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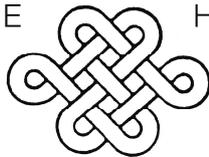
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# dnh brief



DEUTSCH-NEPALISCHE

HILFSGEMEINSCHAFT e.V.



GERMAN NEPALESE

HELP ASSOCIATION

[www.dnh-stuttgart.org](http://www.dnh-stuttgart.org)

*"Some wait for times to change. Others take the bull by the horns ... and act ."*

*(Dante Alighieri, Italian poet)*

## **Namaste**

### **Dear Members and dear Friends of the GNHA,**

The political life in Nepal is at a total standstill. Concrete results, if any, are hidden behind a wall of fog. The general public who suffer from the persisting crisis, are still having to wait for a new constitution and the federal reform.

However, with your help we are pushing forward, especially in the educational sector. After the educational authorities had approved our support for the Multi Grade Multi Level (MGML) Education System, our employees, Kedar and Chandra, subsequently organised a group of very experienced and motivated teachers, trainers and training instructors to go with them to Rishi Valley (India) - the pioneer of this MGML teaching method, respected worldwide - to take part in a special training course which was tailored specially to the needs of the GNHA. On this basis we are now supporting 24 other schools this year in three districts.

From time to time, voluntary trainees also support our team in Nepal. Besides their excellent knowledge of English, they also bring in other abilities and skills and thereby make a very high impact on our schools and projects. We are very pleased about this and also about their reports.

And in addition to this, we received an unexpected offer from a children's choir in Altensteig (Baden-Württemberg) that gave three concerts altogether in support of our project "Better Village Schools in Nepal" and additionally introduced it as a main project at their school. The 'learning and helping' that was experienced here, therefore turned out to be an overwhelming event and result for the GNHA.

I am certain that you will find the articles written for you by our various different authors well-worth reading and would like to thank you for your interest in the work we are doing in Germany and Nepal.

Kind regards,

Yours,

Andreas Falk, Mühlhausen, Thüringen

Chairman

## Varied Medical Support

For more than 20 years, the GNHA has been running Christine's Dispensary, the pharmacy for the poor and needy in Bir Hospital in Kathmandu. Every year about 32,000 destitute people are provided with life-saving drugs, free of charge. For many years the Dispensary has been our major single project with a budget of approximately Euro 60,000 a year. Where the supply of medicines is concerned, the GNHA has been generously co-financed by Nepalhilfe Beilngries and since last year, also by the foundation, Margarete-Müller-Bull-Stiftung.

Our Dispensary's "Poor Patient Fund" enables our three employees to help in seemingly hopeless cases in a non-bureaucratic way. For instance, we learned of the following patient history of Sunita Mote. She is one of four children from a poor farming family in the district of Dhankuta. One year ago she had a feverish and chronic skin and bone infection. Traditional healers could not help her. During the following months she went through an odyssey to several district hospitals. Despite several operations and antibiotic therapies she could not be healed. Occasionally it was suspected that she had cancer. When the Mote family's daughter was eventually sent to Bir-Hospital, its financial resources were already totally exhausted. Our employees were informed and they then decided that the "Poor Patient Fund" should take over the costs for the medication and dressings that are not paid for by the hospital. Sunita has now fully recovered after an intensive course of treatment over three months and has been able to return happily to her home village.

For several years, Dr. Elke Mascher, a retired doctor and member of the GNHA, has been working during the monsoon season in the district hospital, Chaurjahari, in western Nepal (s. her report in the "dnh letter" no. 4). This hospital is an important institution in a medically undersupplied region. There was an urgent need for a new operating light, a small air-conditioning system for the operating theatre and also for a new microscope for the laboratory. Last year we thankfully received more donations than we expected and were therefore able to finance these wishes which amounted to Euro 6,700.



In August, Dr. Elke Mascher was able to hand over this equipment personally, and since she is working as an anaesthetist she has been able to “enjoy” the air-conditioned operating theatre personally, too. And now, at last, operations under torch-light are a thing of the past.

Dr. Richard Storckenmaier, nephrologist (specialist for kidney diseases), together with the GNHA and a network of supporters, has been involved for many years in improving the situation for patients suffering from kidney diseases. In the meantime, the treatment infrastructure for these patients is relatively good in the metropolitan area of Kathmandu, but in other areas it is still insufficient. The Western Regional Hospital in Pokhara has a small, well-functioning ward for dialysis, but it has become too small to provide the necessary care for this region. The donations which were received for this specific purpose - and doubled by the GNHA - were able to finance the purchase of two dialysis machines, including a 3-year maintenance contract.

## MGML - Training of Trainers in India

As we are now convinced of the suitability of the **MultiGradeMultiLevel** teaching and learning methodology - thanks to the experience we have gained at our 3 model schools - , and since the school authorities wish to introduce this form of teaching to a greater extent at junior schools with relatively few pupils, the Board of the GNHA has decided at the request of the respective district school authorities, to support the MGML at 24 schools altogether in the mountain regions of Kavre, Sindhupalchowk and Dolakha. Apart from having to provide the equipment and teaching materials for these schools, the teachers there will subsequently have to be familiarised with the new methodology and accompanied over a longer period.



Our GNHA staff, Kedar and Chandra are able to supervise this programme competently, together with the specialists at Rato Bangla (RBF) and from the Department of the Ministry of Education involved. However, experienced instructors will also be required locally, in order to take this additional step towards creating really good village schools.

The method was developed at the **Rishi Valley Institute for Educational Resources (RIVER)** in Andhra Pradesh/India and meanwhile it is being practiced there and at thousands of schools in the bordering federal states. Over more than 20 years ago, RIVER had already recognised the complete lack of primary school education in the rural districts. The hopelessly deficient learning environments, the decline in the number of pupils, absence from school, or drop-out (both of the pupils and teachers) and the deficient training and skills of the teachers rendered 'meaningful learning' impossible at many places. MGML, i.e. individualised learning in groups composed of children from different school years, was developed as the solution to these problems and has meanwhile also become increasingly popular in Germany. Consequently, the Teaching Institute at the University of Regensburg is focusing on this approach and supervising its introduction at Bavarian schools.

Individualised learning material in the form of so-called 'learning ladders' and targeted activities during the lessons, form the basis of the MGML concept. Teaching and learning take place both in a teacher-supported mode and by learning from each other in group work, as well as in a completely individualised way by studying the learning content on their own. First the learning content is taught, then it is treated at greater depth and finally the learning results are assessed. As the contents on the "learning ladder" are progressively built up on each other, each child climbs up the ladder according to its educational level; it can also stay at a certain level corresponding to its ability, leave the ladder and repeat any missing learning content, specialise in specific areas and then get back onto the ladder again at this level. For practical implementation, a selected set of teaching and learning aids are available and cost Euro 800 per school.



The founder and creative mind behind this methodology which has meanwhile been recognised worldwide, visited our model schools in April during the course of an international conference on education and was extremely impressed by what he saw. He suggested organising a Training of Trainers (TOT) course in Rishi Valley, tailored specially to our needs.

The aim of the training course for our group of participants was to adapt the planning and implementation of the MGML methodology to the Nepalese context. 14 people, including Kedar and Chandra, as well as both the educational specialists, Bipul Gautam and Kedar Dyola from Rato Bangla, whom we feel a close bond with, 3 specialists from the education authorities and 7 very experienced and committed educators from our schools, set off on their journey to the south of India at the end of August. Here the conceptual basics were clearly illustrated, and during the many visits to these locations, practical knowledge and experience was gained through intensive observation of the lessons and their subsequent assessment. Important workshops topics also included the collegial cooperation of the teachers, further education, sitting in at the classes, peer counselling and supervision. We are convinced that we, together with the competence team in Rishi Valley, shall be playing a pioneering role in the educational sector in Nepal as a result of this training and the network built up amongst the participants. However, we consider it even more important that the children in the more remote districts of Nepal will at last be receiving a proper educational environment and that the basics for life-long learning are created.

Sabine Starz, Friedrichshafen

### Children Nepal Workshop: How can I keep an overview of my expenses using a Housekeeping Book?

In September 2012, I was able to seize the unique opportunity of spending a so-called "Weltwärts" (westwards) year in Nepal. "Weltwärts" is an initiative launched by the German Federal Ministry for Economic Cooperation and Development. It is a volunteers' service for young people working in a developing country in the 'global south' (editor's note: In the meantime this service has been stopped). For one year these volunteers work for local projects and organisations with the aim of global and intercultural learning. Subsequently, I applied for an assignment at CHILDREN NEPAL (CN) in Pokhara, focusing on Fairtrade marketing and distribution.



When Andreas Falk and I were talking to each other, he told me about his idea of offering a workshop on the topic, "Maintaining a housekeeping book". I had already known about keeping a book or simply a sheet of paper for listing all one's earnings and expenditures, from my mother, and she had learnt this beforehand from her mother, too. In collaboration with the management of CN this workshop became a reality and finally, in August 2013, this idea was put into practice in Pokhara. The workshop leaders were Kedar Tamang and Sunita Lama, both from the GNHA, who had also developed the greater part of the workshop concept. They were supported by Dilly Sharma, the Financial Director of CN and my humble self, but for me, of course, there was a significant language barrier. The workshop itself was planned to last only one day but took place on several days according to the different target groups (mothers and their daughters). As a result, a total of 96 Nepalese women participated, these also comprising 60 pupils and students from CN.



The aim of this workshop was, on the one hand, to learn the skills necessary for keeping a book of the household accounts, and on the other, to gain a basic understanding of the priorities of the daily expenditures. After an introductory round, the workshop started with a simulated "shopping game", whereby the participants were able to buy all the articles necessary for the workshop with toy money. These purchases, e.g. pencils, pads, etc., were then used later on as an example for recording an entry in their housekeeping book, thereby applying their theoretical knowledge directly in practice. These playful methods created a very relaxed atmosphere and greatly stimulated the motivation amongst the participants. The second part of the workshop was characterised by different kinds of group-work, the main task of which was to find out what the daily expenditures are and the priority the individual items have. The group then held a very lively discussion on the different categories. There was a particularly great need to talk about the priority of stimulants. The numerous group-tasks also required them to speak in front of a group and present their results, which was good training for many of them, too.

In my opinion the workshop "Maintaining a Housekeeping Book", which was developed by the GNHA in co-operation with CN, is a very successful program that has stood the test and should therefore be repeated. A continuation of the program would be of benefit for all.

Max Dinkelaker, Tuttlingen

## My work as a voluntary helper at a Nepalese village school

My name is Laura Boser, I come from Nuremberg and took my final school-leaving exam in the summer at the Waldorf school there. After having practiced my English during several months' stay in England, I am now teaching at the **Golma Devi Primary School** for about three months. Here, a short insight into my first weeks in Nepal:-

Well, a small hut with a fireplace for cooking, but no shower and also no proper toilet - this is my new "home" for a few months in the Nepalese **mountain village Lamidanda**, where we harvest vegetables every day, fresh from the fields, go and fetch milk from our buffalo for the obligatory chiya (tea), and then finally prepare everything sitting on the floor using the old, somewhat precarious kitchen utensils. After a week or so in Kathmandu I notice that this is a tremendous change for me, but I am quickly getting used to this new, extremely unusual life, where the word 'haste' is unheard of, as there seems to be a tremendous amount of time at hand. The only hectic places in Lamidanda are the classrooms. I am here to teach both the teachers and the pupils at the Golma Devi Primary School how to speak English. And I really do mean "speak", as most of them are able to write English very well.

I brought a brightly-assorted repertoire of artistic, musical and theatrical teaching methods with me. Creative learning. Interdisciplinary education. After the first day I threw the entire program overboard straightaway as a large part of it is just too complex and difficult. First of all I am trying to give the children a feeling for the language by singing simple children's songs with them. We prepare various different topics and then try to hold everyday conversations about them. For a young lady like me who has only just passed her final school-leaving exam this sometimes presents rather a challenge. Should I be teaching teachers who are considerably older than I am? Am I really capable of doing this? Actually, this is not so easy, but now I really notice how new doors are gradually opening for me. And we still manage to spend a bit of time together. The little ones also learn so quickly that it is by no means a cliché if I say that I notice their progress from day to day. All I can hope for is that they will not have forgotten everything again after all their holidays and festivities - which they have considerably more of than we Europeans are used to!

After a five-minute walk through the cornfields I am back again at the place I call my new "home". After a short break it's back to cooking the dal bhat. This is really a delicious meal. At any rate, I do not know of any other meal that I could eat every day. Well, let's see if I still see things that way in a month's time.

Laura Boser, Nuremberg (at present in Nepal)

Our member, Erika Vonberg, provides the financial support for Laura's voluntary service.

## Children singing for children

### Charity Concert for Better Village Schools in Nepal

The choir, composed of the younger and older children at the grammar school, Christophorus-Gymnasium Altensteig set itself the goal of helping children in Nepal. In 3 charity concerts in Altensteig, Bad Liebenzell and in the 'Schlosskirche' church in Stuttgart, the choir was able to demonstrate all its talent during its overwhelming concerts which emotionally were deeply moving. Wolfgang Weible, the choirmaster, music teacher and Nepal fan, together with members of the GNHA succeeded in conveying their enthusiasm for Nepal to the 12 to 16-year-old singers. With unimaginable dedication on the highest musical level their singing brought in donations for equipping our MGML (Multi-grade Multi-level) schools with learning material. The donation was able to be increased even further during a Nepal Project Day at the grammar school in Altensteig in collaboration with the school's co-management and governing body. As a result, a total of **Euro 4,710.24** was collected in the donation box at the end of the grand, final concert at the Schlosskirche, thereby guaranteeing learning material for 6 schools. This sensational result even exceeded the choir's wildest dreams!



The concert's musical presentation ranged from the classical, spiritual music of Schütz and Bach to contemporary pieces which, in their interpretation with recitatives, disharmonies and rhythmic arrangements of the highest perfection, filled the audience with enthusiasm. And then, when they sang the Nepalese folksong, Resham Firiri - just the right song for a Nepal Charity Concert - the spell was finally broken and elicited both the joyous hearts of the audience and their purses! Thunderous applause for the beaming faces of the children and grown-ups! We should like to express a "very big thank you" here, to all those who took part and to the highly industrious helpers, invisible in the background, without whose hands-on support such a wonderful, heart-warming concert would never have been possible. The children's delight at taking part could be seen on all their faces. On behalf of the GNHA we should like to express our sincere thanks to everyone with a heart-felt dhanyabad!

Dr. Karin Storckenmaier, Stuttgart



## GNHA outing to the Eifel in 2013

On the morning of 20th September, 20 members of the GNHA set off by bus from Stuttgart to the Eifel. Our lunch in **Rhens** on the Rhine was our first stop. There we also met Marlen Rehn who had planned and organised this outing for us. Our journey continued along the Rhine, past the beautiful castles and the Loreley to the Naturfreundehaus on the Laacher See lake. Once everyone had been given a room, we went for a lovely walk around the lake. And after our evening meal at the Naturfreundehaus and a short chat, most of us went up to our rooms and went to bed quite early. Some of the members did not join the group until Saturday.

On the Saturday we travelled on to **Mendig** to the Lava Museum and went underground where millstones used to be quarried. They were all very impressive and above all, enormous. We all enjoyed our lunch in the brewery. Then we drove back to Maria Laach to the Benedictine abbey where we went in small groups to take a look at the site with its bookshop to browse in, the Villa Reuther with an exhibition of beautiful wooden furniture, the wonderful garden centre and the newly opened library. After this another group joined us on a guided tour through the Abbey Maria Laach, conducted by Father Petrus.



We spent our last day in **Koblenz**. Mr. Manfred Böckling first explained the history of the town to us in a very interesting and entertaining way, and then we crossed the Rhine by cable car to the **Ehrenbreitstein Fortress**. There, too, Mr. Böckling knew a great deal to tell us about the fortress, its history and the life of the soldiers. After our last lunch on the Rhine and a walk through the old town of Koblenz we drove back to Stuttgart.

This outing, too, was a really successful event, just like our previous ones. We should like to thank the members Marlen and Erika particularly for preparing it and accompanying us on this wonderful weekend.

Tatjana Mayrhofer, Sindelfingen

## **We would like to express our thanks**

to all our faithful donors who provide a sustainable financial basis for our work in and for Nepal.

In addition, there are always very welcome donations due to special agreements, pleasant and sad occasions, generous waivers of payment and from other sources. Without these contributions some of our projects just could not be carried through, or only to a very restricted extent.

### **Special agreements**

We should like to thank our partner organisations, the Nepalhilfe Aachen, the Nepalhilfe Beilngries, the Margarete Müller-Bull Foundation and the Förderkreis Hilfe für Nepal Freiberg for their co-financing.

### **Pleasurable events**

The special birthdays of Dieter Abel, Karl-Heinz Bremer, Friedrich Hofherr and Bernhard Unseld were taken as an opportunity for requesting a donation for the GNHA instead of receiving presents.

### **Generous waiver**

Dr. Christine Reuter and Peter Schöderlein donated their admission fees from slide-show presentations.

Helmut Henschen organises trips to Nepal for his friends and contributed a donation from his Nepal holiday earnings.

Our member from Erfurt, Dr. Michael Heinisch, donated the fees from his part-time work for the Pharmacist Association to the GNHA and procures us considerable donations from pharmaceutical companies.

### **Creative and other sources**

Within the scope of the Daimler ProCent-Initiative our member, Franz Bornkessel, procured a considerable donation for us for purchasing model kits that, apart from being a great deal of fun, are intended for promoting the technical understanding of the primary school pupils in the Dolakha District.

And last but not least, a very big thank you to the school administration and the students' co-administration at the Gymnasium Altensteig grammar school and its Children's Choir for its fantastic commitment (see the report on P. 12.)

Once again, many thanks to all the donors.

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