

THE THIRD HIMALAYAN SCHOOL OLYMPICS

December 9-11 2016, Helambu, Sindupalchowk, Nepal

What is it?

In February 2012, HELP organised the first ever Himalayan Olympics (HO) - an inter-school event between HELP's partner schools. The underlying motive for organising the event was to enable our partner schools to create a more vibrant learning environment through inclusion of regular extra-curricular activities. The HO has so far involved students from the Helambu/ Gunsu region. However, the ultimate target is to widen the scope of the event encompassing the school-going children of the entire 'Himalayan' range. HELP intends to eventually shape the Himalayan Olympics into an annual event.



What can you do?

We are launching an appeal for 3rd Himalayan Olympic Sponsorships, where you can **get involved!** This year we are hoping to send on an average 10-12 children from 25 of our partnership schools to compete in the Himalayan Olympics, so the total number of participants will be somewhere between 250-300. The HO will be held in one of the schools in Helambu Valley. In order to run this event we must fund not only the setting up of the games itself but also facilitate the costs of the students attending. In order to do this we are offering you the **opportunity to sponsor** one or more of the competing students, to partake in the games. As a sponsor you will receive photos and news from the games, as well as a report from your partner student. Each sponsorship package will cost Rs. 2,800 or £20 or USD 25 and this will cover: transport costs, food and accommodation, medical and emergency costs as well as games equipment. In addition, the cost will also pay for a warm track suit -timely for approaching winter. You can either sponsor an individual one-on-one or find a group to sponsor a school team!

For more information, or to get involved please email to admin@help-nepal.org

How will this benefit the students?

- To help children build important personality attributes such as **confidence, creativity, team work**, etc.
- To give children a **relief** from the tough conditions many face following the earthquake
- As an opportunity to **improve school sports facilities** in the chosen host school
- To give an idea to the teachers about how to effectively involve children **in extra-curricular** activities
- To allow students to **interact** with students from across Helambu, forming friendships and partnerships!

Why are we doing this?

Nepal is still reeling from the aftermath of the devastating earthquake that shook the country to the core in April 2015. Sindhupalchowk district was badly affected by the traumatic incident, suffering **severe infrastructural and physical damage**. Our base region, which falls in the Sindhupalchowk district, was no exception.

The education sector suffered throughout the affected areas. The earthquake left a **lasting impact on the minds of these budding children**- some are still fighting to cope.

As we've been involved with this region for quite some time now, we strongly feel the **responsibility** to help the residents get back to a **normal course** of life. And we believe, this event would come as a much needed welcome change for the people.

Along with education, extra-curricular activities have become an important facet in a student's life, especially during these difficult times as a means to refresh oneself. Psychology plays an important factor in a person's life and it definitely shapes a **child's outlook** for a long time. Engaging in various sports and other co-curricular activities will prove to be a **positive outlet** for these children. This event will be a welcome respite to students who are still somewhat scarred by the incident and interactions among each other would promote feelings of **unity and security**.