



Mountain Trust Internships Information Pack



UK Office

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Contents

Introduction	3
Geographical Scope	3
Eligibility to Apply	3
How to Apply	4
Getting to Nepal	4
Travel Visas	5
Arriving in Kathmandu	5
Expectations	6
A note on phones	6
Translators and Internship Logistics	6
Travelling within Nepal	7
Health Care & Insurance	7
Clothing & Equipment	8
Key Contacts	8
Directions to UK Office	9
Recent & Current Internships	10 - 13

Legal note. The advice and guidance given in this document is offered in good faith, without prejudice and without any implication of legal liability or responsibility. We advise all readers to independently verify the veracity and utility of the general notes contained herein, particularly given that circumstances and events change over time.

Introduction

For an outline of who the Trust is and what it does, please visit our website (address above) or visit us on Facebook.

The Trust runs a programme for Volunteers / Interns wishing to work with us in Nepal to put their skills to best use in the field and to enjoy an enlightening and life changing experience at the same time. Occasionally the Trust advertises specific placements but aims more generally to identify your strengths and interests and design an assignment specifically for you – so that you gain the most in terms of an interesting and rewarding experience and give the most in terms of the work you do in return. You can apply for assignments in the UK and or Nepal and or elsewhere. The process is straight forward. Mountain Trust Internships often appeal to students interested in a career in Development and who want to know how it really works on the ground. They also appeal to many people across wider disciplines who wish to experience a little known or understood society in the Himalaya, to do good where it is most needed and add to their CV into the bargain - more on which below.

Geographical Scope

Within Nepal, our network of between 200 and 300 contacts has extensive coverage including Kathmandu and the Kathmandu Valley, Pokhara, the Mid Western region, Kharkabhitta (on the far eastern border) as well as Lumbini, Butwal, Sunauli, Chitwan and Bharatpur (in the southern terai).

Plenty of people also do voluntary work for the Trust in a variety of ways in over twenty other countries and on almost every continent. Whether you are considering travelling to Nepal to help or working from your main base, just ask how you can contribute.



Eligibility to Apply



If you have a talent – whether plumbing, Social Anthropology, Geography, Politics, Classics, Languages, Sociology, Psychology, Filming, Journalism, Photography, Economics, Medicine, TEFL, Electronics, Engineering to name but a few – we can almost certainly find an interesting and useful assignment for you.

Some previous examples of Internships can be found on page 10 of this information pack.

To date, most of our Interns have ranged from undergraduates and postgraduates through to professionals and people in retirement.



Application is open to anyone over the age of 18 years who wishes to work with us in Nepal. There is no upper limit. Applicants wishing to work in their usual country of residence outside Nepal are subject to no age limit. We believe that everyone has something to offer – it is merely a matter of matching this with the needs in Nepal.

For an account of one of our recent Intern's experiences see: <http://www.mountain-trust.org/rosie>

We are flexible and open minded about the role you could play. We do not have a minimum time requirement for you to be in Nepal although anything less than two weeks is likely to be of very limited value. Generally Interns spend between 3-4 weeks and up to 4 or so months in the field.

How to Apply for a Mountain Trust Internship

Firstly we need to see a copy of your CV (Resume) so we can gauge an accurate profile of your talents and identify ways these could be put to best effect. It should be sent to Charles Malcolm-Brown at the address above. Then we will respond with a set of suggestions for your role and discuss these (and any ideas you have) with you. Applicants then attend an informal interview nearby Cambridge.



It is an absolute requirement that we see scanned or other evidence that you have adequate travel and medical insurance prior to your departure for Nepal. We will also require your passport number and a scanned passport photo. This together with dates, flight numbers and times of arrival / departure must be provided no later than one month before departure.

We are obliged to levy a modest charge to cover our overheads. From June 2011 to June 2012 the fee is £200 if you go to Nepal. A deposit of £50 is required no later than a week following a successful interview. The remaining £150 is required (at the latest) one month before departure. Interns working in the UK are exempt from charge.

The fee can be paid online on the donations page of our web site (ensure you flag it is for an internship in the optional note text box) see:

<http://www.mountain-trust.org/donate>

or it can be paid by cheque made payable to The Mountain Trust and sent to the address above - or by bank transfer (in which case, please ask us for the Trust's bank details).

We will give general advice on international flights etc. We recommend the Lonely Planet's guide to Nepal (which recommends us for internships) and our volunteers are eligible for a 20% discount on copies (ask us for further details).

It will be helpful if you email a scanned copy of your passport photograph to Prakash Pant (see below) to assist your smooth collection from Kathmandu Airport. In high season, you may need to book ahead through Prakash (see below) two weeks or more in advance for internal flights.

The Trust does not provide free accommodation, food, transport or transfers.

Getting to Nepal

Over landing to Nepal from Europe or other continents is time consuming and complex. This section only contains some broad pointers for people flying from Europe to Nepal. For advice on flying there from other continents, please ask.

The earlier you can book flights the cheaper they will be. They will be more expensive during school holidays, Christmas, Easter and during the Diwali Festival in Asia. The only international airport in Nepal is TIA (Tribhuvan International Airport) in Kathmandu.

There are broadly two routes by air. One is transiting the Middle East (eg via Doha, Dubai etc) which involves around 16 hours in the air and between two and four hours changing aircraft or waiting for the connection in the

Mid East. You might save approx £50 - £100 on a return economy flight via this route at the cost of adding roughly 40% distance in the air and around five to nine hours to the journey. Competitive airlines on these routes include Etihad, Emirates, Gulf & Qatar.

A second, fractionally more expensive route is via Delhi. The best airlines for this route are Virgin Atlantic to Delhi and Jet to Kathmandu. You can fly Jet from London, transit in Delhi and fly on to Kathmandu. If you do not leave Delhi Airport you don't need a Visa for India. It is around 8 hours between London & Delhi and around 1 hour 45 mins between Delhi and Kathmandu. If you want to break the journey with an overnight in Delhi, you'll need an Indian Tourist Visa. You can fly London to Delhi on Virgin or Jet.

Travel Visas

Unless you are Nepali or Indian you will require a Tourist Visa to enter Nepal. The cost will depend on the length of your stay. If you are visiting from the UK, the easiest and quickest route is to get your Visa in London from the Nepali Embassy which is usually quite efficient. See: http://www.nepembassy.org.uk/visa_information.php alternatively, Visas can be acquired at the Nepali Embassy in Delhi also quite efficiently. Do bear in mind that these facilities are liable to closure during Hindu religious festivals and other public holidays so build sufficient time into your schedule at the planning stage.

If push comes to shove, you can get your Visa for entry to Nepal on arriving at Kathmandu Airport but expect up to an additional two hour wait if you do – possibly longer if several large aircraft land in close proximity. To do so, you will need two passport photos (colour), to have completed two disembarkation cards in the Immigration Hall, have your passport (with 6 months left to run and at least two blank pages) together with the correct fee in US Dollars.

The fee depends on how long you plan to stay and whether you want to re-enter Nepal during the time you are in Asia. They prefer to be paid in USD but the actual price can be increased without their websites having been updated. They will take other hard currencies though not Indian Rupees and will extract a currency exchange fee and more delay if you need to change another hard currency into USD. In our experience, it has been far easier to get a Visa in London or another international city if you possibly can.

Arriving in Kathmandu



Book your seat on the incoming flight as close as you can to the exit. Be ready and exit the aircraft asap. Have a pen, your passport (and if no Visa the other items mentioned above) ready. Make your way off the aircraft, onto the bus (sit / stand nearest the door) and then when dropped at the terminus, make your way asap to the Immigration Hall. Ensure you collect the two English disembarkation cards and join the queue depending whether you have a Visa or not. Fill the cards out in the queue. Once they've stamped your passport and given you a bank receipt for your Visa if you've got it there, proceed through the desks, turn left, then right and downstairs to the baggage hall. Collect your baggage then follow the signs for the exit.

Our people should be waiting immediately as you exit the terminal. Do not allow strangers to become your volunteer porters. Wait till you find our people and let them sort the luggage, transport etc.

In case you cannot locate our people immediately outside the building, you can phone Prakash or Yogendra on the numbers below. If no joy, ring Charles in the UK. Beware of unknown taxi drivers who spin a fancy line about a hotel they get a kick-back from. Tourist centres can attract the less well meaning sorts.



If not with one of our people and you are hassled by street hawkers eg in Thamel (the tourist district in Kathmandu) better not to be under stated and polite in saying 'no thanks'. First say 'Cha Diaeyna' (meaning 'it is not necessary' in Nepali – it is rude to say no). That should work. Otherwise simply show you are saying no, look a bit cross and open the palm of your hand, pushing it downwards diagonally towards them. That should do the trick. If you have expensive purchases to make, check with our people you are paying a reasonable price. The local prices are around one third of tourist prices. It is rare that prices are fixed. Don't press people too hard when haggling. Remember they are on a lot less than you and that funds are made during the high season.

Expectations

NGO extends financial help to school

POST REPORT
POKHARA, Nov 16

Mountain Trust, an NGO has provided Rs. 146,000 to Dharampani Secondary School in Dhikupokhari VDC-5 for the construction of its physical infrastructure.

Charles Malcolm Brown, a representative of the NGO handed over a cheque worth the sum to Madan Poudel, Chairman of the School Management Committee recently.

Earlier, the NGO had provided Rs. 100,000 to the school. The NGO had also extended financial help to Lokdwip School in Beni and Navapratap School in Pokhara.

The Kathmandu Post

Nepalese culture differs markedly from Western culture. A slow pace of life, load shedding and disruptions to access to the internet can be frustrating but are part of the experience. On no placement do things happen in a flash because that is the Nepali way. If you arrive expecting to transform society overnight, you'll be disappointed.

If you are selected and either go to Nepal to work with us in the field or work with us elsewhere, we ask you to publicise our efforts to friends, relations and colleagues. If you are a student, we usually expect you to write an article for publication by your college or university magazine (and by us).

We also ask you to mention us in conversations where someone is saying 'I want to help a charity but I don't know which?' In return for granting you a once in a lifetime chance to work with us, we expect you to reflect your experiences accurately with others and to promote our work wherever suitable opportunities arise. We see this as a fair exchange.

A note on phones

It can take several attempts to reach a number in Nepal – either because the lines are overloaded or because the caller is busy or out of signal / battery. Mobiles are widely used and often the quickest way to reach someone. It may take longer to make an international call to Nepal or from there abroad. Locally texting is very cheap and a fractionally more reliable way of getting through.

If you are phoning anywhere in Nepal using a mobile registered in the UK or elsewhere outside Nepal and have 'roaming', you'll need to treat all calls you make from and within Nepal as international calls – eg include the +977 as well as the area code (such as 61 for Pokhara). If you are taking an unlocked mobile you can get a local sim card quite cheaply – in which case you exclude the (+977) etc. A local handset and top up sim card costs around £25.

If you are ringing within Nepal on a landline you'll need the city code if ringing another city or just the last number if ringing locally. If you are in doubt, just ask one of our people on the ground. We did have two cheap local mobile phones in Pokhara for Interns to borrow provided the phone credit is topped up when handed back and a deposit is left during use and returned upon safe receipt of the handset.

In case you are using a satellite phone, all calls within Nepal or from there abroad require international codes.

The Mountain Trust sets out to be an exemplar of the NGO community in Nepal and further afield - much of which is mired in inefficiency, ineffectiveness and or corrupt practices. The Trust is dynamic, effective and well connected. For example, Michael Palin supports only a very select group of charities and we are proud to be one of them. Our work regularly features in the national media in Nepal and we have a network of supporters exceeding 600 - spanning many continents. We expect every Volunteer to live up to our ideals. We do not expect you to work like a Trojan throughout your time with us. In Nepal, we'd expect you to enjoy rest, relaxation, trekking, white water rafting etc. in your own time.

Nonetheless, whilst representing the Mountain Trust in Nepal or anywhere else, we insist on the highest moral standards and expect you to represent us in a responsible and professional light. In cases of doubt, please refer back to us prior to any event. We expect commitment to fulfil your remit as agreed prior to your departure or adjusted whilst there.

Upon completion of your placement, if you have fulfilled expectations outlined in your remit, you will become an Intern rather than a Volunteer. For people at postgraduate level or beyond and or who have added heavyweight value to their assignment, the Mountain Trust will award them a Mountain Trust Fellowship. To date we have two Mountain Trust Fellows (Dr Iype Cherian – a leading Indian neurosurgeon working in Nepal and Dr Fraz Mir, a Consultant Physician at Addenbrooke's Teaching Hospital, Cambridge). In short, we expect you to give your best and to make the most of your opportunity. We will attribute a suitable title in recognition of what you add to our collective effort. Mountain Trust Internships are not awarded lightly – they are intended to signify a valuable entry in your CV as well as to create a significant impact and prove a rewarding experience.

Translators & Internship Logistics

The types of support you will need carrying out your work with us will vary according to the role you are performing. Our people on the ground will be able to assist with translation when necessary, accessing official statistics on SLC pass rates, organising transport to schools, riverbed communities etc. They can also help you buy a local sim card and top up credit.

The Mountain Trust office in Pokhara provides a useful base from which to work and exchange ideas with other Interns, trustees and supporters in our network. It has an internet connection (which is slow in Nepal so don't expect to download large files). It has a land line connection although load shedding can interfere with power and communications at times. Access can be arranged via our Administrative Officer, Mr Kisan Gurung (who is usually in our Pokhara office Sunday to Tuesday) and his Assistant, Bandana Adhikiri (who is full-time). They are the first points of contact in the field.

Travelling within Nepal



Nepal has a relatively good domestic air service. We recommend you fly with Yeti in a Jet Stream aircraft. Flying from Kathmandu to Pokhara can give spectacular views of the Himalaya on the 25 minute journey. Sit on the right of the cabin to Pokhara and on the left on the return for the best sights. Tickets cost around 90-100 USD each way.

Flight schedules end around 4pm each day and flights can be disrupted by severe weather at times in the year. Most routes converge on Kathmandu so getting from one of the other major locations to another will probably only be possible by changing at Kathmandu.



Travelling over land is far less expensive but less comfortable and often unreliable as vehicles frequently break down. Public bus is the cheapest and least comfortable / reliable method. Slightly better are tourist coaches. Prakash Pant (see below) can advise on that.

Travelling by road does let you see plenty of the countryside. Travel times between Kathmandu and Pokhara for example, may be between 6 and 8 hours. We advise you do not travel at night.

Blockages and delays caused by landslides or accidents are not uncommon particularly during the rainy season.

Health Care & Insurance

It is a strict requirement that all Interns provide evidence in advance of their departure for Nepal that they have adequate travel and medical insurance. (A scanned copy, photo copy or emailed receipt showing the policy number and other relevant details will suffice.)

It is sensible to take some basic items such as Paracetamol, Immodium, sticking plasters along with any other medication you may be being prescribed.

On the need for inoculations, vaccinations etc., please consult your GP.

To minimise being bitten by mosquitoes in some areas, here are some tips:

Use burners and nets provided.

Wear mosquito repellent around your wrists, neck and ankles.

Wear trousers as evening arrives.

Sleep in a decent air con room turned down in temperature (as they don't like the cold)

Use some repellent roll on around the edge of the bed at night.

If you are prone to being bitten, drinking tonic water may make your blood taste bitter and reduce the nuisance.

If you intend to visit high altitudes (ie over 3,000 metres above sea level) and have an existing medical condition, please consult your doctor. We do not currently place Interns anywhere near high altitudes because of the risk of Acute Mountain Sickness (with the exception of Interns working with us on a Hypoxia genetics project in partnership with the High Altitude Genetics Consortium). If you want to trek at high altitude in your own time and at your own risk, please bear this in mind.

If you have any underlying medical condition which may have an impact on your work or on the necessary logistics, you are required to provide complete details prior to being accepted.

Do not drink tap water or 'filtered' water. Only drink boiled, iodised or mineral water. When you empty a mineral water bottle, crush it up before discarding it. This is to prevent people from collecting empties, putting untreated water in, resealing them and selling them as mineral water. Check what sort of water is used to make ice cubes / rinse salads and avoid the small street vendors selling food. Do not drink from lakes, rivers, streams or waterfalls.

If in Pokhara, we recommend you do not swim in Lake Fewa Tal. Also be aware whether you are in tropical or sub-tropical locations of the need to avoid becoming dehydrated. Have a ready supply of mineral water. If you want it cold, ask for 'Mineral water, cheezu'.

Clothing & Equipment

Comprehensive details on this and other aspects of visiting Nepal can be found in the Lonely Planet guide to Nepal. It may be useful to take a small powerful torch in case of load shedding (varies by season). The guide also has advice on cultural mores, activities in your own time, transport and accommodation etc.

Other Considerations

The Mountain Trust is a member of the Humanitarian Centre, Cambridge, UK. The Humanitarian Centre runs regular short courses for Volunteers planning to work in the 'Developing World' in Cambridge. These are highly valuable and offer the opportunity to make considerably more of the experience than might ordinarily be expected. We strongly recommend that you attend one or more if at all possible. See:

<http://www.humanitariancentre.org/hub/public/training.htm>

and <http://www.humanitariancentre.org/hub/public/volunteer%20opportunities.htm>

Key Contacts – Nepal

Prakash Pant Kathmandu Arranges airport collections & transfers, accommodation, internal flights & tours. He charges commercial rates but we have found him to be reliable.

Logistics Suyog Travels & Tours Pvt Ltd.
Thamel, Kathmandu, Nepal.
Tel. [+ 977] (0) 1 – 4212169
Fax [+ 977] (0) 1 – 4212169
Mob [+ 977] 9841 618454 / 9841 528834
Email prakashpant@hotmail.com

Kisan Gurung Pokhara Part-time, MT Pokhara Office.
Oversees the daily running of MT in Nepal, assists with the logistics of Interns working in the field, collates papers for accounts, student sponsorships, etc.
Administrator MT Nepal He is your first port of call in Nepal. He is supported by Bandana (see below).

The Mountain Trust
Barahi Path, Lakeside, Pokhara, Nepal.
Tel. (Office) [+ 977] (0) 61 462256
Mob. [+ 977] 9856 028597
Email kgb@mountain-trust.org

Bandana Adhikari Pokhara Full-time, MT Pokhara Office. Assists with Interns' logistics, runs MT Pokhara Office under guidance of Kisan Gurung (see above), keeps accounts etc. If she can't answer your questions, she should be able to point you towards whoever is best placed to answer.

Administrative Assistant MT Nepal

The Mountain Trust
Barahi Path, Lakeside, Pokhara, Nepal.
Tel. (Office) [+ 977] (0) 61 462256
Mob. [+977] 9846 049246
Email info@mountain-trust.org

Sandyha Paudel	Pokhara	Advises on how we work with other NGOs / organisations in Nepal. Advises and supports Interns working on safer motherhood, family planning & other gender-related issues. Oversees student sponsorship programme and advises on strategic planning.
Secretary MT Nepal	The Mountain Trust Barahi Path, Lakeside, Pokhara, Nepal Tel. (Office) [+ 977] (0) 61 462256 Email only1sandyha@gmail.com	
Biplab Paudel	Pokhara	Helps shape strategic direction of the Trust. Political adviser with close contacts to political leaders including several recent prime ministers. He is very busy but can help in a genuine emergency.
President MT Nepal	Hotel Barahi Barahi Path, Lakeside, Pokhara, Nepal Tel. [+ 977] (0) 61 463526 / 460617 Mob [+977] 9856 020320 Email info@barahi.com	
Yogendra Thapa	Kathmandu	Deals with Ministries and red tape in Kathmandu. Advises on strategic planning. He should be contacted only on the advice of MT UK.
Vice President MT Nepal	Tel. (+977) (0) 1 4429820 Mob (+977) 9851 020204 yogekitipur@gmail.com	
Dr Iype Cherian	Bharatpur	Helps the Trust with Medical Interns (surgical / non-surgical) and organising their placements. He also advises on high altitude genetic research into Hypoxia. As the Head of Neurosurgery, he is extremely busy and should only be contacted on the advice of MT UK.
Fellow of The Mountain Trust	Mob [+ 977] 97261 41725 Email driypecherian@gmail.com	
The British Embassy	Kathmandu PO Box 106, Lainchaur, Kathmandu Tel [+ 977] (0) 1 4410583 / 4411281 / 4414588 / 4411590 Mob [+977] 985 103 7231 Email bekathmandu@fco.gov.uk	In case of emergency for UK citizens

Directions to our UK Office

Please ensure you have an appointment rather than turning up 'on spec'.

We are located about 2 miles south of Cambridge.

By bus from Cambridge:

Take the City 7 from Drummer Street and get off at Great Shelford Post Office. Facing the Post Office, take the gravel driveway immediately on the left hand side, between it and the yellow brick Victorian house (bang opposite the bus shelter on the other side of the road). We are the first cottage (which is pink) at the end of the 100 yard laneway. If you get stuck simply stay at the Post Office and ring 01223 844204 / 07734 731280 and I'll find you.

By rail:

Some trains running between Cambridge & London Liverpool St stop at Great Shelford. On exiting the station, turn right. At the traffic lights, turn right. Proceed for an approx 10 min walk to the Post Office on the right (see above for finding us from the PO).

By bike:

You can cycle from Cambridge to Shelford via several routes. One is along Trumpington Street towards the M11. Turn left to Shelford just before in Trumpington and follow the road into Gt Shelford. You'll pass a Saab garage on your right, a BMW garage on your left followed by Scotsdales Garden Centre (also on left), then over a bridge, passing a Sofa Shop (left) and the PO is approx 1000 metres further on the left. There is a bicycle pathway from Addenbrooke's Hospital to Gt Shelford. At the level crossing, turn right onto the road, over the crossing and then left at the T junction (Sofa & Co is on the left hand corner). The PO is approx 1000 metres on the left.

If you are coming by car, parking is tight so better to park either on the roadside or in the bank car park nearly opposite.

For Maps, please see: <http://www.multimap.com/s/u40KwW3F> & <http://www.multimap.com/s/u88O0W3B>

Past & Present Volunteers & Interns

What follows, in no particular order, is a list of recent and current Volunteers, Interns and Fellows working with the Trust in the UK and or in Nepal.

Applicants do not require formal qualifications – merely some knowledge and skills to offer to a society (only half of whom can read and write).

Interns have included (again in no particular order) British, French, Singaporean, Indian, Greek, Japanese, Iranian and many other nationals – joining in common cause to right some of the global wrongs besetting the Nepali people – and to bring cheer to people at the severest end of global economic forces. Working together we are already proving we are considerably greater than the sum of our parts.

Dr Fraz Mir	Consultant Physician, Addenbrooke's Hospital, Cambridge, UK. Medical exchanges between Manipal Hospital, Nepal & Addenbrooke's. Fellow of the Mountain Trust.
Lesley Wood	Perioperative Care Nurse, Addenbrooke's Hospital, Cambridge, UK. Advising Manipal Hospital & building bridges with Addenbrooke's Abroad etc..
Dr Iype Cherian	Head of Neurosurgery, Manipal Hospital, Pokhara, Nepal. Building bridges with neuro-centres and academics in the UK, HK etc. Fellow of the Mountain Trust
Rhiannon Evans	Medical Undergraduate, Cambridge University, UK. Riverbed diagnoses, health & hygiene etc., & shadowing Dr Cherian in Nepal.
Dana Khoriaty	Medical Undergraduate, Cambridge University, UK. Riverbed diagnoses, health & hygiene etc., & shadowing Dr Cherian in Nepal.
Richard Boyd	Engineering Undergraduate, Cambridge University, UK. Investigating links between water filtration, diet etc. and kidney stones in Nepal.
Alex Papataniou	Film Studies Undergraduate, Anglia Ruskin University, Cambridge, UK. Filming Mountain Trust documentary in Nepal.
Narayan O'Halloran	Media Studies Undergraduate, Cambridgeshire Regional College, UK. Filming Mountain Trust documentary in Nepal.
Sam Palmer	Film Studies Graduate, University College, Falmouth, UK. Editing Mountain Trust documentary in the UK.
Rosie Crawley	Social Anthropology Undergraduate, Brunel University, UK. Collecting SLC pass rate data in Nepal to evaluate Radio Guru pilot project.
Lana Whittaker	Geography Undergraduate, Cambridge University, UK. Member of the Radio Guru research team in Nepal 2010.
Sam Beh	Economics Undergraduate, Cambridge University, UK.

	Research on privatising Nepal Airlines, & shadowing MT in the UK.
Teh Tian Huey	Economics Undergraduate, Cambridge University, UK. Shadowing MT Chairman in the UK & auditing policy making.
Rhiannon Jones	Medical Undergraduate, Cambridge University, UK. River bed diagnoses & treatment, Shadowing Dr Cherian & Maternity scripting.
Arisa Harada	Medical Undergraduate, Cambridge University, UK. River bed diagnoses & treatment, Shadowing Dr Cherian & Maternity scripting.
Nick Beall	Politics Undergraduate, Southampton University, UK. Pilot surveying for Radio Guru evaluation of School on Air programme in Nepal.
Mark Chivers	Photographer, London, UK. Photography in Nepal for Mountain Trust literature & publicity.
Yen-Chung Chen	Sociology MPhil, Cambridge University, UK. Statistical analyses of data on SLC pass rates, based in the UK.
Stephanie Ko	Medical Undergraduate, Cambridge University & V Pres Healthcare Expeditions Int'l Piloting plans to send groups of medical volunteers to Nepal, UK & Nepal-based.
Richard Alston	Computer Consultant, Cambridge, UK. Advised on specialised ICT system project at Manipal Hospital, Nepal. Honorary Trustee.
Zohra Khaku	MBA, Judge Business School, Cambridge University, UK. Drafting a funding pitch for Radio Guru. UK based.
Yi-Ning (Elaine) Chen	MBA, Judge Business School, Cambridge University, UK. Drafting a funding pitch for Radio Guru. UK based.
Simon Milward	MBA, Judge Business School, Cambridge University, UK. Drafting a funding pitch for Radio Guru. UK based.
Mao Mao	MBA, Judge Business School, Cambridge University, UK. Drafting a funding pitch for Radio Guru. UK based.
David Charles	Languages Undergraduate, Cambridge University, UK. Member of the Radio Guru research team in Nepal 2010.
Catriona Stephen	MPhil, Classics, Cambridge University, UK. Member of the Radio Guru research team in Nepal 2010 & riverbed education.
Lottie Field	Archaeology & Anthropology, Cambridge University, UK. Member of the Radio Guru research team in Nepal 2010.
Mingwei Tan	Medical & Veterinary Undergraduate, Cambridge University, UK. River bed diagnoses & treatment & shadowing Dr Cherian in Nepal. Dr Cherian named a new trauma neurosurgical technique after her.
Pippa Moss	Economics Undergraduate, Cambridge University, UK. Member of the Radio Guru research team in Nepal 2010, Airport analysis.
Natasha M-Brown	Government Undergraduate, Essex University, UK. Journalism Internship with the Himalayan Times, Kathmandu.
Rachel Johnson	Photography Graduate, London University, UK. Photographic Journalism Internship with Nepal Traveller Magazine, Kathmandu.
Charles Deroyan	Engineering Undergraduate, Ecole des Mines, Paris, France. Developing innovative, low cost & low tech clean water sterilising in Nepal.
Freddy Rubinos	Engineering Undergraduate, Ecole des Mines, Paris, France.

Developing innovative, low cost & low tech clean water sterilising in Nepal.

Jiten Mistry	Medical undergraduate, Nottingham University, UK. Health Camps.
Kanti Mistry	Retired Pharmacist, UK. Health Camps
Emma Rodulson-Ellis	BGL Group, UK. Fund raising
Stephen Peacock	BGL Group, UK Fund raising Honorary Trustee
Jo Addington	BGL Group, UK Fund raising
Darren Pardon	BGL Group, UK Fund raising
Tariq Hashan	BGL Group, UK Fund raising
Cian Murphey	BGL Group, UK Fund raising
Sean Cox	Medical postgraduate, Nottingham, UK. Research into Hypoxia & DNA at high altitude in Nepal for use in intensive care.
Melanie Ishak	Medical undergrad, UCL, UK Research into Hypoxia & DNA at high altitude in Nepal for use in intensive care.
Caroline Allfrey	Doctor, UCL, UK Research into Hypoxia & DNA at high altitude in Nepal for use in intensive care.
Cansu Mamureki	Doctor, UCL, UK Research into Hypoxia & DNA at high altitude in Nepal for use in intensive care.
Barbara O'Donnell	Doctor, Whittington Hospital, UK Research into Hypoxia & DNA at high altitude in Nepal for use in intensive care.
Eben Jones	Medical undergrad, Gonville & Caius, Cambridge, UK. Research into Hypoxia & DNA at high altitude in Nepal for use in intensive care.
Tom Searle	Medical undergrad, Gonville & Ciaus, Cambridge, UK. Research into Hypoxia & DNA at high altitude in Nepal for use in intensive care.
Helen Denyer	Gap year prior to Cambridge Fundraising in UK & Radio Guru Research.