

A Snapshot of our Nepal Visit 2026 , by Nikki Palmer.

My first visit to Nepal (through a mission organisation of the Apostolic Church UK) was as a volunteer English teacher in a Bible college in Kathmandu. Through the first and subsequent visits, some long-term relationships have been built. So now, when the opportunity arises to visit, the aim is to support the people that are living there who are doing some amazing things.

If you are interested in hearing more about what we experienced and daily life for our friends in Nepal, we are currently putting together some more material for a later event, which further documents our visit. For this article, I will concentrate mainly on what the fundraising money was used for.

From the small fundraising events we did prior to our trip, we were able to successfully distribute £500 to the work of Unite Nepal, a charity run by a UK expat and his Nepalese wife. They live in the mountainous region of Lamjung, where they run feeding programmes and provide medical care for those who could otherwise not afford treatment.

Another £500 was given to another contact who is doing some amazing work locally in poorer areas of Kathmandu, distributing food to those in need and doing some relief work locally as and when they can. They hope to set up a charity to help them with their community efforts. We had the opportunity to visit some of the areas in which they work, including a slum community. One of their fellow workers has actually moved into the slum, to teach the children there and provide them with a basic level of education, which they otherwise would not have! The people there always inspire us with their selfless and generous nature when they themselves have little of material value!



The remaining funds raised went to support our main contact there, a young Nepalese man whom I had previously taught at the college. He lives with his family in Naya Ghau, a very high mountainous area of Hetauda. (We will be sharing more of his remarkable story during one of our later events, if you are interested).

Most families there live predominantly off the land. Although there is sometimes extra work available, such as manual labour, (for which the labourer would earn the equivalent of around £5 per day) during the monsoon season most of the work dries up and life can be very difficult for the people that live there. Many struggle to be able to afford to eat, let alone deal with any extra expenses. Our friend's mother had recently been diagnosed with cancer, and in order to access any medical care, the family had to take out loans.

Thanks to all your generous contributions, this family is now able to breathe again, as the remaining funds were enough to pay back all their debt! We really want to express our heartfelt thanks to all who contributed to make this happen and to show you the huge difference this money has made to help people who are living in extreme poverty.



While we were visiting with our friend in Naya Ghau, Hetauda, we were able to teach a lesson in the primary school and distribute the funds raised from the Fancy Dress walk and dip. Through your generosity we were able to buy every child in the Primary School a school bag , notebooks and pencils and pens. The look of delight on the children's faces when they received their bags was that of pure joy! As there was still a large amount

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of money left, we spoke to the school and asked them if there was anything they needed for the school itself. They gave us a list of toys, educational puzzles and games, which we were able to also purchase for them from the funds! The whole school was buzzing as the toys and games were unpacked. Even after we had bought everything we could for the school, there was still money left! So the children who attend another school at the bottom of the mountain also received a bag each.



Incredibly, there is STILL some money remaining from the fundraiser for the school. We have used this to start a seed fund for the family of a young boy in the Primary School whose house had burnt down earlier on in the year, with the hope to help them finance the rebuilding of a simple home.

We just want to reiterate a huge big THANKYOU from ourselves, and on behalf of all our friends and contacts in Nepal. You would not believe the excitement a simple school bag brought to so many little faces, the amount of relief it bought for our friend to be able to pay back the debt from his medical bills and just how far the money stretched for these kind folk who live in extremely challenging conditions. Your kindness has gone further than we can show and has blessed the lives of many over in Nepal. We look forward to sharing more of our stories with you later, but for now, from the bottom of our hearts, THANKYOU!!!

