



TREK RELIEF

# 2024 ANNUAL REPORT



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*Right: Julia Roca first joined Trek Relief in Nepal in 2023, where her passion for purposeful travel quickly took root. In 2024, she stepped into leadership as Trip Leader for our Mongolia program, and in 2025, she continues to grow our impact as Program Director—bringing her visions to life by exploring new regions and building meaningful connections across the steppes.*

*Photo credit: Adina Farrukh.*





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PHOTO CREDITS  
**ADINA FARRUKH, CANDICE YOUNG, HARMONY RIVEROS, KYLIE ZARMATI**

# Year in Review

Dear Trek Relief Community,

As I look back on 2024, I'm filled with gratitude for this incredible community and how we've grown—not just in projects or places, but in purpose. What began with trips to Nepal and Patagonia has grown into five journeys across four countries, each one rooted in collaboration, impact, and connection.

This year, we stepped more fully into our vision by training alumni to become Trip Leaders and Program Creators—turning the belief in the butterfly effect into action. One person, with heart and intention, really can spark a ripple of change.

I've seen so many of you step into leadership—guiding teams, launching new initiatives, mentoring fundraisers, or quietly offering your gifts behind the scenes. You are living proof that when we lead with purpose, the impact multiplies.

Looking ahead, we're excited to offer Trek Relief as a team-building experience for mission-driven companies. If your organization could benefit from a partnership grounded in service and adventure, we'd love to connect.

We also remain deeply committed to accessibility. The Trek Together Fund helps make our journeys possible for all—whether you'd like to apply or contribute, we welcome you with open arms.

Thank you for walking this path with us. I'm honored to be in this work with you, and inspired for what's ahead.

With deepest gratitude,

Candice Young



EXECUTIVE DIRECTOR & FOUNDER TREK RELIEF





## 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.

# Program Directors & Trip Leaders



## Candice Young

### NEPAL PROGRAM DIRECTOR

After witnessing the devastating aftermath of the 2015 earthquake in Nepal's Langtang Valley, I felt compelled to take action—and what began as a personal fundraiser evolved into Trek Relief, a nonprofit rooted in compassion, adventure, and service. Through this journey, I've discovered the power of meaningful travel to spark a ripple effect of impact, empowering others to walk their own golden paths and launch purpose-driven global initiatives.



## Sarah Nguyen

### PATAGONIA PROGRAM DIRECTOR

As a co-founder of Trek Relief's Patagonia program and resulting Chilean NGO Fundación Renoval, I bring a systems engineering lens to building the connective infrastructure behind our global impact. Blending technical expertise with a heart for service, I support sustainable operations while continuing to lead projects in Patagonia. My passion for ecological living and long-distance trekking guides both my work and the path I walk.



## Harmony Riveros

### PERU PROGRAM DIRECTOR

I first joined Trek Relief on the 2023 Patagonia journey, and the experience inspired me to create a program in Peru for 2024. Drawn to the land and culture, I'm passionate about fostering connection and support in the region. Now based in Mexico City, I work remotely, continue learning Spanish, and am dedicated to developing Trek Relief's Peru program.



## Julia Roca

### MONGOLIA PROGRAM DIRECTOR

I was born in California and raised on a coffee ranch in Colombia, and my journey with Trek Relief began after a transformative expedition to Nepal in 2023. With a background in nonprofit leadership and a passion for community empowerment and environmental conservation, I strive to combine adventure with purpose. As a freedive instructor specializing in breathwork, I bring a unique perspective to every trip, making each experience both impactful and unforgettable.



## Manny Martinez

### NEPAL TRIP LEADER

I first joined Trek Relief on our 2023 trip to Nepal, and the experience left a profound impact on me. The projects, the people, and the purpose behind the work inspired me so deeply that I knew I had to return. The following year, I came back to Nepal—this time as a Trip Leader. With a background in engineering, a love for flying, and a passion for teaching Acroyoga, I've found so much meaning in sharing adventure, connection, and purpose with others on these unforgettable journeys.



# Testimonials

Our trip was a fully immersive dive into the magic that is Mongolia. We met the most wonderful people and were able to see some of the incredible landscape of the country. I loved being able to start our journey with volunteer work. For one, it felt so good to help contribute to Mongolia's reforestation efforts, but it also allowed us to connect a little deeper with the local community and to not feel like a tourist simply just passing by.

**Ky Z, 2024 Mongolia participant**

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The trip for me was an important step in a transformative journey of gratitude. The beauty I saw and the people I met left me grateful for the opportunity to share in such an experience. The fact that I also got to do good while reviving so much is an extra blessing. It was truly amazing!

**Sheldon N, 2024 Patagonia participant**

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One moment that stood out was seeing how the school was more than just a place for kids—it was like a kindergarten and a social center. After the parents lost everything in the flood, they needed a place to gather and organize their lives. That's when I realized how meaningful our help really was.

**Tamera B, 2024 Nepal participant**





# Trek Relief 2024 Impact Metrics

In 2024, Trek Relief expanded to four countries—Nepal, Peru, Mongolia, and Chile—through five immersive programs focused on environmental restoration, education, and cultural exchange. Led by alumni-turned-leaders and local partners, over 30 international volunteers contributed their skills and passion to global communities, planting seeds of lasting change.

## GLOBAL HIGHLIGHTS

**Countries Served:**

Nepal, Peru, Mongolia, Chile

**Programs Delivered:**

5 service-based expeditions

**Volunteers Engaged:**

32 participants

**New Leaders Trained:**

3 alumni stepped into Trip Leader roles

## LOOKING AHEAD

As we conclude our expansive year, we apply leadership, accessibility, and community impact lessons. In 2025, our programs include:

- Team-building retreats for mission-aligned organizations
- The Trek Together Fund for inclusive access to service-based travel
- New programs dreamed up and led by our incredible alumni

Together, we're not just traveling—we're transforming lives through purpose-driven adventure.

## 2024 HIGHLIGHTS

# Trek Relief's Impact in Patagonia

In partnership with local NGOs and Patagonia Inc., Trek Relief completed ecological projects in Villa Cerro Castillo and launched Fundación Renoval to deepen its regional impact. Highlights included the construction of an outdoor classroom, a native medicinal garden, curriculum integration, and the start of a regional teacher training program to embed ecological learning into public education.

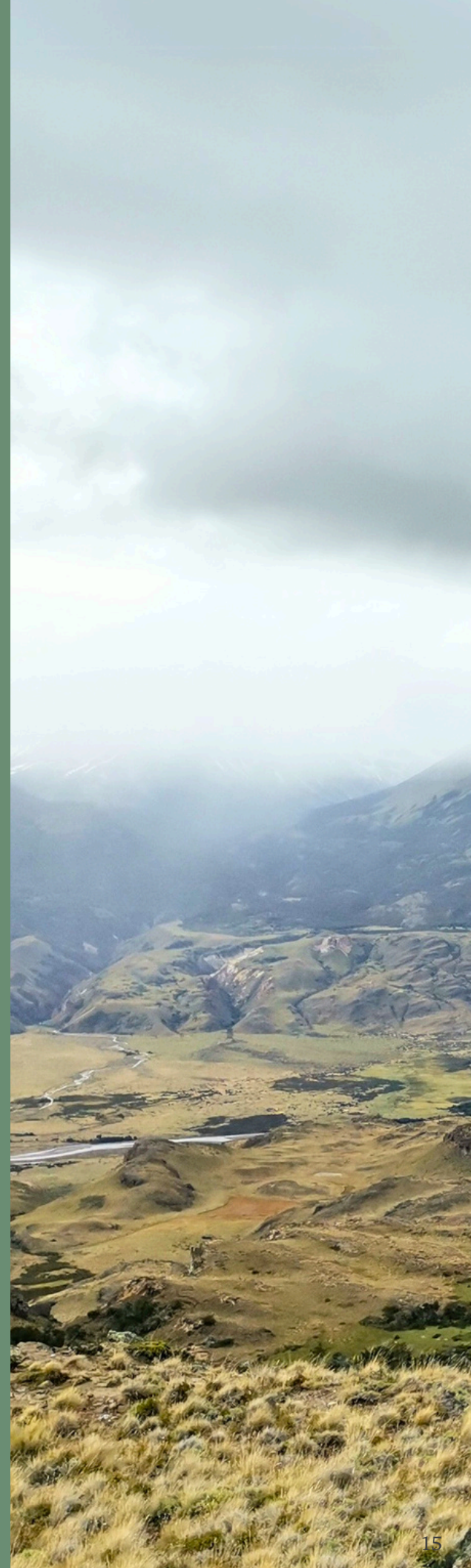
**Program:** Patagonia — Regenerative Communities & Lands

**Location:** Villa Cerro Castillo, Aysén Region, Chile

**Dates:** March 12–21, 2024

**Projects Completed:** 1 outdoor classroom, 1 medicinal plant garden, 1 pedagogy training, 1 student workshop

**Key Outcomes:** Launch of Chilean nonprofit organization Fundación Renoval, educational curriculum integration, nature-based teacher training, participation in the 2024 International Seminar on Education in Nature









## PATAGONIA

# Pioneering Ecological Education



### Outdoor Classroom Comes to Life

The launch of *Mi Aula Ambiental* ("My Environmental Classroom") has revolutionized education in the region. This outdoor classroom offers a dynamic space where students connect directly with the garden, supporting year-round, place-based learning in agroecology and environmental science.

### Spreading Medicinal Plant Knowledge

In collaboration with local experts and NGO partner *Naturaleza Pública*, Trek Relief established a medicinal plant garden alongside practical workshops where students and community members explore nature as medicine. These living lessons connect participants with ancestral knowledge, traditional remedies, and the cultural roots of ecological healing.

### Community & Collaboration

The entire school community of 135 students and 12 teachers at Liceo Bicentenario Rural Cerro Castillo now benefit from the garden and classroom. We hosted a community event broadcast on Radio Aluen, attended by the Municipality of Río Ibáñez and SLEP, to celebrate the inauguration. Students, teachers, and local leaders worked alongside Trek Relief volunteers to plant, build, and dream together.

### Rooted Learning, Growing Leaders

The 2024 program catalyzed deeper integration of environmental education through teacher trainings and a student-led workshop where youth envisioned their ideal outdoor learning spaces. These experiences helped embed ecological literacy in the curriculum and inspire leadership among students and educators alike.



**Trip Leader:** Sarah Nguyen  
**Program Director:** Sarah Nguyen  
**Charitable Director:** Sebastián Arriagada

**Project Partners:** Fundación Renoval, Alma Verde Permacultura, Naturaleza Pública, La Chacra Verde  
**Sponsors:** Patagonia Inc.



### What's Next

With Villa Cerro Castillo ready to lead its own path forward, Trek Relief will begin exploring new villages to build another school garden. Fundación Renoval will collaborate with Aysén regional partners to replicate this model across nearby public schools, supporting a growing movement for regenerative education.

### Closing Reflection

From garden beds to greenhouses, this project was never just about infrastructure—it was about planting seeds of sustainability, cultural connection, and educational transformation. Patagonia 2024 reminds us that with community, creativity, and care, the roots we plant today will blossom for generations to come.

#### *From left to right*

*(Previous page) Inspired educators gathered at our garden for the 2024 Seminario Internacional de Educación en la Naturaleza, where they explored our Green Hope Garden—designed as a living classroom for hands-on, ecological learning. Our vision is for this space to become a model for nature-integrated education, sparking replication in public schools across Patagonia.*

*Trek Relief team members and local community members gather inside Mi Aula Ambiental for a hands-on workshop preparing dried medicinal herbs and teas. Surrounded by native plants and the scent of traditional remedies, this shared experience connected participants to ancestral knowledge and the healing power of the land.*

*Students engage in hands-on learning with medicinal plants, participating in planting, observation, and care as part of their environmental education at Liceo Bicentenario Rural Cerro Castillo.*

## 2024 HIGHLIGHTS

# Trek Relief's Impact in Peru

This program brought Trek Relief volunteers to Peru to support sustainable energy efforts with Mundo Sostenible. Over the course of the trip, 12 solar panels were installed at two children's homes, providing renewable energy and long-term cost savings to local institutions.

**Program:** Clean Energy Solutions

**Location:** Cusco & Sacred Valley, Peru

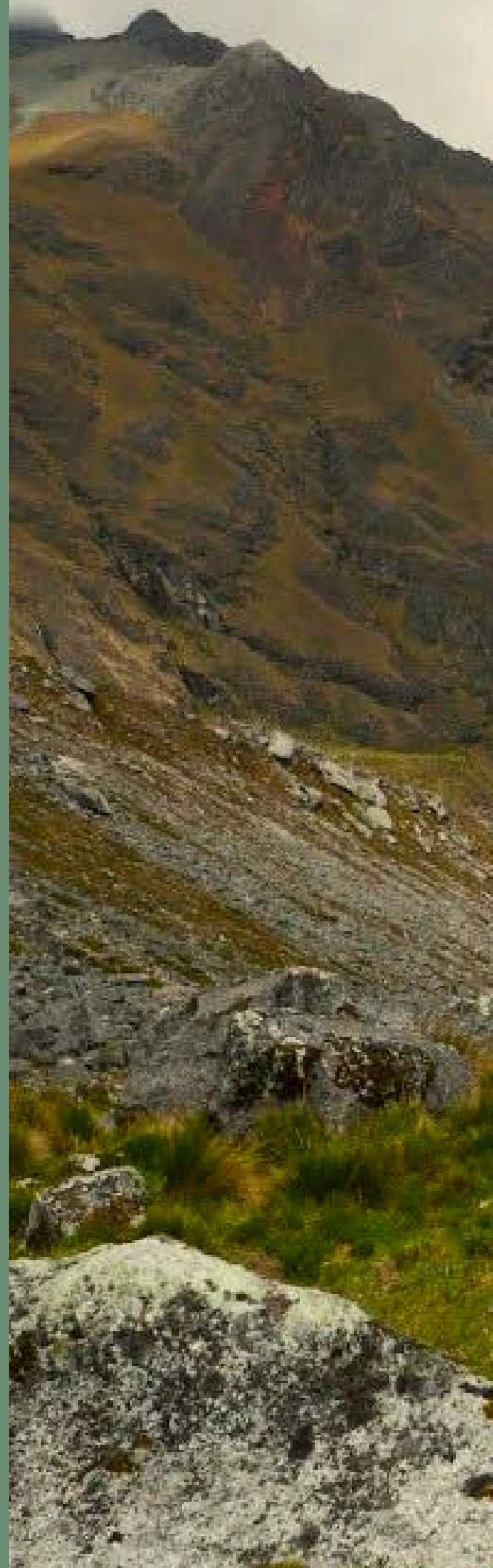
**Dates:** April 13-24, 2024

**Sites Impacted:** 2 children's homes

**Beneficiaries:** 41 children and staff

**Environmental Impact:** 12 solar panels installed

**Key Outcomes:** Reduced energy costs, new sustainability programs initiated







PERU

# Transforming the Sacred Valley



## Empowering Homes Through Clean Energy

The Trek Relief team based in Cusco partnered with Mundo Sostenible to serve two children's homes in the Sacred Valley. During their volunteer days, participants traveled to Calca and Huycho to assist in the installation of 12 solar panels and engage with children and staff on-site.

### Hogar Yachaychac

This sanctuary for abandoned boys in Calca now benefits from lower operational costs thanks to its new solar energy system. The savings are being reinvested into a program aimed at helping the boys transition to higher education and employment.

## Hogar Girasoles

At the second site, solar energy will directly support the construction of new dormitories, expanding the home's capacity to shelter and care for more children in need.

### On-the-Ground Experience

Participants not only engaged in hands-on installation work but also formed meaningful bonds with the children and local leaders. Group highlights included soccer games, meditation sessions, candlelit dinners, and attending Mundo Sostenible's community project showcase in Cusco.



**Trip Leader:** Harmony Riveros

**Program Director:** Harmony Riveros

**Partners:** Mundo Sostenible, Alpaca Expeditions



## Reflections from the Field

From solar installation to stargazing and song, this trip brought out the best of collaboration and connection. A challenging yet beautiful hike along the Salkantay trail to Machu Picchu further deepened the group's shared experience.

## What's Next

Trek Relief plans to expand this program, refining volunteer roles and logistics while continuing to deepen partnerships in Peru.

## Closing Reflection

This trip demonstrated the profound impact of combining purpose-driven travel with community collaboration. As we continue to grow, so does our vision for sustainable, shared service around the world.

### *From left to right*

*(Previous page) For our pioneer program in Peru, Trek Relief joined forces with Mundo Sostenible's Nuestra Energía initiative, which brings solar power to community-based facilities like shelters, clinics, and schools. In 2024, we installed solar panel systems at two children's homes in the Sacred Valley—helping reduce emissions and long-term energy costs so local leaders can redirect critical resources toward education, care, and brighter futures for the youth they serve.*

*Peru ranks among the top countries globally for solar energy potential, yet many rural and underserved communities still face barriers to reliable electricity. Community-driven projects like this one deliver clean, stable energy to those who need it most—safely, affordably, and with lasting impact.*

*Trek Relief members funded and helped install a 3.06kW grid-tied solar system at Hogar Yachaychaca, a boys' shelter in Calca, Peru. By reducing energy costs, the home can now reinvest in educational opportunities and long-term support—helping set the boys on a stronger path toward adulthood.*



## 2024 HIGHLIGHTS

# Trek Relief's Impact in Mongolia

Returning to Mongolia post-COVID, Trek Relief relaunched its Kiss the Earth program with a small, powerful team. Together with local partners, the team planted trees, cleaned natural landscapes, and explored new community-led initiatives to support nomadic life and environmental conservation.

**Program:** Kiss the Earth

**Location:** Arkhangai Province, Mongolia

**Dates:** August 13-24, 2024

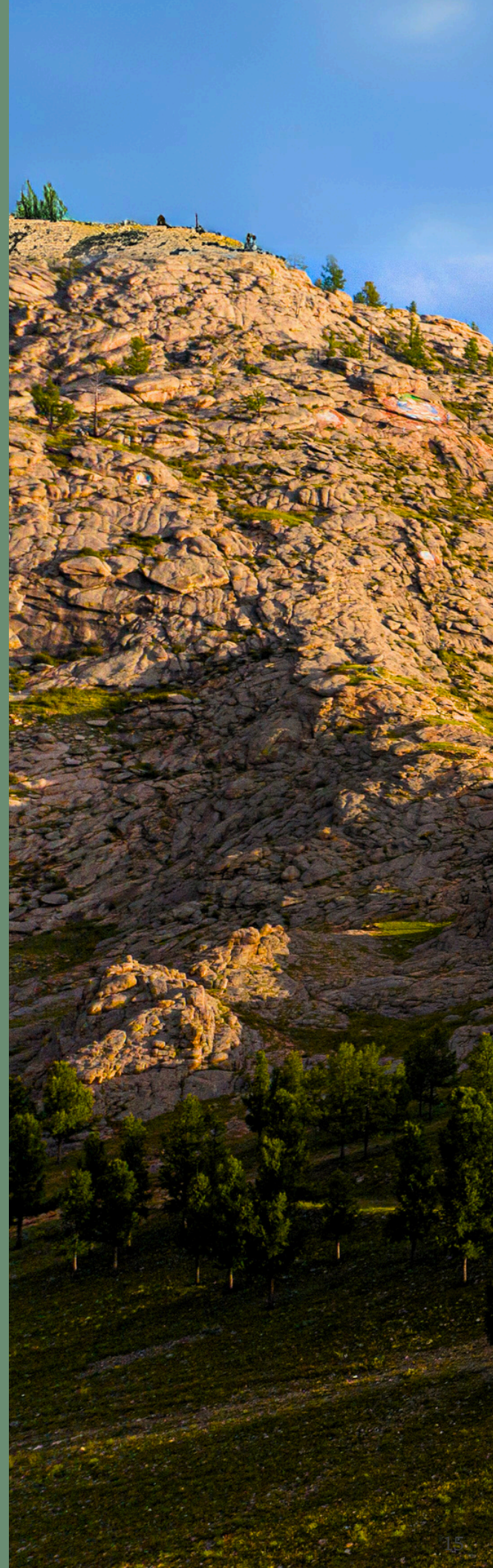
**Partners:** Women's Council & Arkhangai Council of Disabled People's Association

**Trees Planted:** 66 cottonwood trees

**Volunteer Activity:** 1 valley cleanup, 20-25 local volunteers

**Local Partners Engaged:** 4 organizations

**Key Outcomes:** Environmental restoration, disability inclusion, strong community partnerships









MONGOLIA

# A Story of Resilience and Renewal



## Hands-On Restoration & Inclusion

In the tranquil river valleys of Arkhangai, Trek Relief volunteers planted 66 trees with the support of local community groups, then returned for a rewarding day of trash cleanup. Local volunteers included women, Deaf community members, wheelchair users, and amputees, all working side-by-side in a powerful show of inclusion and shared stewardship.

The cleanup filled a truck bed with trash, and the initiative sparked excitement for future volunteer-led environmental efforts. The community expressed pride in

contributing to Mongolia's ambitious national goal of planting 1 billion trees by 2030.

## Building Future Partnerships

Trek Relief met with FARM and AID Mongolia, two organizations focused on sustainable agriculture and disaster recovery. These promising connections open doors for future volunteer projects that integrate food security, environmental resilience, and community empowerment.

## Reflections from the Field

From riverside meditations to horse trekking across the steppe, participants experienced a deep connection to Mongolia's land and



**Trip Leader:** Julia Roca

**Program Director:** Sarah Nguyen → Julia Roca

**Partners:** Local Women's Council, Arkhangai Council of Disabled People's Association, Fairfield Guesthouse, FARM, AID Mongolia



people. Intimate conversations, strong local partnerships, and a welcoming nomadic family made the journey unforgettable.

### What's Next

The Mongolia program will continue evolving with expanded environmental efforts and deeper collaboration with FARM. Next year's trip will likely include a nomadic relocation journey, new service projects, and cultural exchanges with local families.

### Closing Reflection

From reforestation to reconnection, Kiss the Earth 2024 reignited Trek Relief's purpose in Mongolia—celebrating inclusion, community, and the wild beauty of the steppe. The roots we planted this year will grow for seasons to come.



### From left to right

*(Previous page) Volunteers from the Local Women's Council and the Arkhangai Council of Disabled People's Association worked shoulder to shoulder with Trek Relief participants during a valley-wide tree-planting initiative in Arkhangai, Mongolia. Together, they planted 66 cottonwood trees along the riverbank—contributing to Mongolia's national goal of planting one billion trees by 2030 to combat desertification and restore native ecosystems.*

*The Trek Relief team, led by Julia Roca and Dr. Rob Williams, partnered with local leaders from the Women's Council and the Arkhangai Council of Disabled People's Association. These grassroots organizations champion gender equity and inclusive development in Mongolia's Arkhangai province, making them vital partners in our environmental restoration work.*

*Dr. Rob Williams brings saplings to the planting site in Tsetserleg, Mongolia. A founding supporter and longtime leader, Dr. Rob has served on Trek Relief's Board of Directors for nearly a decade—including two full terms as President and two as Vice President—making his presence on the ground especially meaningful.*

## 2024 HIGHLIGHTS

# Trek Relief's Impact in Nepal

## SOLUKHUMBU REGION

This program supported The Small World's Seeds of Hope initiative, which focuses on building climate-resilient food systems and empowering women through sustainable agriculture. Trek Relief participants contributed funding, built a greenhouse, distributed seeds and materials, and delivered essential educational and winter supplies.

**Program:** Seeds Of Hope

**Location:** Solukhumbu, Nepal

**Dates:** November 17-28, 2024

**Partners:** The Small World, Mystic Himalaya Trekking and Expeditions

**Sites Impacted:** Agricultural fields, greenhouse tunnels, school, and orphanage

**Beneficiaries:** 60+ families, rural schoolchildren, orphanage residents

**Environmental Impact:** One greenhouse constructed; kiwi harvest completed

**Key Outcomes:** Increased food security, women's leadership development, literacy resources delivered









NEPAL

# Cultivating Resilience with Seeds of



## Empowering Through Agriculture

Trek Relief's 2024 Seeds of Hope trip brought together five participants committed to supporting sustainable farming, education, and women's leadership in the Solukhumbu region. In partnership with The Small World, participants helped build a greenhouse tunnel, prepared terraced fields for planting, and assisted in harvesting kiwi orchards.

The \$5,000 donation enabled over 60 families to receive seeds and greenhouse materials, plus agricultural training in

composting, seed starting, and 3G cutting techniques. The program has already shown impact: families from last year's program sold 200+ kg of tomatoes and other crops at local markets.

## Community & Education

Participants delivered 50 lbs of children's books to a rural mountain school and the Himalayan Hope Home in Kathmandu, expanding access to literacy for youth in underserved areas. Winter clothing for women was also distributed, strengthening holistic support for communities.



# Hope

**Trip Leader:** Manny Martinez

**Program Director:** Candice Young

**Partners:** The Small World, Mystic Himalaya Trekking & Expeditions



## Reflections from the Field

This small group formed strong bonds, offering mutual support and joy throughout their journey. Shared efforts in service, from greenhouse construction to book delivery, deepened participant connection to local culture and each other.

## What's Next

After three impactful years of Seeds of Hope, Trek Relief is exploring new project directions in Nepal for 2025. Future initiatives may focus on climate adaptation, cultural preservation, and infrastructure resilience.

## Closing Reflection

From fresh harvests to newly forged friendships, the Seeds of Hope trip reflected Trek Relief's commitment to integrated service, sustainability, and empowerment through hands-on action and heartfelt connection.

## From left to right

*(Previous page) The Trek Relief team and local villagers joined forces to construct a greenhouse tunnel as part of our Seeds of Hope program in Solukhumbu, Nepal. Now in its third year of support, this project has helped dozens of families grow year-round produce, boost food security, and generate income through women-led farming initiatives—proving how sustained collaboration can plant the seeds for lasting change.*

*During our Seeds of Hope program in Solukhumbu, Nepal, one of our thoughtful trip members took it upon herself to collect and hand-carry warm sweaters for women in remote mountain villages. Her heartfelt initiative complemented Trek Relief's broader efforts to support the local community through compassionate acts of giving and service.*

*In a powerful moment of cultural exchange, Trek Relief participants were invited to witness a local shamanic ceremony during our Seeds of Hope program in Solukhumbu. Surrounded by traditional drums, dancing, and the local moonshine raksi, we were honored to experience ancestral rituals that continue to guide and protect these resilient Himalayan communities.*

## 2024 HIGHLIGHTS

# Trek Relief's Impact in Nepal

## KHAVRE & ANNAPURNA REGION

This program responded to the devastating 2024 floods in Nepal, which buried schools and homes in mud and debris. Trek Relief's team provided US\$10,000 in funding and hands-on labor to help restore a classroom for 91 students in Khavre.

**Program:** 2024 Nepal Flood Relief X Dhaulagiri

**Location:** Khavre & Annapurna Region, Nepal

**Dates:** November 30–December 10, 2024

**Partners:** The Small World, Mystic Himalaya Trekking and Expeditions

**Sites Impacted:** 1 flood-damaged classroom in Khavre

**Beneficiaries:** 91 students and school staff

**Environmental Impact:** Flood debris cleared, rebuilding preparation complete

**Key Outcomes:** Immediate relief delivered, safe classroom reconstruction underway









NEPAL

# Restoring Access to Education after



## Classroom Recovery After Crisis

The 2024 monsoon season brought unprecedented flooding across Nepal, severely damaging homes and schools. In Khavre, a classroom located at the base of a landslide had collapsed walls, mud to the windows, and buried supplies—yet students continued to attend, driven by determination.

Trek Relief stepped in with funding and physical support. Over two intense days, the team and local laborers cleared debris, removed tree fragments, and demolished a damaged wall. The site is now ready for

reconstruction of three walls, windows, and school furniture.

## Community Support & Aid

Beyond classroom recovery, the team delivered two duffels of warm sweaters to families and children affected by the disaster. The restoration not only enables the physical rebuilding of a learning space but uplifts community morale.

## Reflections from the Field

This journey combined service with a trek through the Annapurna region, offering breathtaking views and space for connection.



# Heavy Floods



Despite minor illnesses and altitude challenges, the team remained strong, compassionate, and unified in their mission.

## What's Next

While the immediate classroom restoration will conclude shortly, Trek Relief aims to evolve this program into one focused on climate adaptation. Future projects may explore relocation of infrastructure, disaster mitigation, and education resiliency planning.

## Closing Reflection

This program reminded us that in the wake of loss, there is always the potential for connection, restoration, and hope. As the classroom walls rise again, so does the spirit of the community and the vision for a stronger, more resilient Nepal.

**Trip Leader:** Candice Young

**Program Director:** Candice Young

**Partners:** The Small World, Mystic Himalaya Trekking and Expeditions



### *From left to right*

*(Previous page) Trek Relief volunteers partnered with local community members in Khavre, Nepal to clear debris from a flood-damaged classroom buried in mud and fallen trees. With shovels, pickaxes, and teamwork, they laid the groundwork for full reconstruction—ensuring 91 students can return to a safe and functional learning space.*

*The 2024 floods devastated communities across Nepal, with families in Khavre losing homes, loved ones, and access to safe education. Amid profound loss, students and teachers demonstrated remarkable resilience—continuing classes in buildings with damaged walls and compromised foundations.*

*This project was made possible thanks to the generosity of our community through a special fundraiser held during Giving Tuesday 2024. Your support helped us deliver the support needed to restore a flood-damaged classroom in Nepal—proving that collective action can turn disaster into opportunity to make a difference.*



FINANCIALS (USD)

# Revenue

2016 TO DATE

2024

INDIVIDUAL CONTRIBUTIONS/SUPPORT

\$473,823

INDIVIDUAL CONTRIBUTIONS/SUPPORT

\$71,041

CORPORATE CONTRIBUTIONS

\$133,347

CORPORATE CONTRIBUTIONS

\$18,895

CORPORATE PARTNERSHIPS

\$384

CORPORATE PARTNERSHIPS

\$279

GRANT CONTRIBUTIONS/SUPPORT

\$12,000

GRANT CONTRIBUTIONS/SUPPORT

\$7,000

FUNDRAISER EVENTS

\$13,882

TOTAL

**\$633,435**

TOTAL

**\$97,215**





# FINANCIALS (USD)

# Expenses

## 2016 TO DATE

### ADMINISTRATION

\$28,479

5%

### FUNDRAISING

\$41,759

7%

### PROGRAMS

\$491,572

87%

### TOTAL EXPENSES

**\$561,810**

## 2024

### ADMINISTRATION

\$9,303

8%

### FUNDRAISING

\$8,850

7%

### PROGRAMS

\$104,095

85%

### TOTAL EXPENSES

**\$122,249**



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