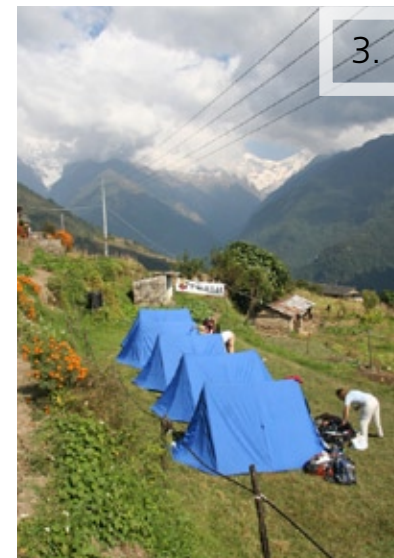




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# A Nepal adventure



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Amanda Daflos, a consultant with Deloitte Consulting in Sacramento, journeys far from the scene of her typical duties so that others can share in the natural and cultural attractions of a distant country. As one of the creators of the Nepal Trek and Trail Run – a 15-day trek and optional 13-mile run through the country’s Annapurna Region – her appreciation for the country and its people has deepened and her skills as a leader have been sharpened.

**When did you first visit Nepal?**

I went there initially in 1999 as part of an undergraduate study abroad program. I lived with a Nepali family for seven months, learning the language and really trying to understand and embrace the country’s culture and values.

**There are many excursions to Nepal. How is yours different?**

Our clients on our first trip, which was last year, ranged in age from 24 to 65 with more women than men participating. We provide a real opportunity to bond with the Nepali staff members and to experience firsthand the richness of the country. All the members of the leadership team speak Nepali, and we leverage our experience to provide a unique adventure. Of particular interest to a few of the clients was the opportunity to run the half-marathon course we developed.

We also expose our clients to some of the many challenges confronting the Nepali people because of the country’s staggering poverty. We spend several days in the cities of Kathmandu and Pokhara and visit the Tilganga Eye Center where clients have an opportunity to see how health care in developing countries works. It’s amazing how much gets accomplished with so little. At the conclusion of our journey, we contribute a portion of our proceeds to the Himalayan Cataract Center.

**Were there any special challenges in organizing the Nepal Trek and Trail Run?**

Plenty. Planning began in 2005 for a trek in 2006, but a Maoist insurgency forced us to postpone things until 2007. We have a great relationship with a local Nepali, but still, Nepal is odd – no matter how many calls or e-mails you make, not much gets done until you are actually there, so there’s always a lot

of last-minute planning. We want to make this an annual event, so I hope things will be smoother for our 2008 trek.

**Any challenges as a woman leading an event like this in Nepal?**

It’s very different being a woman there. It is not common to see a woman in a workplace role, let alone a leadership role. That’s just the way it is, but it keeps things interesting for me.

**Can you cite a specific example?**

Well, once I was making reservations at a restaurant and was doing all the talking, yet when the restaurant owners would respond they would look directly at my male counterpart and not at me. I had to realize that situations like that are as uncomfortable for them as they are for me. Dealing with women in that way is a new concept there.

**Do you have one special memory from the 2007 trek?**

Yes. It’s a big deal to be invited into a tent to eat with the staff in the evening. They would consistently invite John. I would join them, but I always felt like I was tagging along. Finally one night a staffer said, “Didi, come in for dinner.” “Didi” is a respectful term for a woman so I had my first personal invitation for dinner. I had been accepted by them – an opportunity most women unfortunately never experience.

1. Caption TK here ur clients on this from 24 to 65 with more 2. women than men participating. We provide a real opportunity to bond with the 3. Nepali staff members firsthand, the richness of the country. 4. The leadership team all speaks Nepali, and we leverage our experience to provide a unique adventure. 5. Of this particular interest to a few of the 6. clients to run the developed.

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