

A friendly

Namaste

to all our friends patrons,
members an sponsors

*Joy is the
easiest
way of
being
thankful.*

Karl Barth



Freundeskreis Nepalhilfe e. V.

EINRICHTUNG ZUR FÖRDERUNG
NEPALESISCHER KINDER



FNH

**NEWSLETTER
DECEMBER
2021**



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

Raj and Alex plant a jackfruit tree in the Children's Village

Above right: Raj and his wife Sharmila in our Youth Hostel



हिमाली बाल कल्याण संरक्षण मञ्च
Forum for the Welfare of Himalayan Children
Central Office : Bungmati - 7 Ka, Lalitpur, Tel.: 5592498

Dear Reader,

First of all, I would like to thank you all for supporting our two organisations – the FWHC (Forum for the Welfare of Himalayan Children) in Nepal and the FNH (Freundeskreis Nepalhilfe e.V.) in Germany. Only through your support it is possible to maintain our activities in Nepal during the Covid19 pandemic.

Due to the outbreak of the Corona pandemic, many people lost their jobs. This has caused great problems and insecurity for people all over the world. Nepal, being a small and underdeveloped country, is also facing many problems due to the Corona virus. Nevertheless, we have not given up hope in seeing "light at the end of the tunnel".

Actually, we had planned to celebrate our 25th anniversary in 2020 in the Children's Village. However, due to the Corona outbreak, the celebration had to be cancelled.

Despite this difficult situation, Alexander Schmidt managed to visit our Children's Village and Youth Hostel in March 2021. For this we at the FWHC are very happy and grateful.

Alexander and I founded the organisation together in Nepal. Now we had the opportunity to plant a jackfruit tree together on our Children's Village, which will grow in the future and bear fruit that will be of benefit to everyone in the Children's Village. I am happy that through many contributions from our ex-students and volunteers in this newsletter, our productive work so far becomes clear.

So let's keep our fingers crossed and hope that the number of Corona will decrease so that people around the world will be able to travel in freedom and without fear of viral infections.

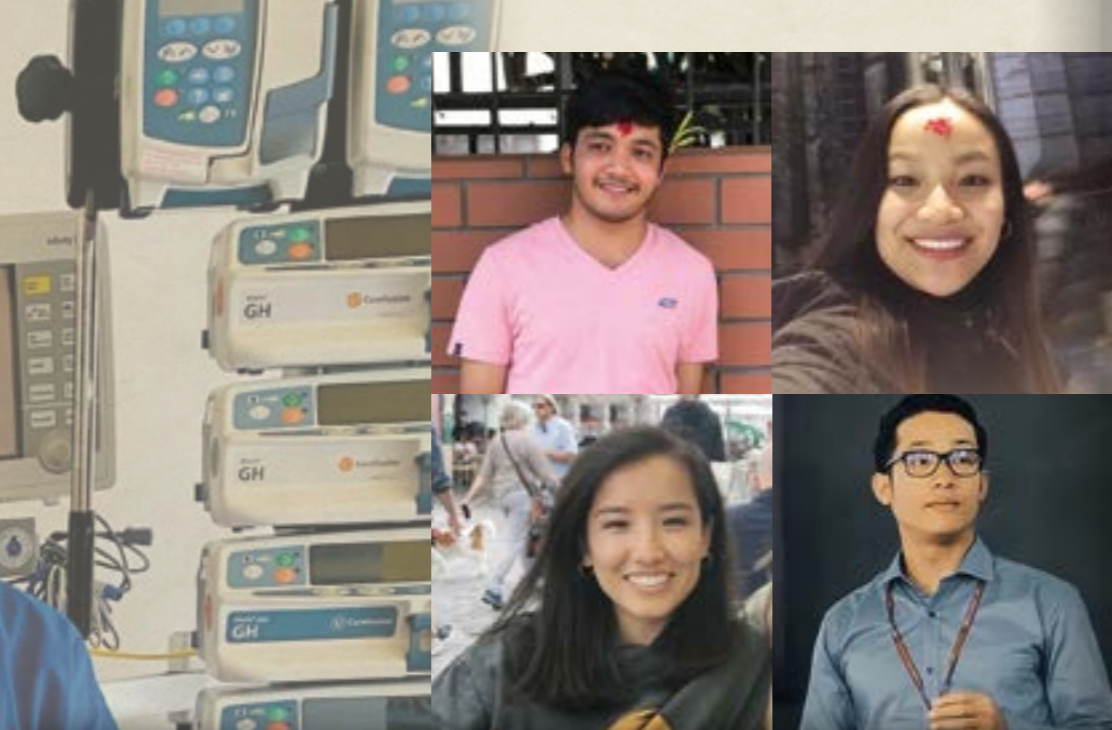
It is a long way that we must travel together. This is only possible if we all work together hand in hand, especially in times of crisis and unpredictable situations that arise from such a pandemic. We would like to thank our team both in Germany and in Nepal for their good cooperation and continuous support.

It is our top priority to keep ourselves healthy before proceeding to other challenges. We hope that this pandemic will end soon and things will return to normal so that people all over the world can live a happy life again.

With best wishes to all of you from Nepal, we thank you.

Raj K. Shrestha
Chairman of the FWHC
Kathmandu, Nepal





TAKE THE FIRST PATHWAY WILL UNFOLD BEFORE YOU STEP AND THE

Over the past 25 years, almost 100 young people have left our Children's Village and Youth Hostel to stand on their own feet. Of course, we follow their progress with great interest. In previous newsletters we have occasionally presented individual biographies. In this edition you will find the reports of six former students who are making their way in Nepal as well as in Germany.



BISHAL ADHIKARI
26 years old

I am very happy in writing a few words for this newsletter.

I moved from Weingarten to Ravensburg in 2019 after completing my Bachelor's degree at a German university. The Bachelor's degree was challenging, but important at the same time. I gained a lot of experience, not only for my professional career, but also for life.

The southern German region is particularly appealing to me because there are mountains and lakes nearby. That's why I decided to stay and work in this region to develop my professional career. I am working in Friedrichshafen at an automotive

service company in the field of software development for cars, agricultural and construction machinery. I enjoy my work. Many new ideas for future challenges are particularly interesting.

I am very grateful to the FNH and my donors for supporting my studies.

Bishal Adhikari
Ravensburg



BHIMRAJ GURUNG
27 years old

I am Bhimraj Gurung (27 yrs), a former boy from the Children's Village. In 2013 I came to Germany, where I was able to complete my 4-year dual studies in Hamburg. Since November 2019, I am now a qualified health care assistant.

During my studies, I frequently worked in the hospital. That's why I started working for a temporary employment agency immediately after graduating. This gave me the opportunity to gain experience at other institutions (such as ambulatory care and hospices). Subsequently, I was offered a position as a residential area manager in a retirement home. Here I was able to work

for six months. Due to a lack of experience, the stress was very heavy for me in this position. That's why I decided to return to the hospital.

Since July 2021, I have been working in the intensive care unit (ICU). So far, I like this work the most.

During these eight years in Germany, there has been so much going on, and I am happy and grateful for what I have achieved so far. I sincerely thank my donor Tina Schenderlein and the big "family" of the FNH & the FWHC.

Bhimraj Gurung
Hamburg



CHHABILAL CHHETRI
23 years old

Chhabibal Chhetri arrived at the Children's Village in April 2008. He completed Grade 8 at Shree Shanta Secondary School and lived in the Children's Village in Bhakunde. He completed grade 9 and 10 at Adarsha Saula Yubak Secondary School. During this time he lived in the Youth Hostel in Kathmandu. His graduation there was in 2017 with a very good Nepali grade of 3.55 (4 is the top grade). He went to Nepal-Korea Polytechnic Institute in Butwal to study automotive engineering for three years. He has now completed this and is still waiting for the result.

Chhabibal is currently working at Sipradi Trading Pvt Ltd. (exclusive distributor of TATA Motors India in Nepal) as a junior engineer. After the three-month probation period as a junior engineer, he hopes to get the permanent job in this company.



POONAM RAI
21 years old

For two years I worked in Cologne as an au pair girl in a German family with children. Unfortunately, I can't report any professional success yet. I would like to study business administration and have applied to university. However, I was rejected. As I only applied to this one university, I won't have a chance to get another place this winter. Therefore, I am now considering it would be better to start an apprenticeship.

I am doing well. You can't say that the corona crisis is over yet. But I have already survived the first and the second wave. 😊

Kind regards from Cologne
Punam



SUNITA GURUNG
29 years old

I am doing very well. I am already fully vaccinated. After my five-year education as a kindergarten teacher, I still live in Allershausen near Munich. I work in a crèche as a group leader. I still enjoy working with the children very much.

Sunita Gurung
Allershausen near Munich



Sunita at work



Sunita did her internship in the Children's Village



UDIP RAI
24 years old

I want to thank the FWHC and FNH very much. Your support and love are the most precious things in my life. The FWHC is a piece of paradise for me. I am proud and thankful that I was able to spend my childhood at FWHC Children's Village and Youth Hostel. Thank you for providing education, for the great accommodation and for good food. These are the basics for me to feel good today. The FWHC and the FNH have strengthened me to face the challenges of life.

Dear Alex Uncle, I am especially thankful to you for creating such a place. A place where hundreds of children's dreams come true. The love you have shown and given until today is more than anyone can expect from one person. Thank you!

Thank you to all the people who have supported me and cared for me. The last academic year was especially difficult for me from a financial point of view. Without the

support from the FNH, I would not be who I am today. That's why I am incredibly thankful to the FNH for their help. I can never say THANK YOU enough!

THANK YOU

Udip Rai

Editor's note: Udip studied engineering in New Delhi and has been working as a junior project engineer for a company in India for the past year.



TAKE THE FIRST STEP
AND THE PATHWAY
WILL UNFOLD
BEFORE YOU

STAFF MEMBERS AND CHILDREN IN PROJECT 2021

Status October 2021

STAFF MEMBERS

Children's Village	Himali School	Youth Hostel	all together
15 IN TOTAL	8 IN TOTAL	7 IN TOTAL	30 IN TOTAL ¹
			17 women 13 men

¹ of which 12 staff members full-time, 18 staff members part-time

NUMBER OF CHILDREN

Children's Village	Pokhara and other places ²	Youth Hostel	Kathmandu, Bhaktapur	FWHC Scholarship students	all together
80 IN TOTAL	24 CHILDREN	15 CHILDREN	7 CHILDREN	1 CHILD	127 CHILDREN
42 girls 38 boys	14 girls 10 boys	8 girls 7 boys	1 girls 6 boys	1 boy	58 girls 69 boys

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



NEWS FROM THE FWHC AND THE FNH

NEPAL NATIONAL HOSPITAL (NNH)

(NNH)

COVID-19

“FWHC AND FNH HAVE MINIMISED OUR RISK OF INFECTION”

January 30th 2020 was the day when the first COVID case was confirmed in Nepal. Since it was a previously unknown disease, fear was high among Nepal's 30 million citizens. Many doctors and nurses were also afraid of COVID-19. The infection rate was much higher and could be transmitted through saliva, respiratory secretions or droplets. Moreover, their family members were also at a high risk of becoming infected.

It was exactly at this time when the FNH in Germany, in collaboration with the FWHC in Nepal and the Nepal National Hospital (NNH), decided to push ahead with the covid pandemic campaign. The Nepal National Hospital is happy to have received this huge humanitarian support at a time when it was most needed. At that time, the situation was truly disastrous, with very little adequate protective clothing, PPE masks, gloves, etc. available for medical staff. Quick action was required, but due to the unavailability of all these tools, the situation was becoming visibly worse.

I myself am a pulmonologist and hospital director and had no choice but to treat the patients with the means at our disposal. Thus, I spoke to Alexander Schmidt, the chairman

of the FNH, about the current situation and the possibility of supporting the NNH. As a result, the facility that the FNH had financed for the socially weak and disadvantaged could be made available. The FNH board decided quickly and the NNH immediately set up an isolation intensive care unit with three beds and a respiratory ventilator.

This AHU (Air Handling Unit) system has provided laminar flow inside the room. The negative pressurised room has helped to prevent mutual contamination between patients. This also limited “contact” between the patients and the health workers. Additionally, we received a mechanical ventilator, high flow nasal cannula, and PPE masks, gloves and other protective equipment. Up to now, we have treated more than 300 very seriously ill patients with good results.

The rate of infection among the medical staff is low. This has been a great relief to the base staff who were doing their best. It was also a huge benefit to the hospital as our staff were more motivated.

The NNH is very thankful for the generous support from the boards of the FNH and the

FWHC. The structures developed during the first wave of the pandemic helped us to react to the second wave with Covid-19 as well.

The second wave hit Nepal very hard. This time, the risk of contamination by COVID-19, the total number of illnesses and the mortality

rate are very high. The NNH intends to continue working with the FNH to help the people in need in the future.

May 2021
Dr. Prakash Paudyal
Consultant Pulmonologist
NNH – Nepal National Hospital, Kathmandu



— — — SUPPLEMENT OF 27.08.2021 — — —

The situation here has gotten worse again. Only those whose family got infected are taking the situation a little more seriously. It is so deceiving that people are unwilling to follow basic safety measures.

In our 3-bed isolation ICU, we have treated 356 very sick covid patients

up to now. Out of them, 187 were male and 169 were female. We were unable to save 60 patients, of which 41 were male and 19 female. 83% recovered well. There are few patients who stayed in our isolated ICU even for more than 1 month with oxygen requirement of 90 litres per minute. However, they recovered well after

long term treatment. We were even approved as one of the good centres in Covid treatment. Thank you for all the love and support.

Thank you and best regards!

Dr. Prakash Paudyal



OUR RESPONSIBLE FOR SENSITIVE DATA

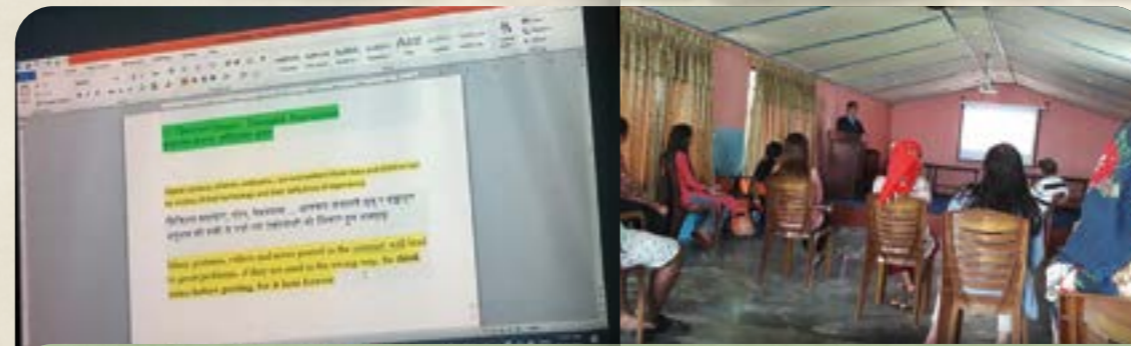
2020 was the anniversary of 25 years of successful cooperation between the Freundeskreis Nepalhilfe e.V. (FNH) and the Forum for the Welfare of Himalayan Children (FWHC). I am glad to be part of this organisation since 2008. I work as an account and administrative officer in the organisation. My duties include preparing the budget, monitoring expenses, maintaining the books of accounts, filing tax returns and reporting financial statements to the board. Furthermore, I provide administrative support and assist the chairman of the association by organizing and updating records, preparing progress reports, submitting it to government line agencies. Working with young people is one of the most enjoyable parts of my job. The young people spend only two years in this hostel to complete their high school and get skill oriented training. The experience and bonding that we are able to share during the stay in the hostel keeps us connected even after they left the association. It feels good when we see the youth integrated into the society, leading independent life adopting various professions.

*Prabin Gautam,
above with our
young people*



Prabin Gautam

FWHC Admin / Account Officer
Kathmandu



INFORMATION ON THE DANGERS OF THE INTERNET

Inflammatory, racist postings, as well as those containing sexualised violence, pornography or content that violates their personality on the internet or social networks are dangerous for children and young people. They often have grave, unpredictable consequences for their personal and professional future. This problem is present all over the world and does not stop at our Children's Village and Youth Hostel.

The use of the internet has become a matter of course in Nepal as well. Children quickly become victims of cybercrime due to their influenceability, lack of experience and trust. In order to provide information about this, I have currently prepared PowerPoint presentations and made them available to the staff in our school, in the Children's Village and in the Hostel. The reaction to this was overwhelming. Not only were the slides immediately translated into the Nepali language, but workshops were also quickly formed to exchange ideas on this topic. I had not expected such interest and inquisitiveness from our staff.

First of all, general advice was given on how to make the internet safer for our young people and children. A basic premise is that they can openly discuss content with a trusted person at any time, but also know what dangers to look out for.

The choice of location for a PC can also be important so that each of the

educators is able to have an idea of what is being researched by "looking over the children's shoulders".

Similarly, the time for internet use must be clearly defined, passwords must be changed at regular periods of time, which makes it more difficult for hackers to gain access.

It is self-evident that no coordinates of the PC location can be determined, e.g. to protect children from paedophile attacks. Special importance must be given to the non-publication of personal details, the spreading of photos, videos, etc. This must be strictly prevented through information and rules.

Our children and young people must know what cyberbullying or cybermobbing means. They need to know that insulting responses, defamation, hate speech, lies and threats of violence can occur, especially in messenger groups such as WhatsApp, forums or other social networks. If they do become a

victim, they must be aware that they cannot ignore this, but must discuss it openly with their confidant so that the contact will be blocked. In case of possible criminal offences that cannot be ruled out, the police should be informed.

At first, sexual aggressors try to establish a basis of trust among their victims. They pretend to have the same hobbies, the same interests and the same attitudes towards life. Thus they create a false identity and become the "best friend". If they are then asked for photos with suggestive poses, the door into the paedophile network is already open. Again, our young people and children should know the problem before it occurs.

Our young people need to know what phishing means. It is the baiting of victims, mostly through e-mails, in order to obtain personal data. They should also know about smishing. This involves the use of convincing text messages with a link asking the

victim to send sensitive data or to download dangerous apps. These links are a huge potential danger – not only in Nepal. Our young people need to be aware of this before anything actually happens.

To us, it means permanent educational work and dealing with a type of crime that was completely unknown years ago.

Our staff in the Children's Village and Hostel are already asking for more information and to actualise what they have learned. I am very thankful for their interest and engagement. In order to check their knowledge, I gave them "multiple choice tests" which, to my delight, were answered almost without mistakes. This apparently shows that we have found the right way together to protect our children and young people from the increasing cybercrime.

Dr. Fred Prünste

Bad Godesberg

HIMALI BIDHALAYA SCHOOL ADAPTS EDUCATION TO CHILDREN WITH SPECIAL LEARNING NEEDS

by Ganesh Bahadur G.C., Principal of Himali School.



Ganesh Bahadur G.C.

It is a great pleasure for me to report on behalf of the Himali School family. I would like to inform you about the activities and the educational system of our school. Our school concept was developed after we gained a better understanding for the difficulties and the resulting needs of our children. Many of the children welcomed into our Children's Village have experienced a life without parents and without sufficient love during the most important stages of their lives. Due to poverty, they had to struggle for the basic needs such as food, shelter and clothing. Some of them lived on the streets without anyone to take care of them and without the possibility to participate in social life. As a result, our students have many psychological and social problems. These have to be addressed with sensitivity and care. Another problem is that there are difficulties in classifying the children in school, as their learning progress often does not correspond to their age level. Sometimes, in order to maintain the level of the year and the class, we have to teach the material of two years in one year.

In order to do this, we put a lot more effort into their schooling. Usually it is not easy for the government school or other public schools to manage this. It is not possible to consider their background and to treat them with special love, care and attention. These children require a special child-friendly environment to address their psychological problems and to support their education. We believed that such support would only be possible if we established our own school and employed our own well-trained and particularly loving teachers under our own management.

Despite significant challenges and thanks to the support of the FNH, the FWHC, school professionals and the collective support of the staff of the Children's Village, we received official approval for our own school on 3 March 2019. All our students enjoy going to school. They are open-minded and have a good relationship to our teachers, who support them in a child-oriented environment. We are well trained on the Montessori method; we also provide Montessori training for our house mothers from time to time. Most of them have received training on children's rights, teaching methods, child behaviour and psychological needs. Our teachers are qualified with a variety of degrees. Most of them have been with our school since it opened. All of them know the children's life stories and deal with them lovingly. They understand their life paths and needs.

Classes start at 10 am and end at 4 pm. We have set up a well-managed "Montessori laboratory" where students learn how to deal with practical things in life. Teachers and students develop the teaching material together.

We have established a library, a computer room, an art room, activity rooms and rooms for play and art therapy. We keep an educational file for each child, in which we record their school reports and reports on their school activities. In addition to teaching activities, we run various after-school activities such as talent competitions, singing, dancing, picnics, hiking, camping, celebrating festivals (especially on National Day), cultural programmes, swimming, cycling, farming, gardening, drawing, handicrafts classes, music



lessons. All these are aimed at developing the children's general education.

THERE ARE MANY STORIES OF SUCCESS THAT WE HAVE EXPERIENCED:

One student was 11 years old when she was welcomed into our Children's Village. When she came to us, she could not even distinguish English letters from Nepali letters. We took her in the pre-school class and supported her in a special way. The class teacher prepared an extra worksheet for her in all subjects and within five years we managed to get her placed in class six. Now her age and class level seems suitable. She is happy, works hard and wants to become a teacher herself. Another girl had a similar story.

M. was 9 years old when she came to us; she had similar problems. Additionally, she suffered from a phobia of people and started to cry when she spoke in front of too many people. We also made special efforts with her and supported her. We encouraged her to talk and gave her many opportunities to present her work in front of the group without triggering her "group fear". Now she attends class five, is hardworking and can express her thoughts publicly without fear of inhibition.

One boy was 5 years old when he was taken in. At that time he was unable to do anything. He was not even able to speak simple words. He could not concentrate, learned slowly and was retarded. We took him into the pre-school class and continuously supported him. Now he is very enthusiastic and attentive and visits the fifth class.

We still have many students with learning difficulties, others who cannot concentrate

and some who are not ready to participate in group work. We hope that our efforts will make progress in the future.

Nowadays, the educational sector all over the world is badly affected by the Covid 19 pandemic. We are in its shadow as well. Nevertheless, we are continuing with our programme. Simultaneously, we are doing all we can to protect our children from the dangers of the pandemic.

Finally, I would like to point out the efforts of all the members of the FNH, the FWHC and all the academic stakeholders who have helped us to bring the school up to standard. I strongly believe that their work and support for Himali School will become even more dynamic and effective. It is my belief that their support will be appreciated by the coming generation.

I hope that this school will become the "backbone" of our society by providing high quality education to orphans and needy children. Finally, I wish that God may always guide you happily, peacefully and healthily throughout your lives. I hope that our cooperation will continue for many years to come.

Ganesh Bahadur G.C.
Principal of the Himali School
in the Children's Village



Our children and teachers in the Children's Village

A CLEAR CONCEPT LEADS TO MOTIVATION

The extended school and training concept is as colourful as it is diverse and motivating. In all children's houses and in the Youth Hostel, large posters are displayed on the wall for all to see at any time. The FWHC and the FNH have created this concept together with all employees of the Hostel, the Children's Village and the school. Thus, they can assist the children and young people with any questions they may have. Furthermore, it serves as a basis for career counselling by Career Disha Nepal (CDN).



In the first place, we want to show all our children their school and professional opportunities at an early stage. In Nepal, every school education and professional training costs money. Therefore, we realised the value of such a concept very early and have expanded it again and again. Clear financial rules help the young people to develop themselves accordingly motivated in school and show that even we as an organisation have only limited financial means at our disposal.

The most important innovation is the funding of payable post-secondary studies, red area. A maximum of three students per year with a score above 85 out of 100 (GPA 3.5) can receive a scholarship of up to 1,200,000 Nepali Rupees (approx. 10,000 €) from the FNH for a period of four years. In addition, they can receive a laptop. Due to the high grade point average, only one student, namely Nawaraj Kafle, has reached this goal so far. Here, the standard must also be set very high. Studying in Nepal is expensive and should only be offered to students who are absolutely qualified. A medical degree, for example, costs over 50,000 €.

The situation is different with the newly introduced "Choice of Profession". In the rust-coloured area, three students from each year's tenth class with the best grades without a minimum grade point average can start a professional training directly after class 10. This can be a technical assistant, in the hos-

pital sector, health care or other professions: Each of the three students will receive a maximum of 700,000 NR (5,800 €) in funding for three years.

Those who want to take the classical and well-known way via the specialised secondary school leaving certificate of the 11th and 12th class, also the red-red area, receive the regular education subsidy of 9,500 NR (approx. 80 €) for 36 months and a maximum of up to 60,000 NR (approx. 500 €) for a professional training course after completing class 10. In Nepal, the low-cost professional secondary school leaving certificate is almost exclusively pursued. The general secondary school leaving certificate, also accepted abroad, is not affordable for us at a minimum of 250 € per month.

The education funding and the maximum of 60,000 NR are also given to all 9th and 10th class leavers from the Youth Hostel (brown area) and also to all pupils from the Children's Village who leave class 8 in the green area with an age of at least 16 years. The completion of class 8 is comparable to the District Level and class 10 to the SEE. Formally, we are no longer allowed to support young people in the project when they reach the age of 16. Occasionally, there are also pupils with learning difficulties in the Children's Village. The Open School helps these young people in particular to finish class 8 or even class 10 more quickly. In the Open School, we only teach the young people in the Chil-

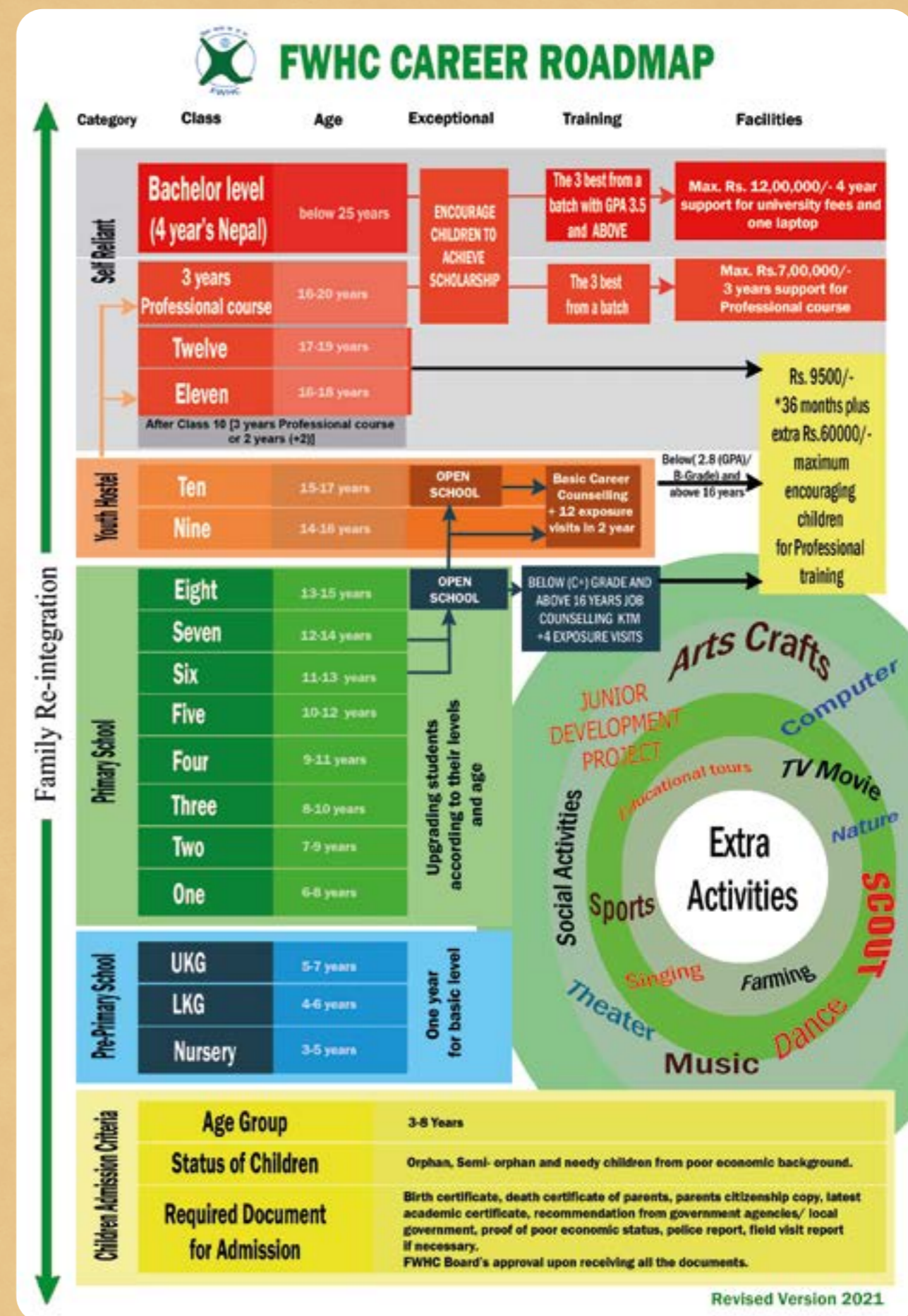
dren's Village. They are only sent to a state school for their final exams. In this case, two school years can be taught together in one school year. The lower secondary school leaving certificate is a basic requirement for professional training.

Classes 7 and 8 participate in four visits to companies and businesses during the two years. Students in classes 9 and 10 receive an extended programme of visits to 12 companies and enterprises.

All students in class 9 and 10 receive basic courses in career counselling by Career Disha Nepal (CDN). Due to Corona, these courses have unfortunately been cancelled since April 2020. However, we will certainly be able to offer the important career counselling again in spring 2022. Students from primary school to class 8 stay in Pokhara, as well as the students of the pre-school classes in the blue area.

We have expanded our activity programme in the coloured circles. In the yellow area, we have added the admission criteria for children in need. On the left side of the plan you can see an arrow with family re-integration. From time to time we check the financial situation of the remaining family of the children. Thus, in rare cases, family re-integration also takes place, if the financial situation allows it.

Alexander Schmidt
FNH Chairman
Germany



WE WELCOME **13 NEW CHILDREN**
TO OUR CHILDREN'S VILLAGE:
9 GIRLS AND 4 BOYS

*A very warm
welcome!*



Two children were already welcomed to the Children's Village in January 2020. Due to the Corona lockdown, no new children could be admitted since March 2020. Therefore, we are especially pleased that we have been able to place 11 new children in the care of our house mothers, carers and teachers since August 2021. Like all the other children in the Children's Village, the new children have meanwhile been vaccinated and are going to school.

For reasons of data protection, we will not describe the individual fates

of the children. However, this much: The children come from the administrative districts of Kaski, Dhading, Humla, Lamjung, Panchthar, Syangja and Tanahun.

All children are orphans or half-orphans. Either both parents have died, mostly due to an accident at work or on the road, or due to illness. Or one parent has died and the other is sick, disabled, without income or support or has disappeared. Our staff, especially our wonderful house mothers, care and provide understandingly for the little newcomers.

We wish our new children that they feel safe and comfortable in our Children's Village!



NEWS FROM THE CHILDREN'S VILLAGE

SCOUT GROUP

HIMALI SCOUT TROOP

The Himali Scout Troop has been in existence in the Children's Village for just over a year. Its aim is to develop the possibilities, abilities and talents of each individual. Thus, the children can become responsible citizens. In cooperation with the umbrella organisation "Nepal Scouts", the Himali Scout Troop successfully ran the 7-day workshop "Wheels of Change" in the Children's Village to develop physically, mentally, socially and spiritually. Our children explored various issues such as gender based violence (NO means NO,

safe and unsafe touch), menstrual hygiene, cleaning campaign of carelessly discarded rubbish from the surroundings (Green Tech Campaign) and being a role model for respecting nature (Go Green and Leadership Mind-Set). The last one was most important for our children and is expressed on their posters.

Using waste material, the children had made impressive posters showing how to maintain a green environment with which they can live in peace. They also showed how to

solve environmental problems. The children were very engaged and wanted us to do more such programmes that would improve their leadership skills and help build character.

We hope that our children will raise their voice against domestic violence and play an important role for the environment as well as for peace in the society.

Krishna Rajbahak
Warden at the Children's Village



ANNUAL-REPORT BY SEASON GURUNG

REPORT ON PROGRESS IN THE CHILDREN'S VILLAGE

In 2019, we were able to recruit Season Gurung and in 2020, Krishna K. Rajbahak. They are two enthusiastic young men to join our Children's Village team. They represent a new generation who are keen to take the Children's Village forward and know

about digital media. Thanks to Season, we received our first progress report in 2021.

You can read the original in English on our FNH website, but even just looking at the pictures is a lot of fun:

https://www.nepalhilfe.de/images/Projekte/Kinderdorf/Annual_Report_CV_2020-2021.pdf





Our staff members in the Children's Village



THANK YOU for the ice cream ...



... and the whole Children's Village

THANKS FROM OUR STAFF AND CHILDREN



TANKA PRASAD GURUNG
Branch In-charge,
FWHC Children's Village Pokhara

It is now 21 years that I have been working with the FNH and the FWHC. Still I say that it is the best time in my life. Thanks a lot to Alexander Schmidt and Raj Kumar Shrestha for bringing me here. Since 1995, the FNH and the FWHC have been caring for children in need together. Our philosophy is very simple: we offer a stable, loving and familiar home to every child. Over the years, I have learned a lot. It just gives me an incredible amount of energy to see these children, who have been robbed of their education and chil-

dren's rights, start a completely new life. This year, 80 children are living in our Children's Village in Pokhara. We are proud that almost 100 children have graduated so far and are able to work in their field of work. I would like to thank all the members of the FNH and the FWHC who have supported me and made this organisation what it is today.

For many years we struggled with the problem of having no electricity for 18 to 19 hours a day. Finally, with the approval of the FWHC and the FNH, a photovoltaic system was installed for this facility. It means a great relief of work for us. Altogether 48 batteries and 60 solar panels were imported directly from Germany via India. This year, 20 more panels will be added. Hopefully, we will soon no longer have to rely on the national power supply.

Special thanks to all the generous supporters and great people. It is only through the generosity of people like you that we are able to undertake this enormous but much needed mission.



SUNITA LO
Teacher, FWHC

It makes me really happy to be a part of the FWHC. I am working with children here. I believe that being involved with your heart and soul has a positive impact on children's lives. It has been more than a year since we were all directly and indirectly affected by COVID-19. The children were not able to visit school. Online classes were taking place. Unfortunately, these classes are not that effective. Simultaneously, the children missed their family members and recreational activities. Although the situation was hard, we organised various programmes such as sports, quiz and spelling competitions, dictation, painting, dancing and singing competitions, as well as fashion shows. Thus, we were able to encourage the children to keep

themselves busy and relieve themselves of fears and stress. We are also happy that we have more time to spend with the children. This has helped us gain more confidence to deal with their problems. In the future, we will offer many more training programmes, such as the Maths Olympiad, the essay competition, story writing and body confidence events. We hope that this pandemic will end soon. Then we can all go back to our normal lives and be happy again.



HOUSE MOTHERS

Being a house mother at the FWHC is a very valuable benefit for us. We have the opportunity to help the children with their daily activities and take them to school every morning. This makes our hearts happy and glad. We stick together like a strong family and show a lot of understanding for the children. The children interact with each other like brothers and sisters. They are disciplined, generous, playful, open and very loving. We can only state that our lives have changed and our hearts have grown wider through our interaction with the loving children.

Currently, life has become even more challenging for us and other

staff members because of the pandemic. Nothing is as it used to be. In such difficult times, we all work with caution and care. We hope for a better future.

Finally, we would like to recommend you to visit us and spend some time at the FWHC Pokhara in Nepal if you want to experience something really special. We would like to thank the FNH and the FWHC for entrusting us with this unforgettable task. However, the most important thing is that this can change the life of a child in Nepal.



KRISHNA KUMAR RAJBHAK
Warden, FWHC

Seeing a smile on the children's faces gives me even more strength to work in this Children's Village. Sharing love and care, understanding, empathy, solving problems and strengthening the children make me feel more responsibility as a caregiver to create a better future for the children.

On the 17th of December 2020, we formed a Himali Scout Group with the motto "Be Prepared" following the ten laws and the three "Prom-

ises" of Nepal Scouts. Being a scout means strengthening our children in their physical, spiritual, intellectual, emotional and social development. Thus, the children can engage constructively, with a strong focus on outdoor and survival skills. The children are encouraged, work together and lead the way in all kinds of activities. The troop has organised various programmes to entertain and develop the children. These include indoor and outdoor activities such as volleyball and basketball tournament, hygiene programme, hiking, cooking competition, construction of a beautiful garden, ring game, stone collecting and badminton. Our planned programmes include: Demonstration of equipment, disaster management, traffic rules and road safety, strengthening of girls and human rights, dealing with menstrual hygiene, education on drug abuse, leadership and house culture.

The children are totally excited to belong to the Scouts and learn new things through the principle of "learning by doing".

We hope that our concept of "Scouts" will make our children good and responsible citizens and that our children will build a better society. Love can build a better world.



SEASON GURUNG
Administrative Officer, FWHC

My journey at the FWHC started in 2019. It is the most wonderful experience I have had in my life so far. It feels so good seeing the children grow up and making progress. It is very enriching to know that you are part of their growing up and can support their development. Both the

FNH and the FWHC are doing a great job. The FWHC roadmap (school and education concept) is a good example of supporting children's all-round development. It includes physical, mental, social and creative aspects.

Children arrive from different cultures and different age groups. It is a challenging job to cope with all of them, as we know that each child brings his or her individual life experience. That is why Nepal House Kaski supports us with its team. Their aim is to provide therapeutic and educational support to the children. Dr. Prunte from Germany (FNH board member) also is a very engaged person who advises us regularly. Apart from school education and sports sessions, we also have various trainings, excursions and after-school programmes. These help to develop the children's daily living skills so that they can become as independent as possible.

Many sponsors visit us to see the living conditions in the Children's Village. They get in touch with the children and motivate them to lead their lives in the right way. They make the children feel that they all belong to one family. This really puts me in a good mood and gives me positive energy.

I feel very proud that we are having a positive influence on their young lives. I feel so lucky to be part of the FWHC family and look forward to continuing my work at the FWHC in future.



ASHMITA NEPALI
FWHC student

Being part of the FWHC family makes me feel happy and thankful. I am now attending class 8 and studying very hard because I want to become a nurse and help sick people. Together with my family, I would like to thank the FWHC and the FNH as well as the Children's Village sponsors for all their support, love and care. I am sure they will be proud of me.



HEMLAL GAUTAM
FWHC student

At the age of two and a half, I was welcomed here in this beautiful place. From that day on, this has been my family. I thank the FNH, the FWHC and everyone involved for giving me a new life. Thank you ALL.



PURNA BAHADUR B.K.
FWHC student

Hello everyone, I am Purna Bahadur B.K. I have been living here in this beautiful Children's Village since 2011. Today I have finished class eight and will now move to Kathmandu to continue my studies. For many years, the FNH and the FWHC have been taking care of children like me. I am very thankful for this. I am so happy to be a part of this family. I will always have good memories of this place and these beautiful moments for the rest of my life.



EX-STUDENT AS A VOLUNTEER IN THE CHILDREN'S VILLAGE

"What matters in life is not what happens to you but what you remember and how you remember it."

Gabriel Garcia Marquez

Since 1995, many kind people from other countries have been donating to support children in our Children's Village and provide a variety of help to the people there. The children receive a good education, a home, food and after-school activities. Thus, they are trained in handicrafts and learn how to protect the environment.

These children are blessed by God to meet so many kind-hearted people. The love, care

and support that the supporters show to the children have changed their lives fundamentally. Words cannot express the thankfulness of the children. However, where words are not enough, the children will thank you by doing well in school. I only wish you could see the smiles on the children's faces and how thankful they are for your gifts! I am happy to be able to volunteer even in this difficult time of the pandemic.

At the moment, I am organising after-school activities so that the children can relax after their annual exams. At the same time, I am preparing them for the next school year with the help of our staff.

I returned to our Children's Village due to this Corona crisis. I want to share my experiences. I want to protect "my little brothers and sisters" from the mistakes and difficulties I made and had during this time. I am very thankful to Alex Uncle for giving me the opportunity to share what I feel. I thank our FWHC and FNH board members, staff and sponsors from the bottom of my heart for their guidance and caring support. Due to their support, I am able to study and build a better future for myself.



Binaya Adhikari

Ex-student of the FWHC, student at the Engineering College in Pokhara currently a volunteer at the Children's Village

A GLIMPSE INTO THE YOUTH HOSTEL IN BUNGMATI

by Ratna Shrestha, Warden at the Youth Hostel

The FWHC implemented many humanitarian projects in Nepal with the financial support of Freundeskreis Nepalhilfe e.V. (FNH) Germany. These include the Children's Village in Pokhara and the Hostel in Bungmati/Kathmandu. Here, disadvantaged children live and are provided with food, shelter, health care and education by our organisation. Currently, 80 children live in the Children's Village in Pokhara and 15 young people in the Youth Hostel in Bungmati. In order to prepare the young people for an independent life, the Hostel was built in 2006 with generous support from sponsors in Germany. Unfortunately, the urban environment offers the young people other opportunities than the Children's Village in Pokhara. Thus, every year the children who have successfully completed class 8 come to the youth hostel to continue their school education up to class 10. The Hostel can accommodate a maximum of 25 young people. Up to now, however, there have never been more than 22 young people. Our youth attend Adarsh Saula Yubak Secondary School, which is a ten-minute walk from the Hostel. It is one of the best public schools in Nepal. The young people live in the Hostel

for two years. There we teach them basic agricultural skills, basic skills in metal, carpentry and electrical engineering. Furthermore, they can continue their karate training. Moreover, there is career counselling and visits to different factories and companies to inform the young people about the professions that exist in Nepal. Thus, in the future, they will be able to choose jobs according to their interests and skills. After completing class 10, they leave the Hostel. They then live with their relatives or rent a flat alone or together with others. According to our development plan, they receive three years of financial support.

BASICS OF SEXUAL EDUCATION AND PUBERTY

Dr. Fred Prünte prepared presentations on the basics of sexual education for the Hostel staff. These were given to all Hostel employees. Sexual education is especially important during puberty. Dr. Prünte has already sent nine presentations. We are very thankful to Dr. Prünte for being so engaged in this important subject.

GANESH RANA MAGAR

She has been working as a house mother in the Hostel for more than 10 years. Her wish for the young people is that they have a good future. She says, "Even though I sometimes shout at them, I am good at heart." She is happy with her work and likes to cook delicious food for the young people.

However, sometimes she feels sad when the youngsters do not follow her instructions. Her husband Jit Bahadur also works at the Hostel as a gatekeeper. Both thank all the FNH members and charitable people in Germany who support this welfare organisation.



Dr. Manisha Mahat from Bhaisepati, Lalitpur, explained during a one-day workshop the importance of puberty and the change of the body from a child to an adult. She also talked about the reproductive organs and how they function and how to take care of the changing body.

SCHOOL-LEAVING QUALIFICATIONS IN NEPAL

	Nepal	Germany
1	District Level	Hauptschulabschluss (after class 8)
2	SEE*: Secondary education examination	Mittlere Reife (after class 10)
3	SLC: School leaving certification	Fachabitur (after class 12)
4	A-Level	allgemein gültiges Abitur

* The Class 10 SEE is an examination which takes place at the national level.

FAREWELL TO THE STUDENTS PURSUING THE SEE

Every year the students of class 10 leave the hostel. On this occasion, a farewell party is organised at the Hostel. The FWHC Chairman, Mr. Raj K. Shrestha, wishes the young adults a happy future and success in all their lives. This year all the SEE graduates are continuing their studies at the college. The FWHC has provided them with scholarships to support their studies according to their career plan.

Almost every year, the young people visit their relatives in their home village to celebrate festivals. However, last year 2020 this was not possible due to the pandemic. Therefore, the Hindu festivals Dashain and Tihar were celebrated in the Hostel, in the new multi-functional room.

THE EFFECTS OF THE CORONA VIRUS

The terrible Coronavirus has affected almost the entire world. However, the first wave had hardly touched Nepal, perhaps because the government had declared an eight-month lockdown last year as a preventive measure. The second wave of the Coronavirus, however, has hit almost all provinces, including those in the Kathmandu Valley, hard. The number of people infected with the new variant of the coronavirus was increasing day by day. Thus, the government had announced a lockdown until the 3rd of June 2021. During the second wave in Nepal, all schools were closed and classes were held online. During this period of lockdown, our young people spent their time studying online, playing games, making momo, doing crafts, washing, cleaning the rooms and cooking meals.

Above from left: Karate Championship, trips to Champadevi and Tribhuvan Park
Small pictures: Cultural Dance, very tasty momo, Electrical Training



Ratna Shrestha

THE FUNCTIONAL ROOMS IN THE YOUTH HOSTEL



THE MULTIFUNCTIONAL HALL

A large multi-function room has been built on the roof of the Youth Hostel. We now use it for regular meetings of the board members and other events. In addition, the career counselling seminars are held here. We also show documentaries and other films to the young people on a large screen. Moreover, we use the room for our meetings and for cultural and musical events. We would like to thank the sponsors who donated for the construction of the multifunctional hall.



THE COMPUTER ROOM

Currently, 18 youths (8 boys and 10 girls) are staying at the FWHC Youth Hostel in Bungmati (Kathmandu). Ten of them are in class 10 and eight attend class 9. Three boys have chosen the subjects of information and computer technology. This is very clever and intelligent in order to easily find a job. All the students regularly use the computer room to learn new things for their subject as well as to participate in exams and project work. During the lockdown period, the computer room has become increasingly important.

The young people learn how to use the internet by taking online courses and exchanging information virtually with teachers as well as other students about common projects and homework. They are getting practice and can improve their skills in 10 finger writing in Nepali and English. The online exams have been completed and we are waiting for the results. We hope all the young people did their best in the exam.

Ratna Kumar Shrestha
Warden at the Youth Hostel



*Above:
The multifunctional hall was built
on the roof of the Youth Hostel.
On page 22 the "old"
Hostel in comparison*

*Right Side and top row:
Studying online, meetings,
events, ... the multi-
function room in use*

*Page 25 right:
The computer room*

ROAD CONSTRUCTION PLANS HIT OUR HOSTEL BUILDING!

by Raj K. Shrestha, Chairman of the FWHC in Kathmandu

When we bought the land for the Youth Hostel in 2006/2007, there were no further plans for road construction. At that time, this part of the road did not have any significant traffic importance. However, with passing time and changing demands of the residents, the improvement of the road infrastructure is becoming more and more important.

*On the right:
State of the road
February 2021*



The Nepalese government, department of road construction, is currently working on the improvement of the road connection between the Kathmandu Valley and the Terai region. For this purpose, extension and modernisation measures for the Kanti path are being realised. This has an influence on the western side of our Hostel building. As the building was constructed on the road side on two parallel pillars, our offices, three guest rooms, toilets, kitchen, library and dining room will have to be torn down. The road will then be 22 metres in width.

We are in constant contact with the relevant authorities of the road department. As soon as the government has given us the funds for compensation, we will probably get the order to start the tearing down. However, we will not know the details of the compensation payment until the road department provides the funds. At the moment, however, the process of negotiation and the works of demolition and construction are delayed.

Before tearing down the building, we have to make a plan where we

will set up the kitchen, the dining room, the omitted toilets and the guest rooms. We can temporarily use our new multifunctional hall additionally as a library and office. Unfortunately, there is no more room for the garages.

As the Nepalese government is pushing ahead the expansion of the roads with the aim of creating a good transport connection, we hope that our property will be upgraded.

More information will follow soon.



RAISING OF THE VOCATIONAL TRAINING FUND

Our young people will receive more money from the vocational training fund

For years, the prices for rents and also for food as well as for school and education fees have been rising in Nepal. Inflation is around 5 % per year. In order to be able to cope with this development, we have increased the support for our graduates from the Children's Village and Hostel from 8,000 NR per month to 9,500 NR. The new amount corresponds to about 73 € per student per month. This means that the vocational training support of a young person after his time in the Hostel requires about 900 € per year from funds donated or from interest income in Nepal.

After completing class 10 or in case of leaving the Children's Village earlier, we pay this support for three years. Most of the young people use this

support to complete their technical secondary school. Some also decide to become self-employed or to start a profession directly. Generally, the young people can also receive more money per month, which we then reduce from the total amount and duration. Prabin Gautam, our administrative assistant in Kathmandu, is keeping a precise record of this.

The vocational training fund is financed by donations and invested in Nepal with fixed interest rates at the bank. This useful fund helps all graduates equally and guarantees their school education and career guidance.

We would be happy to receive further donations for the vocational training fund.



Far left: Water storage tank, laying of pipes
 Left: Building of the youth club
 Below: School building

Health Post



SUCCESSFUL PARTICIPATION IN VILLAGE DEVELOPMENT

In March 2018, a team from Germany went on a trip called "Hike for a better life" in Parbat District. Their aim was to develop projects based on the needs of the villagers. We would like to thank the FWHC Nepal and the FNH Germany for initiating projects such as water supply (Water Project), construction of a youth club, construction of a school building and a health post.



Clean drinking water from the tap

WATER PROJECT

The villages of Tangle, Mohoriya (Danda Gau, Majhgaun, Saru) used to have very few water connections and no proper water storage system. In order to fetch water, villagers had to carry water containers on their backs on a bamboo woven carrying basket (dokko). Today, the villagers are happy that there is a water connection for clean drinking water in every house.

SCHOOL BUILDING

In the past, classrooms resembled stables. They were dark, dirty, badly ventilated and had leaky tin roofs. Moreover, these were often blown away by strong winds. After the renovation, the children are now provided with 12 clean, bright classrooms in which they can study. In addition, there is a stage for performances and clean sanitary facilities. Now the parents are happy to be able to send their children to a clean, stable and earthquake-proof school. The school officials and the school principal have expressed their thanks and joy. They are happy about

the expected increase in the number of new students. The school now wants to focus on the quality of teaching. Thus, the migration of poor families from the villages to the city will be stopped.

HEALTH POST

The villagers are very happy and grateful for the support in building the health post in Bhukatangle. From the first glance we can see from the photos how the villagers put their energy, heart and soul into the construction of the health post. Even the lockdown caused by COVID did not slow down their efforts and enthusiasm. They stayed at the construction site, cooked, slept and worked together. They hope that their main health problems can be solved through this health post.

In the past, they had to travel to the city even for small fractures. But there is no public transport in the villages like in the city. If they have a simple fracture, they have to hire a jeep, which costs a lot. Added to this are the costs of treatment, food and accommodation. In order to pay for these expenses, most poor families have to borrow money, which is

a big burden for them. The villagers hope that in case of a medical emergency, they will be taken care of. It is a positive development that some of the villagers who were living in the city have moved back to the village.

REDUCE THE MIGRATION

We want villagers to be able to earn a good income in their own villages so that they do not have to go abroad and be exploited. If the most basic problems of the villagers had been solved in time, many villages in Nepal would not be empty and the cultivable land would not be deserted. The FNH and the FWHC are now helping to ensure that a life in the mountain villages has a future again. Many thanks to the FWHC in Nepal, the FNH in Germany, sponsors, friends and supporters. Without them, all this would not have been possible. "Thank you for sowing the seeds of goodness to make a change."

Laxmi Gurung
 Pokhara



The work on the health Post, finished interiors and helipad





SCHOOL CONSTRUCTION REPORT OF RIPA/RARA - BUILDING SCHOOLS INITIATES POSITIVE CHANGE

Top left+centre: Ripa Humla, the old and the new school building

The daily life of the people in Karnali is difficult as there is no access to roads and means of transport. Thus, they have to transport their goods by themselves or with the help of mules and donkeys. The style of construction and the appearance of the houses of Karnali have been marked by tradition and uniqueness since the earliest times. These houses are built of stone and mud walling, pine wood and mud plaster. They have flat roofs made of wood, earth, pine needles, grass and ferns and no windows. However, the new modern school building in Ripa Humla and Rara Mugu Nepal has turned things around.

Bottom left+centre: Murma Rara, before start of construction, finished school building

Alexander Schmidt of the FNH and Raj Kumar Shrestha of the FWHC have initiated the construction of two new reinforced concrete buildings at Nepal Rastriya Secondary School in Murma in the Rara Mugu District and at Kot Primary School in Ripa in the Humla District. The costs for the two-storey school building with four classrooms in Rara Mugu are NPR 8,039,396.22 (approx. € 63,800). The costs for the two-storey school building with eight classrooms in Ripa Humla are NPR 19,075,924 (approx. € 150,000). This construction was made possible by funding from the above-mentioned organisations and contributions from the community.

Right: Education Officer Kul Bahadur Fafera, Tanka Gurung, Head of our Children's Village, Raj K. Shrestha, Chairman of the FWHC, and his wife Sharmila made the long, exhausting journey to the opening 15th October 2021 to Ripa

The priority of the new school buildings is an earthquake-proof and stable building structure. Both schools provide space for a library, reading rooms and a science laboratory. Furthermore, after-school activities can be carried out in the classrooms. The good constructional situation of the buildings leads to young people attending school longer and to a decrease in the number of early school leavers and class repetitions.

The main participants and users of the schools are the students, teachers, parents, villagers and the local authorities of both districts. They have thanked Alexander Schmidt, Raj Kumar Shrestha and the German helpers of the FNH and the FWHC for their great commitment and support. These schools are in the service of the people in need in Karnali and are a symbol of love and affection from Germany. The residents of Ripa and Rara will also always consider what has been done as a gift from God. They will never forget the efforts of Alex Schmidt and Raj Kumar Shrestha.

*Laxmi Gurung
Pokhara*

OVERVIEW OF THE STATUS OF ALL PROJECTS:

	Project und place	Full costs		Short information
1	Construction of a school with 8 classrooms: Kot Primary School in Ripa, Humla District	approx. 150.000 €	*	Project was completed in 2021: The architecture of the school building corresponds to the traditional architectural style; the building structure was constructed in modern reinforced concrete. Opening ceremony on 15th October 2021
2	Construction of a school with 8 classrooms: Shree Nepal Rastriya Secondary School, Murma, Rara	approx. 63.800 €	*	Project was completed in 2021: The architecture of the school building corresponds to the traditional building style; the building structure was constructed in modern reinforced concrete.
3	Aged Shelter Home in Pokhara	approx. 30.450 €	*	Project almost completed. Due to the Corona crisis, not everything could be bought yet for the interior of the health centre in the retirement home.
4	Multifunctional room incl. interior furnishing in the Youth Hostel of the FWHC in Bungmati	approx. 21.000 €		Project was completed delayed due to Corona Lockdown – in October 2020 to Dashain.
5	Safe Drinking Water Project, Jay Lord Buddha School, Bardiya	approx. 2.200 €		Project was completed in 2019.
6	Shree Navajyoti Tham Secondary School, Parbat	approx. 92.700 €	*	School construction consists of 2 buildings: Building 1) with 4 classrooms, Building 2) with 8 classrooms, in addition a school stage and toilets. Construction of the school was completed in 2021.
7	Pokhara Business & Professional Women's Club BPW	approx. 28.800 €		The Business Professional Women's Club in Pokhara receives annual financial support to provide eye surgeries to poor blind people (especially children) in different districts. The club also helped to distribute food to blind people during the Corona crisis. Further activities include financial support to help poor women become independent.
8	Budimul Water Project, Sarangkot, Kaski	approx. 4.800 €		Project was completed in 2020. Buying a pump for a 200 m ³ water tank to supply water to the hilltop community, Sarangkot.
9	Adarsha Saula Yubak Secondary School, Lalitpur	approx. 6.000 €		Project was completed in 2021. Construction of 2 classrooms and roof repair. Our youth from our Youth Hostel attend this school.
10	Construction of a school with 6 classrooms: Shree Mahaguru Basic School, Tashi Gaon, Ropesha	approx. 14.000 €		Project was completed in 2019. Opening ceremony took place on 18 October 2019.
11	Mohoriya Majhgaon Water Project, Parbat	approx. 20.400 €		Project was completed in 2020. 35 houses were connected to the water supply.
12	Saraun Drinking Water Project, Parbat	approx. 19.300 €		Project was completed in 2020. 40 houses were connected to the water supply.
13	Complete construction of Bhuka Tangle Health Post, Parbat	approx. 149,400 €	*	The complete health post of this large community was completed in 2021.
14	Bhuka Tangle Health Post, Staff Quarter, Parbat	approx. 51.700 €		Extension for staff rooms on the roof of the health post will be completed by the end of 2021.
15	Nepal National Hospital NNH: Ventilator, Isolation Ward, PPE, HFNC	approx. 35.000 €		The isolation unit was completed in 2020. Altogether 1 ventilator, enough protective clothing for 3 months for a 3-bed isolation unit and 2 more nasal cannula ventilators were bought.
16	Food Relief, Parbat, Khopasi, Lalitpur, NHK, Lamjung	approx. 40.000 €		In 2020, we are providing over 1,800 families with basic food for a period of 3 months.
17	Ward No-18, Bhakunde, Kaski Street Light	approx. 700 €		2020: Purchase of street lights in Bhakunde
18	Projects of the Swiss doctor Dr. Ruth Gosseth of Shanti Med Nepal (SMN) in Chitwan District	approx. 20.000 €		2020/2021: - Cost sharing for the extension of the school in Hetauda - 2x food distribution in Terai during the Corona Lockdown - School feeding of children of the poorest Chepang minority in Navodaya boarding school
19	FWHC Children's Village in Bhakunde	approx. 10.000 €		2019/2020: - to each children's house extension of an additional external toilet house and storage room - 2 additional water tanks on each of the children's houses - new fittings in all toilets and shower rooms

* These projects have been realised through funds donated by "Nepalhilfe im kleinen Rahmen" (NikR). Many thanks for your great commitment!

FUNDRAISING

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

FUNDRAISING

BIRTHDAY DONATIONS

Are you perfectly happy?

Why not make others happy on your birthday and invite your well-wishers to make a donation?

If you wish, we will publish your contribution in the newsletter under "Donations" with your name, the amount donated and, if applicable, the intended use. We are willing to accept photos and your own text contribution, but reserve the right to shorten it in a meaningful way.

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

- We continue to support mountain villages that intend to improve their infrastructure. Mainly, we help with the expansion of schools and the construction of water and electricity supply as well as health posts. With these "footprints" in the distant mountain villages, we want to make life in the countryside attractive and reduce the migration of young people to the cities.
- With 60 € per month or 720 € per year, you take over the living costs for a child in the Children's Village.

Tips for the FNH

In 2020, the employees from the Dinova factory outlet again gave their tips to the FNH. As in previous years, they handed over a cheque of € 1,000 to our FNH board member Dr. Fred Prünte. During the past three years, € 5,000 have already been collected so far.



Recommended for copying Fruit harvest for a good purpose

In September 2020, the trees in my garden bore massive amounts of fruit. I made the trees available for open harvesting. My garden has around 40 trees, from which mainly apples and pears can be harvested. The special thing about this harvest is that you can give any amount of money. Part of the money is then donated to the FNH. 2019 was not a good fruit year, but in 2018 I was already able to donate € 500 to the FNH.

Friedrich Walter
Niedervorschütz

Continuing school sponsorship

I can still remember the beginning well. In November 2003, I was told by Emil Feigl that he wanted to travel to Nepal next year with his wife Ingrid to a children's village. My spontaneous answer at that time was, "Then you have to come to my class before!" He immediately did so and told my students about the children's village in Bhakunde. In January 2004, we then handed over letters and small gifts, which the Feigl family took with them to the children's village. Our class was always very happy to receive the letters and photos from the children's village.

Our first fundraising campaign then started at the beginning of April 2004 with our "breakfast bazaar" with a profit of 150 €. We were also able to send 58 English books on their way with the Feigls in September of the same year.

On 1 June 2005, we received new photos from the children's village and class 4E raised € 100 through a book flea market.

The following year, class 1c raised € 195 and the art bazaar brought in € 160. Thus, in December 2006, the 1st Nepal Day took place at the Albert Einstein Primary School with a result of € 450.

During the monsoon in 2007, there was a catastrophe in the children's village. A landslide had caused damage that had to be urgently repaired. A spontaneous fundraising campaign raised € 360.

But this was not enough for me. Together with the team of teachers, I then decided to ensure constant help for the children's village.

Our sponsorship with the Freundeskreis Nepalhilfe e.V. was signed on 01.12.2007 and confirmed with a donation of € 795. This was the result of our 2nd Nepal Day at our school. In the meantime, a steady increase can be seen in the amount of money donated.

The Nepal Day in Advent has become a regular tradition at our school. Teachers and pupils prepare for it for a long time. Even our future first year pupils are invited to the school with their kindergarten teachers for a programme. For several years, Alexander Schmidt presented lectures to the classes and brought his model from the children's village. But since I myself have been to Nepal and the Children's Village several times with my husband, I show the current photos and explain to everyone why we need to help children in Nepal.



During my stays in the Children's Village, I was able to see for myself how the money donated made a new life possible for many poor children.

The children's hot punch, the flea market stalls, the tombola, the wheel of fortune, the art bazaar of the classes and the handicrafts from Nepal make the eyes of our pupils shine. However, this is only possible with the support of many volunteers such as parents, grandparents, retired teachers and interested friends. The entire profit of this day will be transferred as a donation. The 14th Nepal Day on 11.12.2019 raised a donation of € 2,100.

This made me think about how much money has been donated by the Albert Einstein Primary School over the years. Several times we also held fundraising runs where part of the money went to the Children's Village. However, extra donations of € 1,740 were also collected for the earthquake catastrophe in 2015.

This results in a total of about € 26,000 – that's something to be proud of!

Ingrid Patzsch
long-time member of the FNH
and teacher at the
Albert Einstein Primary School
in Chemnitz

19TH JUNE 2021
13. GENERAL MEETING OF MEMBERS

Everything was already well planned: In June 2020, a big party with the participation of many members of the FNH should have taken place in Hohensolms to celebrate the 25th anniversary of the organisation. The members' meeting, which normally takes place every two years, would also have had its place there. An important topic at this meeting would have been the election of the new board. Corona spoiled the plans. No members' meeting could take place in 2020 and the elected board remained in office. Experienced through online board meetings and enabled by corresponding legal guidelines, the invitation to the belated members' meeting was then sent by Zoom in 2021.



The board members of the FNH from left: Marco Hanßmann, Dr. Sabrina Hanßmann, Christiane Karsch, Alexander Schmidt, Ursula Herrmann, Martin Kühlmann, Michaela Jost, Monika Volz, Irmgard Schlaeger, Dr. Fred Prünte

31 members took part in the online members' meeting. For all those who were "inexperienced", Christiane Karsch gave a technical introduction to the world of Zoom via screen the evening before. The Executive Board was also busy in advance with the guidelines for legally valid voting in an online members' meeting. Especially Michaela Jost and Monika Volz made it possible to fulfil all the requirements in this area by meticulously keeping membership lists and conscientiously taking notes.

The fact that there was still a formal mistake in the end should not be hidden. However, in view of all the things that had to be taken into account in such an online session, this did not matter too much.

To say it in advance: The election of two new board members (associate members) should not have taken place "in a block", but individually. Otherwise, the election would not have been legally valid in the sense of German association law. Thus, the participation of Dr. Sabrina Hanßmann and Martin Kühlmann in the board continues to run under the term "assistance" – this does not reduce their commitment. In any case, after Gerhard Hanßmann's retirement from the board, the FNH still has enough associate members. There are legally valid protocols of the members' meeting of the FNH, which all members automatically receive with this newsletter. In addition, there is a summary of the minutes on the FNH homepage (see

News/Blog). This newsletter is just an overview with the most important information.

The chairman Alexander Schmidt welcomed the 31 members and thanked them for their participation. He brought greetings from the board of our Nepalese partner organisation the FWHC as well as greetings from the Children's Village, the school and the Youth Hostel. He thanked all members, sponsors, donors, volunteers and the board for their constant support and the good and trustful cooperation.

Thereafter, the members agreed unanimously on the changes to the statutes. The main points were the constitutional safeguarding of catastrophe relief projects in Nepal. Furthermore, the possibility of holding online general meetings in the future, if required, and the possibility of making use of the honorary flat-rate allowance.

Alexander Schmidt presented the work of the organisation during the reporting period in a detailed and exciting report. These contents can be found in this newsletter under the headings "School in the Children's Village", "News from the Children's Village", "News from the Youth Hostel" and under "External Projects".

The report of the treasurer Marco Hanßmann at the members' meeting for the reporting period until 2020 can be found graphically very

clearly prepared by board member Michaela Jost on the website of the FNH under Association/Finances. In addition to the balanced result with a budget volume of more than half a million euros, it is particularly important to emphasise that the so-called cost rate has been negative since 2019. In other words, the costs of administering the organisation are now lower than the income from membership fees. Thus, in any case, 100 % of all money donated to the FNH goes directly to the projects in Nepal.

As the cash auditor Waldemar Wilke, who was jointly elected with Stefanie Herrmann, fell seriously ill and died in 2020, the cash auditor Stefanie Herrmann alone properly audited the cash for the years 2018 and 2019. She prepared a written audit report in each case, which was read out by her at the meeting. She did not find any improprieties and certified that the treasurer Marco Hanßmann and his board colleague Michaela Jost had kept the books correctly. Stefanie Herrmann was supported in the cash audit by Uwe Friedrich. He declared his willingness to take over this office in the future. Together with Stefanie Herrmann, he was elected as the new cash auditor by the members' meeting. Gerhard Hanßmann did not stand for re-election in the board elections after 23 years as a board member, including 19 years as deputy chairman. Dr. Fred Prünte, who has been a member of the board for many years, was unanimously elect-

ed as the new vice chairman of the FNH. All other office holders were also re-elected without opposition. In concrete terms, these are Alexander Schmidt as chairman, Marco Hanßmann as treasurer, Monika Volz as secretary, Ursula Herrmann, Michaela Jost, Christiane Karsch and Irmgard Schlaeger as associate members. As already mentioned, Dr. Sabrina Hanßmann and Martin Kühlmann continue to assist the board.

As this was the belated members' meeting of 2020, the next ordinary members' meeting is already on the agenda for 2022. A date for this and also the form in which the meeting will take place will be announced in due time. Despite the online format, after two hours of the members' meeting there was still the opportunity to exchange pictures and reports and to meet each other in a relaxed way.

Martin Kühlmann
Karlsruhe

TRAVEL REPORT BY HANJO GRAF

Dear members of the FNH,

my last flight to Nepal (in March 2020 – just before Corona) was once again an adventure trip like so many of my Nepal trips. Hardly arrived, one had to wait for hours to get one's entry confirmation at the immigration counter. This was despite the fact that I had already obtained my visa at the Nepalese embassy in Germany. As soon as I arrived in the baggage hall, I was informed that my plane was the last one German tourists were allowed to enter Nepal with. I felt as if a door was finally slammed shut behind me. The welcome of the Nepalese friends was lovely and nice as always. Apart from the increased security measures at the airport, life and activity in Kathmandu seemed as usual to me. It was only in Thamel and the Old City that one noticed that everything had become very quiet. Arriving at the FWHC Youth Hostel, which was my temporary destination, everything was as usual. A car sounded its horn on the street every few minutes. The shops were all open and the young people in the Hostel were studying for their final exams until late at night.

Eight days later, after I had finished all the orders and fixings at the Hostel, I got a mild case of bronchitis. Oh horror, suspicion of corona! Five doctors at the hospital ordered me 14 days quarantine at the Hostel. There I was lovingly looked after by all the staff and young people. But everything was fine: no Corona. In the meantime, however, public life has changed completely. Absolute traffic prohibition and curfew in the whole of Nepal. My next destination, the Children's Village in Pokhara, has become unreachable for me for an indefinite period of time. Thus, I decided to return to Germany on a special plane with the help of the German Embassy in Kathmandu. I was accompanied by many stranded tourists.

Hanjo Graf
Berlin

Picture above left: Hanjo with Amar and Alex installing the photovoltaic systems in the Children's Village in 2017

Accounts management and certificates of donation

Certificate of donation

to 300 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 04.10.2021 for the last assessment period 2020 according to § 5 Abs. 1 Nr. 9 of the Corporate 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 organization is upbringing, education, occupational training and helping students.**



Flurstraße 6, 35080 Bad Endbach, Germany
Amtsgericht Darmstadt, VR 2600

SIMPLIFIED PROOF OF DONATION WITHOUT DONATION RECEIPT (Only valid in Germany!)

Donations up to 300,- € can be handed over to the tax department without an official donation receipt by using the transfer voucher. You make our voluntary work easier if you inform us in case you do not need a donation receipt. **Thank you very much!**

We have a kind request to make. The majority 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:

- Are you giving a donation for the first time? We need your complete address in the reason for transfer so that we can send you a donation receipt. Researching addresses costs us a lot of time.
- The following applies: for donations up to € 300, the receipt of payment (preferably your bank statement with the direct debit) and the enclosure of the framed text on the left is sufficient for presenting to the tax office.
- We send out the donation receipt for the previous year once a year (usually in January). Please do not request donation receipts during the year.
- Please let us know promptly if your bank details and/or postal address have changed since your last membership fee was collected.

Marco Hanßmann

E-MAIL marco.hanssmann@nepalhilfe.de or: info@nepalhilfe.de

POSTAL Kleiberweg 13, 35745 Herborn, Germany
PHONE 0049 2772 574362 in the evening

NEWS

Please have a look at our homepage from time to time

nepalhilfe.de
> News, Blog, Events

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

CONTACT

If you have any questions regarding or information for the FNH, please write to:

info@nepalhilfe.de

Alternatively, you can use the contact information on our homepage.

EXPERTS NEEDED

Our organisation is looking for experts in the fields of tax consultancy, association law, architecture, structural analysis, IT, etc. in various places in Germany as well as in Nepal.

Would you be interested in supporting us on a voluntary basis? We would be pleased to hear from you:

Ms. Irmgard Schlaeger

E-MAIL irmgard.schlaeger@nepalhilfe.de
TELEFON 0049 69 773886

Dear Readers,

in February 1998, I was elected for the first time to the board of the Freundeskreis Nepalhilfe e.V. I am proud and happy to have worked for this organisation with all the present board members over the years.

At our last members' meeting in June this year, I did not apply for a board position again. I will keep the good and warm cooperation among my colleagues in grateful memory. I will continue to take care of the postal distribution, e.g. the annual newsletter.

I would like to wish the staff in Nepal further patience and energy, but also joy in their work with our children and in the project.

Dear members, sponsors and friends of FNH, please continue to support us with your donations. This project is worth it.

Merry Christmas and a blessed, healthy New Year!

Gerhard Hanßmann
Lixfeld



Christmas greetings from the Children's Village

Closing words



IMPORTANT INFORMATION

DONATION

You can easily donate online:

nepalhilfe.de
> Your help > Donate

The FNH is registered as a donation recipient at "spenden-portal.de" and on Facebook.

Alternatively, you can support our project by making online purchases via "WeCanHelp!" or "Schulengel".

The organisation Freundeskreis Nepalhilfe e. V. (FNH) is registered at the Darmstadt District Court in

the Register of Associations 8 VR 2600 and recognised by the Marburg-Biedenkopf Tax Office (Tax No. 06 250 51011) as a non-profit and charitable organisation. It is authorised to provide donation receipts.

Freundeskreis Nepalhilfe e.V.

EINRICHTUNG ZUR FÖRDERUNG
NEPALESISCHER KINDER



FNH



*Christmas greetings from
the Children's Village*



*Christmas greetings from
the Youth Hostel*

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Treasurer: Marco Hanßmann
Board secretary: Monika Volz
Associate members: Ursula Herrmann,
Michaela Jost, Christiane Karsch,
Irmgard Schlaeger
Assistance: Dr. Sabrina Hanßmann,
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