



**Exchange
and
Empower**

www.miraraexchange.org

Exchange and Empower Training and Education Scholarship Application 2019/2020

Name:

Age:

From (Place of Birth):

Address:

Email Address:

Mobile:

Facebook Contact:

Education Completed:

Trail Race Experience and Results:

Other Race Experience and Results:

Tell us about your background (family, growing up):

Tell us about your athletic background (interest in sports, training history):



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Tell us about a big challenge or difficulty you have experienced:

What are your athletic goals?

What are your career goals?

Why do you think the Exchange and Empower Training and Education Scholarship is suitable for you?

Tell us about your involvement in or interest in community and giving back:



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ABOUT

Exchange and Empower

Exchange and Empower was founded by legendary Nepalese runner Mira Rai and Hong Kong social entrepreneur Keilem Ng, two friends who share a passion for the trails and giving back. The program aims to provide talented young female runners in Nepal the opportunity to broaden their horizons, experience different lifestyles, and share their stories and culture with others.

The Exchange & Empower Training and Education Scholarship

We aim to fully support 6-10 high-potential young women athletes from Nepal, selected by Mira, for 9 months (May2019 to Feb2020), giving them the opportunity to focus on athletic training, education and professional development.

The program will offer:

- Personalized coaching from Mira on trail and ultra running
- 9 months' housing and food allowance for residency in Kathmandu
- Small-group English lessons (supplementary to school or college)
- Allowance for professional development including travel costs and entry fee to races around Nepal, NATHM trail guide certification
- Modest stipend for acting as part time coaches/assistants in Mira's extracurricular sports programs in local schools in Nepal, trail running camps, trail running races/events.

As part of the program, four scholarship athletes with the best performance (in races in Nepal during the scholarship period) and participation in the scholarship activities will be selected to visit Hong Kong and compete in one of the many renowned trail races the city has to offer.

In November 2019, two scholarship athletes will have the opportunity to attend MSIG Summits @ Mui Wo 50km race in Lantau, Hong Kong. (Female First Place Cash Prize HK\$3,000, Female Youth First Place Cash Prize HK\$2,000).

In March 2020, two athletes will have the opportunity to attend MSIG Ultra @ Tai Po 75km race in Tai Po, Hong Kong. (Female First Place Cash Prize HK\$3,000, Female Youth First Place Cash Prize HK\$2,000).

As well as race entry, we will provide support for:

- Flights
- Visas
- Food and other daily expenses

The selected athletes will stay in Hong Kong for several days. Tours and educational programs will be arranged to ensure they receive the maximum possible benefit from their time here.



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Scholarship Athletes Selection Criteria

Strong motivation and interest in an athletic career in ultra-distance trail running

Demonstrated success in trail running and shows great potential in ultra-distance trail running

Preference for women with poor or otherwise disadvantaged background (from remote area, disrupted education, lack of training opportunities, lack of professional opportunities) that would make the Exchange and Empower program particularly meaningful for their development

Application Deadline

April 15th, 2019

Application Submissions

Email to contact@miraraexchange.org