



Give Meaningful Gifts This Christmas

Foundation Nepal gifts are a great way to help people living in extreme poverty and give your family, friends and colleagues wonderful gifts. Our gifts will be shortly available to buy all year round at www.foundation-nepal.org/gifts

Buying your gift is easy. Here's how it works:

- (1) Choose your gifts
- (2) Complete the form on the reverse and return it to us with your payment by 17 December
- (3) You receive a card and a gift voucher to give to you family or friends, telling them about their gift
- (4) Your gift directly helps families in Nepal living in chronic poverty



€6 - Christmas Cards designed by Foundation Nepal

Pack of 10 Foundation Nepal Christmas cards printed on heavy recycled paper featuring a photograph from Nepal. Card size: 10.5cm x 14.8cm. Front greeting: "Season's Greetings". Inside greeting: "Season's Greeting and Best Wishes for the New Year".



€25 - Micro-finance training for women

Help set up a savings and credit group by training women on how to run and manage a micro-finance group, and supplying seed capital for micro-loans. The cost per member is €25.



€6 - Christmas Cards designed by students from Coláiste Iognáid School ('the Jes') in Galway

Pack of 10 Foundation Nepal Christmas cards printed on heavy recycled paper featuring a piece of art work by a student from Coláiste Iognáid School ('the Jes') in Galway. Card size: 10.5cm x 14.8cm. Front greeting: "Merry Christmas". Inside greeting: "Season's Greetings and Best Wishes for the New Year".



€50 - Food production/micro-business support

Help a family improve food production and earn a cash income through vegetable growing and poultry rearing programmes. This cost includes greenhouse materials, chicks, training programmes, and improved seed varieties for the main staple crops such as maize, which give up to 60% higher yields. €50 supports one family for a year.



€10 - Educational materials

Send three children off to school with copybooks, pens etc.



€70 - Women's literacy

Teach one woman to read and write by giving her literacy training for a year.



€15 - Maternity healthcare package

Provide one woman with an ante-natal check-up, a supervised home delivery of the baby and a post-natal check-up.



€500 - Advanced skills training

Give a woman advanced skills training to enable her to earn a cash income to support herself and her family for many years to come. This covers a six-month course, and the woman's food and board for this time (we need to send women out of Humla district to avail of this kind of training).



€20 - Healthcare

Provide six people with a health check-up and medication.

Gift Order Form

Step 1: Select your gifts

| | Cost per item | Quantity | Subtotal |
|--|------------------|----------|---------------|
| 10 Cards designed by Foundation Nepal | €6 | | |
| 10 Cards designed by Coláiste Iognáid School | €6 | | |
| Educational materials | €10 | | |
| Maternity healthcare package | €15 | | |
| Healthcare | €20 | | |
| Micro-finance training | €25 | | |
| Food production/micro-business support | €50 | | |
| Women's literacy | €70 | | |
| Advanced skills training | €500 | | |
| POSTAGE - Please add €1 per pack of cards | | | |
| | | | TOTAL € |

Step 2: Enter your contact details

Name:

Address:

Telephone:

Email:

If you would prefer not to receive occasional updates on our work via post, please tick here

If you would prefer not to receive occasional updates on our work via email, please tick here

Step 3: Return this completed form to Foundation Nepal, 3 New Road, Galway with a cheque, postal order or bank draft made payable to Foundation Nepal.

Donate

We have a lot of ongoing programme costs to cover for 2010 and many new projects that we hope to get up and running. If you would like to make a general donation or support our projects listed below, we would be very grateful. Please enter your contact details above and select which project you would like to support.

I wish to donate €..... towards:

- Where it is needed most
- Food production, micro finance and micro-business
- Healthcare and Maternity services
- Education

Sign up for a Monthly Direct Debit

Direct debits help us plan ahead and develop long-term programmes. Sign up at www.foundation-nepal.org/directdebit or contact us for a form.