

Their First Flight

Five girls, one week in Canada.
Memories they carried home.



For five girls from Nepal, Canada was a journey of firsts. Their first flight, first fireworks, first whale sighting, new adventures, and new ways of seeing themselves and the world around them.

Mina: Learning to Let Go

“Going to Canada felt like a dream. It was my first time flying, and I could hardly believe I was there.” The fireworks stayed in Mina’s memory, but so did a lesson on forgiveness. *“I learned that forgiving can help us let go of what hurts us and feel lighter inside.”*

Asha: Days That Went Too Fast

Fireworks, hiking and ziplining made the trip unforgettable for Asha. *“The days passed so quickly. These will be some of the best memories of my life.”* She also valued learning how to understand people and build healthy friendships.

Kamana: The Treasure Hunt She Won

Kamana saw whales, watched fireworks and tried new adventures, but her favourite memory was a treasure hunt. *“It was my first time playing, and my team even won.”*

For her, the trip was also about the freedom to explore, laugh and enjoy something new.

Devi: Seeing the Whale

Before Canada, Devi had only seen whales on television. *“Seeing such a big whale with my own eyes was almost unbelievable.”* She was also inspired by survivor leaders whose stories showed her what courage and possibility can look like.



Manju: A Dream of Leadership

For Manju, one of the most meaningful moments came from listening to survivor leaders. *"Their stories inspired me. I also want to become a leader one day."* The journey gave her more than memories. It gave her a new picture of what her future could hold.



A Birthday, A Unicorn, A Room Full of Joy.

One evening, a simple birthday became a celebration filled with music, dancing, laughter and colour. Together, the girls painted a bright unicorn and turned an ordinary evening into one of the warmest memories of the trip.



They came home with more than photographs. They carried new confidence, lessons about forgiveness and friendship, unforgettable firsts, and bigger dreams for the future. Some journeys end when the plane lands. Others keep travelling with you.

Thank You so much.

Your support made these moments possible. Thank you for giving five girls the space to learn, explore, build confidence and imagine new possibilities for themselves.

