



**Full Report on
Porters' Awareness Workshop
12-13 July, 2018
Taplejung, Kanchenjunga Conservation Region**





ACKNOWLEDGEMENT

We, at the Kathmandu Environmental Education Project, would like to offer our sincere thanks for the continuous support and trust from **SST (Swiss Foundation for Solidarity in Tourism), International Porters Protection Group (IPPG), Porteurs d'Avenir**. We would also like to thank **Kathmandu Newzealand** donating clothes to the porters.

Porters Awareness Workshop helps us to know the ground problems of the porters and define ways to resolve them. This workshop also gives us an opportunity to empower the otherwise unaware and uneducated porters.

We would like to thank our instructors Ian Wall (KEEP), Deputy Superintendent of Police (DySP), Mayor of Taplejung district for their support, time and presentation in the workshop. We also offer our sincere gratitude to presenters CEO Shrawan Pokharel Phungling Municipality, Taplejung and KCAP.

Lastly, we again would like to express our gratitude to our generous supporters for their support to this humanitarian initiative towards prosperous and sustainable tourism.

Thank you
RK Shrestha
Advisor/CEO, KEEP



WORKSHOP SUMMARY

This report is an overview of the “Porters Awareness Workshop - 2018”, conducted from 12-13 July, in Taplejung, Kanchenjunga region to educate trekking professionals (porters) of Nepal with the theme ‘Our Porters-Our Responsibilities’. Indeed, this important course has brought much needed information and contributed greatly in enhancing the important skills necessary for a porter to perform more ably in the highly competitive tourism industry.

This course entailed a thorough going- over of all practical & useful information by knowledgeable and competent instructors well versed in the wide range of subject matter covered such as Porters’ as a Job, Porters’ Right and Tourism, Upgrading Opportunity, Awareness and Environment and Porters’ Health.

Experts of respective fields gave all the presentation. The workshop was a huge success.



1. INTRODUCTION

Porters are regarded as the backbone of tourism industry worldwide. However, the other players in the tourism industry have largely marginalized their role. Regrettably, bringing about much needed change in this state of affairs is meeting stiff resistance and indifference.

Kathmandu Environmental Education Project (KEEP), since its establishment in 1992, has been raising a voice on behalf of the tourism porters of Nepal. Apart from advocacy, the need for a Porters Clothing Bank (PCB) due to K.E.E.P.'s efforts, has fortunately since been realized, however, this came about only as recently in 2009, with support from International organizations. In 2011, KEEP conducted workshop in Kathmandu, the capital city of Nepal with the intention of impacting porters in their hometown. In 2012, 2013, 2014, 2015, 2016 and 2017 KEEP simultaneously conducted such workshops at Sybrubesi (Langtang and Tamang Heritage Trail regions), Jiri (the Gateway to Mt. Everest), Besisahar (an Entry point to the Annapurna Conservation Area), Kathmandu for Shivapuri and Langtang entry points, Pokhara (Trekking and Tourism hub) and Dolpo Region (Porters Hub).

2. PROGRAM GOALS, OBJECTIVES AND COVERAGE

KEEP's program goal was to enhance the capacity of tourism porters with the necessary skills and an imparting of vital knowledge and awareness.

The workshop objectives were as follows:

- At least 50 trekking porters to be well-equipped with their personal *safety skills, Health, hygiene, general First aid, National Parks rules & regulation for tourism people.*
- At least 50 porters' to be educated about *their rights and government policies, mountain environmental education.*



3. PROJECT LOCATION

Situated in the eastern most area of Nepal, trekking to Taplejung, (Kanchenjunga Conservation Area) will provide the opportunity not only to witness the majestic scenery of Kanchenjunga Himal, and the high biodiversity of the conservation area, but, it also allows the trekker to observe the eastern lifestyles, culture and tradition, which is otherwise unknown since the area is far away from Kathmandu valley.

Kanchenjunga Conservation Area is the protected area in the eastern Himalaya region of Nepal. Established in 1997, it covers the area of 786 sq. mi. Ranging from altitude of 1,200 m (3,900 ft) to 8,586 m (28,169 ft), It also falls within the Sacred Himalayan Landscape, which is being developed by WWF Nepal in partnership with the International Centre for Integrated Mountain Development. The vegetation of the region comprises of forests, pastures, rivers, high altitude lakes and glaciers. Whereas, the popular faunas of the region are snow leopard, Asian black bear, red panda, snow cock, blood pheasant, red billed chough and golden-breasted fulvetta.

Taplejung district which lies in Kanchenjunga Conservation Area is home to 127,461 populations according to census of 2011. The district is the head quarter to Mountain district of province number 1. The district possesses high cultural and natural value. The district is *gateway* for trekkers trekking to Kanchenjunga Conservation Area, as there are regular flights from Kathmandu to Taplejung. Hence, all the porters that trekkers take for their expeditions is from the district. Therefore, it makes a *suitable* and *sensible* area to conduct “*porters’ awareness workshop*”.





4. WORKSHOP TARGET GROUP

This workshop was targeted to 50 of tourism sector professional Trekking Assistant as ‘Porters’ of Nepal, who are taking ‘Job as a Porter’ for Kanchenjunga Conservation Area. However, the workshop observed the participants of 67 trekking assistant. Also, there were overwhelming number of female participants.



5. WORKSHOP METHODOLOGY

The methods of delivery were as follows:

- Oral presentations and discussions by the related field experts.
- Group discussion & brainstorming
- Practical demonstration & scenario/situation discussion.
- Plain English language at most, Nepali script was also utilized.
- Questions and Answers (Q/A) session were involved.
- Promotional materials of workshop.





6. CONCLUSION

The Workshop was a great success. Thanks to all our donors, local partners and experts for their kind support, cooperation and knowledge sharing. The number of participation was overwhelming from both male and female. The topics discussed were very relevant to the porters and everyone were very satisfied with the course.

The local heads of the region were also actively involved in the program, which shows the interest and effort of the authorities in promoting tourism in the region.

It was also found out that there was promotion going on in the region for eco-friendly homestay. The participants as well as the local authority has requested KEEP to provide a week training on eco-friendly hospitality.

KEEP definitely looks forward in providing relevant training in this beautiful tourism hot spot in the future as well.



7. ANNEXES

Pictures





Attendance

Porters Awareness Workshop 2018
 12-13 July, 2018
 Taplejung, Kanchenjunga Region
 Kathmandu Environmental Education Project (KEEP)



Attendance Sheet:
 DAY 2, 13th JULY, 2018

S.No:	Name	Address	Signature
1.	Ran Bahadur Rai	Sidingha-1	[Signature]
2.	Bipada Bhattarai	Siringha-5	[Signature]
3.	Shobinda Adhikari	Mikwakhada	[Signature]
4.	Chhatra Bahadur	bagale-phungling	[Signature]
5.	Lila Devi Bhal	phungling-6	[Signature]
6.	Mandipamba	mikwakhada	[Signature]
7.	Mahendra Gurung	phungling-8	[Signature]
8.	Kumar Gurung	phungling-8	[Signature]
9.	Bhuvani Gurung	phungling-8	[Signature]
10.	Tejraj Gurung	phungling-8	[Signature]
11.	Kanchan Gurung	" 8	[Signature]
12.	Sansip Gurung	" 8	[Signature]
13.	Bikasha Gurung	" 8	[Signature]
14.	Tara Man Gurung	" 8	[Signature]
15.	Kumar Gurung	phathivara	[Signature]
16.	Subash chandra Limbu	phaktanglung-3	[Signature]
17.	Pratima Gurung	phungling-8	[Signature]
✓18.	Ambar Bhubadar Limbu	phaktanglung-2	[Signature]
✓19.	Narjit Limbu	phaktanglung-2	[Signature]
✓20.	Binod Limbu	" 2	[Signature]
21.	Suman Anchanbo	" 2	[Signature]
22.	Bijaya Bista	phungling-7	[Signature]
23.	Sil Kumari Limbu	phaktanglung-3	[Signature]
24.	Sirjana Rai	" 6	[Signature]
25.	Alisha Limbu	" 6	[Signature]
26.	Resmi Limbu	" 4	[Signature]
27.	Savada Limbu	phungling-9	[Signature]
✓28.	Nabin Limbu	phaktanglung-5	[Signature]



29.	Name	Address	Signature
30.	Basant Gurung	phungling-6	[Signature]
31.	Rudra Tiwari	Dhungling-6	[Signature]
32.	Biraya Limbu	phuvumbu-10	[Signature]
33.	Kamal Sherpa	phungling-4	[Signature]
34.	Alisha Karki	phuvumbu-10	[Signature]
35.	Khil Maya Limbu	" " 10	[Signature]
36.	Prakash Limbu	phaktanglung-5	[Signature]
37.	Manu Rai Manikumar Rai	" " 6	[Signature]
38.	Mani Kumar Rai	" " 6	[Signature]
39.	Bipana Chimayiga	phaktanglung-6	[Signature]
40.	Carmila Tiwari	" " 6	[Signature]
41.	Prem Sherpa	phaktanglung-2	[Signature]
42.	Pemba Sherpa	" " 2	[Signature]
43.	Chhake Sherpa	" " 2	[Signature]
44.	Rasu Sherpa	" " 2	[Signature]
45.	Lakpa Sherpa	" " 2	[Signature]
46.	Lakpa Sherpa	" " 2	[Signature]
47.	Gopal Baral	" " 4	[Signature]
48.	Ngima Sherpa	" " 2	[Signature]
49.	Pemba Sherpa	" " 2	[Signature]
50.	Pasang Sherpa	" " 1	[Signature]
51.	dil Kamari Tamang	phungling-4	[Signature]
52.	Sasi Limbu	Miringden-4	[Signature]
53.	Rita Limbu	Miringden-4	[Signature]
54.	Dema Sherpa	" " 6	[Signature]
55.	dil Kumari Sunuwar	phungling-4	[Signature]
56.	Indira Limbu	phaktanglung-1	[Signature]
57.	Siva Kala Limbu	Tribeni-2	[Signature]
58.	Nar Bhadr Limbu	phaktanglung-2	[Signature]
59.	Ambar Kumar Gurung	phaktanglung-6	[Signature]
60.	Anita Bhandari	Mechle-4	[Signature]
61.	Sanjita Poudel Dimsiya	Thring-6	[Signature]
62.	Kamala Karki	phaktanglung-2	[Signature]
63.	Sushila Karki	" "	[Signature]
64.	Phurpa Sherpa	Chang-2	[Signature]
65.	Chandra Bahadur Rai	phungling-5	[Signature]
66.	Nabin Phaktanglung	" "	[Signature]
67.	Chhatrapati Poudel	phungling-1	[Signature]
68.			
69.			
70.			



Certificate



Kathmandu Environmental Education Project

Awards The

Porters' Awareness Workshop Certificate



To Mr/Miss/Mrs.....

For successfully participating in "Two Day Porters' Awareness Workshop" from July 12– 13, 2018.
The training included the topics like Porters as a Job, Policies and Regulations, Porters Right and Tourism,
Upgradation Opportunity, Porter's Health and Environmental Awareness.

 Bimal Naharki Chairman - KEEP	 Chhatrapati Pyakurel Mayor, Phungling Municipality-Taplejung	 Ian Wall Chief Course Instructor	 RK Shrestha Advisor/CEO - KEEP
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Date: July 13, 2018



Brochure

Porter's Awareness Workshop-2018

Supported by:



www.sstfoundation.org

The SST foundation was founded in 2001 by SSR Travel, Swiss Student Travel office (cooperative), Zurich. Since its foundation in 1962, the cooperative SSR Travel became one of the leading tour operators in Switzerland. Through its activities in the field of tourism the Foundation continues to work towards the non-materialistic objectives of the former cooperative.

www.ippg.org



IPPG aims to improve safety and health for porters working in the mountains for the trekking industry worldwide. We work to eradicate avoidable illness, injury and death. We do this by raising awareness of the issues among travel companies, guides, trek leaders, guides (porters foremen), and trekkers.



Porteurs d'Avenir, a French association, supports trekking porters with clothing sets, education through KEEP Organization in Nepal. It also helps to develop their international language skills (French and English) by providing language classes in Nepal to become a trekking guide in future.



Kathmandu New Zealand:

Kathmandu Holdings Limited is an outdoor clothing based based in New Zealand. The outlet sells outdoor adventure apparel and equipment. It has 363 stores worldwide, 47 based in New Zealand. John Pascoe and Jan Cameron founded Kathmandu in 1987.



Developed and Promoted By:

Kathmandu Environmental Education Project
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E-mail: Keep@info.com.np Web: Keepnepal.org

Porter's Clothing Bank (PCB)

KEEP PCB Was established in Oct 2009 with an objective to provide a service to the tourism porters with a complete clothing sets before they set to trekking on the high hills, harsh mountain environment of Nepal. It is a humanitarian initiative taken by KEEP with international supporters.

It was realized long time back by KEEP that appropriate clothing is vital in maintaining the health and basic rights of porters. Therefore, KEEP has a Porter's Clothing Bank in Kathmandu, which provides a full set of clothes with a deposit of NRs. 5000. KEEP retains NRs. 725 for cleaning and maintenance.

With successful years of KEEP- PCB, KEEP is planning to open its Chapters in regional basis to ensure our mission, Some Identified (potential) areas are as follows:

1. Lukla, Everest Region
2. Besisahar, Annapurna Region
3. Pokhara, Annapurna Region
4. Syabru Beshi, Langtang & THT Region

KEEP as a nonprofit and our activities rely on support, is intending global collaboration for support with generous foundations, organizations, companies with at least 10 years of commitment.



"Our Porters - Our Responsibility"

Porters' Awareness Workshop - 2018

Taplejung, Kanchenjunga Region Nepal
12-13 July, 2018



Organized by:



Kathmandu Environmental Education Project



Porters' Awareness Workshop-2018

Trekking Porters have always been the backbone in making a successful trekking operation in this tourism industry worldwide. However, still they have been *highly disregarded tourism professionals* from universal perspectives, who in fact, need an attention with an ethical ways and act with a humanitarian approaches.

In 1997, a young Nepali porter employed by a trekking company became severely ill with altitude illness. He was paid off and sent down alone. It took just another 30 hours for him to die. He was 20 years old and left behind a wife and 2 small children. (source)

In order to bring awareness among porters and tourism stakeholders, KEEP is continuing this workshop every year in different regions of Nepal with our expertise to tackle new emerging problems outlooks in tailor-made courses, trainings and messages to meet our mission.

Mission

Porters play a vital role in the tourism industry of Nepal, they enable millions of tourists to visit picturesque areas while also providing their families with much needed earnings.

Therefore, in providing a workshop we hope to bring awareness among porters by improving the working conditions through education of porters.

Workshop objectives

- To Develop safety, health/hygiene and general First aid skills and porters PCB procurement.
- To educate porters' about their right and govt policies.
- To raise awareness about porter related issues among tourism stakeholders.

Workshop conducted

- 2011 Kathmandu-attended by 50 porters
- 2012 Syabrubesi-attended by 75 porters
- 2013 Jin-attended by 75 porters
- 2014 Besisahar, Annapurna Region 2015 Kathmandu
- 2016 Pokhara, Annapurna Region
- 2017- Dhaul, Dolpo Region, attended by 73 porters
- 2018- Taplejung, Kanchenjunga Region

HOW CAN I SUPPORT

KEEP- Porters' Code

Ensure Insurance: Trekking companies should have a blanket policy covering all staff - ensure by checking it. Independent Trekkers can also get insurance for their parcel.

Help For Better Income Opportunity: Encourage to improve their Capacity by Paying course Fees at Keep's courses (Like English course) usually, English Speaking porter/guide Earns more.

Pay Fair Wage: Wages vary with the location you Trek. Don't Bargain too hard. Remember! With your little Extra Money, Your Porter Expects to Support his/her Children's Future.

Hire A Local Porter: Hiring a Local Porter is also a Good way to create an Employment directly. Never Trek alone especially, if you are a Woman.

Use Responsible Trekking Agency: Talk to KEEP for a list of Recommended Trekking agencies that commits to follow Responsible KEEP's Code of conduct, including porters' role.

Spend Time with Porters: There is much to be learned from these Physically fit & Working Men & Women. Spending time in person encourages Good Performance on their part. Gain Mutual Trust & Respect to each other.

Support To KEEP PCB: your support will help us to continue to work for the Welfare of porters in Nepal.

Food, Shelter & Clothing: Ensure Provided sufficient Food, Clothing, to remain Sober, safe and Healthy in harsh Climate of Highland. Because You depend on them. You or your porter can borrow Clothing for them from KEEP-PCB.

TIPS Your Porters: TIPS can vary. At end of Trek, Give it directly to porters & Let them know it is because they did a Decent Job.

Take Care of Sick Porters: Your porter also deserves the same Standard of Treatment, Care and Rescue as you Expect for yourself. Ensure that Sick porters are sent down with Someone who Speaks their Language.

Pick Up Load Yourself: have a go by picking up Load and it won't take long for you to realize what a Tremendous Job Your Porter is doing.

Before My Trek: offering Tea, Meals or Snacks is a nice Gesture of Friendship. Find out about him/her, whether I will get along. Remember! you will be spending the next few weeks together.

Report Grievances to KEEP: if all instances of Neglector or Abuse of porters, KEEP Advocates on their Human Rights, Labor Rights.

Workshop Contents

PORTERS JOB & ISSUES: Experience sharing from Porter as a Job: Problems, Need, Difficulties. Learn their current situation, and problem-solving through interaction, actively put their problems inputs and learn from each others' situation how to deal with it.

MOUNTAIN ENVIRONMENT: Mountain Environment and Climate and Natural disasters, Deforestation, Polluted water sources, litters on the trail and porter's Responsibility.

CONSERVATION & NATIONAL PARKS: Rules & regulations, Porters' Responsibilities, policies, importance and do's & don'ts while visiting Conservation and National Park areas.

FIRST AID & TREKKING SAFETY: Basic knowledge of First aid & kit: AMS, handling minor muscles sprains, Bleeding, Fractures and info on using basic medicine.

KEEP PORTERS CLOTHING BANK: KEEP PCB and its procurement method. What things to be considered before trekking? Tools and kit, Understanding of trekking routes, risks, Negotiation with TC, Details note of TC, Grievance Report of KEEP ? etc..

[Gifts to Porters]

To Travelers in Nepal - Please, Support to PCB Be a Responsible Tourist



Leave your any spare equipment or other support from the end of your trek to KEEP's Porter's Clothing Bank. Mountain Porters are the unsung Heroes. (source: PPUK)



Schedule

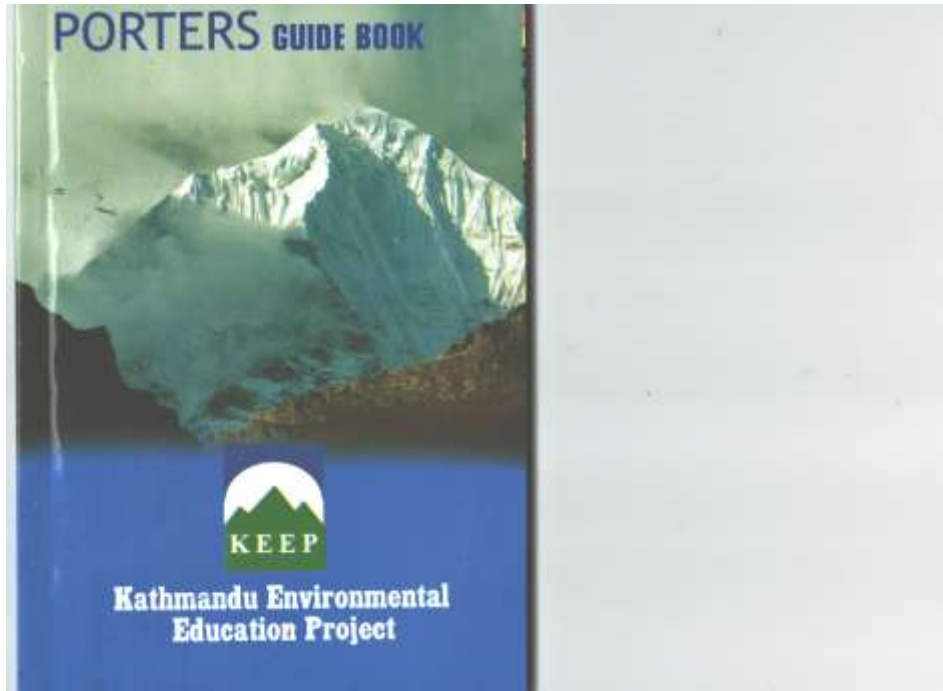
Day	Time	Program	Instructor
July 12	9:00 – 9:30	Welcome, Brief Introduction and Workshop Purpose	Tara Datt Joshi – KEEP, Speech by Chief Guest
PORTER AS A JOB	9:30 – 10:30	Porter as a Job: Problems, Difficulties, Future	Ian Wall- KEEP
	10:30 – 11:30	Insurance policy and Porter’s Rights in Nepal.	Ian Wall-KEEP
Lunch 11:30 – 12:30			
PORTER’S RIGHTS & TOURISM	12:30 – 1:30	Government’s Role for Porters and Phugling Municipality’s Role in Tourism.	Shrawan Pokharel, CEO, Phugling Municipality
	1:30 – 2:30	Porter’s Clothing Bank (PCB) & Procurement Methods.	Ian Wall-KEEP
	2.30- 3.00	Responsible Trekking	Ian Wall-KEEP
July 13	9:00 – 9:30	Participants arrival	
	9:30 – 10:30	Expectations and Interactions with Trekking Company.	Ian Wall
UP- GRADATION OPPORTUNITY	10:30 – 11:00	Opportunities / Up-gradation to a Guide	Ian Wall - KEEP
Lunch 11:00 – 12:00			



PORTERS' HEALTH	12:00 – 2:00	Emergency and Preparedness, Basic First Aid, Health Care and Hygiene. (With Practical).	
AWARENESS & ENVIRONMENT	2:00 – 3:00	National Park Rules and Regulations, KCAP Role in National Park and Porters Role in Conservation.	KCAP
CLOSING	3:00	Certificate Distribution & Closing	
	3:30	Tea Break	



Porters Book Distributed to the Participants





Program Success Certification



फुङलिङ नगरपालिका
नगर कार्यपालिकाको कार्यालय
फुङलिङ, ताप्लेजुङ

२०७३
१ नं. प्रशासकीय

पत्र संख्या:- ०७४/७५
चलानी नं.- १४४५

(१ नं. प्रदेश नेपाल)
मिति- २०७५/०३/२९

श्री जिल्ला प्रशासन कार्यालय,
बबरमहल, काठमाण्डौ ।

बिषय:- जानकारी सम्बन्धमा ।

उपरोक्त सम्बन्धमा काठमाण्डौ ईन्भाईरोमेन्टल एजुकेशन प्रोजेक्ट, ठमेल, काठमाण्डौले यस फुङलिङ नगरपालिकाको समन्वयमा मिति २०७५/३/२८ र २९ गते कञ्चनजंघा प्रदमार्गमा भरिया भान्सेको रूपमा काम गरिरहेका व्यक्तिहरुलाई २ टुई दिने Porters Awareness Workshop तालिम सफलता पूर्वक सम्पन्न गरेको व्यहोरा जानकारीको लागि अनुरोध छ ।

बोधार्थ:-

श्री ईन्भाईरो मेन्टल एजुकेशन प्रोजेक्ट, ठमेल, काठमाण्डौ

शुक्ला/कुमार प्रोखरेल
प्रमुख प्रशासकीय अधिकृत

प्रमुख प्रशासकीय अधिकृत

