



Trek Relief

2023

ANNUAL
REPORT

TREKRELIEF.ORG

Photo credit: Blams

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On our second day of our trek in Patagonia, a radiant sunrise over private lands near the Patagonia National Park promised a day of adventure and connection in nature. March 2023.

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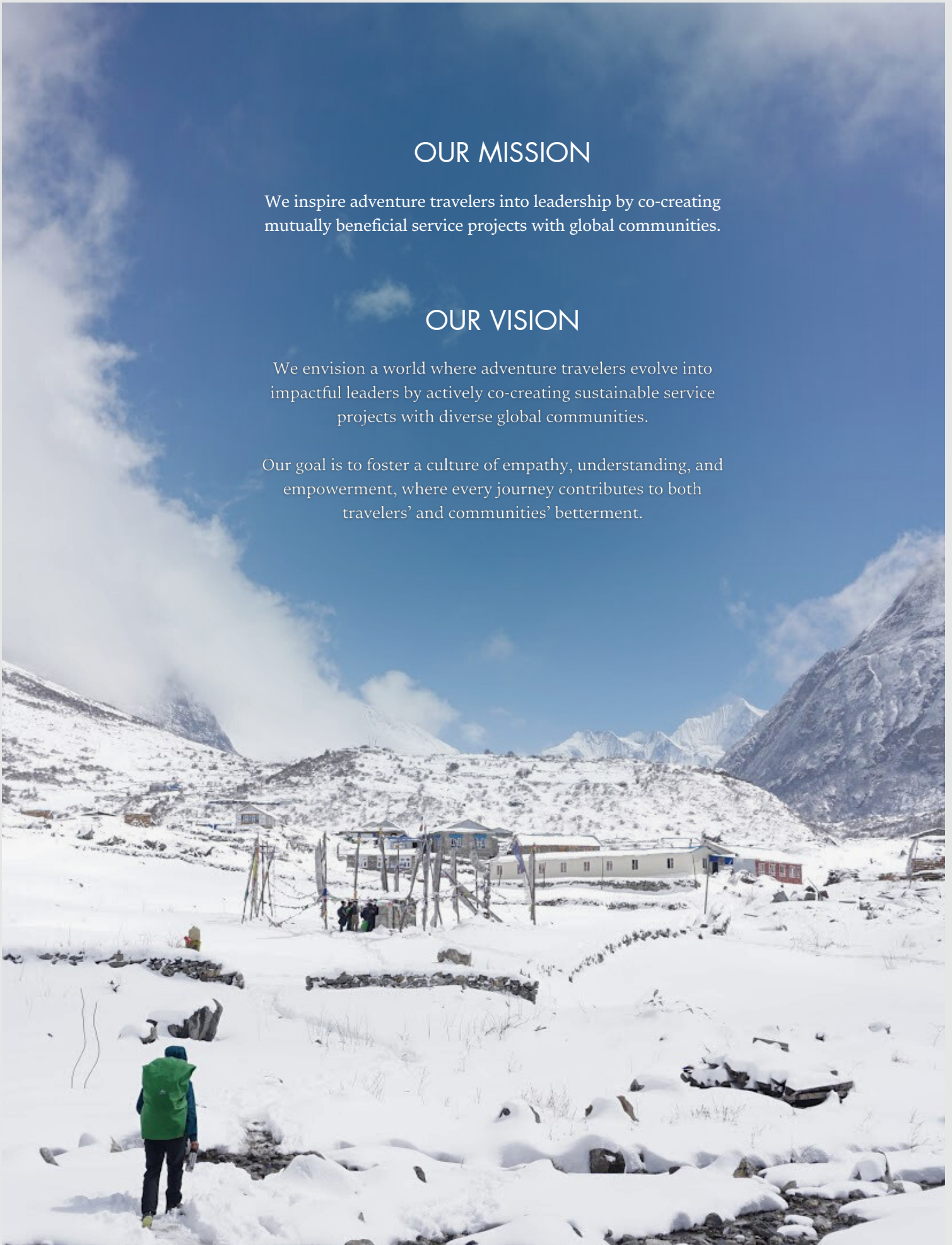
OUR MISSION

We inspire adventure travelers into leadership by co-creating mutually beneficial service projects with global communities.

OUR VISION

We envision a world where adventure travelers evolve into impactful leaders by actively co-creating sustainable service projects with diverse global communities.

Our goal is to foster a culture of empathy, understanding, and empowerment, where every journey contributes to both travelers' and communities' betterment.



Where Trek Relief's story began: our Nepal group paused for a respectful moment of silence at the Langtang Valley earthquake memorial. March 2017.

YEAR IN REVIEW

DEAR FRIENDS, SUPPORTERS, AND ADVENTURERS,

2023 has been a transformative year for Trek Relief, and it's all thanks to your steadfast support. This year, we've ventured into the breathtaking landscapes of Patagonia, trekked through the heart of Nepal, launched our dream initiative in Peru, and rejuvenated our Mongolia program. These journeys have not only expanded our world but have also deepened our connections with a tapestry of cultures and communities around the globe. Welcoming inspiring Trip Leaders and Program Creators into our fold has been a pinnacle of achievement, embodying our ethos of leadership, adventure, and community engagement.

This year marked a pivotal evolution for Trek Relief as we shifted from a service-based model of organizing trips to a platform-based approach, empowering travelers with the tools to lead their own fundraising adventures. This strategic transformation is a cornerstone in our mission, amplifying our impact and championing the spirit of empowerment and philanthropy among adventurers worldwide.

As we gaze into the horizon, our excitement burgeons for the adventures that lie ahead. Together, with your unwavering support, we're set to discover new frontiers, enhance our initiatives, and nurture a growing legion of leaders in the realm of adventure philanthropy. Your role in this journey is immeasurable. Thank you for being the bedrock of our community. Here's to the boundless adventures 2024 holds and the countless stories we've yet to write.

With deepest appreciation,



CHIEF VISION & INSPIRATION OFFICER
TREK RELIEF FOUNDER



Trek Relief

PRESIDENT & CHAIR

CHI NGUYEN

VICE PRESIDENT

DR. ROB WILLIAMS

TREASURER

CHARLES DAL COROBBO

SECRETARY

WENDY MEEK

FUNDRAISING CHAIR

JAY HUMPHREY

OUTREACH CHAIR

STEVEN WONG

CHIEF VISION & INSPIRATION OFFICER

CANDICE YOUNG

CHIEF INTEGRATION & IMPACT OFFICER

SARAH NGUYEN

DIRECTOR EMERITUS

WILLIAM WEBER

DIRECTOR EMERITUS

ELLEN HO

DIRECTOR EMERITUS

LAURA RIEGE

ADDITIONAL THANKS TO

SEBASTIAN ARRIAGADA, RYAN LIM, TIFFANY CHAI, DEBORAH DONG, CHARLES LIU, ANDREA TSENG, DAN HALU, SANDIE VU, & OUR EXCEPTIONAL VOLUNTEERS

PHOTO CREDITS

CHRISTINE PHAMS, CANDICE YOUNG, BELINDA MAN, GREG CHU, YAHYA MOURAD, CRISTIAN WEBER, MICHELLE ANDERSON, BEN WOODARD, & KAYLA MANNING.



PROGRAM DIRECTORS



CANDICE YOUNG, NEPAL

After witnessing the devastating aftermath in Nepal's Langtang Valley in 2016, Candice was moved to start fundraising efforts, merging her passion for adventure, travel, and philanthropy. This journey of compassion and connection inspired her to establish Trek Relief as a nonprofit, finding profound purpose and meaning in applying its fundraising model towards impactful global initiatives.



SARAH NGUYEN, PATAGONIA

An experienced systems engineer from Canada and the US, Sarah found her calling with Trek Relief, where she now leverages her technical expertise to enhance the organization's operations and supporting systems. A co-founder of the Patagonia program alongside Sebastián and a resident of the region, Sarah has led treks in Nepal, Mongolia, and Patagonia, embodying her passion for long-distance trekking and sustainable ecology.



SEBASTIÁN ARRIAGADA, PATAGONIA

Sebastián, an environmental lawyer from Santiago, Chile, brings his visionary passion for preserving ecology to the forefront of Chile's efforts. His pivotal role in establishing our recycling point, organic garden, and integrative education in Patagonia's Aysén region has been instrumental in enriching the community's connection to sustainable development practices.



Our Nepal trekkers and local Solukhumbu community members join hands over three transformative days to construct greenhouses in the lower Everest region, fostering growth and unity in every frame. November 2023.

“

“I like the ongoing relationship Trek Relief has invested with the locals. This level of trust and preparation created a great way for both parties to get the ball rolling.” — Ocean Zhang

Trek Relief embodies a distinctive blend of travel, leadership, and community partnership, distinguishing itself in the realm of philanthropic adventure. By providing an avenue to transform adventurous travelers into dynamic leaders, it cultivates significant partnerships with local organizations and communities, directly addressing the challenges these communities identify as their own.

At the nexus of adventure and altruism, Trek Relief transcends the typical guided tour experience. Participants engage in a deep connection with both the landscapes traversed and the inhabitants of these regions, ensuring every expedition contributes to mutual growth and understanding.

Each journey undertaken with Trek Relief transcends mere exploration; it's an invitation to join a narrative that extends well beyond conventional tourism. Participants emerge as fundraisers, visionaries, and crucial allies in the prosperity of global communities.

From supporting restoration initiatives in Nepal to promoting sustainable agriculture in Patagonia, each step taken is a pledge towards hope and communal well-being. Crafted through authentic local connections and characterized by small, intimate teams, Trek Relief fosters a tight-knit community atmosphere where leadership is cultivated in a spirit of togetherness, setting it apart through meaningful and enduring impacts.

WILL YOU BE THE NEXT TO JOIN OUR GLOBAL FAMILY AND
LEAVE A TRAIL OF TRANSFORMATION?

THE STORY BEHIND OUR PATAGONIA PROGRAM

HIGHLIGHTING SARAH NGUYEN

PHOTO TAKEN AT HUERTA VERDE ESPERANZA, VILLA CERRO CASTILLO, PATAGONIA

In the heart of the newly minted Patagonia National Park, under the shelter of a modest hut, Sarah Nguyen found herself sharing a meal and dreams with Sebastián Arriagada, an environmental lawyer visiting from Santiago, Chile. It was March 2019, and Sarah, hailing from Seattle, USA, had ventured together with Dr. Rob Williams, Trek Relief's Vice President, into the Aysén region of Chilean Patagonia, drawn by its raw beauty and the stories of its people. This encounter, fueled by a shared passion for conservation and community empowerment, sparked the beginning of what would become Trek Relief's Patagonia program.

Together, Sarah and Sebastián embarked on a journey of discovery, weaving through the village of Villa Cerro Castillo, a place where the beauty of untouched nature and rising rock climbing culture met the challenges of growing tourism and environmental conservation. They saw an opportunity not just to explore but to make a meaningful difference. Engaging with local changemakers, they envisioned a project that would harness the power of voluntourism to support sustainable development and environmental stewardship.

This vision quickly turned into action, launching their first project in March 2020, just as the world was on the brink of a global pandemic. The timing was serendipitous, allowing Sarah to settle in the region and deepen her commitment to the community and its future.



Sarah spent the first three pandemic years immersing herself in deep Patagonia, advancing our project and connections while embracing the principles of permaculture and a self-sufficient localized lifestyle, which serve as the foundation of our garden project. March 2022.

Since its inception, our Patagonia program has achieved remarkable accomplishments. It has welcomed 18 donors who have not only provided funds but also engaged hands-on in volunteer work, immersing themselves in Patagonian culture and practices of sustainable living. Locally recognized by Patagonia Inc.'s Chilean chapter, it has also been awarded a large grant from the company to support next efforts. The program has led to the creation of the "Punto Limpio" for recyclable materials and the "Verde Esperanza" organic garden, complete with a greenhouse and compost bins, with plans for a new outdoor classroom. These initiatives have fostered a closer connection between the community and its environment, promoting zero waste, agroecology, and ecological lifestyles.

Moreover, the program has empowered local residents, including hiring and training a gardener to educate students and community members on sustainable practices. The tangible results of their efforts—increased nutrition and quality of life for residents, enriched soil, and the cultivation of biodiversity—stand as a testament to what can be achieved when individuals with a vision come together to make a difference.

Sarah's story, from a chance meeting under a Patagonian hut to the flourishing projects that now benefit the local community, illustrates the profound impact that passionate individuals and collaborative efforts can have on the world. Trek Relief's Patagonia program is a shining example of how travel and philanthropy can intersect to create lasting change, one adventure at a time.



After two days of improving the greenhouse, caring for the garden, and hosting workshops with students and the local community, our Patagonia trekkers are excited to present Trek Relief's sustainability project in Patagonia. March 2023.

PROGRAM METRICS

2016-2023

TRIPS
RUN

22

PROJECTS
IMPLEMENTED

7

COUNTRIES
IMPACTED

3

FUNDRAISING /
DONATING TRAVELERS

165

TRIP
LEADERS

6

PROGRAM
DIRECTORS

3



Julia Roca, a participant in our 2023 Nepal journey, takes a moment to soak in the breathtaking vistas as she ascends the majestic lower Everest mountain range. November 2023.

GLOBAL IMPACT

2016-2023

Working with our global partners, we have achieved:

NEPAL

Langtang
Management &
Reconstruction
Committee

The Small World
Nepal

5000

EMERGENCY HOT MEALS
PROVIDED DURING THE
PANDEMIC

70

GREENHOUSES FUNDED
& BUILT IN SOLUKHUMBU

1150

POUNDS OF BOOKS
DELIVERED TO SCHOOLS
AND ORPHANAGES

4

HEALTH CENTERS
EQUIPPED IN
SOLUKHUMBU

69

TEAHOUSES REBUILT
IN LANGTANG
VALLEY

1

SCHOOL RUBBLED &
REBUILT IN
LANGTANG VALLEY

MONGOLIA

Rotary Club of
Ulaanbaatar
Khangarid

4900

LITERS OF TRASH
COLLECTED WITH YOUTH

50

NATIVE TREES
PLANTED

4

NATIONAL PARK
TRASH POINTS
INSTALLED

PATAGONIA

Fundación Renoval

Alma Verde
Permacultura

6

COMMUNITY
WORKSHOPS HOSTED

1

ORGANIC GARDEN &
GREENHOUSE BUILT

1

OUTDOOR
CLASSROOM BUILT

2023 HIGHLIGHTS

PATAGONIA'S ECOLOGICAL REVOLUTION



*After pitching their tents, Kayla Manning and Thao Truong bask in the golden hour, eagerly anticipating a warm meal by the fire.
March 2023.*

Since its launch in 2020, Trek Relief's Patagonia program has made significant progress in sustainable ecology and community education as a means of environmental stewardship.

Here's a concise overview of our 2023 achievements:

INFRASTRUCTURE IMPROVEMENTS

- Construction of:
 - an enclosed fence for protection
 - an outdoor platform for gatherings
 - a greenhouse ramp for accessibility
 - raised garden bed boxes for separating growth

EDUCATIONAL WORKSHOPS

- Identification of native plants and preparation for traditional medicinal use
- Large-scale composting of food scraps and manure
- Cultivated seed collection and storage

COMMUNITY ENGAGEMENT

- Engaged 12 participants, including 2 donors and 3 employees.
- Fostered community involvement in project activities and workshops.
- Officially acknowledged by the local governing authority *Municipalidad de Río Ibáñez*

FUTURE DIRECTIONS AND IMPORTANCE

The Patagonia program is growing, showcasing our dedication to:

- Advocating for sustainable practices and environmental care.
- Strengthening self-sufficiency, food sovereignty, and local economy.
- Empowering sacred ecology and natural lifestyles.

Trek Relief's work in Patagonia showcases the power of combining environmental education with community involvement, laying the groundwork for sustainable development and conservation in the area, with a nod from community leaders to expand to other parts of the region.



From a workshop on medicinal plants led by local expert Samuel that enlightens our students and community, to Gardener Maria “Antu” and Program Director Sarah admiring the thriving crops in our greenhouse after two years, and the pure happiness of our hikers under a stunning Patagonian sunset—each instance embodies the essence of our meaningful trips.

2023 HIGHLIGHTS

ALMA VERDE'S FREE SCHOOL OF PERMACULTURE



The innovative reciprocal roof—to be insulated by sheep's wool and topped with living grass and plants—is a testament to the power of natural geometry and human-powered bioconstruction, and showcases how sustainability and architecture can merge.

Trek Relief has been supporting Alma Verde through fiscal sponsorship in building the Free School of Permaculture, a beacon for sustainable living and ecological education.

Here's a brief overview of the project's progress in 2023:

MISSION AND VISION

- Sharing knowledge of permaculture and regenerative agriculture with thousands of visitors to promote a sustainable lifestyle.
- Launch the Free School in 2025 to make ecological and environmental education accessible to all community members.

COMMUNITY ENGAGEMENT

- Cultivated a diverse volunteer network, incorporating global companions and skilled locals.
- Enriched volunteer involvement by collaborating with a talented chef focusing on local, organic, and artisanal ingredients.

INFRASTRUCTURE DEVELOPMENT

- Began building a circular classroom with a 26-foot diameter using bioconstruction techniques and primarily natural materials.
- Reached a major achievement with the completion of the reciprocal roof structure, raised without machinery.

FISCAL SPONSORSHIP AND FUNDING

- Trek Relief is facilitating fundraising, providing US tax-deductible receipts for donations.
- Target: \$50,000 USD budget to fund materials, labor, and classroom furnishing through May 2025.

FUTURE DIRECTIONS AND IMPORTANCE

The Free School of Permaculture is crucial for:

- Making permaculture knowledge accessible for ecological, economical, and sustainable living every day.
- Establishing a space for learning and contemplation, particularly for local youth and community members.
- Demonstrating how community, education, and sustainable practices can nurture a harmonious bond with our environment in our daily choices.



From gathering 350kg of community-donated wool to constructing an eco-friendly classroom and celebrating with our builders, the Alma Verde team embodies the principles of bioconstruction and community support.

2023 HIGHLIGHTS

NEPAL'S SEEDS OF HOPE

The "Seeds of Hope" program in Nepal has made significant progress in sustainable agriculture and women empowerment.

Through this trip, Trek Relief was able to provide physical and financial support to the Seeds of Hope program.

Working with our partners at The Small World, we helped empower farmers to build climate resilient food systems, ensured consistent food availability in the face of climate challenges, empowered women through agricultural training and support, and strengthened community bonds and leadership skills with our participants.



Up and coming Trip Leader Julia shares laughter and a dance with a young student after we delivered donated books to their school.

KEY CONTRIBUTIONS

- Donation of \$6,750 to The Small World.
- Support provided to over 60 families with seeds and greenhouse materials.
- Delivery of 250 lbs of children's books to educational institutions.

AGRICULTURAL AND ECONOMIC IMPACT

- Successful harvests of beans, cabbage, carrots, and tomatoes
- Provision of advanced agricultural training to promote more productive farming.

COMMUNITY EMPOWERMENT

- Formation of women's groups for support and leadership.
- Inspired 3 Trip Leaders and 2 Program Creators for future initiatives.



Tika Maya Magar's rise to District Coordinator for Solukhumbu, propelled by Seeds of Hope's women empowerment program, showcases the transformative power of dedicated leadership in action.

FUTURE COMMITMENT

Continuing our partnership with The Small World in 2024, our efforts will not only support the Seeds of Hope program but also launch a new initiative to rebuild homes in Jajarkot in response to the November 2023 earthquake.

OUR EFFORTS UNDERSCORE THE IMPORTANCE OF:

- Enhancing climate resilience and ensuring food security.
- Empowering communities, particularly women, to achieve self-reliance.
- Cultivating leadership and sustainable development.
- Addressing the community's most urgent needs.

PREPARING FOR 2024 PROJECT LAUNCHES PERU AND MONGOLIA



PERU

Nuestra Energía Program with Mundo Sostenible

Trek Relief is embarking on a transformative journey to southern Peru, in collaboration with Mundo Sostenible, to bring renewable energy solutions to the heart of Latin American communities.

The Nuestra Energía program focuses on installing solar energy systems in essential community facilities such as orphanages, schools, and shelters within Peru's Sacred Valley Region.

This initiative not only aims to provide sustainable energy but also to foster social and economic growth in these communities.

IMPACT

Empower communities with clean, sustainable energy, enhancing social and economic development.

EXPERIENCE

Volunteers will explore the breathtaking landscapes of Cusco and the Sacred Valley, engaging in meaningful work that leaves a lasting impact on local shelters and facilities.



MONGOLIA

Nomadic Environmental Activism

In Mongolia, a country known for its vast, untouched natural beauty and traditional nomadic lifestyles, Trek Relief is launching an initiative to address the environmental challenges posed by the introduction of plastics and lack of waste management infrastructure. This project aims to support local leaders and families in becoming conscious environmental stewards through cleanup initiatives and art-based activism.

IMPACT

Support vital environmental cleanup and activism in national parks and natural sites, educating the public on stewardship while preserving Mongolia's stunning landscapes.

EXPERIENCE

Participants will journey through Mongolia's wilderness, experiencing its rich culture and natural wonders, from ancient monasteries and sand dunes to natural hot springs, on horseback, camelback, and in all-terrain vehicles.

Both our Peru and Mongolia programs offer unique opportunities to travel with purpose, engaging in local cultures and making meaningful contributions to environmental and community initiatives.

FINANCIALS

REVENUE

2016-2023

INDIVIDUAL CONTRIBUTIONS/SUPPORT

\$402,782

CORPORATE CONTRIBUTIONS

\$114,452

CORPORATE PARTNERSHIPS

\$104

GRANT CONTRIBUTIONS/SUPPORT

\$5,000

FUNDRAISER EVENTS

\$13,882

TOTAL

\$536,220

2023

INDIVIDUAL CONTRIBUTIONS/SUPPORT

\$79,892

CORPORATE CONTRIBUTIONS

\$48,701

CORPORATE PARTNERSHIPS

\$104

TOTAL

\$128,697

FINANCIALS

EXPENSES

2016-2023

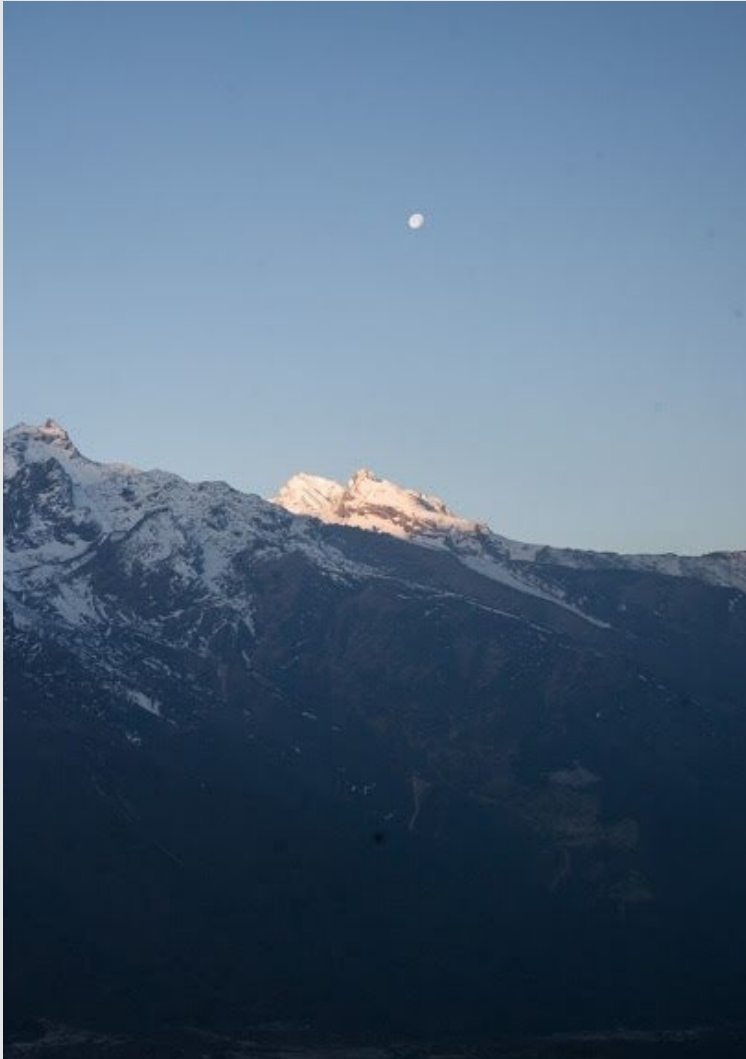
ADMINISTRATION	FUNDRAISING	PROGRAMS	TOTAL EXPENSES
\$19,176	\$32,909	\$388,112	\$440,577
4%	8%	88%	

2023

ADMINISTRATION	FUNDRAISING	PROGRAMS	TOTAL EXPENSES
\$2,894	\$2,678	\$83,852	\$89,424
3%	3%	94%	



Before the transformation: a glimpse of our school in Nepal, standing quietly, ready for the journey of rebuilding and revival.



Platinum
Transparency
2024
Candid.

At the core of Trek Relief is a dedication to compassion and worldwide understanding, guiding us in making impactful differences.

This year, with your support, we've turned obstacles into chances, building relationships and strengthening communities. Your kindness has been key to our successes, and we are truly thankful.

As we move forward, we invite you to continue this journey with us. Your ongoing support and engagement are crucial as we broaden our reach and enhance our influence. Together, we can keep making a positive impact in the world, one adventure at a time.

Thank you for being a key part of our community. Let's progress together, united in our vision and principles. Join us, and let us redefine travel for you.



TESTIMONIALS

“ It feels like I've found a community and a home with Trek Relief and I can't wait for all of the fun and adventure that is yet to come. Personally it gave me hope for the world, that people like us, who have an enormous amount of privilege, can really make a difference in other, less fortunate, people's lives

TAMERA BEDFORD, 2023 NEPAL PARTICIPANT

“Before going on this trek with Trek Relief, I had always wanted to visit Patagonia for the purpose of hiking. TrekRelief made my experience in Patagonia so much more profound than just about the hiking. They really opened up my eyes to volunteer work and what we can all do to help protect our earth. I am a changed person and I truly thank TrekRelief for that. I fell in love with the people and culture of Patagonia and was fully immersed in the beauty of volunteer work through working on the recycling project at the school in Villa Cerro Castillo. I left Patagonia feeling so inspired and empowered to pursue environmental activism and hope to pass this wonderful experience on to friends and family at home!” - Jen Hsu, 2020 Patagonia participant”

JEN HSU, 2020 PATAGONIA PARTICIPANT

“I'm so happy I decided to go on the Patagonia trip with Trek Relief because I was able to see the impact the project had on the community first hand and make connections with the people we were working with. The project was very well received by the community and we were told many times how much it was needed and how excited they were to be a part of the project and work with Trek Relief to complete it and to continue on with the work after we left. The beauty of Patagonia was transformative and made a lasting impression on me. Everyone on the Trek Relief trip was great to deal with and we all were able to build meaningful relationships and make a difference in the community. I will definitely go back and continue to support Trek Relief.”

JAY HUMPHREY, 2020 PATAGONIA PARTICIPANT

