

# Help One Help Many

## Supporting Founder Jody Dontje



### • *The Help Nepal Appeal* •

EMPOWERMENT. TRANSPARENCY. STORYTELLING.



FundMyCharityWork.com

[www.thehelpnepalappeal.com](http://www.thehelpnepalappeal.com)

[thehelpnepalappeal@gmail.com](mailto:thehelpnepalappeal@gmail.com)

YouTube: The Help Nepal Appeal

## Help One Help Many- Contents

3 ..... Background Story

3 ..... Our Story 2015-2016

4 ..... The Power of 4 Months

4 ..... Breakdown of Achievements

8 ..... How I Funded Previously

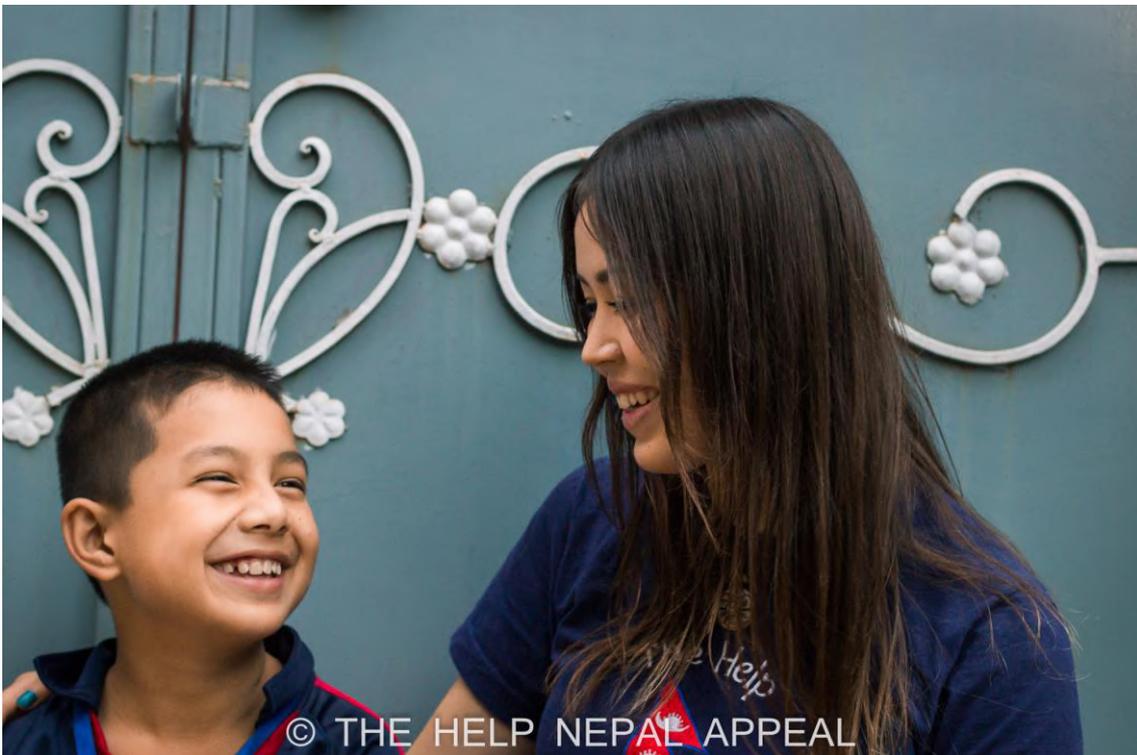
8 ..... Hopes for the Future

9 ..... Breakdown of Costs

10 ..... A Thank-You Message

10 ..... You Can Support Jody

*“The miracle is this: The more we share the more we have...”*



## Help One Help Nepal- Support Founder Jody Dontje

### Background Story

There are moments in life where you find true reason, true happiness and true belonging, and mine was in 2014 when I was first able to help men, women and children in Nepal. I left Nepal knowing that my life had changed, that a new pathway lay ahead, though I wasn't sure exactly what life had install. Then, only 4 short months later in 2015, catastrophic Earthquakes hit Nepal; destroying homes, schools, and ripping family members from loved ones. Some people lost everything but hope. I was absolutely devastated; I received personal pictures, videos, cries for help from the Nepali people I had connected with only 4 months previously. Though, at the time, I was immersed in full-time university, was volunteering for countless local organisations and initiatives, and was working a job to survive as well, I felt compelled to do something. This was when 'The Help Nepal Appeal' came to life.

### Our Journey 2015-2016



The awareness, the belief and the love of THNA grew and grew, and eventually we were able to fundraise over \$11,000 in 7 months and help thousands of Nepali earthquake survivors throughout Nepal. 2015 was what I term as the 'Survival Stage', the stage where we needed to help men, women and children with gaining the basics to survive through the devastating aftermath of the earthquakes.

THNA has truly been a journey, with 2016 being the year of empowering *international* volunteers as well as our national volunteers, to travel to rural districts of Nepal with our support, and is when our powerful story of empowerment and growth began to truly unfold via Facebook, Instagram, and our new website.



## The Power of 4 Months

The end of 2016 and 2017 then began the truly powerful transformation. I moved to Nepal for 4 months and I could never have anticipated how much I was able to achieve for THNA in that time. It made me realise that I need to be in Nepal personally, for extensive periods of time, to truly reach more people in need.

In the 4 months I volunteered full-time in Nepal, The Help Nepal Appeal completely expanded, completely unravelled with what its true values are and the focus has become different to many of the other non-for-profits out there. After numerous months of research and gathering information, helping and empowering, a trend started to emerge. The new 'gap' in Nepal is the gap between donor and receiver. Communities, families and individuals are beginning to become very dependent on outsourced help, with various NGOs helping in a disempowering way, rather than focusing on long-term solutions that enable villagers to flourish on their own, some NGOs have been making others immensely dependent on their help.

Now, The Help Nepal Appeal is about *empowerment*. We seek to enable individuals, families and communities to become independent and not dependent on our help. To create sustainable programs that enable long-term growth, with a low-cost high impact approach. Furthermore, we have become ever more passionate about showing our non-for-profit *transparency* via our social media avenues, to be *storytellers* that empower people from around the world, to share the power of compassion and giving. We are the storyteller generation.

### **Breakdown of Achievements (during my 4 months):**

#### Powerful Meetings

- Rotary E Club District 3293
- ABC News (Chief Executive Officer Mahesh Sumsher Rana)
- Rotary Club of Dhulikhel (current Pres. Pralhad Parajuli)
- Steve Beatty- *We All Rotate* (Founder)
- Santosh Sapkota – *Seeing Hands Nepal*
- Siru Bhurtel and Sujana Gurung – *Rotaract Club of Pokhara*
- Ranjeev Shrestha – *Integrated Effort for Development Nepal* (Founder)
- Nix Rai – Save a Child Program (Coordinator)
- Jay Poudyal- *Stories of Nepal* (famous Nepali blogger)
- Anju Pun – *Forget Me Not, Australia* (In-Country Manager)



- Roshan Thapa – Charikot Hospital (Doctor)
- Ram Krishna and Prabina Tandukar – *The Shauna Rose Kaufman Foundation* (an American based charity THNA is affiliated with)
- Kumar Bahar- *Nepal Communitere* (Strategic Advisor)
- Pasang Lama & Satya Lama - *Himalayan Trust Nepal*
- Tim Howarth – *United World Schools* (Chief Executive)
- Rotaract Club of Peoples Campus
- Rotaract Club of Bhaktapur
- Rotaract Club of Yala (preparation for our affiliate program)
- Radha Poudel – *Hands for Help* (Chairman)
- Gandhi & Associates (probono advice)
- Office of Evaluation and Support Centre
- Nepal Welfare Council
- There were countless meetings also with the new THNA members, international volunteers, business affiliations and NGO/Charity affiliations of THNA (listed below).

### New Programs

- Student Leadership Council (rural Tanahun)
- Student Leadership Council (Lalitpur, Bamboo School)
- Teacher Empowerment Program
- Empowerment Excursion- supporting our rural SLC
- Good Will School (Pokhara)
- Environmental Programs- *One Million Tree Challenge*
- Women Empowerment Programs- Ekadesma

### Developed Programs

- Re-established Kavre Lunch Program (Jyamdi)
- Built upon the support of Samata Niketan School
- Built upon the support of Mahendra Jyoti School

### New/Developed Affiliations

- One Million Tree Challenge Nepal- Alok Das
- Platform Inc. - Kushal Bajra
- Shuttercorp- Kailash Gurung
- Special Education and Resource Centre for Disabled Children (SERC)- Anish Kc and Kalpana Basnet
- V2V (Volunteer to Volunteer)- Ravi Awale
- Rotaract Club of Yala- Kundan Joshi & Pramod Singh
- KTM University Red Cross Society- President Prabin Sharma
- Integrated Effort for Development Nepal- Ranjeev Shrestha



### Tedx Talk Birgunj

- I was able to have the immense honour of speaking at the 3<sup>rd</sup> ever Tedx Talk in Nepal. On the 17<sup>th</sup> of December 2016, I travelled the unpredictable bumpy mountainside road to Birgunj to present an honorary Tedx Talk to an immense audience (this speech was also filmed for YouTube, expected to be released in May 2017).
- This experience was not only enriching to me to share the story of THNA, and my life struggles of identity issues and finding my purpose, but also enabled me to connect and learn from other inspirational individuals doing incredible things in Nepal.

### New National Team Members

- In-Country Manager- Ravi Awale
- In-Country Coordinator- Alok Das
- THNA National Volunteer- Pramod Banjade
- THNA National Volunteer- Sushovan Malla
- THNA National Volunteer- Sadikshya Kandel (Rotaract Member)
- THNA National Volunteer- Manisha Basnet (Founder and Chairperson of *Change for Development*, a non-for-profit NGO)
- Officially, THNA National Volunteer- Subir Thapa (Photographer)
- Cultural Carer (Tanahun)- Keshar Ale

### New International Volunteers

- Melanie Thomas (2016, United Kingdom)
- Eric Lee (2016, America)
- Karen Morrison- (2016, United Arab Emirates)
- Robert Bruce Mullan- (2016, United Arab Emirates)
- Zahariz Khuzaimah (2016-2017, filmed, edited & created 2 awareness videos for our new YouTube Channel and to be aired on his TV series in Malaysia and Singapore)
- Alan Briggs (2015, Switzerland)
- Nindy Newitt (2016-2017, Australia)
- Duncan Adlington (2016-2017, Australia)
- Melvin Sjerps (2016-2017, The Netherlands)
- Donavan Brutus (2017, America, created an animation intro video)

### Business Affiliations

- Happy Fly Paragliding (Pokhara)
- Highland Adventures Zipfly and Bungy (Pokhara)
- Yeti Guest House (Lakeside, Pokhara)
- Annapurna Guest House (Thamel, KTM)
- Thorong Peak Guest House (Thamel, KTM)



- Chi-Chi Grill (Patan, Kathmandu)
- Ekadesma (a women empowerment clothing business in Thamel, KTM, which launched an initiative to help raise awareness and raise funds of our charity efforts; we created a drawing competition in a rural village, where the winner's artwork and story has been printed on cards to sell abroad).

### Other Opportunities

- Helping Federation University Australia (Ballarat) volunteers during their Nepal program (4 students and 1 adult)
- Attending the 2016 Annual Rotaract District Conference in Pokhara
- Filming the reuniting of Melanie Thomas and the rural family whose baby she saved. Melanie had fundraised for their baby's medical costs.
- Visiting and learning about Kakani Brighter School (*Jaiti Nepal*)
- Visiting and learning about Pokhara Learners Academy
- Visiting and learning about Special Needs Schools in Tanahun
- Visiting and learning about a Women Empowerment Factory/Charity in Pokhara, WSDO, which has been established since 1975 (I was able to connect with and learn directly from the Nepali Founder).
- Learning about how mediation can be valuably used in schools (the Oceania Foundation have seen incredible results in schools throughout Pokhara)
- Joined and Attending Internations / Expat Community Events
- Giving resources to and reflecting on innovative/empowering ways to support an immensely low-socioeconomic family in the mountainside of Kristi Kaski (2 parents with 4 children, one with both physical and mental Special Needs).
- Volunteering with The Shauna Rose Kaufman Foundation (Book Tuk, Oxford English School, Elite Grand School).
- Volunteering with and creating/facilitating One Million Tree Challenge programs, such as a community plantation in Telkot and school-based environmental programs in Dhulikhel.

### Social Media

- Our Facebook page jumped over a staggering 1500 likes (now over 3200 likes), and our Instagram account gained over 1300 followers (now over 3600 followers).
- Our new and much improved website was launched (with program breakdown information to mirror our value of transparency).
- We launched our new blog and also our first newsletter shortly after, with our email list growing on a weekly basis.



### Awareness Video / YouTube Channel

- As mentioned above, Zahariz Khuzaimah filmed and photographed incredible moments throughout a part of our journey. Our first awareness video was completed, with the second in progress, before I left Nepal after those 4 months.
- Throughout the 4 months, I also shot various amounts of footage to record our journey (including interviews, scenic shots, and videos of our programs, Empowerment Excursion, and schools).
- I launched our YouTube Channel soon after my return from Nepal.

### How I Funded my 4 Months Previously

The Help Nepal Appeal is completely non-for-profit, no administration fees are taken out of project donations and fundraising amounts (and this will always be the case), and we even organize international volunteer programs for absolutely no charge. So how did I fund my 4 months of full-time volunteering and flights? I worked tirelessly throughout 2016 with 3 demanding jobs, while running the charity voluntarily on top of this.

All administration fees and expenses came out of my savings, to ensure for this non-for-profit transparency. Though I loved to invest in THNA, this lifestyle really took a toll on my health and I realised I could not continue to work in such a way sustainably in future. That's when, THNA volunteers suggested, "why not have others support *YOUR* efforts?" I firstly did not even want to consider this, why would I ask people to support *me*? It was after the 4 months, though, that I really saw the power of me being in Nepal, volunteering full-time. I also realised that if I had less pressure to save money throughout the year (2017) lead up to returning to Nepal in 2018, I would really be able to invest in the charity prior to arriving back in Nepal and see an immense transformation. This is how FundMyCharityWork.com has come to life.

### Hopes for the Future- 5 Months Transformation

As I have fully established above, in 4 months of my volunteering full-time in Nepal, the charity underwent an immense positive change. We were able to reach hundreds more needing help and establish sustainable and empowering ways to do so. Our support globally has immensely grown and our story of transparency and passion has transcended through even more online platforms.



If I am able to be sponsored to return to Nepal for 5 months, the amount of progress, the amount of people who will be helped, and the amount of awareness that will be made, will be even vaster than the list above. If all that was listed above could be achieved in 4 months, there is no doubt that in 5 months an incredibly powerful amount of growth will occur. I am ready to invest myself fully into THNA, and I can only hope that others will feel empowered enough to join our journey by investing in me.

## **Breakdown of Costs**

As I have had to allow my money to stretch very far in the past, to allow my previous 4 months of volunteering to be possible, I wholeheartedly and effectively utilise and value every dollar to its full worth. From the experience of 4 months volunteering in Nepal, I was able to average out the costs of my daily expenses. Here is a breakdown of my future costs for the 5 months of helping others in Nepal, 2018.

### **5 Months 2018**

- 1) February- 28 Days
- 2) March- 31 Days
- 3) April- 30 Days
- 4) May- 31 Days
- 5) June- 30 Days

*Total Days: 150 Days*

### **Costs in a Day**

Food = \$10 (approximately 6 pounds)

Accommodation = \$10 (approx. 6 pounds)

Food + Accommodation = \$20 (approx. 12 pounds)

Total Cost for 5 Months: Days (150) x Food + Accommodation (\$20)



150 x \$20 = \$3000

**Total Cost for 5 Months:** \$3000 (approx. 1812 pounds)

### **Flights**

Return flight from Australia – Nepal:  
Approximately \$1000

### **Extra Costs:**

Extra costs, such as resources, transportation, and daily requirements I will ensure to cover out of my own funds.

**Total Cost for 5 Months (\$3000) + Return Flight (\$1000)**

**= \$4000**

### **A Thank-you Message**

*I thank-you dearly for taking the time to read through this booklet, which is a visual representation of my passions, hopes and dreams to keep helping struggling men, women and children in Nepal. Your time means an immense amount to me and I hope that my words have inspired you.*

*If you wish to help me to help many, you can choose to sponsor half a day, a whole day, or even numerous days. I will be doing shout outs in Nepal of who has sponsored what days, and even a little update about what was achieved in that day!*

**Ready to make a positive difference?**

**Join our journey and support my efforts, click here:**

**[Help Jody to Help Many- The Help Nepal Appeal](#)**

