to send the kids to school.

Tuition after school has proven to be a crucial ingredient for helping the kids to stay and do well in school. One student who has benefitted greatly from the tuition is 16-year old Saili Maya.

She left school in class four because her parents did not have money to send her school. Instead, she looked after cows and worked in field to earn money and help her family. Her father said, *“We work as daily wage labourers and struggle to feed seven daughters and three sons. That is why we were unable to send our children to school.”*

Saili Maya was very happy when she heard that she had a chance to enroll again in class five. She says, *“Before it was difficult for me to sit and study with younger children. I was scared whether I can study like before or not. Then, I felt a kind of energy in me and*



*thought I have to study properly and use this opportunity to move forward.”*

Saili adds, *“I feel it is because of the tuition classes that I came first in class five. This year, I have promised myself to do better as I again have a scholarship.”* She comes to school and tuition classes regularly and is happy that her parents now encourage her schooling.

Saili says, *“I am so grateful to HimRights, Core International, and my teachers who support me. I want to keep studying and ask you to keep supporting me. With the educational support that you have given me not only my face is happy but there is happiness inside me, my family and life.”*

Sancha Lal Thing, her tuition teacher says, *“Since the tuition classes, it is easier for Saili. In the beginning, she was unable to say her name in front of everyone even though she came regularly to school. The tuition classes gave her energy, so she slowly gained*

*confidence to speak in front of the class. Now she can easily read and write.*

*“The tutorial classes have really helped students in many ways... they added life to the kids. Previously, they were very shy and hesitant to speak in the class. Now, they introduce themselves confidently and can ask teachers if they are confused. They are very inquisitive to learn new things. They can speak and understand Nepali language though we also promote Chepang language.*

*“Interestingly, all these Chepang scholarship students passed quarterly examinations with good scores. I am very happy with their performance. Sometimes, their parents come to visit the school and talk to me about their children’s studies. I think, that is a motivating factor for students as well. The parents said that their children set aside time for their studies and are happy. They ask for continued support.”*

Tul Bahadur Sunar, principal of one of the schools says, *“All students with this support are attending tutorial classes regularly. They are improving a lot in their studies. One boy, who is visually impaired, finds it difficult to learn through traditional teaching methods so I asked the tutor to give him more attention. I appreciate support from parents, school, school management committee, Parent and Teacher Association, stakeholders, and HimRights/CORE International.”*

## Child centres prepare kids for school and scholarships

*“Without the scholarship, my life would have taken a different road. The scholarship helped me in becoming the person I am today,”* says Raj, 17, who has completed his schooling with a CORE scholarship. *“I studied in School from class 3. In the final exam, I was the top student at the school. Currently I am studying management and working in a finance office. After completing class 12, I will give the Public service examination to work in government offices. I am very grateful and thankful.”*

In 2006, CORE started funding the first child centre operated by Society for the Urban Poor (SOUP). Since then, 716 children have attended the child centres we have funded.

This year there was more interest in After School Programs (ASPs), so we now fund two centres where we have worked longest and ASPs in five locations attended by 158 students.

Each year, batches of kids ‘graduate’ from the centres to start school on scholarships. This year there are 103 students attending school on scholarships from CORE. Since 2007, we have supported 303 students.



Krishna, 25, works as a Non-Formal Education and After School Program facilitator. After three years of experience, she says that parents are gradually becoming aware of the importance of their children's education. *"When children are new, they behave as if they are being forced to sit in the classes; we have a tough time to discipline them. Gradually there is a change in their behaviour – they learn good manners here. Now they are interested in studying, and like doing arts and crafts."*



Ujala, 10, studies on scholarship in class six. Her parents sell kitchen utensils on the street from a bicycle. She and her elder brother and sister all study in the same school. *"Since coming to the ASP class, doing homework has become easy. I feel like studying now because I understand my subjects. Here, I like to study, listen to stories, and draw. My examination results are getting better."*

Hema, 13, studies in class five on scholarship. She is the eldest of three siblings and all of them study in the

same school. Her family came from a remote district three years ago to live in Kathmandu.

*"Doing homework in extra classes has helped me with my studies. Before, I would not do my homework because no one at home had been to school to be able to help me. I did not ask my teachers in school to explain me but in the extra class teachers come to see if I have done my homework or not. They are like my friends. I want to be a nurse when I grow up."*

Sunita, now 13, is in class four. Her parents live in Dhading district and she lives with her uncle in Kathmandu. She has been attending after school tuition classes for six months now. She likes to come in the centre to do her homework. In her house, she has to work in the kitchen so cannot study. *"At home there is no one to help me with my homework. In the tuition centre, I can take help from my teachers. My exams results are better from before. I want to study until class 12."*



## A Hand Up for over 400 women in rural areas



Each year with SOUP, CORE supports training to grow organic vegetables for 2 – 3 rural groups in the Kathmandu Valley.

The vegetable classes run once a week for 17 weeks, so that there is lots of practical training as the plants grow in the field.

Of the 447 people who have taken the training, 366 continue to grow vegetables for their household use. This saves them money and usually a surplus of vegetables that they can sell for some income.

Several women are renting extra fields to grow vegetables in the fall-winter months. At present, we give support to the past groups from the agricultural technician and SOUP facilitator.

## Wrapping up saving groups

*“There is happiness in our hearts. We feel that we have crossed the poverty line. Compared to before it is good now. We have our own business. It has opened our gate for the future.”*

*“My knowledge regarding monetary matters has increased. In short, my life has become easier after becoming involved in the saving and credit group.”*

*“Saving has changed my life a lot. My business is going well. I have formed a habit of saving. It was a good experience. I got good support.”*

Our HAND UP program has been wrapped up after its tenth year. CORE and SOUP designed the program to find a way to help the poorest women be able to save money. By adapting to the situation of the women, we have shown how this can be done.

With SOUP, we decided last year that the time had come to start phasing out of support to these two groups by creating a ‘safe landing’ for the 419 group members. As well, new laws in Nepal meant that this work can now only be done by financial cooperatives.

The achievements are many. Hundreds of women have learned to save money. Several have gone from sorting garbage to having teashops or canteens, from selling from a basket to selling from a shop. If they had a teashop, they improved the facilities, attracting more customers. The family relationships have often improved with the wife having her own money.

For more stories check our [website](#)

To watch the video, click [here](#)

For more photos check

<https://picasaweb.google.com/108492209007487725889>



## THE GIFT OF SHARING ...

### DONATIONS as GIFTS for family and friends

CORE offers the opportunity to give the gift of sharing. Your donation as a gift for your friends and family can support:

- \$ 150 A scholarship to a child to attend school for a year
- \$ 550 Pays for one month of literacy training for a group of women in a village
- \$ 1,100 Pays for a 17-week course to grow organic vegetables, literacy and leadership for one group
- \$ 2,000 Pays the salaries of three child centre facilitators for four months

You can now donate through CanadaHelps directly on our website [donation page](#). CanadaHelps automatically sends a Canadian tax receipt.

## Thank you to ...

... **All of you who have donated over the past twelve years.**

... all the people involved on the ground in Nepal, especially to the staff and boards of **Society for the Urban Poor (SOUP)** and of **HimRights**

... Alberta Government **Community Initiatives Program** for its matching grant last year and grants in two previous years

... **Canmore Rotary** for grants in three past years and a grant for earthquake relief.

... Roger Vernon and Don Macdonell for their patient work for the past three years to produce **CORE's video**. Also to Jim Clare for his support to Roger during the filming.

... Fiona Koether for her expertise and time spent helping us improve our **administrative systems**

... the **board members** and supporting members, Jane, Degju, Wally, Leila, Manisha, Pat, and Heidi.

... Leila and Wally Berg for giving CORE a **home base** in Canmore with office support for a decade

... Carol Walker for **keeping our books** and banking support

... Neetu and Dalima for administrative and documentation support