

## *Guide for Visiting Tsoknyi Gechak Ling*

Many people have visited the Tsoknyi Gechak Ling nunnery and offered to bring items for the nuns, as well as offering to volunteer their time to teach or assist the nunnery in various ways.

If you are planning on visiting Nepal and Tsoknyi Gechak Ling, please refer to this informational guide while planning your trip.

### **Who to Contact:**

Ms. Dolker is the secretary and visitor coordinator at Tsoknyi Gechak Ling. You may contact her with questions regarding your visit, such as the best times to visit the nunnery and the school schedule.

Ms. Dolker - [mailto: tsoknyigechaklingsecretary@gmail.com](mailto:tsoknyigechaklingsecretary@gmail.com)

Phone – 9803833657

### **What to Take:**

#### **Cash Donations**

Cash donations are the most beneficial way to support TGL. Funds go towards employee and teacher's salaries as well as food and clothing for the nuns. Holding a fundraising activity before you visit would be a wonderful way to educate your friends and family about Tsoknyi Gechak Ling. Cash donations are tax deductible and staff at TGL will provide a personal thank you letter and a photo opportunity as a lovely keepsake of your visit.

#### **Vitamins**

Due to the remote region and limited foods available, the standard diets of the nuns may not supply adequate nutrients, especially for the young nuns.

We have researched high quality affordable vitamins, and have found the Nature's Way Alive Children's Chewable Vitamins to be one of the best. The vitamin is readily available through Vitacost. Here is a link to the page - [Alive Children's Vitamins](#).

#### **Books for our Library**

We greatly appreciate all kinds of books, both new and second hand, for ages 5 to 18. Here is a link to our [Amazon Wish List](#)

## Electronics

Used electronics such as laptop computers, mobile phones and tablets are also welcome at the nunnery. Electronics should be in good working order, scrubbed clean of all past user data and have HDMI ports.

Here is a list of good quality equipment that is needed for the Nun Film Program

1. Two Tripods with video fluid heads – heavy enough to hold cameras with 70-200/2.8 lens – at least one is needed now.
2. Graduated ND and polarizer filters for 24-105/4L and 70-200/2.8L Canon Lenses
3. Canon DSLR Cameras – Models 5D M3/4 and 7D and 7D M2, lower models of Canon DSLR cameras also

## How to Volunteer

Please contact Laura Hofer, the Volunteer Coordinator if you are interested in volunteering your time at the nunnery. Email-[mailto: Laura.hofer438@gmail.com](mailto:Laura.hofer438@gmail.com).

If you are interested in being a volunteer teacher, please refer the [Tsoknyi Nepal Nun Volunteer Teacher page](#)

*Thank-you for your support of the Tsoknyi Nepal Nuns!*

Here are directions to get to Tsoknyi Gechak Ling

*From Boudha, Swayambhu, Thamel, or any other part of the city you first travel to Balku Chowk (Balku crossroad) on the city's ring road and from here you take the Parping Road. Continue straight past Tribhuvan University; past Chobhar gate and the turn off for Kirtipur, until you come to the police check point at Chobhar Dhara. Just after the check point there is a turn off to the right with a bill-board advertising the 'Kathmandu View Hotel'. There is also a faded looking sign for Tsoknyi Gechak Ling. The road rises up steeply and bends sharply. Continue to follow the road to a small chowk (crossroads), on the left you will see a small Krishna Mandir (temple), and behind it the 'Pipal Café'. Turn left, drive past the café and follow the road round the bend. On your right you will now see the school building, a four story mustard yellow building with green railings. Continue straight until you reach the Main gate also on your right. Come through the gates. The road veers right. You will see the Gate-house/medical clinic on your right and the Pema Chödren Drubdé, 3-year retreat centre (under construction) on your left. Continue to follow the road when it splits take the lower road leading to the school gate way, the upper road leading to the Shedra building and Old Temple.*

