**Nepal Trip Reflection**

Name:

The Asha Project would like you to tell your story about your service trip to Nepal to better prepare for future projects and keep our audience updated on our accomplishments. We ask that you take a few minutes to tell us your story, so that we can share it!

Below are some ideas of things that you could write about, but feel free to write anything and everything about your experience. Aim for 200-300 words on the next page. (That’s about 2 or 3 paragraphs).

* What was the highlight of the trip for you?

One unique highlight of the trip was when we arrived at a school about an hour outside of Pokhara to distribute forty some-odd bags of school supplies. The children looked weary as we sat in the hot sun for hours but after giving each of them supplies they seemed to perk up one by one just as did their parents as they watched. A nice ceremony was done to hand the children the supplies which made it feel like an even more special time. Each school was different in how they held these ceremonies and gave out the supplies but they were all so grateful and happy that we were there to help. These types of moments resonated within me as we made our stops to different service opportunities.

* Did you meet anyone who intrigued you or left a strong impression on you, and why?

Each part of the trip had its own flavor yet there was one thing we could always count on: an overwhelming kindness and helpfulness orchestrated by Sujan Regmi. Without his continued support and his attention to detail I do not believe that this trip would have been possible. From orchestrating where we ate to getting someone to help me get to the Catholic church on Sunday afternoon, Sujan did everything with joy. I am extremely grateful to call him, and all the Rotaractors that I met over the course of the trip, my friends.

* How do you feel this trip has met its goals or set up future trips to further these efforts?

The goals of the trip were met and exceeded all expectations. However, we did enjoy helping in construction late in the trip for a few hours to give everyone working a break.

* What was the most memorable portion of the trip to you and why? If you have images, please feel free to share them.

The most memorable portion of our trip was our time in Pokhara. They were extremely welcoming and very organized in helping us get where we needed to go. Throughout or time there we went to different schools, conferences and sightseeing which were all amazing.

* Please share how you think the efforts of the trip made an impact on the local community’s lives and futures.

Not only do I think the physical supplies we brought over will help the community but also the positive helpfulness that we showed may sow longer/ lasting effects. Perhaps after seeing us come over and help the community will have something to bind to and create a positive supporting environment for the students through the supplies and positive nature of the trip.

* Any additional comments, stories, suggestions, anecdotes, etc?

Another moment that has impacted me happened just after we ate at a wonderful resort a generous Rotary member hosted. After we ate we had to go outside the resort to wait for a bus. So close to what seemed like paradise yet the area we stepped into was nothing less than the slums. We sat down and began waiting for the bus and occasionally snapped some pictures of the people around us. Two young girls began to fill around 20 empty liters full of water. After a few moments I joined in and began helping them. The one aspect of this act of kindness was that there was no formal thank you’s, no picture taking, no formal ceremony ( which were all good and healthy); just a human helping another human. This moment was why I went on the trip; I have found that on this trip the informal acts of kindness not recognized by all seemed to be the most impactful moments in my own life.