



(This picture was taken in Til, one of our reusable cloth pad distribution areas in Limi Valley)

Limi Female Literacy Project

For a sustainable community

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Overview

Limi Valley is a trans-Himalayan community located in the north-western corner of Nepal bordering Tibet. The community is known for its distinctive culture, and wildlife, and for being isolated from the rest of Nepal. Because of challenging topography and lack of transportation infrastructure, access to the region has been immensely restricted until now.

We have successfully completed our first project in Limi Valley, Humla district. Under the project name "**Ecopad Project Limi Valley Humla Nepal**", we have donated Eco-Friendly Reusable Sanitary Cloth Pads to every woman in the valley and simultaneously conducted a Menstrual Hygiene workshop for them.

During the workshop, we asked the Limi women what other types of support they require. A surprising majority showed a strong interest in learning **how to read and write**.

The women are frustrated by not being able to write their names in English or Nepali, and by having to sign official documents with their thumb impressions. The older women are interested in learning how to read Tibetan prayer scripts to be able to understand Buddhist Philosophy in depth. They are very excited at the prospect of learning how to read Tibetan prayer texts. They view this as an important opportunity to "*accumulate merit*" before they pass away. Their belief is that this will yield a more auspicious rebirth in their next life. And so, from several different angles, literacy will definitely increase their well-being in this life!"

Less than 10% of the female population is currently literate.

Goals

1. At least 80% Female Literacy in 5 years
2. Older women will be able to read the Tibetan Script and understand Tibetan Buddhism better
3. Younger women will be able to read, write, and speak in Nepali/English

Specifications

We realize that the Limi women are extremely busy with their household work, field work, and community-building work throughout the year except during winter.

So, a winter coaching session seems like the best idea. We plan to start the first phase this coming winter for three months - December, January, and February

Our plan of action: Organize classes based on the working schedule of the women and create a timetable accordingly. Conduct 2 hours of classes per day, 4 days per week; which equals **96 hours** of tutoring in three months.

Select the tutors locally from each village in order to promote employment within the village.

There are a total of **232 women** currently in Limi Valley. There are three villages namely Zang, Halji, and Til.

Women Count in Limi Valley (*census taken on Sept 2021*)

Age Group	Zang	Halji	Til
10-30	22	35	11
31-50	23	62	19
51-70	12	22	17
70+	2	0	7
TOTAL	59	119	54

Timeline

I. First Phase: 3 Months

We will start the first phase with only Tibetan classes.

Start Date: 1st December 2021

End Date: 28th February 2022

II. Second Phase: 3 Months (1st December 2022 - 28th February 2023)

Budget

Total estimated budget for First Phase- 3 Months Tutoring: \$2645/-

“Help women in Limi Valley how to Read and Write”

First Phase	Zang (For 3 Months)	Halji (For 3 Months)	Til (For 3 Months)	TOTAL (USD)
Tibetan Tutor	\$375	\$375	\$375	\$1125
Stationeries	\$160	\$320	\$160	\$640
Field Staff Salary	\$85	\$85	\$85	\$255
Transportation & cargo				\$625
GRAND TOTAL				\$2645

Sponsorship

Like our previous project, we are asking for sponsors to help our team accomplish a successful literacy program. This project is important for many reasons.

As per the survey:

1. Literate mothers have **higher self-esteem**. They are better able to realize their own potential, and more confident and determined in supporting their children's academic careers.
2. **Community development initiatives** are more successful with literate participants.
3. When a woman receives an education, **her entire family benefits**. Children of educated mothers are better learners. Their living conditions improve, especially in terms of health.

Thus, we humbly request you to kindly donate any amount in your capacity for our project.

Your support is essential to our success. It would enable us to implement this project and create a better, more sustainable community in Limi. In addition, we look for this project's success to have an influence that reaches beyond Limi. The potential exists and the time is ripe. A project like this can result in more than just a vast improvement in women's literacy within a regional population. In the long run, it can become the impetus for a vast improvement in the social status, justice, and equality afforded to women throughout our nation--and perhaps beyond. Thank you for your time and attention.

This time, **we need to raise \$2645/-** in order for our team to launch the first phase of the Limi Female Literacy Project.

Please mail us at ecopad.limivalley@gmail.com, if you'd like to support our project.

Or, you can directly donate to our account given below.

(Kindly send us your name and the amount once you have made any donations for record purposes)

Account Holder Name: Thinley Wangmo Lama

Account Number: 02405080388276

Bank Name: Nepal Investment Bank Limited

Branch Name: BOUDHA

Swift Code: NIBLNPKT