

A friendly

Namaste

to all our friends, patrons,
members and sponsors

*Once you
have found
yourself, you
have nothing
left to lose in
this world.*

Stefan Zweig



Freundeskreis Nepalhilfe e.V.

EINRICHTUNG ZUR FÖRDERUNG
NEPALESISCHER KINDER



FNH

**NEWSLETTER
DECEMBER
2019**



*Our Himali School
in children's village*

CONTENTS

In this December edition of our newsletter please read

Foreword	page 3
Cover story Fit for life	page 4-7
News from the FWHC and FNH	page 8-15
News from the Children's Village	page 10-23
News from the Youth Hostel	page 24-28
External projects	page 29-31
Fund-raising efforts	page 32-33
Information and closure	page 34-35

Dear reader, a humble note of caution: we are non profit, voluntary organization, editorial mishaps may occur.

Dear reader,

Education and vocational orientation are the heart of our project. They are the key to an independent, happy life and therefore also my life's concern. As a graduate retail teacher, I have been teaching wholesale and retail trainees for 37 years. During this time, I learned that the greatest motivation for a career is choosing the right profession. The profession has to correspond to the person.

The cover story of this year's newsletter tells you how we achieve this with the help of the FWHC in our project in Nepal.

THE FOCUS ON PROFESSIONAL ORIENTATION

Since 1998 I have been supporting the organization. Since 2006 I have been an associate member of the board of the FNH. My main focus is on networking and on the topic of professional orientation. Related to my Nepalhilfe-Irmgard-Schlaeger-Foundation I participate in interesting conferences on development policy topics. Thus the board of the FNH is always informed about the latest trends. As an example, this year an expert exchange on the topic "Change through education" took place at the Ministry of Development. For this purpose, our career guidance organisation Career Disha Nepal was also in-

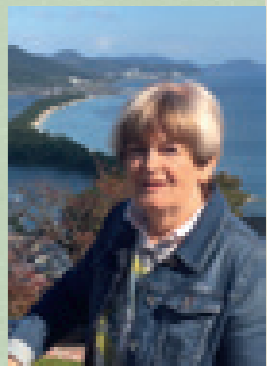
cluded. Our managing director Inge Patsch was able to report on our joint work and establish important contacts for her organisation.

OUR SCHOOL IS BEING EXPANDED

This year we have achieved a lot in terms of education: Our school in the children's village has received state approval. This enables us to set up additional higher school classes. In addition, three of our employees were able to complete further training to become career advisors. Finally, a great theatre project has contributed to the personal development of our children and young people. But this is by no means all! In this newsletter you can also read about the other things that have improved in 2019 as a result of our work in Nepal.

Here in Germany, our highly competent FNH board team is providing new impulses and ideas. And you, dear reader, are supporting this with your small and large donations. Thanks very much for your confidence in us! In fact, without you we would not be able to do our successful work!

Irmgard Schlaeger
Frankfurt



*A word from
Irmgard Schlaeger,
member of the
board of the FNH
since 2006*



FIT FOR LIFE

Establishment of our workshops by the company teamtischer 2013

Christiane Karsch at the children's village, 2011

EDUCATION, REALIZATION OF YOUR OWN TALENT AND PREPARATION FOR THE PROFESSIONAL WORLD

As a graduate retail teacher, I have taught wholesale and retail trainees for 37 years. Preparing young people for their professional future is my mission in life. Thereby I learned that the biggest motivation in the job is the right choice of profession. The profession has to match the person and not vice versa.

ing into account the state curricula. By means of small classes and – following the Montessori pedagogy – by active participation in the lessons, we support the individuality of every single child from an early age. This clearly distinguishes us from the usual class sizes in Nepal of 60 to 100 pupils and frontal teaching with adapted memorization.

How do we achieve this with our project? Following, I have listed the most important elements that our children and young people learn in their development and that make them fit for life.

A MILESTONE FIRST INITIATIVE FOR CAREER GUIDANCE (12 to 17 years)

2011: Job network for work

The contact to Christiane Karsch through the organization “Manager without Borders” gave us an impulse for our project “Fit for the future through the right job”. Was this contact simply a matter of chance or fate? While driving to the general meeting of the FNH, I heard an interview with Helene Pröhl from “Manager without Borders”. What a chance for the “Freundeskreis Nepalhilfe”, because there was a lack of projects as opportunities for their ap-

A MILESTONE SCHOOL in the children's village in Pokhara (3 to 14 years)

2012 to 2019: Our own kindergarden and pre-school and primary school – a long process from the Indreni School to the Himali Bidhalaya School

In our own educational institutions we are able to teach according to our own concepts, tak-

plicants. And how lucky for “Managers without Borders” because I was able to suggest the children's village in Pokhara as a place of work – a win-win situation for both of us. Christiane Karsch applied for our six-week project assignment in Nepal, which we had previously worked out in the board. The aim was to set up a career guidance service and a job network for work.

For Christiane this was a very emotional and successful time in the children's village and youth hostel. Together with the responsible persons and coaches on the spot, she developed helpful materials for interactive conversations and workshops with the children. A diagram of the tasks and responsibilities made the joint work clear and sustainable.

And the best of all: Christiane continues to be a member of the board of “Freundeskreis Nepalhilfe e.V.”

The bad news? We were ahead of the Nepali times. Setting the course for the right profession was still so far away for the staff in the children's village and hostel that they did not really consider the subject of vocational preparation to be important. Our challenge: to remain constantly on the job and to motivate everyone involved to use Christiane's professional materials.

MILESTONES WORKSHOPS AND VOCATIONAL PREPARATION (14 to 17 years)

2013: Three professionally installed workshops in the youth hostel

Nine employees of “teamtischer GmbH” set up a professional wood, metal and electrical workroom in three garages of the hostel building. The extremely generous donation from the owner of the company, Martin Tischer, who covered the travel expenses of his employees and the cost of the equipment, included not only the tools but also a welding machine, a protective cage and a generator for power supply in case of a power loss. We are sincerely grateful. Since then, all young people go through a basic training during the school holidays (4 to 5 days each).

Our members Hans and Monika Klingelmann have already given additional courses several times and have made everyday objects with the young people, such as bottle openers made of hexagon nuts or picture frames. Another highlight: Unique Rawal, a student in class 10, took a trainer course in 2018 and is leading the workshop on electrics for his fellow students.

Alexander Schmidt at the laying of the foundation stone of the new primary school building 2012



Craftsman course with Hans and Monika Klingelmann

2014: Cooperation with the Nepalese vocational guidance organisation CDN Career Disha Nepal (www.careerdishanepal.org)

Once again a “hint from above” led me to this contact which is so important for our young people. A Nepalese organization mentioned in a death announcement made me curious, I looked at the website of the organization and came across “Career Disha Nepal” (CDN). Luckily, this career guidance concept has German and Austrian roots, so I was familiar with it. Inge Patsch, co-founder of the originally Austrian organization, is still in charge of CDN with a professional Nepalese team. We engaged CDN and since then, career guidance workshops have been held twice a month for a year in the hostel. CDN provides among other things

- deep knowledge of the labour market in Nepal
- getting to know the young people’s talents and interests in a job-related way
- the benefit of practical and technical training

Career guidance is especially important for our young people, as they lack the “natural vocational preparation” by parents and/or a village community. It is our intention to find a suitable profession for the individual young person, which enables him or her to live a fulfilled life in Nepal. We sincerely hope to help stop the massive emigration of young people and give them a future perspective in Nepal.

Apart from these four milestones of school education and vocational orientation, we offer a whole range of modules with which the children and young people get in touch with the world of work.

AND MY HOPES FOR THE FUTURE?

Vocational guidance should be successful, the young people should become more courageous and dare to take new training paths, including practical ones. I am well aware that the results of career counselling often compete with well-known job choices and that they also have to maintain their position in the family environment.

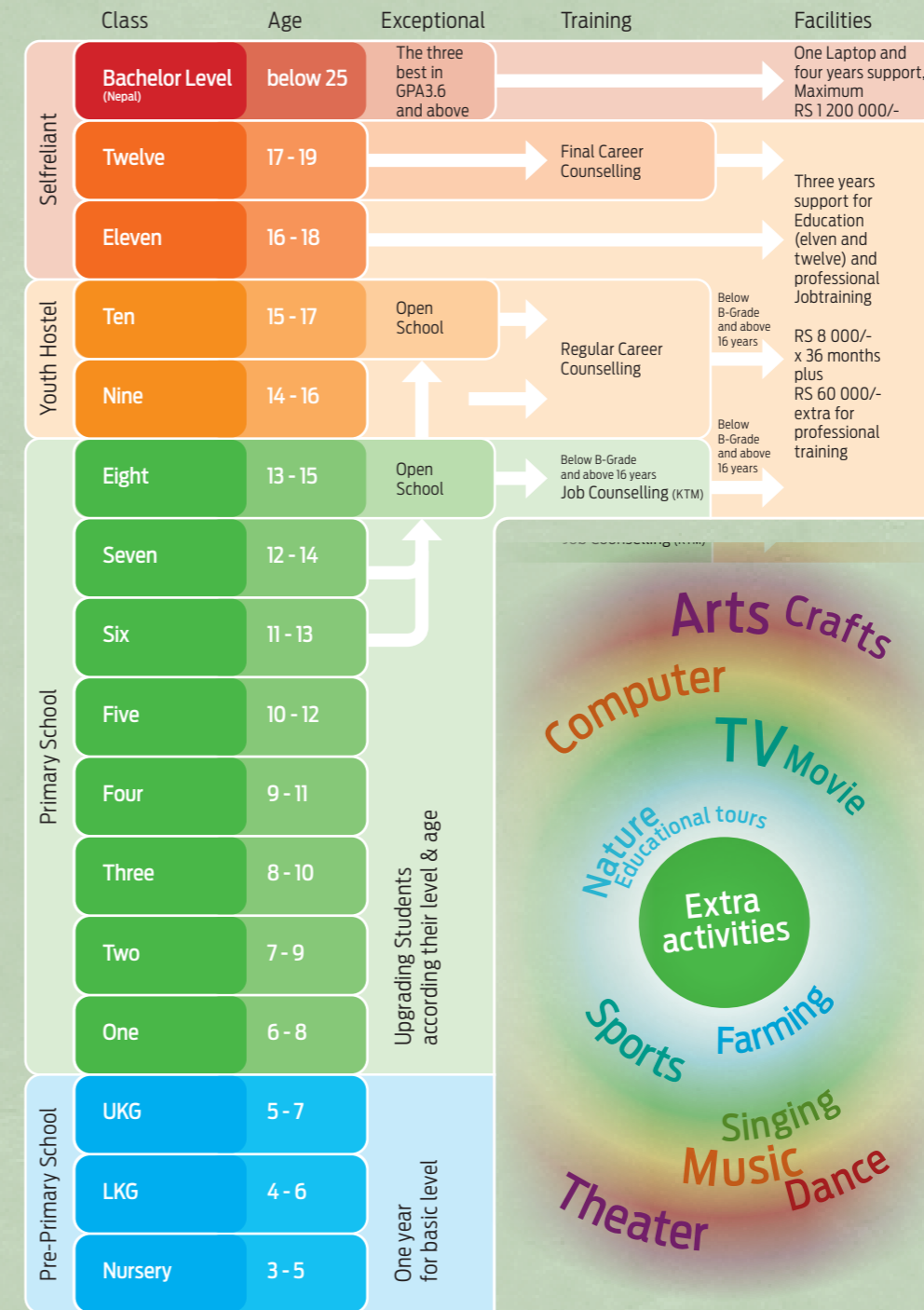
And then I would like “Calliope”, the mini robot, to establish a base in the Children’s Village: “Programming made simple” – this project, supported by the Fraunhofer Institute, is intended to give ten-year-olds an idea of programming, to make fun and to stimulate talent. We are looking for motivated teachers who want to be trained. I hope to be able to report on this soon.

Having access to education and professional qualifications is not only the key to a fulfilled life, but also changes society. Child mortality and birth rates are falling and prosperity and life expectancy are rising for everyone. Being part of this is also a component of my fulfilled life.

Irmgard Schlaeger
FNH board member



Career guidance training through Career Disha Nepal



The Children’s School System graphic developed by the FNH and FWHC shows the possible school careers, options and support options for children and young people.

2008

Start of the system of individual training sponsorship (50 Euro per month over a period of 3 years)

2011

2011: Year of birth Professional orientation “Job Network for Work”
2011: Individual sponsorships are replaced by training funds

2013

2013: One-day cooking course and working in a resort in Pokhara
2013: The company “teamtischer” sets up workshops in the hostel and gives a pilot training

2014

2014: Cooperation with vocational guidance organisation CDN, which is still going on, see page 24

2015

2015: Three days information visit to Manipal Teaching Hospital/Pokhara

2016

2016: Start of the regular company visits in Pokhara and the surrounding area

2017

2017: Cooperation with Olgapuri Vocational School, a foundation that provides vocational training (e.g. 6 months) and certificates under state supervision

2018

2018: Initiated by the FNH association: visits and factory tour within the framework of the CDN’s career guidance service

2019

2019: Career guidance training by CDN for three employees (Pokhara and Hostel), see page 26/27

TIMELINE OF VOCATIONAL ORIENTATION AND FINANCING OF VOCATIONAL QUALIFICATION



RECOGNITION BONUS

SOCIAL BENEFITS FOR OUR EMPLOYEES IN NEPAL

In Nepal we have a total of 29 employees who are responsible for our children and the operation of the children's village, the school and the youth hostel. Some of them have been working in our project for many years. As a sign of appreciation and expression of gratitude for their work and fidelity, we implemented a recognition bonus in July 2019. This bonus will be paid when an employee leaves the company. It is intended in particular to support the passage into retirement. It is also meant to further improve the retirement benefits of our faithful employees.

In Nepal, a retirement pension has so far been available almost exclusively to people who are employed by the state. For the remaining popula-

tion, the regulations for a retirement benefit and pension from which one can actually earn a living are still being developed. At present, for example, needy widows aged 60 and over receive 500 NR per month from the state. This is approximately 4 EUR! It is far from enough to live on.

HOW IS THE NEW RECOGNITION BONUS ORGANIZED IN OUR PROJECT?

If an employee leaves the company (due to retirement or termination), he/she will receive a payment of the last monthly net wage for 1.5 months per working year as recognition for the years of work completed. This voluntary additional benefit is paid in one sum on leaving the company.

Example: For a 20-year employment, this means a payment of the last net monthly wage for a period of 30 months.

Our housemothers are paid a lower wage in relation to the other employees as they eat and live in the Children's Village. As a compensation for this and for the special 24-hour working load, the housemothers receive a recognition bonus in the amount of the last monthly net wage for 2 months per working year.

Example: In case of a 20-year employment, this means a payment of the last monthly net wage for a period of 40 months.

This regulation applies only to employees who have been employed in our project for at least 5 years. If an employee has to be dismissed due to misconduct (e.g. due to theft, fraud or offence against internal regulations), the recognition bonus is not paid.

A PROFITABLE INVESTMENT IN RECRUITING AND RETAINING OF GOOD EMPLOYEES

The annual budget for salaries will be more heavily charged in future due to the implementation of the recognition bonus. However, we are convinced that this is an important and forward-looking investment. The success of our project in Nepal depends very much on our ability to retain motivated and good employees permanently. This is very important for our children, among other things, so that they build stable relationships and are not unsettled by frequently changing supervisors.

We trust that you and many other sponsors will support us in this and thus show your appreciation to our employees in Nepal.

Michaela Jost
FNH board member

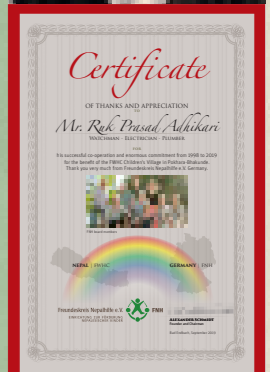
MAILA DAI IS NOW ENJOYING HIS RETIREMENT

Ruk Prasad Adhikari, whom everyone in the Children's Village knows as "Maila Dai", was the first of our employees to reach the usual retirement age of 60 years in Nepal and was therefore retired in July 2019.

In 1998, Maila Dai first began working as a guardian on the undeveloped land for the future Children's Village in Pokhara. When the children's houses were built, he proved himself as an electrician and plumber.

We warmly thank Maila Dai for his long, faithful and conscientious work in the children's village! FNH Chairman Alexander Schmidt and Laxmi Gurung from the FWHC board handed him a certificate as a sign of our recognition and appreciation.

Monika Volz
FNH board member



CHILDREN AND STAFF MEMBERS

as at July, 2019

STAFF

Children's Village (CV)	Primary school	Hostel	total no.
15 STAFF MEMBERS	8 STAFF MEMBERS	6 STAFF MEMBERS	29 ¹
			16 women 13 men

¹ 19 full-time staff members, 10 part-time staff members

CHILDREN

Children's Village (CV)	Pokhara and other places ²	Hostel	Kathmandu, Bhaktapur	boys/girls	FWHC Scholarship students
79 CHILDREN	27 CHILDREN	18 CHILDREN	3 CHILDREN	127 CHILDREN	
37 girls 42 boys	10 girls 17 boys	10 girls 8 boys	1 girls 2 boys	58 girls 69 boys	2 boys

² Damauli, Beshishahar, Palpa, Jhapa Distrikt, Biratnagar, Dhulikel, Chitwan



NOW OFFICIALLY RECOGNISED: THE PRE-SCHOOL AND PRIMARY SCHOOL IN OUR CHILDREN'S VILLAGE

The name of our children's village school is simply HIMALI SCHOOL. As simple as the name is, it was difficult and time-consuming to get the state recognition. Why is this recognition so important? Only those who have this recognition are allowed to call themselves a school, qualifications and hand out employment contracts to the teachers.

For more than six years we have been teaching in the children's village in the rooms of our school building. While the pre-school was already officially recognized three years ago, the primary school has been run for years with toleration. Again and again the applications for recognition failed due to the changing political situation in Nepal. Responsible offices were closed and new responsibilities were implemented only slowly.



On 28 February 2019, the time had finally come: The Himali School received the official documents and rights as a school. With its new status, the Himali School is now even allowed to teach secondary schools in addition

to pre-school and primary schools. We want to use these options step by step.

GRADUAL ESTABLISHMENT OF FURTHER SCHOOL CLASSES

We currently teach three preschool levels – from nursery to kindergarten and preschool class – and afterwards three primary school classes. Successively, we are adding a further school class every year from now on. As long as we cannot yet offer lessons for older pupils, they will attend "Good Will Private School" in Pokhara until grade 8.

With our own teachers we create lessons that benefit all our students with their strengths and weaknesses. In the pre-school, learning is mainly based on Montessori. In the primary school we take great care to have small classes of less than 15 students and to provide optimal learning for all. In the beginning only children of the children's village are taught in

our school. At the moment we are not able to admit pupils from the surrounding area.

THE FOUNDATION "HIMALI PUBLIC TRUST" ADMISTER THE FINANCES

A precondition for the recognition of the school was the establishment of a public foundation to administer the school's funds. This is what Nepalese law requires. Our foundation "Himali Public Trust" works closely with the school management committee, the FWHC and FNH. The FWHC rents our school building to the Himali Public Trust free of charge.

The Nepalese government now provides us with approximately 2,600 euros per year in funding for our school and support for children with learning problems. All other costs are covered by the FNH! This is a great challenge for the future, which we gladly accept for the benefit of our children.

Alexander Schmidt
FNH Chairman

*Picture above left:
The schoolyard is
also a popular
meeting place out-
side school hours*

*Pedagogic in small
groups are very
important to us*

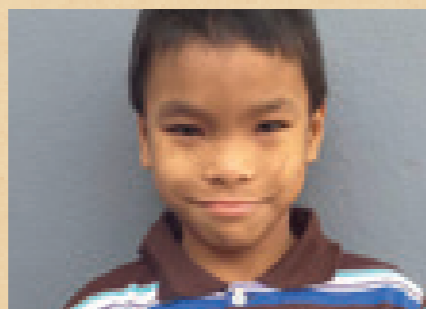


*Pictures on the right:
Our teachers*

WELCOME!

NINE NEW CHILDREN IN THE CHILDREN'S VILLAGE

	Date of admission	Name	f/m	Date of birth	Place of birth	School
1	29.07.2019	Sajina Gauchan	f	23.07.2010	Bongadovan 1. Baglung District	Class 3
2	24.04.2019	Sujan Ismali Magar	m	08.06.2015	Jinakhu 12, Sindhuli District	LKG
3	20.02.2019	Sandesh Rasaili	m	31.08.2009	Marin 3 Bhalumara, Sindhuli District	LKG
4	24.04.2019	Sujit Syangtang	m	20.12.2013	Bhimphedi 6, Makawanpur District	LKG
5	19.04.2019	Rohan G.C.	m	29.06.2008	Baglung Miunicipality, Baglung Ditrict	Class 5
6	05.05.2019	Nirmala Gurung	f	27.09.2011	Kholashoter 5, Singdi, Lamjung District	Class 1
7	05.05.2019	Numina Gurung	f	30.04.2010	Kholashoter 5, Singdi, Lamjung District	Class 1
8	24.04.2019	Sushma Ismali Magar	f	10.05.2013	Jinakhu 12, Sindhuli District	UKG
9	17.05.2019	Sachin Chetri	m	18.12.2014	Panga, Kushma 3, Parbat District	Nursery



SANDESH RASAILI
(m) *31.08.2009

From Marin 3, Bhalumara in the Sindhuli District, Sandesh is coming to our children's village in 2019. The mother died when Sandesh turned six years old. The father is living on the street in Pokhara and abuses his son, who also is living on the street. The police becomes aware of the boy because the father is heavily alcoholized. The city administration of Pokhara sends us the neglected boy, who at the age of 10 has never attended school.



SUJIT SYANGTANG
(m) *20.12.2013

Sujit's parents are deaf and dumb and cannot earn their own living. His older sister is living with her uncle in Kathmandu. He also has children of his own and cannot support the little boy. The city administration of Bhimphe-di 6 in Makawanpur District arrives at the children's village.



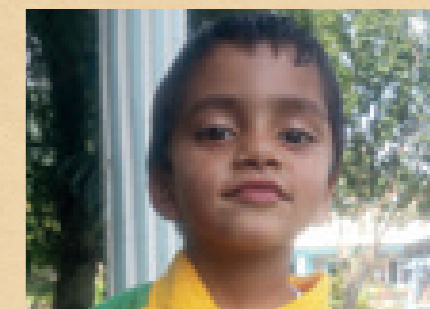
ROHAN G.C.
(m) *29.06.2008

The father leaves the family and disappears, probably because of the chronic illness of his wife. She is also suffering from severe depression. The completely poor mother is not able to support her two sons. In 2019, the city administration sent us Rohan from Baglung District to the children's village.



SAJINA GAUCHAN
(f) *23.07.2010

At the age of two, Sajina is left behind by both parents alone in the village of Bongadovan 1 in Baglung District. Probably Sajina was taken care of by her sister-in-law, since Sajina still has a married older brother. In order to survive, Sajina worked as a dishwasher in a street bar in Baglung City. In 2019, the Tamankhola Town Council in Baglung District became aware of Sajina's fate and sent her to the Children's Village.



SACHIN CHETRI
(m) *18.12.2014

Sachin grows up without brothers or sisters in the village of Panga, Kusma 3 in the Parbat District. His father died early in a car accident. Soon afterwards the mother left the boy and probably married again somewhere else. We do not know her current address. Sachin came to his father's father in Syangja District. The district office placed the boy in our care in May 2019, because the grandfather is no longer able to care for the boy due to his age.

The two siblings come from Jinakhu 12 in the Sindhuli District. After his death from leukemia, the father leaves behind his two children and his wife. She works as a day laborer in Kathmandu. The city administration of Dhudhauri in Sindhukli places the left unprovided children in the children's village in 2019.



SUJAN ISMALI MAGAR
(m) *08.06.2015



SUSHMA ISMALI MAGAR
(f) *10.05.2013

The father of the two sisters died in a tragic accident on the river before the birth of his youngest daughter. As the grandparents have also become too old, the mother is no longer able to support her children financially. The local government of Singdi in Lamjung District sent the siblings to the children's village in 2019.



NIRMALA GURUNG
(f) *27.09.2011



NUMINA GURUNG
(f) *30.04.2010

VISIT REPORTS

Many supporters of our organization visit our projects in Nepal and often spend a few days in the guest houses of our children's village. In the following articles some of them report about their impressions. Would you like to visit our projects in Nepal? Please contact Alexander Schmidt and note our guidelines for guests and visitors (on the website https://www.nepalhilfe.de/images/Projekte/Besuchsberichte/2019-0820_Richtlinien_Gaeste_und_Besucher.pdf)

PRECIOUS MEETINGS MOTIVATED A DONATION



In December 2018 we were able to experience the life and activity in the children's village for four days. There we got to know a system that kept us deeply occupied and impressed us. Especially the openness, contentment and joyfulness of the children and the great hospitality of all employees made the stay a unique experience. The way in which care, education and learning is provided in this community is amazing and has our full respect and recognition. We would like to support this work.

On the occasion of a celebration we asked our friends for a donation. Thus we collected 1.300 Euro, which we donated for the work in the children's village.

For us, life is the sum of our meetings. Thank you for the precious experiences in the children's village!

*Agathe Schäfer
Wolfgang Sidlo*

A VISIT TO THE CHILDREN'S VILLAGE IN BHAKUNDE



Susanne, Constantin, Justus and Klaus Quecke were in Nepal from mid to end of April 2019 and visited our children's village for two days. "The desire to hike in the Himalayas and see the highest mountains in the world has been there for a long time. After Lena from "Freundeskreis Nepalhilfe" and Dennis had told us about their visit to Nepal and the children's village, there was no stopping us. We spent two days as guests in the children's village in Bhakunde.

Right on the first evening, curious children sat down at our table and it did not take long until we were explained the Nepalese game Bagh Dhal (tiger jump). The children are friendly, uncomplicated and very open. The following day, our sons taught them the first tricks on the diabolos we brought as gifts for the guests. Also swinging, climbing, catching and hide-and-seek games can be done together without a big exchange of words. The most

important things were exchanged in English. The children know the basics of the English language very well.

When we left the children's village after two days, we agreed that the time there was much too short. Among other things, we were amazed at the division of labour in the children's homes and in the gardens where a lot of vegetables are grown for self-supply. As beekeepers we were also particularly interested in the beekeeping of the village.

We are deeply impressed by the work done in the children's village and the friendly atmosphere there. We would like to try to support the beekeeping efforts. We can recommend this project and a visit to the children's village to anyone interested.

The Quecke family



GERMAN YOUNGSTERS RENOVATE THE "SHREE PRABHAT SCHOOL"

14 students of the "Social Services" working group of the Ulrich-von-Hutten-Gymnasium in Schlüchtern and three teachers visited the Bhakunde Children's Village in October.

"The main time of our visit to Nepal was spent renovating the "Shree Prabhat School", which is located near the children's village. The main focus here was to paint the classrooms and the exterior facade of the school. Thus, we made sure that the learning environment became more friendly and pleasant for the Nepalese students and their teachers. For this renovation work we had already collected donations and carried out various fundraising activities in the days before the trip.

HARMONIC COOPERATION

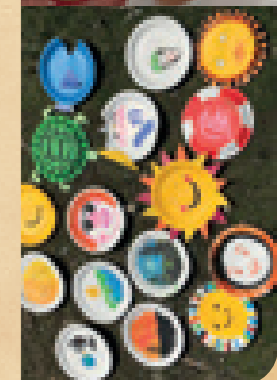
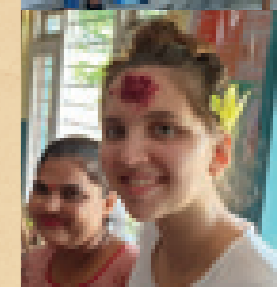
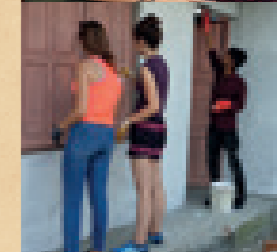
We were supported in the painting work not only by five young men who used to live in the children's village and are now doing training or studying, but also by children who currently live in the children's village. After an initial painting of the walls and shutters, they were painted light yellow and brown. In addition, some of the students, together with the former students, decorated one of the newly painted walls and painted jumping boxes for the children in the schoolyard. At first we noticed a different organisation and approach

to the painting work. At the same time it was impressive to observe how harmoniously the Nepalese and German youngsters communicate with each other in English and worked cheerfully together. Hopefully, long lasting friendships have been formed as a result.

PLUNGED INTO THE CULTURE OF THE NEPALI

A particular highlight during our ten-day stay in the children's village was the important Hindu festival "Dashain". The housemothers offered us to participate in the so-called Tikka, a kind of anointing, in the children's village. During this tikka, accompanied by blessings, a mixture of rice and red paint was applied to our foreheads and then a piece of grass was placed behind our ears. Both are part of a Hindu tradition and are said to bring good luck.

During these two weeks we had the unique opportunity to dive into the culture of the Nepali and to get to know the country in a different way than it would have been possible during a purely touristic stay. Through this we all, each in his or her own way, have broadened our horizons. We have grown beyond ourselves, each individually and also together as a group".



*Working together:
German pupils
and our children
from the
children's village*

Emily Pfeifer

Student of the grade Q3/4

Annette Schönherr

Head of the upper school and head of the Service Learning Project



SUNIL BARAL: WITH FWHC AND FNH UP TO BACHELOR

My name is Sunil Baral. I am 24 years old. I recently completed a Bachelor's degree in Business Administration and have been working as a program coordinator and financial advisor assistant in a private office since then. I am very thankful to the FWHC and the FNH for their care, support and training, which has enabled me to develop from a poor little boy into an educated, motivated and independent young man.

My family has four members: my mother, two older sisters and me. When I was four years old, there was a black day in our lives: My father died in a traffic accident. After his death, we no longer had a provider in our family. Fortunately I was given the opportunity to join the FWHC family! For four years I lived in the Bhakunde Children's Village and attended school there. Afterwards I attended school in Bungmati near Kathmandu for more than two years and graduated with SLC (secondary school leaving certificate). Then I went to relatives for further studies and, with financial support from the FWHC, I was able to achieve almost top grades in the management section of the high school. After graduating from high school with good grades, my sponsors

Eva-Maria, Ingelore, Marco and Stephan enabled me to do a Bachelor of Business Administration. I am very thankful to all my sponsors and my FNH family for all this help and support!

In the company where I work, we advise different people with different professions on financial issues, investments. Furthermore, we advise them on how important it is to save money. We are planning to hold free workshops to teach children and employees of the FNH family about saving and investment. For this purpose I will consult with my colleague Prabin (accountant) so that we can carry them out soon.

The FNH family helped me and other friends. The biggest lesson I have learned from the FNH family in my life is to help and support people in need. Therefore, I will also help other needy people when I have become completely independent.

Sunil Baral
Pokhara



*As a Bachelor of Business Administration
Sunil works in a consulting firm*



Handover of the donations in kind by our ex-students Madan (left picture right) and Rudra

MADAN BASTOLA: DONATIONS IN KIND AND A SPEECH TO AN IMPORTANT AUDIENCE

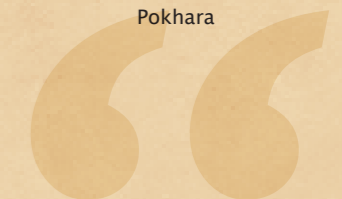
At the beginning of June I visited the children's village again and spent two days there. On one of the two days I even had the opportunity to teach at my former school! I took over parts of the regular lessons. In addition, I also arranged a kind of counselling program in house C. It really was a good time there!

I was very happy to be able to help the children and young people. And the way they welcome us ex-students and enjoy being with us makes sure that we come back often and with pleasure.

Only two weeks later, together with Rudra, another ex-student, I was invited to a special event in the children's village. It was about a donation program, where we received a large

amount of sports material and medicine for the children's village and for the school. The fundraisers had organized a musical event in Pokhara. At this event I also had the opportunity to talk about my experiences in the children's village and the changes in my life through the FWHC in front of a large audience. The main guest was Mrs. Mina Gurung, Member of Parliament from the Gandaki province. It was a great honor for me to speak about my experiences in front of this audience. An unforgettable moment in my life!

Madan Bastola
Pokhara



TREAD THE BOARDS



IMPROVISATIONAL THEATRE IN THE CHILDREN'S VILLAGE

In August 2018 we – Alexander Schmidt and Laxmi Gurung – made a great discovery at the KOMMZ Festival in Aschaffenburg: We got to know the theatre and creative trainer Wolfgang Schramm, the founder of the association "creacting.net". Creacting supports the personality of disadvantaged children and young people. By means of improvisational theatre, children and young people can playfully present their experienced fate on stage and thereby cope with it. In addition, the creative expression when playing gives self-confidence and helps to develop social skills.

This concept immediately caught our attention because it fits perfectly with the concept of our play therapy in the Children's Village. At once we planned an 11-day theatre workshop with Wolfgang Schramm in the children's village. In February this year, five German trainers and three Indian dance and theatre teachers from Bodgaya arrived together with Wolfgang. The Creacting.net project is situated in Bodgaya.



CHILDREN AND STAFF TOGETHER RELAXED AND FREE ON STAGE

Right from the first moment, all the children – and all our staff – were eager and enthusiastic to learn theatre techniques and dance. Morning, afternoon and evening exercises were rehearsed, which sometimes made the trainers sweat. Of course, all 86 children and 24 full-time and part-time employees wanted to

take part. "Keep your eyes on the spectators", Wolfgang called out to the actors again and again, "Only those who have eye contact with the spectators will come across well". And indeed: Not only the children, but also the employees including our sometimes rather shy housemothers moved relaxed and freely on stage. That was a great moment for us!

A very special highlight was the teaching of the older girls in Bollywood dance, the dances from Indian television. Even I took part once! On the day next to last of the project the performances of the plays and dances were on the program. The stage in our auditorium was decorated with colorful lighting and white cloth sheets. Technical equipment was wired and the camera for a film came into position. All was taken out of the suitcases of the trainers. Then, for the first time in their lives, al-

most all our theatre children received professional theatre make-up. At first the older girls found it silly, but then suddenly joined in with joyful laughter!

FINAL PERFORMANCE HIGHLIGHT OF THE YEAR

In the early afternoon the residents of the retirement home sponsored by our organisation arrived from Pokhara with our children's village bus. What a joy it was for the old ladies and gentlemen to see our children on stage. Nobody would ever have suspected such talents from them. The second performance for all employees and children in the children's village in the evening was the highlight of the year. The joy of playing and dancing spread to everyone. The feeling of the evening: "Wow, everything is theatre!"

Picture above: At the graduation ceremony all participants and guests dance

Pictures from the left: 1. Stage fright; 2. Introduction of the trainer; 3. The children represent feelings; 4. Extensive make-up; 5. The snake dance; 6. Wolfgang Schramm and team receive souvenir photos from the children's village

An example of what improvisational theatre has achieved:

Soni Bishowkarma lost her mother early and her father is in prison. In her childhood she experienced many terrible things. Due to her trauma, she hasn't done well in school so far. Thanks to improvisational theater, she is like a different person. At the final performance she

recited a fantastic poem, played and danced brilliantly. That gave her a motivational boost: Now she dreams of becoming a dance teacher. Since then she speaks good English, has much better grades and is happy to help in the children's village.

The theatre workshop has also had a lasting effect on the entire children's village: in our education, we now place more emphasis on theatre, dance and music.

Alexander Schmidt



PRACTICAL SEMESTER IN THE CHILDREN'S VILLAGE



Luke with some boys on a hike

Pictures above: Luke in action with our children: Bike tour, ride on the roof of the bus, cooking Dal Bhat, presentation about healthy food

As a student of the course of studies Nutrition and Supply Management at the Weihenstephan Triesdorf University of Applied Sciences, I was given the opportunity to spend an internship semester at the FWHC Children's Village. After an exciting and very exhausting journey, all the residents gave me a warm welcome.

My tasks included gardening, which gave me a deep view insight into the entire supply chain, from planting the fields to successful harvesting. In the afternoon I cooked dinner for the children with the housemothers. The ingredients needed could be used, some of them from our own cultivation. However, my main task was to give a weekly one-hour lecture on nutrition, health and hygiene, called Nutrition Class. I independently prepared this with the previous knowledge from my studies and additional research work. Nepal is influenced more and more by China and is flooded with instant noodle soups and other ready meals. It is therefore important nowadays to give children an understanding of nutrition. Life in the children's village fascinated and inspired me. The children are very open-hearted, friendly and you feel comfortable from

the first moment. After a while I was only addressed as "big brother" by the children, which I replied with "little brother" or "little sister". This further strengthened the feeling of belonging and the connection that I have entered into with the children's village and all of the residents. Playing soccer with the children every day was a lot of fun for all of us and encouraged team spirit.

What impressed me most was the fact that each child follows his or her activities conscientiously. The older ones lovingly take care of the younger ones and altogether it seems like being in a huge family. At this point I would like to thank you once again for giving me the opportunity to participate in this wonderful project. Thank you very much for this unique experience!

Lukas Wiese
(Lukas Dai)



PREM BAHADUR CHETTRI: "TO GIVE IS A SIGN OF GRACE"

The story of Prem Bahadur Chettri (83) is heart-warming: Prem Bahadur, who now lives in a retirement home in Pokhara, had a very difficult life himself. He knows what it is like to grow up without parents, because since he was 12 years old he was on his own. In the stone quarry he had to break stones for years and work as a day laborer for families. Nevertheless he managed to save some money. This money he now gives to our children! He has decided to make a donation of 25.000 NR (220 Euro). This is quite generous for Nepalese people.

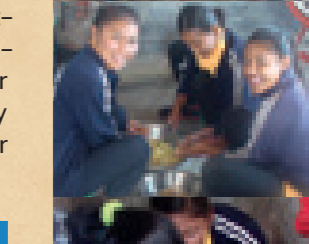
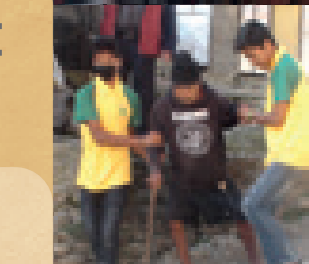
Through his repeated visits together with other residents of the retirement home he is following the good development in the children's village. He knows that the children had a similarly difficult life as he did before they came to the children's village. For Prem Bahadur this is on the one hand a flash back experience and on the other hand a great joy to see how well everyone in the village is doing. He not only gave the donation of his few savings, but also sponsored a small celebration for all children and senior citizens in the children's village. There was fruit, cookies, fruit juice and choc-

olate for everyone. Prem Bahadur had collected all these things in a big jute bag and distributed them like Santa Claus. We will never forget his warm gesture towards all of us! May his spirit of goodness and mercy inspire our children.



In turn, the FNH is involved in the retirement home by building a health and palliative care unit. The construction of the building is already finished and was partly financed by the FNH and the Nepalese government. Further donations for the planned interior decoration came from "Nepalhilfe im kleinen Rahmen e.V".

Laxmi Gurung
FWHC Member of the Board



Our children visit the retirement home (Pokhara Aged Shelter) in Pokhara regularly and help wherever they can.



TEACHING SEX EDUCATION AT OUR SCHOOL AND IN NEPAL

In Nepal and India teaching sex education in schools is not a compulsory subject. There is no talk about sexuality, therefore the knowledge of the adolescents is insufficient and sexual abuse is frequent.

The statistics of cases of abuse are alarming: almost 50% of children between the ages of 5 and 12 have been victims at least once in their lives!

From the experience of my medical work in Nepal, I was often shocked by the ignorance and repression of this subject, both among the population and among those working in the health system. A decisive impulse for prevention work came from the fact that I was repeatedly confronted with patients who had experienced terrible things through abuse. In contact with authorities, school founders, the "Gesellschaft für internationale Zusammenarbeit (GIZ)" and the German Embassy, I have addressed the topics of sexual education in schools, sexual abuse in society and all related problems

as well as their current coping strategies. I was astonished by the educational publications, apps and other information material already available. However, these did not make the step to those it concerns.

At least our children and young people should be educated. Therefore I started with lessons in sexual education in the school of our children's village. During my stay in 2019, "educational seminars" were first held in the Children's Village with the teachers, housemothers – as first people to contact – and other people interested in this topic. For the translation and interpretation of the lectures I had Basanta Subedi at my side. He not only gave the literal translation of what was said and the presentations, but also directly discussed interpretation and con-

*Basanta Subedi,
Nepal House Kaski and
Dr. Fred Prünte, FNH*

nections. Basanta Subedi is one of the authoritative advisors of the organization "Nepal House Kaski". The organization cares for children who come from difficult family backgrounds and who are given a future through professional psychological help. The interest of those present was overwhelming, which was also confirmed in the following discussions.

The educational programs for the children and young people are adapted according to their age and gender. The sexual education classes are initially separated according to gender and carried out in smaller working groups.

- The children between the ages of three and seven are taught above all that they can say a self-confident, clear "NO" when approached if they do not want to.
- In the age group 7 to 13 years the adolescents learn about the sexual organs, their function and the physical changes during puberty.

*Bina Pun from
Nepal House Kaski with our
housemothers in the workshop*

- Finally, from the age of 14, the adolescents gain a more detailed knowledge of the anatomy and physiology of the sexual organs, the hormonal effects during puberty, menstruation, hygiene, partnership and last but not least, contraception and sexually transmitted diseases.

Coping with this task in the context of Nepalese culture, tradition and religiosity is a great challenge for our teachers and housemothers. In certain situations it requires the help of professional health advisors and teachers. The above-mentioned institution "Nepal House Kaski" is already being used as a contact point for this purpose.

*Dr. Fred Prünte
FNH board member*

EXCHANGE: OUR HOUSEMOTHERS AS GUESTS IN THE SOS CHILDREN'S VILLAGE

The educational task of our housemothers is both stressful and demanding. Therefore, in June various workshops were held for the housemothers to support and strengthen them in their work. This included a visit to the SOS Children's Village and the exchange of experiences with the housemothers there.

On June 9th, our housemothers visited the SOS Children's Village in Pokhara for the first time to exchange experiences with the housemothers there. The meeting had been planned for a long time, but had to be postponed again and again for various reasons. After all, the housemothers are needed at home, that is, in the Children's Village houses.

During the visit, the women quickly found each other because of their common work and exchanged ideas about problems, experiences and solutions. Our housemothers appreciated many of the ideas of their colleagues from the SOS Children's Village and want to integrate them into their everyday lives. Very happy about this mutual exchange, they decided to repeat it regularly. On August 7th the return visit to our children's village took place.

*Christiane Karsch
FNH Board Member*



*Happy reunion with the
SOS house-
mothers in our
children's village*

*Above:
Our housemothers
with their colleagues
from the SOS
Children's Village
Pokhara*

CAREER GUIDANCE IS THE KEY TO A LIFE ON YOUR OWN FEET

Since 2014, Career Disha Nepal CDN has been conducting regular career counseling at the hostel for the 9th and 10th grades. The counselling is extremely important to help our young people find the right professions within the framework of their existing financial possibilities and personal development. CDN offers various counselling tools and also visits to companies. The following programme are running as part of this year's counselling:

1 MOTIVATION

The most important thing during the whole career guidance is to motivate the young people to find good professions with the help of the financial means provided by the FWHC / FNH. The group also discusses how jobs influence our lives and what they offer us.

2 WORKSHOP ON THE LABOR MARKET

This workshop shows young people which professions they can learn with their level of education and how they can apply. Furthermore, the workshop also shows the local labor market potential. During the workshop, possible professions are discussed individually with each young person and each young person can find out for himself/herself by means of a questionnaire whether he/she is suitable for the profession.

3 INDIVIDUAL COUNSELLING

The young people's career plans are evaluated and discussed on the basis of a case study. At the end the results are presented to the young people.

4 SURVEY OF THE LABOR MARKET IN NEPAL

This counselling course provides knowledge about the different professions. Young people express their interest in professions. Each person is asked to reflect on their choice of profession and to gather information from the current labor market.

5 MY FUTURE PRO 1ST AND MY FUTURE PRO 2ND COURSE

This course deals with the requirements in the different professions,

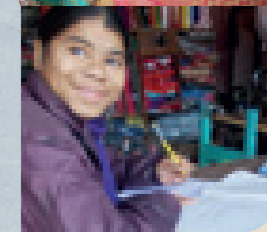
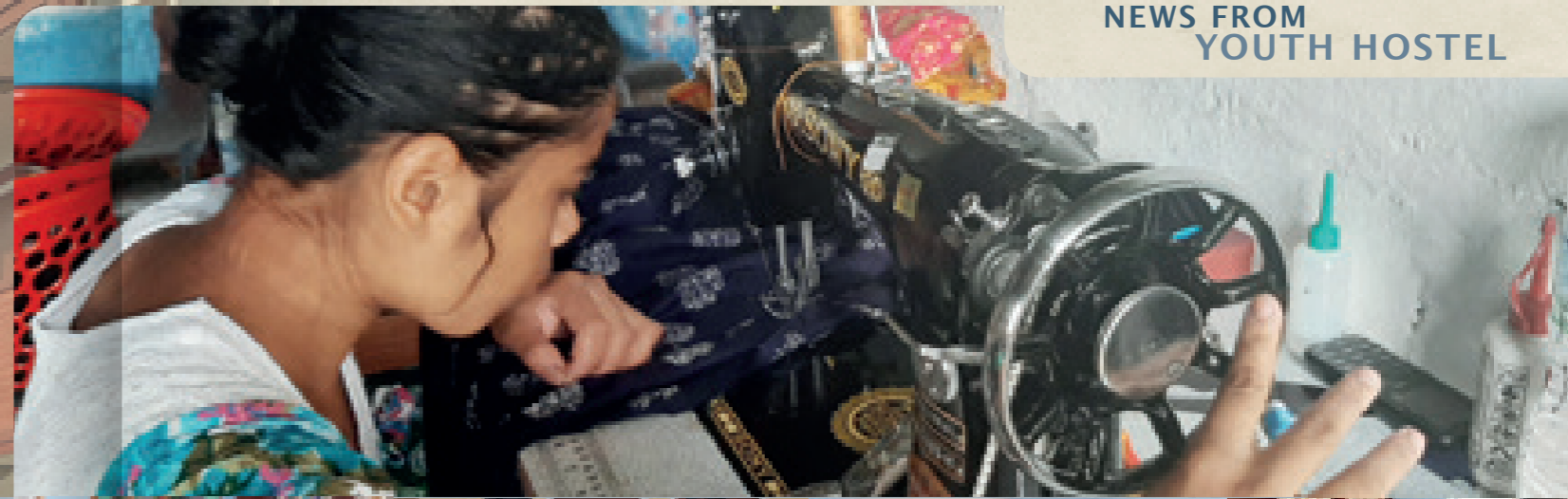
the strengths and abilities of the young people and how to climb the career ladder in a profession.

6 COMPETENCE EVALUATION

In this course the participants consolidate their career plans. By means of simple case studies, the young people recognize their competences. Their strengths are especially pointed out and all open questions are answered. Each participant will receive an individual guideline for his or her career path.

7 RESULTS OF THE CAREER GUIDANCE AND RECRUITMENT TESTS

After the evaluation, each young person receives a result with his/her individual strengths, a professional career proposal and possible apprenticeship positions. The partici-



Images above:
Samjana is training to be a tailor (large picture), Hari Dahal from CDN runs the career guidance in our youth hostel

pants know how to deal with these results. They are then even put in the situation of a company owner and are allowed to apply to the owner. This strengthens their self-confidence and helps in recruitment tests.

8 VISITS TO COMPANIES AND BUSINESSES

CDN organizes visits to companies and businesses so that young people can see how work is done there. This also helps them in their choice of career. The technical school in Sanothimi near Kathmandu has also been visited, where numerous branches of apprenticeship can be explored. Our young people are very happy to experience practical professions.

In the meantime we can also register the first successful results of the career guidance. Whereas a few years ago all pupils wanted to go to school by hook or crook up to grade 12, in the meantime some have already started an apprenticeship after grade 9. Samjana, for example, is learning the profession of a tailor with great enthusiasm and is get-

ting a sewing machine financed by us. Raju Nepali has made his dream of repairing smartphones come true with his secondary school diploma. If he passes the advanced course at the technical school, he will be able to stand on his own feet. Career guidance is the key to a successful career for all young people!

Ratna K. Shrestha
Youth Hostel Supervisor, Kathmandu

And this is what our young people say about career counseling...

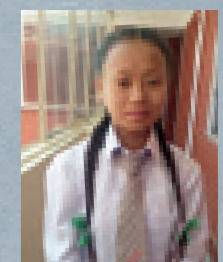
NARAYAN B.K., CLASS 10:

"Before CDN started career counseling, we had almost no idea about possible professions. But if you know which profession you can learn, it strengthens the motivation to learn. Career counseling is a MUST and should always be continued."



ASHA ALE, CLASS 10:

"Without Career Disha Nepal, we had no idea about the cost of apprenticeship and the apprenticeship fee to be paid. Thanks to CDN I am able to write job applications and know how to prepare for my job and find a job. CDN is really an enrichment for us!"



Sara, Rishi and Ratna received their certificates from the instructor Hari Dahal after successfully finishing the course.



CAREER COUNSELOR WITH CERTIFICATE

Every young person and every child in Nepal should receive the right guidance to decide which profession they want to choose and how they can achieve this goal. This is the aim of the organisation Career Disha Nepal (CDN) here in Kathmandu. Together with Sara and Rishi from the Children's Village, I had the opportunity to take part in the Career Helper Training (CHT). In July, I completed a five-day training course to become a career counsellor.

PROFESSIONAL INSTRUMENTS FOR COUNSELLING

CDN has developed various tools, assessment centres and training programme. These are meant to help the career counsellor to support the young people in their choice of profession. We take into account the interests of the young people, their social background, their financial situation, the future labor market situation and other factors. One example is the workshop "Labor Market", in which the young people learn more about the diversity of the professional world in a playful way. Besides using these tools for career guidance, we have also learned how to give correct in-

formation about job and career opportunities. This information is provided using the job and training database developed by CDN. Training to become a career counsellor is one of the main priorities of Career Disha Nepal.

CHT is a five-day training course that teaches the subject matter in a playful way. The introduction to the entire spectrum of career guidance is based on a comparison. The choice of profession was compared to a "flight". The course instructor compared us to an airplane on the runway that has to reach its destina-

tion. First of all we have to know where we or the young people we are advising are currently standing and what our aim is. If all the requirements are then met, the goal can be achieved!

Sara, Rishi and I are now well prepared to provide a very good, extensive career guidance service!

Ratna K. Shrestha
Youth Hostel Kathmandu



NOW SELF-CONFIDENT IN DEALING WITH PEOPLE INTERVIEW WITH THE EX-STUDENT REKHA BISTA



Rekha Bista came to the children's village in 2006 at the age of 7 years. She recently successfully completed her school education.

What influence did growing up in the community have on your school education?

It was great to go to school with friends and share everything with them! We had nothing to worry about either. All our needs were taken care of. Growing up in a large family in the Children's Village has always been a privilege for me.

In what way did the career guidance in the hostel influence your choice of profession?

The career counseling opened my eyes to the fact that life outside the Children's Village and the Hostel will not be easy. It was only during this

career counselling that I started to think about my professional career and my future job. At first I wanted to become a karate trainer, because I was sporty and good at karate. But little by little I realized that I could not make a living with karate training alone. Then I decided to become a kindergarden teacher.

What would you do differently from today's point of view in career guidance? What would you recommend?

Even though the topics were important to me, I found career guidance to be a boring course. I would therefore wish that career guidance was more interesting and practical

and would give concrete insights into the jobs.

What job are you doing today and what is your experience in your professional life so far?

Recently I completed the 12th grade with English as my main subject. Currently I am working as a trainee in a Belgian hotel in Pokhara. This is like a training on the job. At the moment I am being trained in various professions in the hotel industry such as waitress, chambermaid, receptionist, etc. We take on all kinds of tasks, depending on what is needed. This work has made me more confident in dealing with people. Furthermore I learned a lot

about order and cleanliness. I enjoy my current job very much, but I still dream of becoming a kindergarden teacher. Therefore I am looking for a suitable institution to start a training as a kindergarden teacher.

What do you recommend to your "brothers and sisters" in the project regarding school education, career guidance, job training and job?

Don't hesitate to ask questions in the counselling interviews until you have found the right job for you!



Picture above: The participants of the career guidance training with their course instructor Hari Dahal

Underneath: The birthday cake for the teacher Hari Dahal sweetened the graduation



TAKEN OVER DIRECTLY AFTER THE INTERNSHIP INTERVIEW WITH FORMER STUDENT PRADIP SHARMA

What was particularly helpful for you during your school education in the children's village and youth hostel?

I was six years old when I came to the children's village in 2010. Living together with friends in the children's village helped me a lot in my development. We could discuss our homework with friends.

What did you miss during your school education?

I missed the practical experience. When I arrived at the hostel, I had the opportunity to choose a technical subject, such as computer science, from the 9th grade onwards. I was really happy about that!

What kind of education are you doing now?

I'm going to become a specialist in information technology. The training takes four years from 9th to 12th grade. I am attending the 11th grade at "Adarsha Saula Yubak Secondary School, Bungmati" and I enjoy my studies because it suits my interests. After my final exams in grade 10 I had the opportunity to do a 3-month internship at Dish Home Media Network. The internship is part of the apprenticeship. Here I learned practical work: I am now able to recognize problems, fix malfunctions and repair the computer hardware, install software and set up networks. Due to my commitment, my willingness to learn and my enthusiasm, I was offered a

permanent job in the company. I am now attending school from 6 a.m. to 1 p.m. and working from 2 p.m. to 8 p.m. During quieter times in the office I can also concentrate on my studies there. I earn a salary of Rs.10.000 (approx. 80 €) per month. I am very satisfied with my work!

Since 2011 we have established career guidance in the youth hostel. What do you think about the career guidance?

As I already knew what I wanted to become, career guidance was not so important for me. I did not think about another profession. But I think career guidance would be more effective if it would take up new topics in different training units. Often it was like regular, repetitive training courses.

What do you recommend to your "brothers and sisters" in the project regarding school education, career guidance, job training and job?

I live near our hostel. Whenever I meet my brothers and sisters, I advise them to concentrate on their learning and training. I am always available for them, for any kind of help they need from me.



Pradip Sharma came to the children's village in 2010. In the meantime he is doing an apprenticeship at a secondary school in Bungmati and works part-time.



FOOTPRINTS

DEVELOPMENT OF VILLAGES IN TANGLE AND MOHARIYA

"We can all be proud of ourselves! The project "Hike for a Better Life" in Tangle and Mohariya in Parbat District was completed in the period from March 2018 to May 2019 and is a model project for the entire region. Laxmi has really realized a great project with the inhabitants of the two villages! In Tangle even two new houses are already being built. Now the decay has stopped and things are moving forward".

This is how FNH chairman Alexander Schmidt summarized the impressions of his project visit. And this was achieved in detail:

1. YOUTH CLUB IN TANGLE

A youth club is of essential importance in the villages. It is only where young people want to live that a village is saved from migration to the city. Tangle has received such a youth club.

The clubhouse was built entirely by the clubhouse's own efforts and only with materials from the surrounding area. This is especially

important to identify the inhabitants with the project. The experience "We built the house" will strengthen its conservation and use in the future. By the way, the youth club serves not only the youth, but all inhabitants of the village. Especially on holidays the building is used intensively. There are three guest rooms on the first floor, which are also already fully furnished. With these guest rooms the young people want to generate income for the maintenance of the house. In cooperation with the donations from the "Hike for a Better Life" tour, the FNH has not only financed the construction of the youth club, but also the entire interior decoration.

2. WATER SUPPLY IN TANGLE AND MOHARIYA

45 water points were built in Tangle and 55 in Mohariya. Every household is now connected to the water network. This is very unusual for Nepal. In most villages the inhabitants have to make long distances to the source or water well in order to get water to their homes. This is now history in our project villages! Each of the villages has its own water supply system with source catchment and 12 cubic metres of storage tank. The water is distributed from there directly to the water points. Each of the water taps is equipped with a flow regulator. The regulator ensures optimal water distribution and pressure reduction when the water flows through. Thanks to this simple technique, everyone in the village has water available. This is even possible if all taps are turned on at the same time.

Both villages have also carried out the construction of the water supply here together with Nepalese experts. In Mohariya, a senior citizen reported on his task: "Every day, from morning to night, I closely supervised the mixing of cement and the construction. We all want to have potable water for our grandchildren. That's why supervising the quality was extremely important to me."

3. RETAINING WALL AND TEACHING MATERIALS FOR THE SCHOOL IN TANGLE

The village school is an important element for development. The village school is located right next to the youth clubhouse. Due to a three-layered gabion wall, the schoolyard could be considerably enlarged. Now you can really play ball in the schoolyard. A volleyball net for everyone will soon be installed. In order to extend the school equipment, a laptop, chairs, Montessori material and a carpet for the kindergarden were acquired. Gradually the number of pupils is growing here as well.

HOW WILL THE RECONSTRUCTION AID IN NEPAL CONTINUE?

Altogether, "Hike for a Better Life" was a very successful village development project and instead of emigration it ensures that people stay in the village. We now receive requests for village development from everywhere. The FNH has already approved three new projects in the immediate neighbourhood, so that two drinking water supply projects have been started in the villages of Saraun and Majgaun. A school extension project has been started in Sherabenshi. Many thanks to all donors!

Alexander Schmidt
Chairman of the FNH

BELOW YOU WILL FIND AN OVERVIEW OF THE STATUS OF ALL PROJECTS:

	Project and location	Still to be paid	Quick information
1	8 KW power supply in Ropesa, Tashigaun in Sankuwashaba District	Remaining payment EUR 600	All materials are in the mountain village. Start of construction was in October 2019.
2	Kot Primary School in Ripa, Humla District	Remaining payment EUR 36,000	The school will be completely rebuilt in the traditional architectural style. Construction started in April 2019.
3	Nepal Rastriya Secondary School in Murma, Rara See Mugu District	Remaining payment EUR 15,000	A part of the old school was torn down and rebuilt. Construction started in March 2019.
4	Shree Mahendra Primary School in Amdanda, Syangja District	Remaining payment EUR 1,600	Construction of the school is completed. Only windows are still missing in four places. School opening was in October 2019.
5	Shree Navajyoti Tham Secondary School in Sherabenshi, Parbat District	Remaining payment EUR 5,600	Four classrooms were added to the existing school building. The construction was completed in October 2019.
6	Water supply with 35 water points in Mohariya – Majhgaun, Parbat District	Complete costs EUR 21,000	Due to the "Hike for better life" tour, requests for projects from the region keep coming in. Construction started in September 2019.
7	Water supply with 40 water points in Saraun, Parbat District	Complete costs 20,000 Euro	Due to the "Hike for better life" tour, requests for projects from the region keep coming in. Construction started in September 2019.
8	Interior furnishing youth clubhouse in Tangle, Parbat District	Complete costs 4,200 Euro	With the interior furnishing, the "Hike for better life" project in Tangle has been completed since October 2019.
9	Interior furnishing of the health and palliative care unit at the Aged Shelter in Pokhara, Kaski District	Complete costs 4,800 Euro	In order to be able to open the centre, the interior equipment with simple medical devices was acquired in October 2019.
10	Multifunctional room with equipment in the youth hostel of FWHC in Bungamati, Lalitpur District	Complete costs 21,000 Euro	The youth hostel lacks a sufficiently large room for leisure activities, career guidance, television, singing and dancing. Start of construction after approval by the building authorities probably at the end of 2019.



We would like to thank all sponsors. Special thanks go to "Nepalhilfe im kleinen Rahmen e.V." and "Nepalhilfe Waging am See e.V." They have supported the projects.

Alexander Schmidt

FUNDRAISING ACTIVITIES



On behalf of our projects in Nepal, especially the children in our children's village, we thank you from the bottom of our hearts for your great and creative commitment. We would like to wish all those who will be collecting money for the projects of the Freundeskreis Nepalhilfe e.V. during the pre-Christmas period much energy and success.

Birthday donations

... will be published on your request in the newsletter under "Spendenaktionen" with your name, donation amount and – if given – the purpose of the donation. We are happy to receive photos and your own text contribution, but reserve the right to shorten it according to its meaning.

The FNH could use your donation in the new year for the following purposes:

- In the hostel, the young people have only a small social room, where they do their homework, have their career guidance, study for the exams and watch TV at the same time. We are planning a separate social room, which will be added to the short wing of the hostel. For this we need further donations.
- We continue to support mountain villages destroyed by the earthquake, which have still not been completely rebuilt. Primarily, we are helping to rebuild and expand schools, water and electricity supplies and health stations.
- With further footprints in the form of infrastructure development in the distant mountain villages, we want to make rural life attractive and stop the migration of young people to the cities.

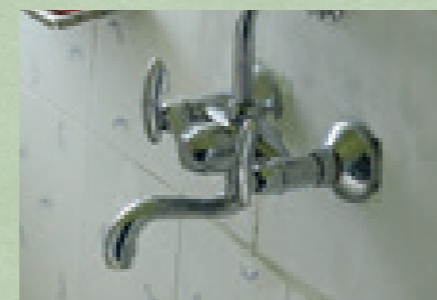


Fittings for new toilet houses

The association "ergo : wir helfen e.V." brings together many employees of the ERGO Insurance Group. They give a monthly donation of cents of their salaries so that they can be donated to a good purpose. Thus the association has been supporting annual purchases for our children in the children's village and hostel for many years.

With this year's donation, we have equipped the showers, toilets and hand basins in the new toilet houses with fittings. A separate toilet house was built behind each of our four children's houses because the previous toilets and washrooms in the houses with about 20 children were not sufficient. The children and es-

pecially our eight housemothers are happy about the additional wash basins, showers and toilets.



They are thankful for this relief, because before the start of school, bottlenecks and the "morning routine" of the children have now eased.

Monika Volz



Christmas bazaar for the children in Nepal

Our Children's Village is present among the pupils of the Andreas School in Bonn-Bad Godesberg. Most of them have a migration background. They remember what they heard from me in an earlier presentation and have many questions: "What does it cost to support a child in your children's village?", was a question I would not have expected from an eight-year old. Apparently, financial means are limited in her Syrian family. The little one is already aware that sufficient money for livelihood cannot be taken for granted. Usually this is not a topic in this age group.

The teachers had organised a Christmas bazaar for which the children had been busy doing handicrafts and collecting money. The children proudly presented me the money with a "cheque".

Dr. Fred Prünte



Donation box at Dinova Farbwerke

It is unbelievable how a great idea continues over time! Two years ago, my patient Hans-Peter Münz had constructed a donation box with pictures from the children's village at his workplace, the Dinova paint salesroom. Meanwhile there is a whole corner with pictures and information material about the FNH. The management, the employees and last but not least the customers make sure that the box has been full several times a year. In 2018 the amount was 1,000 euros and this year it will probably be three times that amount. A handover of donations will always take place as soon as the sum of 1,000 € is reached.

Dr. Fred Prünte



Multifunctional room for the hostel

Every year BROCKHAUS AG supports social institutions in the realization of charitable projects. The donation of 2,500 € to the "Freundeskreis Nepalhilfe e.V". is a contribution for the construction of a multifunctional room for the young people. This room is to be used by the young people for homework as well as for watching TV, dancing and singing together. "With our donation we would like to put a smile on the faces of people who may not be as well off as we are", Matthias Besenfelder, CEO of BROCKHAUS AG, explains the support.

Marie Sonne



Membership meeting and celebration of the 25th Anniversary

We would like to draw your attention today to our membership meeting and jubilee celebration:

**JUNE 13, 2020
SATURDAY, 2:30 P.M.**

in the Protestant Youth Castle Hohen- solms, Burgstrasse 12, 35644 Hohenahr - Hohenolms

The official invitation to the member- ship meeting with the election of the new executive committee members and the agenda will be sent to our members six weeks before the membership meet- ing by e-mail or by post.

1995-2020 25 JAHRE FNH FREUNDESKREIS NEPALHILFE E.V.

The celebration of the 25th anniversary of our association starts after the mem- bership meeting at about 5 p.m., and will end on Sunday, 14.06.2020 at about 1 p.m.

We are very much looking forward to your participation!

Your FNH board team

Closing words



We are sure you will be pleased with the progress we have made, es- pecially in education and career guidance for our children and young people. Furthermore, we continue to support other institutions and even entire village communities in their development. We are doing this because this commitment ultimately benefits the children in Nepal again. By the way, in every project we make sure that the people in- volved make their own contribution.

We are proud to be able to achieve more in Nepal from year to year! This is only possible through you and your small and large donations. In the name of our project partner FWHC and the recipients, we thank you from the bottom of our hearts and wish you

**MERRY CHRISTMAS
and a blessed and healthy New Year!**



The board members of the FNH from left: Dr. Fred Prünte (Associate member), Marco Hanßmann (Treasurer), Gerhard Hanßmann (Second in command), Alexander Schmidt (Chairman), Monika Volz (Board secretary), Christiane Karsch (Associate member), Michaela Jost (Associa- te member), Ursula Herrmann (Associate member), Irmgard Schlaeger (Associate member)

Certificate of donation to 200 Euros as document for tax authorities

Qualifies only in connection with cash donations and receipt of bank transfer (bank statement)

Our purpose is to promote upbringing, education and occupational training, as well as helping students as pertains to the last notice of exemption of tax office Marburg-Biedenkopf, tax number 06 250 51011, from 23.09.2019 for the last assessment period 2017 according to § 5 Abs. 1 Nr. 9 of the Corpo- rate Tax Act of the Corporate Tax Code found in § 3 Number 6 of the German Corporation Tax Act, in which we are exempted of such tax as we are directly and solely a tax privileged charitable organization established by § 51 ff of the general fiscal code. **It has been confirmed the sole purpose of the organiza- tion is upbringing, education, occupational training and helping students.**



Flurstrasse 6, 35080 Bad Endbach, Deutschland
Amtsgericht Darmstadt, VR 2600



Educational sponsorships

Here a short note to educational sponsorships: Those children designated for a sponsorship after they grad- uated the 10th will have it run out in the year 2020. We have decided to have one sponsorship pot so that all ad- olescents have an equal chance for an education. If you would like to continue to contribute to this vital effort you can find the program at

nepalhilfe.de/index.php/patenschaft.html

We made this arrangement a few years ago so that all young people have the same chance of getting an ap- prenticeship.

Accounts management and certificates of donation

We have a kind request to make. The major- ity of members of the FNH board are in the labour force full-time and only work unpaid at the FNH on the side. Therefore we would appreciate keeping accounting matters to a minimum:

- A new donor? If you could provide us with your complete address in the space for 'purpose' in the bank transfer form we'd be grateful. That way we can send off a donor receipt without having to search for the address.
- For donations up to € 200 German tax au- thorities only require confirmation that funds were transferred, i.e. a statement accounting for the transfer and the Certifi- cate of donation to 200 Euros (see left).
- For donations over € 200, German tax au- thorities prefer a single once a year dona- tion receipt. Most often we shall send off that receipt in January of the new year.
- It would be a great help if you gave us a rather long lead-time when moving or switching bank accounts.

Marco Hanßmann

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AKTUELLES

Please keep in touch with our website; there may be fast- breaking news

nepalhilfe.de
> current events, blog, events

or in Facebook
"Freundeskreis Nepalhilfe e.V."
or "FWHC Bhakunde",
"Children Village Bhakunde,
Nepal-Italians for FNH/FWHC",
"X-student of FWHC"

KONTAKT

If you have any questions or have a bit of news for us please write to:

info@nepalhilfe.de

or use contact information provided in our homepage.

SPENDEN

If you wish you can donate online:

nepalhilfe.de
> Ihre Hilfe > Spenden

The FNH is registered to receive donations at SPENDEN-PORTAL.DE and at Facebook. Another support

possibility is to make online pur- chases at WeCanHelp! or Schulengel or AmazonSmile.

The non-profit Freundeskreis Nepalhilfe e.V. (FNH) is registered at the municipal court Darmstadt in

IMPORTANT INFO

the register of association 8 VR 2600 and with the tax authorities Marburg-Biedenkopf (tax id # 06 250 51011) as a recognized charitable institution. It is authorized to issue tax deductible donation certificates.

Freundeskreis Nepalhilfe e.V.

EINRICHTUNG ZUR FÖRDERUNG
NEPALESISCHER KINDER



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PHOTOS FWHC, FNH Vorstand,
Annette Schönherr, Oliver Sprigade

LAYOUT Oliver Sprigade

TRANSLATION Martina Pohl



Christmas cards:

above: painted by our youth of the youth hostel

below: from our children in the Children's Village