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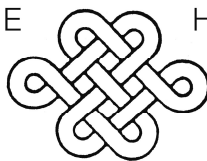
April
2014

dnh brief



DEUTSCH-NEPALISCHE

HILFSGEMEINSCHAFT e.V.



GERMAN NEPALESE

HELP ASSOCIATION

www.dnh-stuttgart.org

Namaste

Dear Members and dear Friends of the GNHA,

For over 30 years he has been the public face of the GNHA in Kathmandu. Together with him and our Team in Nepal we have been able to shape the profile of the GNHA within the scope of its project work. This year we shall be paving the way for the next generation.



Kamal Rupakheti (69) who has been our Country Representative since the days when the DNHA was founded, will be going into his well-earned retirement in the summer. His successor will be our long-standing assistant, Kedar Tamang (43), who has made a name for himself particularly in the educational field, quite apart from, and in addition to, his work for the GNHA, and has also been managing the Dispensary and other leading functions for more than 10 years.

The management handover from Kamal to Kedar will be taking place without any special formalities. Neither of them attach any importance to ceremonious speeches and brass bands, titbits and drinks, and subsequently emphasize its undisturbed continuation that is characteristic of our work. At all events we are eternally grateful to have been able to count on Kamal's dedicated service and are most pleased that his successor in the Team has been able to gain experience in his new role and prepare himself intensively as the person responsible for the overall management of the Office in Kathmandu. Kamal has given us his word that he will continue to assist the Team with his help and advice at any time. We shall still be able to count on Gajendra Shrestha, both in his function as Honorary Advisor and as a reliable friend of the GNHA, of course.



Our Team will be strengthened by a significant new entrant. Thakur Prasad Poudel is indeed the most experienced practitioner in the field of Multi-Grade Multi-Level Teaching and Learning Methodology (MGML) in Nepal. As a headmaster he ended his own personal teaching profession and came to us in order to introduce this method at other schools and accompany them along their path towards this child-friendly and effective method of teaching. Subsequently the GNHA has doubtlessly won additional competence and has become one of the leading institutions in Nepal as regards this MGML Methodology.

More information about our projects can be found in the interesting contributions in this flyer.

I wish you a great deal of enjoyment reading them and should like to thank you for your kind interest in our work, both in Germany and Nepal.

With kind regards,

Yours,

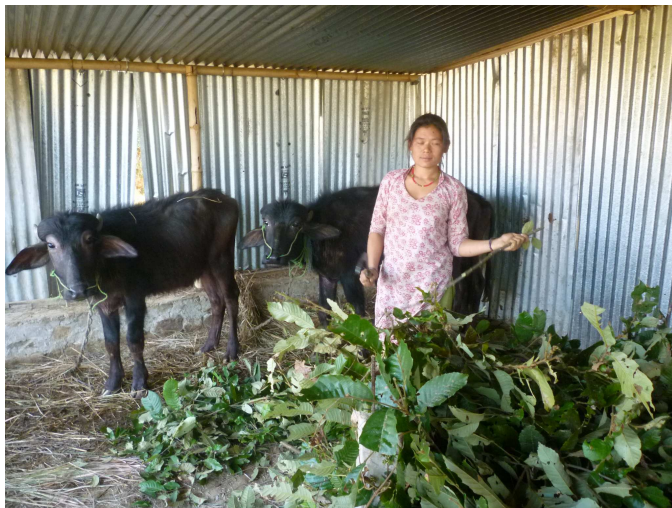
Andreas Falk, Mühlhausen

President

News on our Projects

The harm that the bulldozer did to the countryside, is slowly healing. Concerned here is the **fruit plantation of the Dasharat School in the Dhading District**. At the time, the slope was terraced with the best of intentions for planting fruit trees. However, the reverse happened of what should have been done; the fertile humus layer was removed and covered over and the sterile ground was left exposed. The monsoon rains were then able to demonstrate their pernicious power. As expected, landslides and pronounced erosion gullies then occurred.

Then, with sophisticated logistics and systematic planting, together with the strong support given by all the schoolchildren, the slopes were stabilised with plants for preventing any further erosion occurring. The slope now appears in its former green robe and has been economically adorned by planting Amrisho fruit. This year the stalks and stems could be cut for the first time, and brooms could be made from them; these plants are also used for cultural purposes. They can be sold for quite a good price and if the brooms are produced in the village, they generate enough income for several families.



The problem with the humus was tackled by purchasing 3 buffaloes, using the urine from the toilets at the school and collecting organic waste. In order to ensure a continuous flow of the necessary work on this large terrain, a young, very industrious farming couple was hired from the village. We have every reason to be optimistic! The fruit grove is developing very well, which is also certainly due to the school's extremely dedicated science teacher, Ishwar Lohani, who has truly taken its management very seriously.

The **Dispensary** conducts its work in a professionally experienced and reliable manner. The more recent, official regulations as regards the qualification of the staff could present some problems for us, medium-term, since at the moment, only Nar Bahadur is officially qualified to distribute medication. Either another staff member will have to attend the respective courses or course of study to acquire the necessary qualification, for which we would have to offer him the opportunity if he is interested, or an additional staff member with a pharmaceutical background would have to be newly employed, or replace a staff member already there.

Nephrologists from USA have collected donations for kidney patients and wanted to donate them to Bir Hospital. The fact that the Management at the Hospital suggests that these financial means should be managed and distributed by the GNHA Dispensary, is certainly a sign of confidence of a very special kind. Incidentally, this is not the first time that the Dispensary has been regarded from outside as being so trustworthy that it should take over the management's means; this was also the case several years ago, in the case of the injured, during the national uprising against the earlier regime.



Earlier, when spontaneous visits were made to the **PIN House**, the visitors were sometimes annoyed about the dirt and litter that had collected on the premises. In the meantime the litter is being consistently separated and properly disposed of. This is also due to the commitment of the volunteer, Jana Behrens. The girls see to the vegetable production in the raised beds, some of them weave mats for sitting on and earn a little pocket money, and their results at school are also very satisfactory. The attempts at earning an income by producing lapsi products (a sort of fruit gum) have now been stopped. Marketing them proved to be difficult.

Children Nepal (CN) in Pokhara is a unique institution in every respect. The fact that they earn approximately 30% of their expenditures from their own activity is particularly remarkable. In order to prepare themselves for the future, CN is now trying to develop a sustainable strategy for the coming years as a collective of all the parties concerned or affected. We are awaiting the outcome of this common effort with great interest. For instance, the GNHA finances the school education of 100 girls from the Dalit caste as well as the social work with their parents or guardians. Most of the girls are very ambitious and hold their ground at school. Years ago we started a programme there for helping the families by providing them with a little capital for them for gaining a source of income as small-scale entrepreneurs. From this initiative and our "seed" money, a self-governing cooperative of almost 90 members has meanwhile developed which distributes the means amongst themselves. We are very proud of this but without the commitment of the CN members it would never have been able to develop in this way.



In this connection we also conduct our training for those who keep the ledger on the income and disbursements. During my presence a revision and in-depth training course was carried out. Most of those taking part are fully convinced about the need for keeping a ledger and have found that this has, e.g. reduced the disputes over disbursements and the stress caused by financial family issues. Other institutions and NGOs have expressed their interest in offering training courses for their target groups and have asked us for our help.

For us, this raises the question as to whether we even have the capacity, and under what conditions we are able to be available to other NGOs. Provided we have free capacity, we are of course most willing to do this, but we shall have to invoice the costs for this to the respective NGOs.

This leads us to a project of a totally different dimension. For many years, we have dedicated ourselves to an education programme at state schools, that is child-friendly and commensurate with the age of the children. **The MGML approach (Multi-Grade/Multi-Level)** must be considered in this connection. In my opinion, there is no better learning method for taking the individual needs and different stages of development of the children into account. In the meantime, we have almost 30 schools that practice this teaching methodology. In the Government's current plan, 750 schools are to introduce the MGML; at present there are 120 schools. There is a considerable need here for schooling and supervision. At present there is no other institution in Nepal, including state bodies, that would be in the position to satisfy this need for schooling. Therefore we are planning to set up a training centre at one of our schools where the course participants learn this new kind of teaching methodology, i.e. theoretically, practically and by watching it take place.

We have chosen Badalgaon for this purpose, i.e. one of the schools we have been promoting since the very beginning, near Dhulikhel. This prospective Training Centre is to be innovative in a variety of ways, e.g. we would like the participants of the training course to be accommodated in the village, in the families, so that the economic fruits of the Training Centre can be enjoyed by the villagers. Our readers will learn what has become of this idea in the next GNHA flyers.



Andreas Falk, Mühlhausen/Thür.

As a volunteer in Dolakha

My name is Johannes Lengerer, I am 19 years old and passed my final school-leaving examination (German Abitur) last year. I have taken one year off to work as a volunteer and travel throughout Asia. As part of this year I am now working for the GNHA as an English teacher at a village school in Dolakha, Nepal. Here is a short review of my everyday life.

I wake up when the sun is shining over the Himalayas in the east, into my room. It is a typical winter's day in Nepal - cool and sunny. I crawl out of my sleeping bag and wash myself in ice-cold, running water. Shortly afterwards I see my host mother - a wonderful, caring farmer's wife - standing waiting outside my room with a hot cup of tea in her hand. I warm myself up quickly in the morning sun and then wash my dirty clothes by hand.

Before I set off to the school every morning, there is also a "dal bhat" breakfast, i.e. a rice and lentil soup served with cooked spinach and different curries. I think this tastes super as the meal is always deliciously spicy and not too sharp - just as I like it! My host family also makes sure that I do not starve, as they do not allow me to go without the obligatory second helping. Now and again I also hear flattering compliments, such as, "Very nice! You look fat!"



My host father is a school director at the village school and we walk there together. On the way, there is a fantastic view of the holy mountain, "Gauri Shanker". A real "eye-opener", but the plastic waste along the edge of the road rather ruins this idyllic setting. In 40 minutes we reach the school and the children have already seen me coming in the distance. They wave and laugh, stand at the windows and greet me with their hands together, "Namaste". The English lessons at my school are not particularly good and the children are not all that good at

expressing themselves. Most of the teachers speak hardly any English themselves. Therefore I mainly practice speaking English with the schoolchildren. We sing children's songs together, read picture-book stories and practice short dialogues. This work gives me and the children a great deal of pleasure. Since we started practicing sentences with the verb "to have", I have been bombarded with questions, "Do you have a car, a house, a wife...?"

Our mutual interest is enormous. The communication with the schoolchildren is sometimes difficult, but in most cases the English teacher there accompanies me and is able to act as an interpreter. The teacher is very interested in my approach as it is very difficult for him to teach the children the language.

Once I have returned to my village after school, I still have some time to visit my Nepalese friends. I learn the Nepalese language from them and can already manage a little small talk. In the evenings we have dal bhat again. Although I have been eating this meal for six weeks, I am not sick of it, yet. But on the other hand, who has time in Germany to cook twice a day? This is a real luxury. Afterwards we go to bed early as it gets really cold and the house does not have any heating.



At the beginning I was sometimes overwhelmed by my job as a teacher, the foreign culture, the lack of comfort and my role as a guest, but one gets used to it and settles in. On the other hand, my doubts as to whether my school English was good enough, were totally unfounded. The children and teachers often understand me easier if I do without the grammar completely when I talk.

In the meantime I feel really at home in Nepal and have gained more self-confidence. My departure is gradually getting nearer and I am really noticing how close I have become to my Nepalese surroundings. I have experienced situations, people and a culture that will remain in fond memory for the rest of my life.

Johannes Lengerer, Marktoberdorf

Why am I an active member of the GNHA?

My first contact with Nepal now dates back 20 years, and this trip will probably always remain in my memory as the most impressive trip that I have ever been on.

There were just two of us - my friend and I. It was the first journey I had ever been on outside Europe. We had read about everything in great detail beforehand and did not take on any services provided by trekking or travel agencies. For this reason we became very closely acquainted with the country and its people. Even our arrival was spectacular. We walked in our mountain boots from the airport to the ancient city of Kathmandu, with 20 kg on our backs! We spent the night in a DM 3,-- hostel and then started off on our Everest trek without any porter or mountain guide - until we reached the base camp! Looking back on this now, it was rather a careless thing to do, but we were without any worries and everything went well!

We were absolutely enthused by the country from the very first onset - its splendid countryside, its aura and its fascinating people.

I can remember exactly, how we sat under the temple roofs during the warm evenings after our successful trek and how we philosophised about being able to do something for this country at some later stage, once we had become a little more established.

The precocious chatter of these two young men remained without any consequences for quite some time. After all, we had a lot of other things to do.

Later on, however, we went on another trekking holiday together. One year later my friend suddenly died, at a young age. Since this time I have automatically experienced everything in Nepal for him, too, at the same time. One day, I received a beautifully illustrated book on Nepal with a GNHA flyer inside. And then I remembered the dreams we had dreamt together and thought that maybe this was the opportunity to turn some of them into reality.

I contacted some of the people there and began to attend the GNHA events. It immediately became apparent to me, that the people we met there were brimming with energy, down-to-earth and unpretentious, and that their support for Nepal was highly effective.

My enthusiasm for the GNHA has remained until today. There are so many things that I could recount. The extremely lean organisation, for instance, and the responsible and efficient handling of the donations! The experienced, reliable team both in Germany and in Nepal! Each project is transparent and has a face of its own; all the contact persons are known to everyone; it is possible to ask questions about anything, both in Germany and locally in Nepal!

And extremely important, of course, is the fact that I have found a great many friends at the GNHA, both in Germany and in Nepal!

I am very happy to have found a completely new and much deeper understanding of Nepal and its people. It is a stroke of luck for me to be able to combine my passion for Nepal with specific tasks and projects of the GNHA.

Dr. Michael Heinisch, Erfurt

Hannover meets Nepal

Bringing a small fragment of Nepalese (culinary) culture with all its bright colours, exotic spices and foreign habits and customs to the grey city of Hanover – this was the opportunity I had. When I say "I", I mean Sunita Nitschke, 22 years old, born in Kathmandu and through adoption I came to a wonderful family in Germany when I was 4½ months old. At the moment I am attending a course of training as a Tourism Agent at the central office of TUI Deutschland GmbH, with its headquarters in Hanover. This company always manages to think up something new for broadening its staff's horizon! Thus the "Culture Cuisine" was initiated by our Diversity Section. The concept was as follows:- One of the staff members introduces "his" country to approximately 15 interested persons in a short presentation. Afterwards the pots and pans in the canteen kitchen are taken out and the participants start cooking a dish, under guidance, that is typical for their respective country.

Subsequently, on 25th September, 15 staff members listened intently as I told them about Hinduism, the tradition of the caste system and the different religions in Nepal. They found the pictures of the mountain villages particularly fascinating. I then made a special point of mentioning my own personal experiences that I had made when I "returned" to Nepal for a longer time in 2010, in order to spend some time with my 'real' family and participate in some social work at an orphanage in Kathmandu.



And then when they called out "It's time to do the cooking!" we prepared dal bhat with spicy potatoes and cauliflower curry - well, what else could it have been? And when we started eating it afterwards we also did this in Nepal-typical style, that is, eating with our fingers. Even if a lentil did fall onto the table now and again, it was without doubt, a highlight of the evening!

And in this way we spent a wonderful evening together, and I was able to make use of the possibility of bringing this

wonderful country closer to my colleagues. When the time came to say goodbye, there was a GNHA table calendar for everyone which was very much appreciated. And also the sum donated by the participants, which the GNHA was then able to profit from, made it obvious that there are now quite a few more Friends of Nepal in Hanover.

Sunita Nitschke, Hanover

GNHA Project Trip in spring 2015 –

Something really special!

From 1st – 22nd March, 2015 we should like to offer our members, donors and all those who are interested in collaborating with Temba's Nepaltrek, a Project Trip, once again, under the guidance of our President, Andreas Falk.

This trip will take us to the east of Nepal near the main Himalayan range and to the Terai region situated in the west of Nepal, which is still not visited very often, and is one of the most untouched national parks, the Bardia National Park. This trip is intended for becoming familiarised with the projects sponsored by the GNHA, for enjoying a short, two-day trek and for visiting a large number of tourist highlights in the Kathmandu Valley and Pokhara.

Cost: € 1,800.00 (20 days' journey from/to Kathmandu), single room surcharge of € 200.00, plus the costs for lunch and evening meals. Flight approx. € 800.00.



If you are interested, please contact our GNHA Office as soon as possible. There you will also be given a detailed programme.

Short announcements

We have relied on Birendra for nearly all the construction work we have carried out. He was responsible for the planning, tendering and site supervision. Due to a tragic bus accident he has now lost his wife and was also seriously injured himself. Fortunately neither of his children suffered any serious injuries. After being in hospital for many months, Birendra is now gradually recuperating. We wish him all the very best.

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 **Marlies Förster** and **Heidi Sand** were taken as an opportunity for requesting a donation for the GNHA instead of receiving presents.

Generous waiver

Friedhelm Nunnemann donates the admission fee collected for his slide shows.

Manfred Bauer and his "**Georgsgeyer**" have donated the money taken in at their concerts.

Creative and other sources

Hildegard Kammen from Krefeld closed her jewelry shop and sold her decorative articles in exchange for donations for the GNHA.

Mr. and Mrs. Rohrer and the **Nepalhilfe Sasbachwalden** were once again very, very successful at their Christmas markets in Heidelberg and Achern.

Once again, many thanks to all the donors.

Dates:

24.05.2014

Annual General Meeting of the GNHA

at the Cafeteria of Trelleborg Sealing Solutions

25.05.2014

Traditional GNHA outing - a walk around the monastery, Kloster Bebenhausen (Tübingen).

04.06.2014, 7.30 p.m.

Charity event: "Nepal-Benefizabend" at Paul-Schneider-Haus, Paulinenstrasse 15, 73262 Reichenbach/Fils. Illustrated talks by Dr. H. Stöckle and Dr. R. Storkenmaier.

17. – 30.6.2014

Art exhibition and lectures in the Town Hall in Stuttgart, (Stuttgarter Rathaus). For those living in the vicinity of Stuttgart, an invitation is enclosed.

22. – 23.11.2014

DNHA Nepal bazaar

For further information regarding specific dates, please visit our website, www.dnh-stuttgart.org

Your contact with the GNHA

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Donations are tax-deductible.

Last Notice of Exemption

of 30.09.2013 for 2012.

