

01:00:07 THREE SISTERS
 WALKING IN
 COUNTRYSIDE

01:00:24 PEOPLE COUNT
 INTRO

01:00:47 JANE SEATED IN
 STUDIO

JANE: V/O Three
sisters
 One dominant
 trait. Crystal
 clear vision . . .
 Vision that
 has nothing to do
 with eyesight . . .
 And everything to
 do with their
 extraordinary
 outlook on life.

JANE O/C:
 I'm Jane
 Fonda.

 Welcome to
 People Count.

 Venturing into
 the unknown.
 Whether it be
 personal or
 professional can be
 frightening.

 That's
 especially true if
 the venture is
 something that
 could trigger
 resentment and
 raised eyebrows.

 Such is the
 case with three
 sisters in Nepal.

 But these
 women aren't
 letting critics get
 in the way.

 They are
 pursuing their
 vision to create

SERIES: TREKKING AGAINST TRADITION

01:14	SNAPSHOT MONTAGE	new opportunities for themselves and their neighbors.
01:25	HIMALAYA B-ROLL	Photojournalist and filmmaker Barbara Pyle travels to Pokhara, Nepal to join the sisters as they venture out on a trek against tradition.
01:32		BARBARA V/O: Conquering the Himalayas . . . a tough feat for even the most experienced climber.
01:40	B-ROLL SHOTS OF SISTERS ON TRAIL	But these three trailblazers say they're facing challenges much more daunting than the Himalayas rough terrain and high altitude.
01:53	CU OF LUCKY	They're women mountain guides . . . and in Nepal, that's uncharted territory.
01:57	B-ROLL OF TREKKING	Lucky: O/C Mostly we are doing trekking . . . female guide and porter services. It is very unusual to run a trekking business in Nepal by women because this outgoing job

SERIES: TREKKING AGAINST TRADITION

02:10 SHOTS OF 3 SISTERS

B-ROLL OF
SISTERS
WALKING

02:38

02:46 CU LUCKY

is mostly done by
the man.

BARBARA V/O:

Still that
hasn't stopped
Lucky Chhetri and
her two sisters
Dicky and Nicky.

The three run
a trekking company
out of a guest
house they own in
Pokhara . . . a
town nestled in a
valley beneath the
towering Annapurna
mountain range.

It isn't just
the sisters'
unusual names or
their business that
attracts attention.

Their personal
lives are turning
heads as well.

All three are
in their thirties .
. . all are
unmarried . . . and
none has children.

LUCKY V/O:

We get the
pressure from the
neighbors and our
relatives mostly.
They always ask
"Why don't you get
married . . .
(O/C)when do you
get married?"
First we tried to
complete our

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02:53	PHOTO OF PARENTS	education and after education we want to be very independent.
03:00	CU LUCKY	Our mother and father they are really great.
03:06	WS MOTHER AND YOUNG GIRL	They inspired us in different ways. (O/C) They sends us to go in the school and college . . . it's not common, it is really unusual.
03:10	3 SISTERS WALKING	BARBARA V/O: The typical Nepalese woman gets married at a young age . .
03:24	CU OF DIFFERENT WOMEN	And has on average five children.
03:29	CU OF DICKEY	While the Chhetri sisters don't rule out getting married someday . . .
		Right now they're concentrating on creating opportunities that are almost unheard of here . . .
		They train young rural women to work with them as mountain guides.
		Dicky O/C: We are giving training to the

SERIES: TREKKING AGAINST TRADITION

03:35	WOMEN TREKKING	<p>young women to build their self-confidence . . . (V/O) because when they work they can earn money. With that money they can do what they like . . . they can feel free.</p>
03:45	<p>BARBARA LOOKING OUT AIRPLANE WINDOW</p>	<p>BARBARA V/O: An invitation from the sisters to join one of their training treks was too tempting to pass up.</p>
03:50	<p>CU OF PLANE PROPELLER</p>	<p>I flew half way around the world to see them in action.</p> <p>It was exhausting . . .</p>
03:56	PLANE LANDING	<p>But well worth the trip . . .</p>
04:03	BARBARA DISEMBARKS	<p>As my plane touched down in their hometown of Pokara, I was excited, although a bit apprehensive about the physical challenges of hiking in the Himalayas.</p>
04:06	<p>SISTERS GREET BARBARA</p>	<p>Barbara O/C: Nice to meet you . . . are we going to have some fun now? You</p>

SERIES: TREKKING AGAINST TRADITION

		promise not to hurt me too bad?
		That promise didn't last long.
04:30	CAM PANS TO WS OF HILL	On the eve of our journey, the sisters scheduled an English class for the trainees.
04:31	BARBARA & WOMEN SEATED ON HILLSIDE	The classroom is an unique location . . . a half hour's hike . . . straight up this hill.
04:37		Barbara O/C: I feel like a mountain goat (LAUGHTER) . . . but I did it.
04:43	DISCUSSION GROUPS	V/O: The English classes are critical to being a guide, because guides must be able to communicate well with their trekking party.
04:51	WS OF GROUP	TEACHER O/C: when you are doing your women's trek guiding . . . how do you treat the guests . . . how do you talk to them?
		(B/V) Threatening storm clouds cut the class short but the hike

SERIES: TREKKING AGAINST TRADITION

04:58	SNAPSHOTS OF LISA	there and back gave me a chance to chat with Canadian Lisa Clark.
05:04	CU OF LISA	She joined up with the sisters over a year ago . . . and has been working with them on their training program.
05:15	B-ROLL LISA IN TOWN W/ SISTERS	LISA O/C: When I first met the Chhetri sisters we were just speaking about their project to empower the women of Nepal . . . and I thought it was really something amazing. I don't go around the world looking for projects. I just found the Chhetri sisters and immediately knew that it was something that I wanted to give one hundred percent of myself to.
05:24	LISA & SISTERS BUYING VEGETABLES	(B/V) That night before the trek, Lisa and the sisters give one hundred percent to one of their favorite pre-hiking activities . . . stocking up on supplies.
05:34	MONTAGE OF SHOPPING W/ MUSIC	
05:54	MAP OF NEPAL	

SERIES: TREKKING AGAINST TRADITION

06:02	UNLOADING PLANE	<p>An early morning flight took us to Jomsom . . . forty miles north of Pokara and seven thousand feet higher . . . this was the starting point of the trek.</p>
06:06	BARBARA MEETS TRAINEES	<p>BARBARA: Namaste.</p>
		<p>GAURI: My name is Gauri nice to meet you . . .</p>
		<p>BARBARA: Gauri nice to meet you.</p>
06:17	GROUP STARTS HIKING	<p>(B/V) After a quick introduction to the trainees, we were on our way.</p>
06:27	W/S OF GROUP W/ MOUNTAIN BACKDROP	<p>While the Annapurna Range may not be Mount Everest . . . the most famous mountain Nepal . . . it's altitude can be problematic and at times dangerous.</p>
06:34		<p>The sisters need to keep a close watch for signs of altitude sickness.</p> <p>LUCKY V/O: Altitude sickness means when we are going high altitude and the</p>

SERIES: TREKKING AGAINST TRADITION

06:48	CU OF LUCKY	<p>people start feeling dizzy and headache and they cannot sleep, they cannot eat. When our guests get altitude sickness we will first take them down 300 meters down. (V/O) If they are not feeling good we have to take more down, and give them rest.</p>
07:02	HIKING B-ROLL	<p>(B/V) I wasn't bothered by the altitude on our first day.</p> <p>Though I was overwhelmed by the scenery.</p>
07:08	PANNING MOUNTAIN TOP	<p>This arid landscape is surrounded by mountains that top twenty thousand feet.</p>
07:19	GROUP CROSSES RIVER OVER BRIDGE	<p>Our route takes us along the Kali Gandaki River . . .</p>
07:25	FLAGS FLYING IN HEAVY WIND	<p>Fierce winds rip through this mountain range every afternoon.</p>
07:32	MAN WORKING IN FIELD AGAINST WIND	<p>For several hours we battled the strong headwinds.</p>

SERIES: TREKKING AGAINST TRADITION

07:39	GROUP APPROACHES MARPHA
07:45	GROUP ENTERS GUEST HOUSE
07:48	SNAPSHOTS BY BARBARA
08:01	BARBARA & SISTER ENTER TEMPLE & SPIN PRAYER WHEELS

A challenge the people here face everyday while harvesting their wheat.

Late in the day we neared our first stop, the town of Marpha.

After we settled in at the guest house, the sisters gave me a tour of the ancient village.

The tour included a stop at a Buddhist temple, that dates back to the tenth century.

BARBARA O/C:
What are these things?

SISTER: This is prayer wheels.

BARBARA: What are they for?

SISTER: This is to cover our sins.

BARBARA: So this takes away all of our sins?

SISTER: Yes.

BARBARA:
Well, make

SERIES: TREKKING AGAINST TRADITION

08:14	WS VILLAGE	sure I get all of them there.
08:20	INTV W/ DICKY	V/O: Villages like Marpha are exactly where the sisters look for future trainees. DICKY O/C: We are looking for girls who has no help from anybody. Life is nothing for them. We want to show them life is wonderful.
08:30	CU OF NEERU	Sixteen year old Neeru lives in Marpha. Her family owns the guest house we stayed at . . . And she helps run it. On past visits the sisters said that Neeru was enthusiastic about training with them. But when I met Neeru, her interest seemed lukewarm.
08:45		NEERU O/C: I want to go but I have to stay here . . .

SERIES: TREKKING AGAINST TRADITION

08:47	CU OF NEERU	<p>DICKY: Why you stay here, but you have to go to school if you want?</p>
08:56	CU OF DICKY	<p>NEERU: Because I have to work with my parents.</p>
09:11	CU OF LISA	<p>DICKY O/C: She changed her story, because we were talking in front of her father and brothers.</p> <p>So she was very uncomfortable in front of them.</p> <p>So I think she lie to me.</p>
09:19	B-ROLL OF WOMEN WORKING	<p>LISA O/C: The mountain woman doesn't have a lot of options in life really. (V/O) She's born into a family where she will have to work twice as much as her brothers. She'll have to work in the home, she'll have to take care of all of the brothers and sisters that she has, and she'll also have to work in the fields. As early as fourteen, she'll probably have an arranged marriage, and she'll move to her</p>

SERIES: TREKKING AGAINST TRADITION

		<p>husband's home, where she'll work twice as hard as she ever did as a girl.</p>
09:40	CU OF LISA	<p>O/C Everybody does this. Everybody grows up, gets married, has babies.</p>
09:51	WOMEN TALKING AROUND TABLE	<p>Ahm what the sisters are really hoping that they (V/O) will give the women the strength to be able to make decisions in their own lives.</p>
09:55		<p>BARBARA V/O: So far they are pleased with the progress of their current trainees . . . including Gauri, Culu and Amu.</p>
10:03	GAURI WEARING BACKPACK	<p>Gauri was at the end of her rope when she met the Chhetri sisters in 1997.</p>
10:14	CITY STREET MONTAGE	<p>She was a seventeen year old girl from a low caste family.</p> <p>The caste system is a restrictive hierarchy.</p>

SERIES: TREKKING AGAINST TRADITION

10:26	GAURI ALONG TRAIL	<p>While officially outlawed, it is still practiced and can determine what kind of job you can have, who you can marry, and who will interact with you.</p> <p>Because of her low caste, Gauri was ostracized, and her life looked like a dead end.</p>
10:32	CU OF GAURI	<p>GAURI O/C (THROUGH INTERPRETOR) I really needed a job. I went to many hotels, but they rejected me because of my caste. When came to the Chhetri sisters and asked for a job, I lied about my Caste.</p>
10:45	CU OF DICKY, BARBARA LISTENING	<p>DICKY O/C: We knew that this is lying. When we ask please don't lie us, then she said "Oh yes, I'm from this caste."</p>
10:58	WOMEN AT TABLE	<p>We don't care about the caste system.</p> <p>BARBARA V/O: It wasn't the caste system that brought twenty-five year</p>

SERIES: TREKKING AGAINST TRADITION

11:03	CU OF CALU	old Calu to the sisters' doorway.
		An abusive situation at home forced her to leave her village to look for work.
11:06	MS DICKY WITH CALU	DICKY O/C: When she was married, her husband was already married with somebody else. And she didn't know that. Then after two children, she could not manage at home because her husband went out of the country for the job.
11:13	WOMEN LISTENING	BARBARA V/O: Shortly after her husband moved away, Calu's in-laws took custody of her children.
11:23	WS BARBARA INTV. WITH CALU	BARBARA O/C: Do you miss your children.
11:27	CU BARBARA	CALU O/C : (THROUGH INTERPRETOR) (CRIES) I want to have my children with me . . but they're not allowing me. I'm not happy about it.
11:30	CU CALU	

SERIES: TREKKING AGAINST TRADITION

11:42	CU OF BARBARA	BARBARA: Why do you want to be a trekking guide?
11:44		CALU: If I can earn money from it . . . it will help me raise my kids.
11:50	SNAPSHOTS OF AMU	
11:52		BARBARA V/O: Nineteen year old Amu dropped out of school when she was just a young girl to get a playing job.
11:58	INTV. W/ AMU	AMU O/C: (THROUGH INTERPRETER) My mother had a heart problem . . . mother is the most precious thing in the world to me. I couldn't stand seeing her suffer . . . so I put my education aside to help my mom.
12:11		BARBARA V/O: Amu moved out of her parent's home a few years later, after they started pressuring her to get married.
12:17	CU AMU W/ BARBARA LISTENING	AMU O/C: My parents asked me to marry a certain boy . . . but I didn't want to, and said no. I didn't even know him.

SERIES: TREKKING AGAINST TRADITION

12:26		BARBARA: So what are your plans for marriage and children?
12:30		AMU: I don't want to get married because in our villages married women are not in good condition . . . their husbands are not taking care of them. They have many children.
12:40		BARBARA: If a woman gets married, how many children do you think she should have?
12:44		AMU: Two.
12:45	MS BARBARA	BARBARA O/C: Why do you think a woman should only have two children?
12:49	CU OF AMU	AMU O/C: If you only have two children, you can raise them well . . . provide them with food, clothing and education.
12:56	CU OF CHILDREN	BARBARA V/O: Lucky says a lack of education is one of the several reasons Nepal's fertility rate is high.

SERIES: TREKKING AGAINST TRADITION

13:05	CU OF LUCKY & BARBARA LISTENING
13:20	WS OF MAOUNTAINS
13:26	B-ROLL FAMILIES WORKING IN FIELDS
13:33	GROUP HIKING BY WOMEN WORKING IN FIELDS
13:47	SNAPSHOTS OF WORKING WOMEN

According to a United Nations study . . . only fourteen percent of Nepalese women are literate.

LUCKY O/C:

There is many children because of illiteracy . . . they don't apply the family planning.

Most family they want a boy child, and they try for that and have many children.

And mostly in the remote areas, they have many fields, and they need to have somebody to work there . . . so for that they have many children who can help in the field.

BARBARA V/O:

Returning to the trail the next morning . . . we saw many women laboring in the around the village . . . carrying heavy loads . . . not even flinching through the relentless winds that whipped through the mountain passes at sixty miles per hour.

SERIES: TREKKING AGAINST TRADITION

13:51	GROUP WALKING	<p>It's a harsh life, and one the Chhetri sisters have not lived.</p> <p>Still it's not always easy for them.</p> <p>Many of the men refuse to accept them for taking a different path.</p>
13:58	CU OF LUCKY	<p>LUCKY O/C: They always think it's negative that woman if they go out, they don't do good things.</p>
14:05		<p>BARBARA: What do you mean? What do the men think?</p>
14:09	SISTERS WALKING	<p>LUCKY V/O: Like they can go with the man and . . . like kind of prostitution, they think like that.</p>
14:21	NEWSPAPER CLIPPINGS	<p>We had a problem when we start business . . . because we were three unmarried women.</p> <p>We were doing very good business. Our neighbor he jealous.</p>
14:27		<p>BARBARA V/O: Lucky told me how the neighbor</p>

SERIES: TREKKING AGAINST TRADITION

		tried to set them up to destroy their reputation.
14:30	ZOOM INTO GUESTHOUSE	LUCKY V/O: One of the sisters went down in the guest room and she found a man there with the underwear only . . . sleeping in our guest room.
14:40	CU OF LUCKY	(V/O) We are curious, why he come like that . . . and later said that the neighbor sent him there. He was trying to give bad reputation to us.
14:52	WS COURTHOUSE	He went to court to sue us . . .
14:55	CU OF LUCKY	(O/C) he tried to prove that we are doing prostitution over there. But anyway, he lose and we win.
15:02	WS OF INTV	BARBARA: Your last name Chhetri means warrior.
	CU LUCKY	LUCKY: Yes.
		BARBARA: Do you consider yourself a warrior of sorts?
15:09		LUCKY: I don't consider warrior . . . but I think we are brave.

SERIES: TREKKING AGAINST TRADITION

15:19		BARBARA: Are you fighting for something?
15:24	SNAPSHOTS	LUCKY: yes, we are fighting for the women's power.
15:37	B-ROLL OF TREKKING	BARBARA V/O: As the trainees learn portering and guiding skills, they are in close contact with women trekkers from other cultures.
15:47		It's this exposure, the sisters say, that often changes the girls' way of thinking.
15:52	CU OF DICKY	DICKY V/O: Being a trekking guide, they have to work with the womens . . . (O/C) and they come anything like engineer, doctor . . . very high ranking people. So when they see . . . they feel "Ah, there's possibility!"
16:12	TRAINEES BRING TEA	BARBARA V/O: The porter training includes everything from bringing clients tea . . .

SERIES: TREKKING AGAINST TRADITION

16:18	BARBARA OPENS DOOR	AMU: Good morning.
		BARBARA: Namaste.
		AMU: Namaste.
		BARBARA: How are you?
		AMU: I'm fine and you?
16:22	WOMEN LEARNING TO BACKPACK	BARBARA V/O: To learning how to pack up all their equipment . . . and carrying it.
16:28	GROUP OF WALKING	The guide training is more involved.
		The girls must learn every single trail . . . they must be constantly monitoring weather conditions, and the health of their clients.
16:39	CU OF MAP THEN TREKKERS	Unfortunately I didn't pay attention to their advice.
		After eight hours of hiking to the village of Kagbeni, I broke a basic rule of high altitude hiking. I had forgotten to coat myself with sunscreen.

SERIES: TREKKING AGAINST TRADITION

16:51	BARBARA GETTING FIRST AID	The next morning I paid the price with a sunburn of Himalayan proportions.
16:57		BARBARA O/C: This arm and this foot is the worst . . . that's what's so swollen.
17:04	WS OF VILLAGE THEN BARBARA TAKES PHOTOS	The sisters schedule two days in Kagbeni . . . just enough time to recover, see the sights, and take some pictures.
17:15	BARBARA & ARCHOO WALK WITH CAM EQUIPMENT	I had some help from Archoo, the sisters' niece.
17:27		She volunteered to show me the village and carry my cameras.
17:35	BARBARA & ARCHOO WALK THROUGH VILLAGE	BARBARA O/C: The big heavy camera with the long lens has the fast film . . . and the little camera with the short lens has the slow film . . .
		BARBARA V/O: Archoo proved to be a good assistant . . . and I encourage her interest with some

SERIES: TREKKING AGAINST TRADITION

17:42 BARBARA EXPLAINING
EQUIPMENT

on-the-job
training.

BARBARA O/C:
That's the
slow film, but it's
finer grain when
it's slow. That
means the pictures
come out more sharp
as you can see, so
it's better to use
64 when you can,
but when it's dark
you have to use
200.

17:57 SNAPSHOTS AS ARCHOO
WATCHES

18:21 YOGA CLASS WITH
MOUNTAIN
BACKDROP

BARBARA V/O:
Before
returning to the
trail the next day,
Nicky lead a yoga
class for the
trainees.

A large amount
of responsibility
is placed on
trekking guides.

18:35 B-ROLL OF YOGA
CLASS

And Nicky
believes yoga helps
to keep the young
women focused.

I decided to
pass on the yoga
class . . .

18:42 BARBARA IN ROOM
DRINKING TEA

Opting instead
for a cup of
Nepalese tea and a
chance to gather my
strength for the
day's trek.

SERIES: TREKKING AGAINST TRADITION

18:51	GROUP STARTS OFF ON TRAIL	Wearing lots of sunscreen, we hiked out of Kagbeni and headed back to Pokara for a night of camping.
19:06	B-ROLL SHOTS OF CAMP SET-UP	It was a chance for the sisters to teach the trainees how to set up a camp, which is no easy task.
19:10	BARBARA PUTS UP TENT	BARBARA O/C: Do you put the middle poles before you stake the side? Oh it's weak, it broke. (LAUGHTER)
19:19	MORE SHOTS OF CAMP SET-UP	LISA O/C: We have to secure the sides of the tent . . . so the wind doesn't keep blowing it all over the place . . . so with each four corners we take a big spike and put it really solid, so we can do the rest of the tent.
19:24	LISA INSTRUCTING	
19:34	BARBARA WITH DICKY	BARBARA O/C: Is this the first tent they've set up? DICKY: Yes this is the first time. They are very good students . . . they pick up very fast.

SERIES: TREKKING AGAINST TRADITION

19:40	WS OF CAMP BREAKDOWN IN TIME LAPSE PHOTOGRAPHY	BARBARA V/O: They also break down fast.
		With the weather threatening to take a turn for the worse . . . the sisters decided we should return to their guest house.
19:55	TORRENTIAL RAIN SHOTS	The timing couldn't have been better . . . just hours after we returned to the guest house, the skies opened up . . . the monsoon season had arrived with a vengeance.
20:09	GROUP AT TABLE SINGING BY CANDLELIGHT	For me, this adventure was nearing an end . . . but for the sisters and their trainees, it was just the beginning.
20:18	CU AMU	AMU O/C: (THROUGH INTERPRETOR) In the future, I want to be a trekking guide like the three sisters and be independent.
20:25	CU GAURI	GAURI O/C (THROUGH INTERPRETOR) I want to continue this job, then after earning money, I want to

SERIES: TREKKING AGAINST TRADITION

20:34	GROUP SINGING	teach other women what I've learned.
20:38	WS OF GUEST HOUSE	BARBARA V/O: The sisters are counting on that. Since our visit, they have build a new guest house, and are turning the old guest house into a training center.
20:49	GAURI MAKING THE BEDS	It will also be a dormitory for the rural women who don't have a place to live while they train.
20:57 CLASS	WS OF LISA TRAINING	Women like Gauri, who will have graduated from the program, will be put on salary . . . and help support the new trainees.
21:04	CU LISA	Lisa wants to stay in Nepal for several more years, to help keep u the project's momentum.
	PHOTOS OF WOMEN	LISA O/C: You know there's going to be some women that are going to start on the program . . . (V/O) maybe a year into it, they decide that it's not for them. But they've

SERIES: TREKKING AGAINST TRADITION

		still learned something. They can go back to their village and shear their thoughts and their ideas with other women and hopefully that will let the ones that want a different life . . . it will allow them to the opportunity to know that there is a choice.
21:24	CU OF DICKY	DICKY O/C: Being women w must not feel we are nothing. We are something.
21:31 UP HIGH	3 SISTERS HOLD HANDS	(V/O) We can do in this world so many things . . . so many ways to become strong.
21:42	GROUP SINGS BY CANDLELIGHT	EVERYBODY: We shall overcome . . . we shall overcome . . .
21:50	JANE FONDA IN STUDIO	JANE O/C: Dicky Nicky and Lucky have "already" overcome many obstacles . . . From fighting traditional stereotypes of women, to convincing the women themselves that they have what

SERIES: TREKKING AGAINST TRADITION

it takes to get the job done.

The sisters' efforts are being applauded by population experts who are concerned about rapid population growth.

22:07

These experts say the evidence is clear:

When women have access to education and job opportunities, they choose to have smaller families. Of course to make that choice, they must also have access to family planning services.

And in many countries, that is not the case.

22:20

According to the UNFPA 350 million women in the developing world do not have available family planning services.

The United Nations Women's Conference in Beijing calls on governments to take the lead in advancing women's rights, including

SERIES: TREKKING AGAINST TRADITION

22:39

reproductive
rights.

If you would
like more
information about
how raising women's
status impacts
population growth,
write:

22:44 ADDRESS SCREEN

The United
Nation's Population
Fund Information
Division
220 East 42nd
Street
23rd Floor
New York, New
York
10017, USA

Or e-mail us
at

[People.Count@T
urner.com](mailto:People.Count@Turner.com)

To find out
more about the
People Count
series, visit us
on-line at:

[WWW.PeopleCoun
tTv.com](http://WWW.PeopleCountTv.com)

23:12

I'm Jane
Fonda.

Thanks for
joining us on our
worldwide journey.

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23:22 CREDITS

01:24:27 END OF TAPE

Showing once again
the actions of all
people count.