

PENDEBA SOCIETY

Contact address:

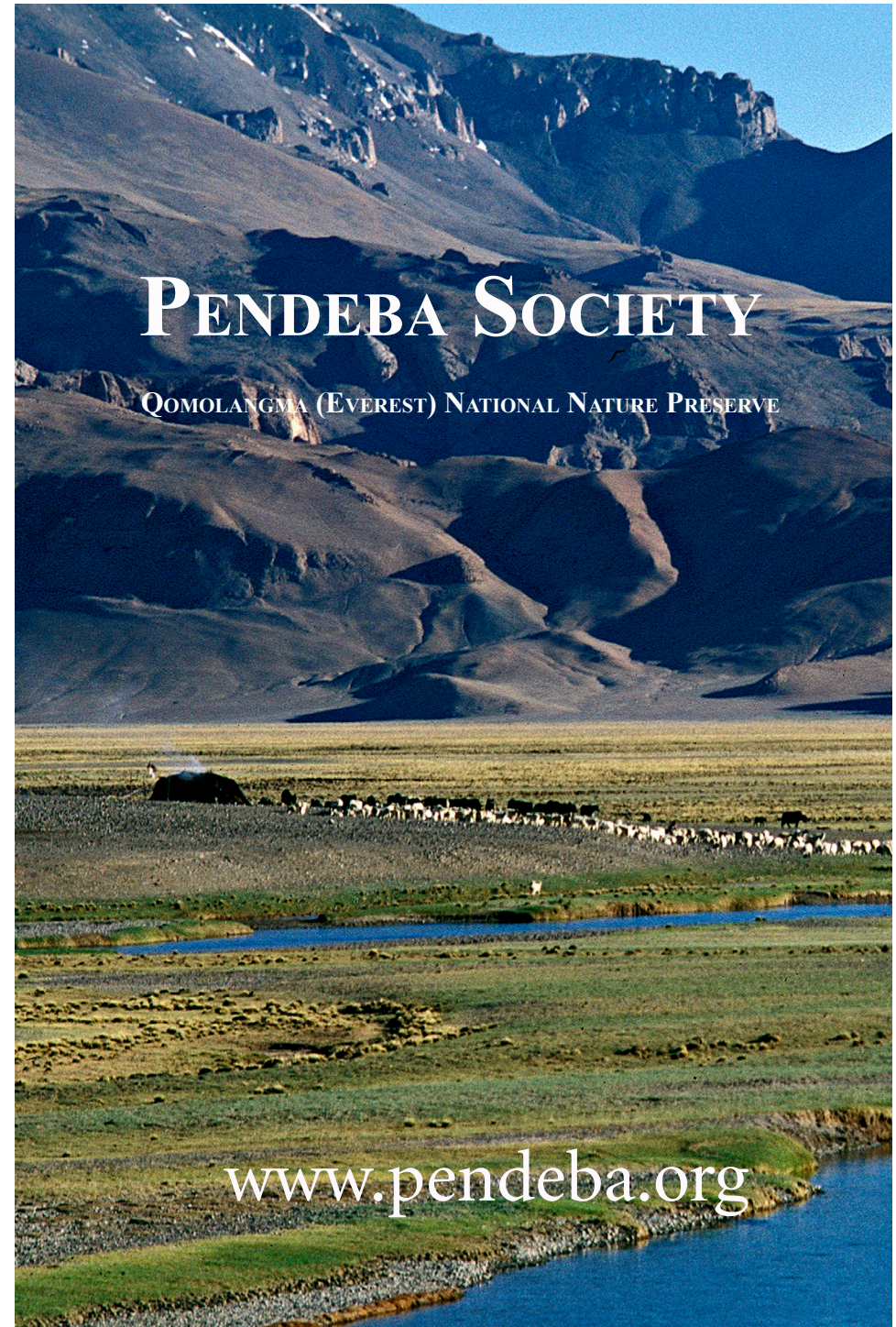
Pendebeba Training and Visitors center
Shegar Baiba Township, Dingri County
Tibet, China 858200
Phone: 139-0892-2773
Email: norbu@future.org or
tenzinpebdeba@gmail.com
Web: www.pendebeba.org

PARTNERSHIP: The Pendebeba Society invites government agencies, organizations, and individuals to partner with us to protect the natural resources, culture, and environment of the QNNP. The Pendebeba Society is registered by the Civil Affairs Bureau of the Shigatse Prefecture Government and implemented in partnership with the QNNP Management Bureau. See more details at www.pendebeba.org.

If you wish to protect nature while improving the lives of local people, contact the Pendebeba Society Training and Visitors Center or visit our website.



www.pendebeba.org



THE PENDEBA SOCIETY

Founded in 2009, the Pendeba Society of the Qomolangma (Everest) National Nature Preserve (QNNP) is a legally-registered non-profit organization in Tibet China that supports community-led development and nature conservation.

WHAT IS A PENDEBA? Pendebas, Tibetan for “workers who benefit the village,” are volunteer community service workers trained in preventative health care, eco-friendly income generation, and environmental protection. Today, more than 270 Pendebas in the QNNP help their communities solve problems, protect natural resources, improve mother and child health, and expand opportunities for income generation.

OUR PURPOSE: The Pendeba Society works with local volunteers to protect the environment and improve living conditions in the QNNP. The organization provides training and promotes projects to: improve health, establish tree nurseries, install solar and biogas alternative energy sources, protect wildlife, and ensure that nature conservation benefits local people through tourism revenue. The Pendeba Society also increases networking opportunities for Pendebas across the QNNP.

HISTORY OF THE PENDEBA PROGRAM: The Pendeba Society builds upon the work of Future Generations, an international non-profit organization, which established the Pendeba Program in 1995 with the QNNP Management Bureau. Today, the Pendeba Society is a locally-led initiative with the approval of the Tibet Autonomous Region government.

LEADERSHIP: Norbu Tsering, a Tibetan from Nyalam county with a Master’s Degree in Applied Community Change and Conservation from the Future Generations Graduate School, founded and directs the Pendeba Society. He works with an illustrious Board of Trustees, including Mr. Gonglou Duioji, the first Tibetan to have climbed Mount Everest.

MAKE A DONATION

- \$50-\$150 to set up a family tree nursery or kitchen garden
- \$200-\$500 to develop and produce Pendeba training materials
- \$1,000-\$5,000 to train 5 to 15 Pendebas on preventive health care, income generation, and conservation concepts
- \$10,000 to establish mothers action groups to improve health and livelihoods
- \$25,000-\$30,000 to aid in implementing Pendeba Society programs for one year

As a donor, you will receive regular news and updates of our progress. For United States citizens, tax deductible contributions to the Pendeba Society may be made through our partner organization, Future Generations. You can donate online at www.pendeba.org. Thank you.

Name: _____

Address: _____

For more information, contact:
Norbu Tsering, Director of the Pendeba Society
email norbu@future.org

Return to:
Pendeba Society
Baiba Township, Dingri county
Tibet, China 858200

Tear-Off Here

VISITOR TRAVEL INFORMATION

Directions to the Training and Visitors Center

For a comfortable journey, please make car reservations through your hotel or nearest travel agency. Contact us for more information.

From Lhasa, overland transportation options are available. Plan for a two-day car ride from Lhasa through Shigatse with a smooth drive to the QNNP training and visitors center.

From Nepal, you can reach the QNNP training and visitors center by traveling:

1) Overland from Kathmandu through Nyalam overnight, or 2) By air from Kathmandu to Lhasa and then from Lhasa by car.

Ethnic and Religious Festivals in the QNNP

New Year-Month-Date

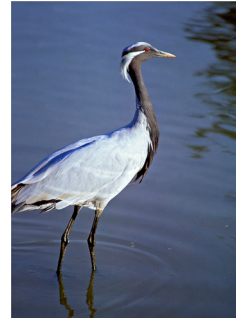
Horse racing-Month-Date

Climate Conditions

The best time of year to visit the QNNP is March through October. Summer brings pleasant blue skies, with May-July being the warm monsoon season. December-March has freezing temperatures with roads often closing due to heavy snowfall. The temperature in the QNNP varies greatly, even in the summer, with cool mornings and evenings and sunny days.

Caution: Respect natural resources, local culture, religious customs, and follow government policies as visitors.

QOMOLANGMA (EVEREST) NATIONAL NATURE PRESERVE



In 2009, the QNNP celebrated its 20th anniversary. It was established by the Tibet Autonomous Region government in 1989 and elevated to National Nature Preserve status in 1994. At the time, it was the first major preserve in the world to be managed by local people without outside wardens. A zonal management system of core zones, buffer zones, and sustainable use zones balances the needs of people with the protection of nature.

KEY ATTRACTIONS OF THE QNNP INCLUDE :

- Four of the world's six highest peaks (Qomolangma-1st, Lhotse -4th, Makalu-5th, and Cho Oyu,-6th)
- Cultural sites including the Lapchi Pilgrimage, the highest monastery on earth, and four hermitage sites of poet-saint Milarepa
- Five green, forested valleys, including what a British reconnaissance team described in 1921 as "the world's most beautiful valley"
- Increasing population numbers of endangered species, including Snow Leopard, Wild Ass, and Blue Sheep
- The Pendeba Society program, a conservation model of how people can improve their livelihoods and environment
- A connection with four conservation areas in Nepal, creating a contiguous protected zone in the central Himalaya that is larger than Switzerland

FACILITY AND FEATURES



The QNNP Training and Visitors Center, situated at an elevation of 4,300 meters, is a large Tibetan-style facility that not only introduces visitors to the QNNP but serves as a training facility for Pendebas, volunteer community service workers.

Accommodations & Restaurant

- 32 spacious Tibetan-style rooms
- Hot water
- Laundry service
- Restaurant serving a wide selection of traditional Tibetan, Chinese, and continental dishes

Services

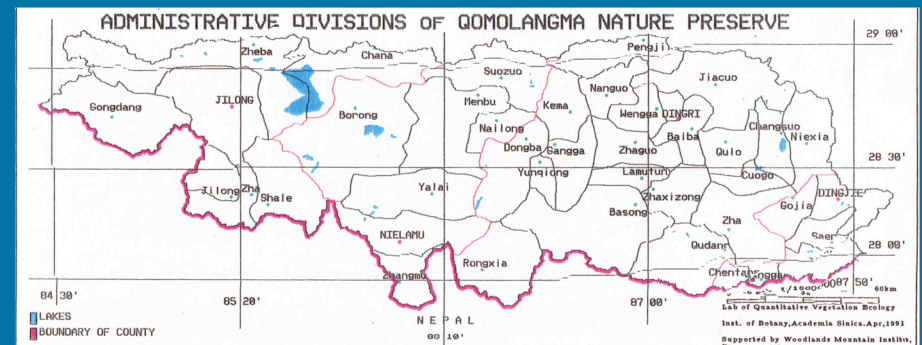
- Internet and international telephone
- Online booking
- Logistic management
- Transportation and Permit Tickets to Mt. Everest
- Local tour guides
- Gift shop featuring local and traditional handicrafts and memorabilia from the QNNP

QNNP Information Center

The Training Center and Visitors Center offers visitors an orientation to the QNNP. A museum area features: a photo display of the QNNP, a presentation of the topography of the QNNP, and a slideshow of the Pendeba program and the role of local people in protecting nature and improving health and livelihoods.

Visit Us

Well-trained, experienced, and committed local people operate the Visitors Center. Income from the center supports the social development and nature conservation activities of the Pendeba Society.



MAP OF THE QNNP