



Ben Paul and Tom French, Shilling Communication staff members from Liss, are off on an expedition to Nepal to help with building projects. 10871-1

Nepal trip for Shilling staff duo

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TWO employees of a Liss company are about to swap their desk jobs for a rather more strenuous working environment – in one of the remotest countries of the world.

Tom French and Ben Paul will set off this Friday on their way to an isolated community in Nepal

They will spend a week helping to build new homes for local people.

The project is run by the charity Action Aid, and Tom and Ben were chosen to take part by a charity committee at the company they work for, Shilling Communication.

Every year, the committee invites all employees to submit written applications to take part in an overseas charity project.

“One of the reasons is to get people outside their comfort zone and involved in something that couldn’t be

more different from their usual working lives,” said Kevin Shilling, the founder of the company.

Tom (26), a designer, and Ben (24), a design assistant, will be spending up to 13 hours a day on jobs including mixing cement and preparing building sites.

The Nepal project is one of several currently being run by Action Aid.

The organisation says it will provide homes for the Kamaiya, a people who until recently lived as bonded labourers with no homes of their own.

Tom said: “We both applied in June and heard we had been successful about a month later.

“We have been getting ready ever since then – everything from sorting out vaccinations to learning about safety procedures.

Ben added: “We’ve also been working on our fitness – last Thursday I took part in a marathon 24 hour ‘spinathon’ on exercise bikes at the Taro centre in Petersfield in aid of Children in Need.”