

A friendly

Namaste

to all our friends, patrons,
members and sponsors

*If I walk ahead of you,
I don't know
if I'm guiding you on
the right path.*

*If you go in front of me,
I don't know,
if you're guiding me on
the right path.*

*If we walk
next to each other,
together we will find
the right path.*

African saying

Freundeskreis Nepalhilfe e.V.

EINRICHTUNG ZUR FÖRDERUNG
NEPALESISCHER KINDER



FNH

NEWSLETTER
DECEMBER
2022





Dear Reader!

Another year has passed in which so much has happened in the world, in Germany and also in Nepal. Not only good things have happened, the opposite is true, but despite everything, things must and will always go on. Some important decisions had to be made in Nepal, too. For example, the long feared decision of the government to partially demolish our youth hostel in order to extend the road was made. What will happen to the hostel? Where should the young people be accommodated during the reconstruction? These were the questions we had to face as organisation.

This year, 17 new children were welcomed in the Children's Village. Permission was given for further school classes and a request for accommodation from another project reached us. Thus, questions arose that needed to be answered: Is it possible and should the school building in the children's village be extended? Is it possible to rebuild the workshop to lay the foundation for another good partnership as well as to create a home for the children of the "Schule macht Schule" project for the winter? These are three big projects that have now all started and will surely only result in something good in the end - new possibilities for cooperation, more space for development. And the young people in the hostel will still be able to stay in their usual environment. You can find more details and explanations with pictures on all these topics in this year's newsletter.

I was allowed to get to know the project on site in March 2018. Without really knowing what to expect there, I was totally excited about everything I was able to see and get to know. It is the local staff who make the project so special - apart from the house mothers, who of course look after the children in the best possible way, and who also lovingly welcomed and cared for visitors like me. However, also the other staff members who dedicate all their time and love to the children. I was particularly impressed by the children, who approach all visitors with their joy of life, their cheerful and open manner and their friendliness. I noticed that despite the many children, there are few tears and quarrels and everyone is very happy and pleased. I very much hope that I will be able to visit the children's village and hostel with my son, who has just turned 3. I would like him to learn that it is not a matter of course to be overwhelmed with gifts.

In 2018, after my return from Nepal, I first became a registered member and was also able to work in the FNH board team as an assistant. In June 2022, I was officially elected to the board as an assessor and am happy to be able to continue supporting the organisation. According to the principle "Strong together - mastering change", there are always new challenges. Our newsletter provides you with an overview of the current situation.

Dr. Sabrina Hanßmann
Herborn



Sabrina on the Poonhill

Cover photo: In the village of Jharkot, everyone helps to sort out, clean and dry the healing plants.

On the left: The children of our Children's Village

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



The village of Jharkot. The red building is the temple of the monastery. The boarding school and the Amchi ordination are housed in the white building following on the right.



Collecting medicinal herbs with the Amchi at an altitude of 4000 m



Above: After class: Running around in the monastery courtyard
Below: Class 2 lessons in Jharkot: as there are only a few children in each class, they can receive very individual attention



Art lessons - drawing in the entrance hall of the Buddhist temple

A

HOME FOR THE WINTER

Christina Klaffinger and
Wolf Pichlmüller, Salzburg



Children, cook, laundress, teachers in May 2022 together with Christina Klaffinger and Wolf Pichlmüller

At last, no more looking for accommodation for 20 children and five supervisors year after year! At last, no more carrying around cooking pots, mattresses, curtains and gas containers that have been stored over the summer! At last, no more adapting to ever-changing environments, householders and neighbours ... And all this just because Alexander Schmidt fortunately thought out loud in a telephone conversation. Also because the FNH and the FNH's Nepalese partner, the FWHC, welcomed his idea of winter quarters in the children's village so positively!

BUT WHO ARE WE ANYWAY?

We are the Austrian organisation Schule macht Schule – the Nepal project of the Musisches Gymnasium Salzburg and our small project Shree Jharkot Traditional Medical Centre and School.

THESE ARE OUR ACTIVITIES:

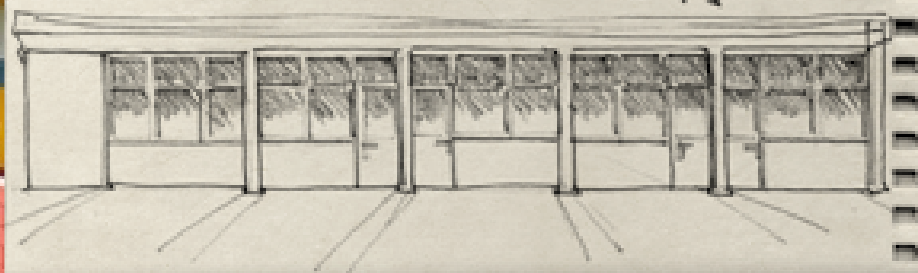
- Our project in Nepal exists since the late 1990s; since 2008 financed and accompanied by Schule macht Schule; with considerable support also from the German organisation „Jharkotprojekt e.V.“.
- Our project accommodates children of poor families from Jharkot and the surrounding villages, but also from Upper Mustang and Manang. The aim is: to provide solid schooling and career training and also to keep them rooted in their own cultural environment (Buddhist-Tibetan).
- Boarding school for 20 children with their own classes, classes 1–5. Then placement in secondary schools and support for career training (at present a total of 38 children and young adults).
- Ordination for Traditional Tibetan Medicine (TTM), free of charge or with minimal costs for the patients. The Amchi (doctor for TTM) and his assistant care for people in the region up to Upper Mustang.

From April to October, the boarding school children live in Jharkot on the site of the Buddhist monastery. Jharkot is located on the Annapurna Circuit at an altitude of 3,550 m, just below Muktinath. Like almost all villagers, the boarding school seeks shelter in the valley near Pokhara in winter; so far in temporary housing: Once an enlarged family in urgent need of money made room, once it was an empty restaurant. Children and supervisors were adaptable enough; they slept in a mattress camp, which was moved aside every day to make room for classes. The kitchen was an improvisation; instead of showering, they bathed in the river due to the difficult water



A HOME FOR THE WINTER

WORKSHOP - BUILDING



One of the former workshop shops under reconstruction

Drawing for the modification of the ground floor: The shops become classrooms



The reconstruction work has begun



The workshop building that will soon be our winter home, before the reconstruction work began

situation (which the children loved). And now our little guests can look forward to a permanent home during the cold months:

"I have an idea," Alex said when we asked him for advice in April. We were planning to build winter housing for our project and were quite - let's put it this way - challenged with issues ranging from land acquisition to money transfers to administration and building control. Alex's idea of winter quarters in the workshop rooms of the children's village solved the problem. After the board of the FNH as well as that of the FWHC and the employees of our project in Jharkot had joyfully agreed, we started. At two meetings on site with Alex's wife Laxmi, Raj (who travelled all the way from Kathmandu) as well as Tanka and Season from the children's village, we visited the area. We took measurements, enjoyed the hospitality of the house mothers in House D and laid the foundation for our cooperation:

MODIFICATION OF THE WORKSHOP BUILDING

On the right, just behind the entrance to the FWHC Children's Village, stands the former workshop building, which has not been used for some time or only sporadically. We are now adapting it to our needs.

In the first step - during the next winter - the building will be a home and a school in one; in the future it will be used for classes and meetings.

WHAT IS GOING TO BE CHANGED?

- The bare tin roof is going to be replaced by an isolated roof (uPVC aluminium-coated). Thus, one can still understand one's own words even in heavy rain. Moreover, heat and cold will be better kept out. This will have a particular effect on the hall on the 1st floor, which will once again be a mattress camp and at the same time a classroom during the next winter.
- Instead of the metal shutters on the ground floor, there will be walls with doors and windows; the largest of four rooms will be the kitchen and dining room during the first period, the smaller are classrooms.
- In addition to the two separate toilets, a toilet and a shower will be added on the ground floor; the toilet on the first floor will be fixed, and a water tank will be built on the roof of it. Water will be piped into the temporary kitchen and a larger soakaway will be constructed.

THE FUTURE HOME: HOUSE MUSTANG

On the east side of the workshop building, there is a piece of land that is undeveloped. We are allowed to build our future boarding house in this area: Living and sleeping rooms for the children and the staff, kitchen, sanitary facilities. The children's houses A to D in the Children's Village offer a good basis for this. As the large trees on the area and the bamboo used everywhere in the children's village are to be retained, the structure of the building has to be thought of in a different way. In addition, we want the building to mirror the origin of our children from the high mountain region: A challenge for the architect Christoph Brandstätter from Salzburg!



Inspection and measurement of the building site for the Mustang House

COOPERATION

Schule macht Schule covers the costs of reconstruction and new building and transfers an agreed donation annually as compensation for the use of the workshop building and the new ground. The FWHC team organises the construction work according to the needs and plans of Schule macht Schule. The new residential building will then be owned by the FWHC and its use by Schule macht Schule will be guaranteed on a long-term basis. During the months when the project children are in Jharkot, the buildings can be used for other purposes on a temporary basis in coordination with the FWHC/FNH and Schule macht Schule.

FNH/FWHC and Schule macht Schule both pursue the same aim: to provide better chances for underprivileged children in Nepal. For a long time, we have been admiring the work of FNH/FWHC, from which we can learn a lot. And it should also be a learning from each other for the children of both organisations: Joint activities as well as spontaneous exchanges will help to understand the rich cultures of the different ethnic groups in Nepal.

THANK YOU

The reconstruction work on the workshop building is already started. Right from the start we were excited. We were delighted by the warm welcome we received at the FNH and FWHC in Nepal, and by the straightforward, reliable way of working of the management and the team. Many, many thanks - we look forward to our joint future!



The team during the visit: Laxmi, Ganesh, Christina, Raj, Tanka. Impressive: the photovoltaic system on the roof of the Himali school in Bhakunde

More about the project in Jharkot:

www.schule-macht-schule.at
and
www.facebook.com/schulemachtschule



WHAT HAS BECOME OUT OF OUR YOUNGSTERS ?

In the 2021 newsletter, we presented the careers of some children who have grown up in the meantime under the title "The path lays at the feet of those who walk". This was very well received by you and so we asked other young people to tell their stories. It is nice to read that they are all walking according to the title theme of the last newsletter and are always finding new ways.

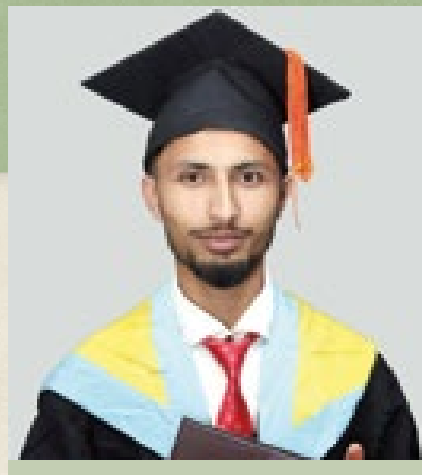


BALARAM ADHIKARI

Balaram Adhikari from Jamune in Bardiya was only two years old when his mother died. One year later, his father also died. At the age of six, Balaram entered the children's village.

He finished his stay in the children's village by completing class 8. At the youth hostel he completed class 10 and then class 12 in management at Mahendra Higher Secondary School in Pokhara. He then studied Business Studies for two years at the Multiple Campus in Pokhara, graduating with a Bachelor's degree.

Three years ago, Balaram started working at Tungna Restaurant in Pokhara. Although the restaurant was also affected by the COVID pandemic and had to reduce staff, Balaram was able to keep his job because of his extraordinary commitment. He plans to join the Nepalese army in the near future to become an officer.



MADAN BASTOLA

Madan Bastola came to the children's village in 2002. His father died when he was still young. Madan was seriously injured by a fire before he arrived at the children's village.

After completing class 8 in the Children's Village, he switched to the youth hostel and finished class 10 there. He passed class 12 in science at the Junior Citizens Academy in Pokhara.

In the meantime, Madan Bastola has completed his Bachelor's degree in Civil Engineering at Pokhara University. For one year, he has been working as a civil engineer at the company Crystal Design Engineering Consultant in Pokhara. In addition, he gives classes to students in the mornings and evenings. He would like to work for the Nepalese government as a civil engineer in the future and is therefore preparing for the entrance examination.



NAWARAJ KAFLE

Nawaraj Kafle comes from the Syangja district and arrived at the children's village in 2008. As both of his parents are disabled, their economic situation was very bad.

Nawaraj completed class 8 in the children's village and class 10 in the youth hostel. He completed class 12 in science at the Liverpool International College in Kathmandu.

He is currently studying mechanical engineering with a focus on hydropower at Kathmandu University – supported by the four-year FNH/FWHC funding programme. The bachelor's programme in mechanical engineering lasts for four years (8 semesters). He is currently in his 6th semester. After completing his engineering studies, he would like to work in hydropower projects in Nepal.



BASANTA LAMICHHANE

Basanta Lamichhane came to the Children's Village in 2004. After finishing class 8, he moved to the youth hostel and completed class 10 at the Cosmic International School. However, he failed to complete class 12. Therefore, he did an apprenticeship as an electrician at the Jyoti VDC Vocational Training Centre in Pokhara. After that, he first worked as an assistant electrician and then went to Qatar for three years as an electrician. Today he is back in Nepal as a freelance electrician. Basanta is married and has a daughter.



Basanta and his wife



SUNIL NEPALI

Sunil Nepali came to the Children's Village in 2012. As he did not want to continue going to school, he left the children's village earlier in 2017. For a year he worked in restaurants, in a motorbike workshop in Kathmandu and then in Pokhara.

In December 2018, he returned to the youth hostel for vocational training. At Olgapuri Vocational School in Bungmati, he did a three-month training course to become an assistant welder. After finishing the apprenticeship, he worked as a welder in Pokhara for about two years. Then he moved to Jaipur in India. There he now works as a day labourer in an office.

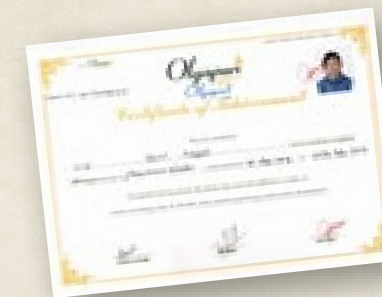


SAMJHANA UND SAPANA SHAHI

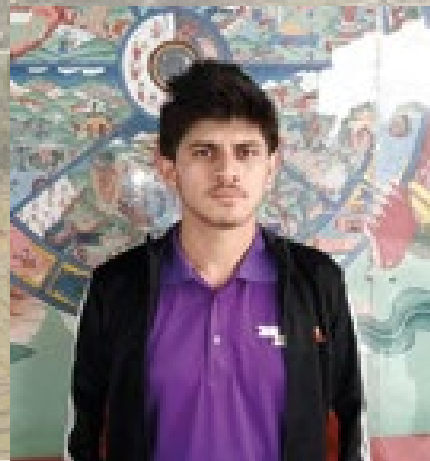
The twins Samjhana and Sapana come from the village Gothi in Humla. Both parents had already died when the six-year-old sisters were adopted into the children's village in 2010. They are now 18 years old and are doing everything they can to realize their dreams.

Samjhana is in the first year of her Bachelor's degree in Business Studies at Greenfield National College in Kathmandu. She is also doing a course in a cadet school with the aim of joining the Nepal Army or the Nepal Police.

Sapana is also doing her Bachelor in Business Studies at Kathmandu Ut-kristha Campus. She has completed an A1 and A2 German course and attended beauty classes. She wants to come to Germany as a Berufsausbildungsaupair. The sisters live together with their stepbrother and sister-in-law in Kathmandu.

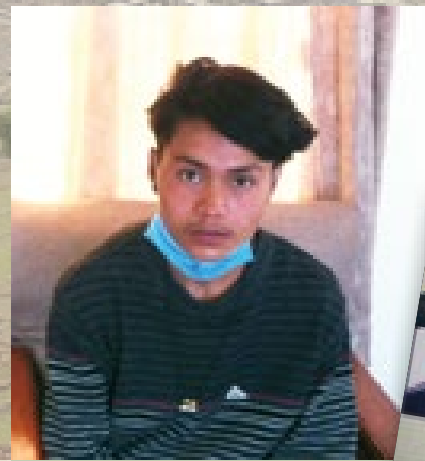


WHAT HAS BECOME OUT OF OUR YOUNGSTERS?



DIL BAHADUR KHADKA

Dil Bahadur Khadka arrived at the children's village in 2006 at the age of seven. He comes from Myagdi district, has five older sisters and an older brother. His mother had left them when he was still very small. Since his father had cancer, Dil came to the children's village. There he stayed until class 8 and in the youth hostel until class 10. He then completed class 12 in management in Pokhara. Then he worked as a painter on a daily wage basis for about a year and as a waiter in a restaurant in Pokhara for six months. During the Corona pandemic, all hotels and restaurants had to close, so Dil lost his job as a waiter. At the moment, he is getting his driving licence. In the evening, he helps his elder brother, who is a taxi driver, to drive a taxi. Recently, he also completed a three-month electrician training course at the SOS Vocational Training Centre in Pokhara. He wants to work as a freelance electrician and earn additional money by driving a taxi.



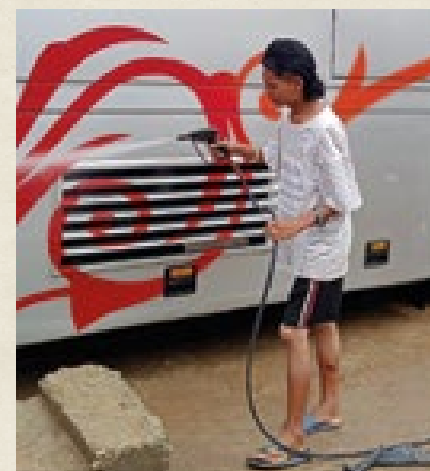
RAJU NEPALI

Raju came to the children's village in 2010 at the age of five. He was referred to us by the Kaski district police because they could not find his parents. Before that, he was found in a bus travelling from Waling in Syangja district to Pokhara.

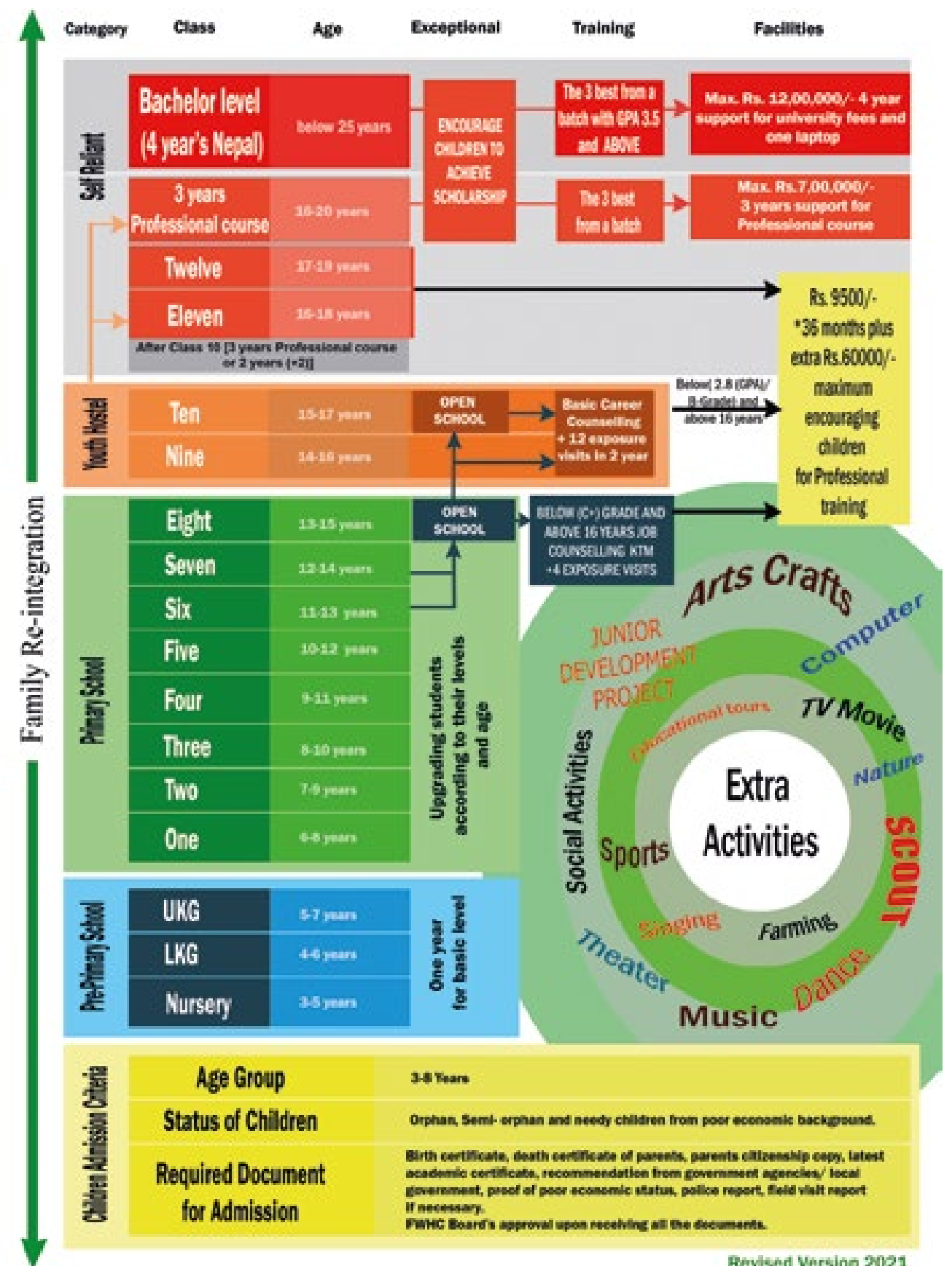
He completed class 8 at Bhadrakali Secondary Open School in Pokhara and lived at the youth hostel until 2019. During his time at the youth hostel in Bungmati, Raju took courses at Sano Thimi Technical School to become a mobile phone technician. In 2019, he completed a four-month training course to become a mobile phone technician at Underprivileged Children's Educational Programs (UCEP) Nepal. UCEP is affiliated with the Council for Technical Education and Vocational Training (CTEVT). He then attended a mobile phone repair course in Kathmandu and completed another four-month advanced repair course at Microlink Institute of Technical Education in 2020. After completing his vocational training,

he returned to the hostel. There he was provided with the necessary tools needed for mobile phone repairs.

The FWHC administration in the children's village was able to find his father and brothers in Syangja. Raju has now received his citizenship certificate and is currently working in a car and bus washing facility in Syangja.



FWHC CAREER ROADMAP



The roadmap shows the training and supporting opportunities that the FWHC/FNH offers to the children and young people



ANJU BARAL

Anju Baral was adopted into the children's village in 2005 at the age of eight. Her father, the sole supporter of the family, died of tuberculosis in 2004. It was difficult for the mother to raise her children and send them to school. Thus, Anju and her older sister Manju were brought to the children's village.

Anju completed class 8 at the children's village and class 10 at the youth hostel in Bungmati. Anju has completed her Bachelor's degree in Business Administration and is currently doing her Master's (2nd semester). She has worked for a fi-

nancial institution on a contract basis for a short period and is now looking for a job in the banking sector. In July 2022, Anju married Roshan Dhakal from Pokhara. Dhakal works for a financial cooperative in Pokhara. Anju invited all the house mothers and staff from the children's village to her wedding.

These words of thanks were posted on the Facebook page of the children's village: "Thank you so much for sharing this joyful day with us. We wish you all the best for this wonderful union. God bless you, Anju Baral."



BISHAL ADHIKARI

Bishal Adhikari arrived at the children's village in 2004 at the age of nine. He comes from the Syangja district. His father died in an accident when Bishal was eight years old.

Bishal completed class 10 at the children's village and class 12 in science at Unique Academy in Lalitpur. After completing class 12, Bishal and his friend Bhimraj from the children's village took a German course up to level B1 at the Goethe Centre, Kathmandu. They wanted to continue their education in Germany. With the help of his godmother

WEDDINGS OF OUR FORMER STUDENTS



REKHA BISTA

Sarah Datzmann and the support of a scholarship from FNH, Bishal studied electrical and information technology in Germany from 2014 to 2019. He has been working here ever since. In August 2022, Bishal married his girlfriend Gajina in Nepal. They were accompanied by Bishal's former godmother Sarah and her husband Christian.

Gajina is a trained geriatric nurse and works in a clinic for psychosomatic medicine. The two had met in Germany and now live in Immenstaad at the Bodensee.

Rekha joined the children's village in 2006 at the age of six. She comes from Kalikot district, one of the most isolated districts in Nepal. Her mother died when she was one year old. After completing class 8 in the children's village, she came to the youth hostel where she completed class 10. She passed class 12 at Rastriya Higher Secondary School in Pokhara. Simultaneously to her schooling up to class 12, she did an apprenticeship in hospitality and hotel management in a Belgian hotel in Pokhara. Here she was offered a job after completing her apprenticeship. However, she lost her job

due to the closure of the hotel during the COVID pandemic. Rekha is happily married to Aman Tuladhar from Bungmati, Lalitpur district. He is a civil engineer. Currently in her second year, Rekha is doing her Bachelor's in Social Work at AIMS College, Lagenkhel. She lives together with her husband and her parents-in-law in Bungmati. After completing their studies, they would like to work in the social field.

STAFF MEMBERS AND CHILDREN IN PROJECT 2022

Situation September 2022

NUMBER OF STAFF MEMBERS

Children's Village	Himali School	Youth Hostel	all together
15 IN TOTAL	13 IN TOTAL	6 IN TOTAL	34 IN TOTAL¹
8 women 7 men	1 principal 11 fem. teachers 1 helper	2 women 4 men	22 women 12 men

¹ of which 14 staff members full-time, 20 staff members part-time

NUMBER OF CHILDREN

Children's Village	Pokhara and other places ²	Youth Hostel	Kathmandu, Bhaktapur	FWHC Scholarship students	all together
82 IN TOTAL	34 CHILDREN	18 CHILDREN	8 CHILDREN	2 CHILDREN	144 CHILDREN
45 girls 37 boys	18 girls 16 boys	8 girls 10 boys	2 girls 6 boys	1 girls 1 boys	74 girls 70 boys

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

THE SITUATION IN NEPAL

RUSSIA-UKRAIN WAR
COVID-19

Raj Kumar Shrestha

*Dear FNH Board Members,
Sponsors, Supporters and
well-wishers of Nepal,*

I am putting this special article of FNH's magazine to be circulated in June 2022 to inform you all about the present situation caused to us due to the reason beyond our imagination, such as corona pandemic and still unsolved war between Russia and Ukraine.

Although Nepal does not have strong economic relations with Russia or Ukraine, but the conflict between the two nations have undoubtedly harmed Nepal's already fragile economy. The war has caused rise in the price of fuel and food grains which are harming Nepal's economy, which is already weakened by the pandemic, loss of tourist, diminishing remittances and widening trade imbalance. The state owned Nepal Oil Corporation has raised the price of petroleum products time and again after the Russia-Ukraine war. As of today, 21 June 2022, the cost of petrol per liter is Rs 199 (approximately 1.55 Euro) and this is the hike made 3rd time, within a month period! The hike does not apply only to the petroleum products. Every hike in the price of the fuel has a knock on effect on the cost of production and transportation.

Just to give you an example following direct impact caused our project in Nepal due to war between Russia & Ukraine:

- Overall price of food items has been increased
- Price of construction materials has increased
- Price of medicine and hospital charges has increased

Thus, making the life of general public extremely difficult in sustaining their livelihood. As Nepal is heavily reliant on import which means consumers have to pay more for all the goods from food to gold and everything in between after the rise in the price of fuel. The war is just adding fuel to fire and as a result the price of all the essentials has skyrocketed. The trade deficit and the value of the nation's currency have both deteriorated as a result of rising prices and rising import bills. The central bank of Nepal has prohibited the import of luxury commodities such as vehicles, gold, cosmetics items in order to protect foreign exchange reserves.

COVID-19 situation now seems to be in control following government's policy to prioritize vaccination of vulnerable groups like health workers, security personnel, older population, followed by all adults and adolescents. After the government approved several WHO approved COVID-19 vaccines for use about 68.6% of the Nepalese population are fully vaccinated and 77.1 % have received at



least first dose of the COVID vaccine. Nepal has now lifted all the restrictions that were imposed on traveler during the COVID pandemic. The government has rescinded all the previously issued orders regarding country specific travel limitations. Travelers arriving to Nepal by air or land must present a certificate of full vaccination against COVID-19 or present a negative COVID-19 test report taken within 72 hours of departure.

Apart from all above reason, our Association in Germany, Freundeskreis Nepalhilfe, is supporting us at all these difficult times to continue our ongoing projects and keeping us all intact, so that our higher goal of providing shelters, education, food to needy children in Nepal, can be continued. FWHC Board thank all of you for your continued patronage and great support. We just hope that the problems World is facing soon be solved and citizens of the world can live freely and harmoniously without any difficulties in their livelihood.

We send you all a warm greeting from Nepal, especially from Children's Village in Pokhara and Youth Hostel family in Bungmati, Lalitpur, Nepal.

Big hugs to all,

yours sincerely,

Raj K. Shrestha
Chairman FWHC-Kathmandu

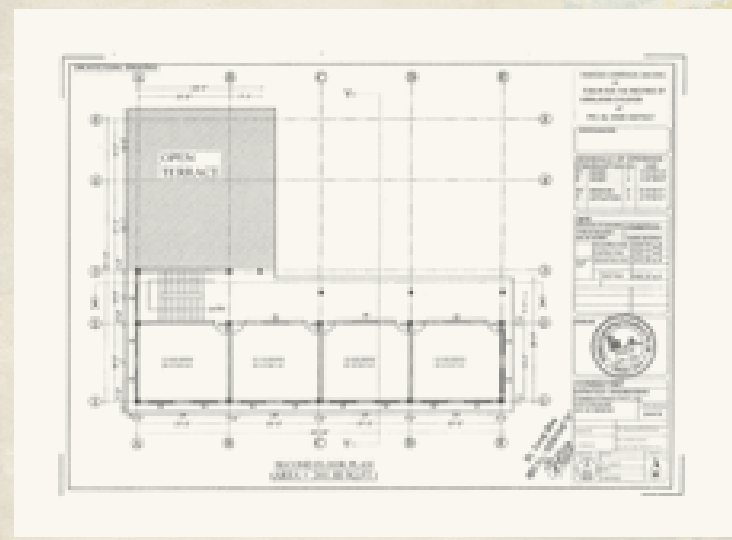
INFLATION IN NEPAL

Inflation rate in Nepal increased to 7.87 percent in May from 7.28 percent in April of 2022. In Nepal the most important categories in the consumer price index are food and beverages (43.91 %) and housing, water, electricity, gas, other fuels (20.30 %). The index also include education (7.4 %), clothing and footwear (7.1 %), transport (5.3 %) furnishing, housing equipment (4.3 %), health care (3.5 %), communication (2.8 %) and creation and culture (2.5 %) according to Nepal Rastra Bank.

As per your instruction, I'm attaching here-with the price list before conflict and now which are as under:

Items	Quantity	Price before conflict in Rupees	Now in Rupees
Rice	25 kg (1 bag)	1700	1750
Lentil	1 kg	160	170
Sugar	1 kg	89	100
Egg	210 pcs	420	435
Cooking oil	1 liter	235	330
Biscuits	1 box	1750	1950
Bath soap	1 pcs	35	45
Washing clothes soap	1 pcs	30	40
Kidney beans	1 kg	210	240
Dry peas	1 kg	130	135
Tooth paste	1 pcs	95	140
Cooking Gas	1 cylinder	1450	1900
Tea	1 kg	450	650
Gasoline	1 liter	130	199

Above prices are taken from our provision supplier's previous bills and recent bills. Gasoline price is frequently increasing, so, it'll impact all the food grains and all sectors.



HIMALI BIDHALAYA SCHOOL THE SCHOOL IN THE CHILDREN'S VILLAGE IS BEING EXPANDED



Plan, small picture on the left: This is how the extension will be realised. Small picture on the right: Building up to now

In 2014, the foundation stone was laid for the construction of our own primary school in the children's village. In the meantime, the school has been recognized as an official school and we teach with 11 teachers from pre-school to class 5. This year, we have now received permission to teach up to class 8. However, the

existing classrooms are no longer enough for this by far. In order to be able to teach up to class 8, five additional classrooms are needed: Three for classes six to eight, a laboratory and a music room. During the construction of the building, we had already planned another floor with five rooms. Thus, we were prepared

for this step. The new floor will have a flat roof, with a five degree slope, so that the water can drain away. The photovoltaic system has to be shut down for this purpose and put back into service after about six months of construction. Herbert Albrecht, who built the photovoltaic systems in the children's village and has been

looking after them for years, will again carry out the installation with his colleague. We thank Herbert Albrecht and his colleague from the bottom of our hearts for their voluntary work. We are also happy to accept donations for this project.

EXTENSION OF THE CHILDREN'S HOUSES



After a planning period of about eight months and an enforced break due to corona, the roof extension of the houses A, B and C in the children's village could be started in January 2022. This construction work became necessary primarily because the flat roofs had been leaking for some time.

terraces on the children's houses, which are decorated with beautiful balustrades. The children used them as a play area and the housemothers dried the laundry there. However, a lot of rain collected on the flat roof, especially during the monsoon season, which did not drain off and found its way through the brickwork into the rooms. Instead of plugging the holes every year, the terraces now have a roof. In addition, small

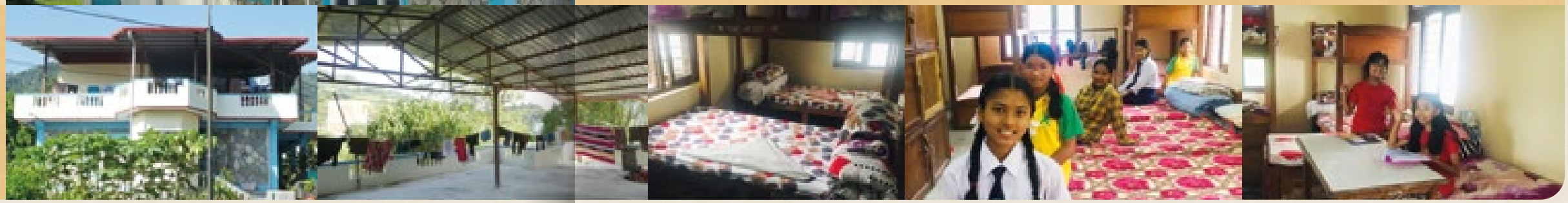
rooms have been created for more toilets and the washing machine. The laundry can now be hung out to dry directly from here on a covered area.

During this construction project, the previously separate girls' rooms on the first floor have been joined into one room.

Anyone who has ever been to the children's village knows the roof

*Pictures page 16:
View of the extension at the back of house A. The new roof construction of the children's houses*

*Pictures page 17:
New beds in the new dormitories for the girls*



STRENGTHENING TEACHERS THROUGH FURTHER TRAINING

Purnima Thapa,
teacher for mathematics
and Vice Principal,
Himali Bidhayalaya School, Pokhara

It plays a vital role in effective teaching.

Teaching skills and courteous personality of Buddhi Mam and CITE International's Trainer Uttam Sir and Sony Mam, helped tremendously through our teacher's Journey. We all teachers appreciated them for letting us know how to plan teach-

ing and also gave us many more new ideas to deal with students. They provide us Montessori training and Multi skill Development training which help to get ideas about how to deal with holistic development with students. Our Sir and Mam offer us to visit Kathmandu's reputed School Like (Rato Bangla, Global School). After visiting those area

we decided to get more new training from Rato Bangla. Our 1st and 2nd phase of Multi skill Training is over and two more phases remain which we provide with our teacher this year.

We are very thankful to FNH and FWHC for allowing us to attend such trainings.



Our teachers together with the principal Ganesh G.C.



Teachers have an extraordinary opportunity to exercise leadership because they are the most powerful influencer, next to the students. Training which refers to the policies, procedures and provisions designed to equip teacher's approaches, methodologies and skills they require to perform their task effectively in the classroom, school.



*Above: Participants and teachers
Below: Training for school teachers*

MY EXPERIENCES AS A TEACHER AT HIMALI SCHOOL

Sonu Gurung,
primary teacher,
Himali Bidhalaya School,
Pokhara

Memorizing my unforgettable experiences from day one in Himali with lovely children is always precious. With full of excitement a bit of nervousness and lots of mixed feeling I entered in FWHC. At that time I can see beautiful and bright faces over there welcoming me with joyful smile by saying Namaste.

After 3 months of connecting with school the second phase of covid 19 pandemic had affected lives around the world in many ways, Government have temporarily closed schools in attempt to contain the spread of the

virus. To work in favor of children physical and mental health we decided to stay at village to provide full time education which gave me a chance to know and explore many things about school and children. In my previous school teaching experience I never recognized celebrating festivals as we do in Himali. Here, we celebrate all the special days and festivals with whole family like: Christmas, Dashain, tihar, teej etc. When I put Tika to our students I feel blessed and like a parent who always think well and always prays for them.

Nowadays, I am impressed with well-maintained Montessori lab where we bring students to give knowledge about Montessori materials, teachers' training to empower, easily accesses raw teaching materials, indoor games, sports, library, cycle, Fun Park and science and math lab. Along with teaching now, I got a opportunity to be a assembly conductor, welcome board co-coordinator, in charge of entrance exam depart and cycling depart which makes me more responsible. After all facilities there should be increase and improve number of computers,



computer lab and library in upcoming days.

I'm so thankful and happy that you all board members and donors are doing such a great work to give beautiful life to needy Nepali children. In field of my teaching and other things I am also doing my best to give quality of education to make them able to adjust in community and live a normal life like other and I will do my best in upcoming days too.

CHRISTMAS IN THE CHILDREN'S VILLAGE

Sunita Lo,
Teacher for mathematics
and science,
Himali Bidhayalaya School,
Pokhara



Decorating the tree

Christmas is the most famous festival celebrated on 25th December every year worldwide. It is a festival of joy and happiness which commemorates the birth of Jesus Christ. Likewise, Himali School also celebrates this greatest festival, sharing happiness among all the children. On this occasion, the evergreen Christmas tree is decorated with ornaments and gifts. Children are dressed up in Santa Claus costumes and distribute gifts as well. Children perform special dramas relating to the birth of Jesus Christ. They also perform different dances and we all enjoy it a lot.

WORKING FOR THE WELFARE OF CHILDREN FOR OVER 20 YEARS

Tanka Prasad Gurung,
Branch In-charge,
FWHC Children's Village,
Pokhara

I am Tanka Prasad Gurung, joined this organization in the year 2000. I have been working in this organization for 22 years. Both FNH and FWHC have successfully completed their 26 years of collaboration in this field.

Since the FWHC formation – the organization provides shelter, food, health and education to children from the backward class of the country, who are deprived of education and proper care. I would also like to inform here that we are protecting and rescuing child in our organization from all over the country Nepal. Our esteemed donors who have contributed to this great work have been providing unimaginable or priceless continuous support.

Our organization strongly and equally believes in helping people who are in need therefore we have been supporting in building hospitals, planting green trees, connecting roads, training local communities, helping nearby schools and health post, giving job opportunities to the deserving locals, etc.

I am deeply grateful to all Germany Donors who have great holy thoughts for the children, organization and our country Nepal. And because of their valuable support, we are trying our hands on income generating program. Yes, we are making efforts to generate income by using goat rearing, vegetable farming.

Also from this year we are collaborating with Jharkot School (Schule macht Schule) they will

stay in the building nearby our main gate for 6–7 months in a year during the cold season and from there too we are expecting some of our incomes.

Including myself, there are 15 staff works every day in CV on which 8 of them are females and 5 of them are males. Here we promote and nurture children's overall growth and development, including their physical, social, emotional and intellectual needs. Hence, in order to develop the self-esteem and potential of children we are running programs and have formed club for them which includes: Trainings, Himali Independent Child Club, Scout, Karate Class, Job Counseling Field Visit, Farming, Sports, Social works, Educational Tours, Singing, Dancing, Drama Class, and many more. Not only that we re-unite their families, explain our culture, our religion and our festivals. But most important, we teach them to be a better human who understand and work for the mankind.

In coming years we are planning to extend our school up to GRADE 8 for that we are adding up another storey in the school building. The process will start from September 2022.

Thank you all for your trust. Being a part of FWHC Nepal is one of my greatest honors. I have always enjoyed my work. We are inspiring and uniting the lives of many. Together we can continue to improve the quality of children in Nepal.



Tanka Prasad Gurung,
Branch In-charge,
FWHC Children's Village

Top left:
Tanka with the
house mothers

Above:
Karate training
in the schoolyard

Ram Krishna Adhikari
in the children's village



A BENEFIT FOR ME AND FOR BHAKUNDE

Ram Krishna Adhikari (Saila dai),
Bus driver and goat supervisor in
the children's village, Pokhara

I have been involved with FWHC for 21 years. Before working at the children's village, I was a driver in Pokhara and then went to Qatar for two and a half years. After returning to Nepal, Tanka and Alex engaged me in their organisation. My work at FWHC is great and satisfying.

I am proud to be one of the few who has experienced the growth of the organisation. I would like to congratulate every member and staff member of the FNH and FWHC team. About five years ago, we started our agricultural goat keeping and breeding activities with seven young goats to earn money. Today there are about 25 goats in our fenced area above the guest houses. If we want to increase the number further, we may need more manpower for

this. We are earning a good amount of income with the goats.

Last year was a difficult period for me: I even had to have a heart operation. At that time I was supported by the FNH team. Thank you so much for your kind unconditional help and charity; I will always cherish it for the rest of my life. I wish our organisation continued success, happiness and prosperity. As a local community member, I am proud and happy to be part of this organisation. FWHC and FNH have really done a lot for the Bhakunde community and I hope it will always continue.

Thank you for giving me such a good job.

IT IS A GREAT PRIVILEGE TO WORK IN THE CHILDREN'S VILLAGES



Season Gurung,
Administrative Officer
Children's Village,
Pokhara

From 27 years, Forum for the Welfare of Himalayan Children has been a sanctuary for vulnerable children and a source of pride for the community. It is a privilege to be part of this children organization that gives so much to those in need. Together we are a great team- your support and our staff's tireless efforts gave refuge, care and hope to so many children who did not have the benefit of friends and family to care for

them. We feel delighted and gratified to see our children getting all the basic needs and opportunities. If we go through the FWHC Career Roadmap we can see the objectives and the action plan for the children, it showcase the education and skilled based programs, vocational trainings, fun and product based activities, basic career counselling programs and many more. We are proud to say that, we have achieved all of them and continue to do so.

In the months leading up to these programs, we have succeeded in getting drinking water out from boring, we have constructed up-



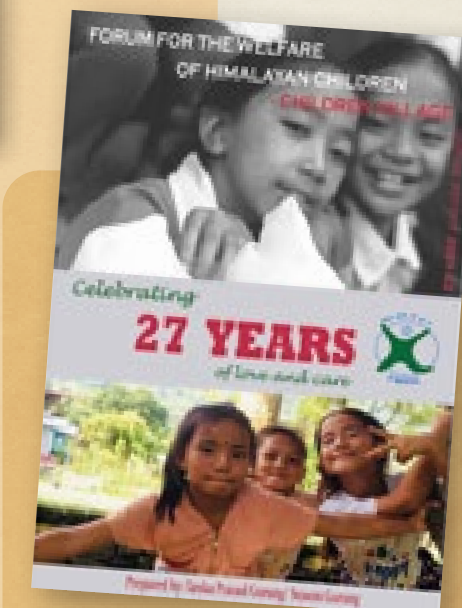
The latest projects:
Funpark, new well drilling

per storey in House A, B, C and an important project has been recently agreed with the Schule-macht-Schule (Jharkot organization). The Jharkot team is also preparing to build another building in near future. Not only that, last year a fun park has been made for the children in school area and this year we are going to build the four classrooms of Himali School.

This year lots and lots of healthy community based program has been achieved, the heart and desire to serve others was evident in the generosity of our donors and Board members.

I thank you for your support and belief over the years. Administreating the whole organization is a responsible and trustful job. It's an everyday process that needs to be performed but in the same time I enjoying a lot and getting an immense support from my team. Truly, I am having an amazing time with FWHC, Nepal and I wish my relation with FWHC and FNH keeps growing in coming days too.

Because of you, the children village is poised to grow and continue providing a caring home for children and adolescents in need for decades to come.



Annual-Report by Season Gurung and Tanka Prasad Gurung

REPORT ON PROGRESS IN THE CHILDREN'S VILLAGE

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

HOUSEMOTHER SINCE THE BIRTH OF FNH/FWHC



Parbati Gurung,
housemother in house B

Working as a housemother in our children village is itself a prestigious, admirable and trust-worthy job. I feel fortunate to be part of this wonderful family. My association with FWHC started with its initial days, where there used to be only 6 children.

At that time, Alex was just 23 years old and what he did after that is just unbelievable. The way he generates a team called FNH and from there they escalated this organization

into the new heights is just commendable. Myself and lots of other housemothers have got this golden opportunity, it all happened because of FWHC and FNH. Over the years, not only in professional level but also in personal level the Germany family had supported us a lot. I hereby want to thank on behalf of all the housemothers to our donors and Germany friends for their love, support and care. Not only that, we have been privileged to educate ourselves through different kinds trainings, awareness programs and workshops. It's a beautiful experience that we are gaining from this journey.



Meetings of the housemothers

The FNH and FWHC are the two great pillars of everyone's life who stay inside the Children Village (from staff to the children). I hope that our cooperation will continue for many years to come and the needy children in Nepal gets the best quality education and their deserved rights.





Only here for a short time, but the new residents are already feeling at home

WE WELCOME TO OUR CHILDREN'S VILLAGE 17 NEW CHILDREN: 8 GIRLS AND 9 BOYS

Our children's village can take in 10 children a year. About 10 young people leave our project every year. This year, we have welcomed 17 new children to the children's village. This is the second highest number after the earthquake in 2016. At that time, there were even 20 new arrivals.

The high number of new arrivals is due to the fact that the local authorities grant us admission permits. During the two Corona years 2020 and 2021, frequent closures of the offices prevented the admission of several children for months.

This year, eight girls and nine boys come from seven districts of Nepal. The youngest child is just three years old and still sleeps with the house-mother. The girl's mother died when she gave birth to her. The father left his three children and disappeared. The quick acceptance of the two younger children prevented worse. The eldest son lives with his uncle.

The older children are around nine years old. There was one very bad incident where we took in all three siblings. Living in the slum, the mother, a day labourer, could no longer take care of the children. The father had died due to alcoholism at the beginning of the year.

Almost all the children are half-orphans. Some of them also come from isolated areas without infrastructure. There are almost no schools in these areas. Sending these children to distant schools in hostels is not something the parents can afford. In many cases, physical and mental disabilities of one of the remaining parents and rudimentary school education are additional factors, so that money can often only be earned as a day labourer. The lack of farmland also means that the food supply is bad. There is no social security in Nepal.

Our staff members visit the home regions and examine the family backgrounds very closely. After the authorities had given their permission, the children were taken in in July and August 2022. First, the children had time to settle in at the children's village. A school suitability test then determined the school class they have been attending since mid-August.



NEWS FROM THE CHILDREN'S VILLAGE

Our new children

Himali Scout Troop

Anjila Tamang: "I was so happy to learn more new things which made me more clear about my life. I enjoyed in camp a lot as it was my first experience of camping and I will never forget it in my life. I felt very lucky. I am very thankful to our Children Village for providing us such an important and beautiful program".

SUMMER CAMP OF THE SCOUTS HIMALI SCOUT TROOP

Sunita Lo and Krishna Kumar Rajbahak, Staff of the children's Village and Scout Leader, Pokhara

This year's summer camp (sponsored by Gordon from Australia) of our scouts from the children's village was a complete success! The varied programme greatly developed the children's team-building, leadership, critical thinking, creativity and social behaviour among themselves.

Such intensive interaction at the summer camp builds self-confidence and self-worth in the children by giving them a sense of success. It enables them to grow and progress. The children realise that there is always something to do. They can develop their social skills and gain a variety of experiences in nature. The kind of encouragement and support the scouts receive at the camp enables them to discover and try new things. They learn that they can grow when they try something new. They conquer fear of heights and overcome stage fright when they perform around the campfire. These are all skills that will help the children in life. Acting in different functions, as members of a patrol,

a troop and as a simple camp member, they share responsibility. They solve disagreements and learn in a very practical way how important communication is with each other.

At this year's Himali Scout Troop summer camp, the children learnt about their skills and were motivated to find a way for their future in life.



Certificate of thanks for Gordon from Australia

Bishwash Nepali says that planning, preparing for the camp and being in the camp was such a different experience that he had never felt before. Sleeping in a tent with friends sharing their own duty and responsibility made him feel more responsible and created the feeling of a real scout which helped him to be more social in the community.

Sasmira Shrestha: "I knew more about the girl's empowerment, human rights, sustainable development goals, how to co-ordinate and complete ones duty in a team. I also developed my confidence level to tackle different situations. Playing and crossing monkey bridge, omega jump, tyre chimney, bamboo water pass, nature art made me feel more courageous".

Impressions of participating children





ORGANIC FRUIT AND VEGETABLES – ALSO IN THE OFF-SEASON

Laxmi Gurung, Pokhara

Children village of FWHC, Bhakunde is happy to have beautiful place to accommodate children in such a pleasant environment. With open

heart all the staff, care taker and concerned people work together as a team to give the best to the children. It is the goal to make them good human being along with confident & independent person. It is also our concern that children should learn the skill of farming & gardening which is useful for their future. Children are lucky they can learn and care the nature. In their surrounding they can see closely the natural process of budding, flowering and at last in a form of fruits

and vegetables. They can enjoy varieties of fresh organic fruit from their own garden like mango, avocado, macadamia, star fruit, custard apple, pomegranate, lychee, Napple hog plum (lappasi), pear, peach, Indian black berry (jamun), orange, guava, papaya, goose berry (amala), jack fruit, papaya, lemon, sugarcane and so on. Likewise they also get organic vegetable from their garden like green vegetables, beans, cauliflower, broncauli, eggplant, asparagus, ladyfinger, tomato, potato, chilli, cu-

cumber, bitter gourd (karala), bottle gourd (lauki) and from herbs like mint, lemon grass, ginger, turmeric and so on.

We are glad to share solar dryers are doing great!! Our house mothers can dry excess of vegetables and store it for the off season.

Children get a chance to learn an importance of organic & healthy food. They can learn the bonding with nature!



VISIT TO THE CHILDREN'S VILLAGE IN MARCH 2022

Maja and Hartmut Darmstadt, Schlüchtern

In March 2018, I got to know the children's village in Bhakunde with my project travel group. There I also met Alexander Schmidt and was deeply impressed by this well-organised project. I quickly also became a member of the "Freundeskreis Nepalhilfe" and a good friendship with Alex developed. Further visits to the children's village and youth hostel, but also projects organised by us followed.

After a break of 2½ years from Corona, it was finally possible to travel to Nepal again in March 2022. During this four-week tour, I visited the children's village in Bhakunde twice together with my niece Maja, in addition to my own charity projects*.

In her diary, Maja wrote about her visits to the children's village:

"As Alexander could not come himself this spring, he had asked Hartmut to take pictures of the children for the next year's calendar. We received a very warm welcome on our first visit on 25 March. During our first tour, we were immediately caught by the teachers and the principal Ganesh. They were having lunch and after a round of introductions, we received first information about the daily life at the school. Of course, we also took a picture of the staff in front of the school.

Then things started: At first the children were still a little shy. But very quickly more and more joined us and Hartmut got beautiful photo motifs in different groupings. We were showered with flowers and blossoms, which the younger ones in particular picked from the trees.

One could literally see the children's joy of life. They run around, laugh, approach (strangers) and take care of each other. They are doing really well in the village. An amazingly great life's work, Alex! I played volleyball with the big boys and a girl and was shortly annoyed about my trekking sandals, which were much too loose-fitting for this sport. Then I noticed that most of the boys played in flip-flops and were extremely fast and jumped very high. They taught themselves a lot and were really good. I needed a bottle of water afterwards. When we left around 5 pm to return the scooter in time, many children asked us to come back soon."

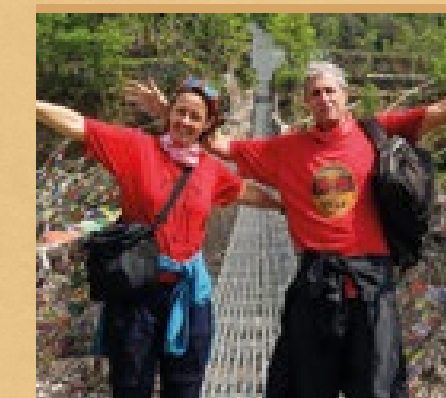
After a short trekking tour to the Australian Camp, we came - loaded with candy bars - for a second visit

on 28 March. At the request of the teachers, we visited the camp during school hours. We were accompanied by a young couple from our home community who were also enthusiastic about this "model project". We were allowed to visit all classes, drink tea and take many beautiful photos and videos. We did so especially during the 30-minute lunch break, when the housemothers brought the food for the children to the schoolyard. We arranged the dessert for them. The break ended with a joint school photo. By the way, the school bell is located in the schoolyard and is rung by hand. The children were even more excited than during the first visit and were very happy when they saw us. We were flooded with self-painted pictures and written letters. We also received a letter for Alex, which we

sent to him from Germany. In any case, it was a special experience of our trip to see these happy children in this well protected and very well organised children's village.

Dhanyabad!

* www.hartmutdarmstadt.de





NEPAL – AN ADVENTUROUS JOURNEY

Sarah Datzmann-Brandmayr, Augsburg

We had planned for a long time and then Covid got in our way for two years ... But now we could finally leave in mid-August 2022: My husband Christian and I flew to Nepal with my godchild Bishal (who grew up in the children's village and has been living and working in Germany for a few years) and his future wife Gajina. We had planned quite a busy programme: First of all, the wedding including preparations was on the agenda. Then we wanted to visit Kathmandu, Nagarkot, of course Pokhara and the children's village. Finally, we wanted to do the Annapurna Circuit. So basically, one highlight followed the next! Here are our great experiences around Pokhara and the children's village.

LET'S GO TO POKHARA AND THE CHILDREN'S VILLAGE

We wanted to fly from Kathmandu to Pokhara. As the weather over Pokhara was bad, the planes – as so often – could not take off until late in the morning. However, we were lucky and arrived in Pokhara almost on time. On the flight we had even been able to see a few mountains like the Machapuchare (6,993 m). At

the tiny airport in Pokhara, we first walked across the runway and then to the "baggage conveyor". Actually, this was simply a platform on which the bags were pushed onto by hand. Once again, Christian's height helped us: he was able to look over all the Nepalis and got hold of our bags. With the bags on the roof, we could finally take a taxi towards Bhakunde and thus towards the children's village. I was a bit excited about what to expect ...

Arriving at the children's village, we were welcomed by Season, the manager. The children, somewhat shy at first, helped us with our bags. We would spend the night in one of the guest bungalows. Cold shower and toilet were next door. As it was really warm, we decided to do without Season's invitation to use the hot shower next to his office. Furthermore, after a short introduction, it was time for us to move on: the Teej Festival (women's festival) was being celebrated today and we were meant to take part. (By the way, on this day the men have to pay the bill and invite the women!) Thus, we were taken into the school bus with all the staff, housemothers, teach-

ers and the headmaster and driven to a nearby location above the Phewa Lake. The view was really great. There was food and drink several times and there was a lot of dancing. Here we were also introduced to Tanka, the head of the children's village. Now we understood why everyone admires him so much: He is just extremely nice and has an amazing charisma! In the evening, after the monsoon showed itself in its full size again, everyone (soaking wet) was brought back to the children's village by bus. A really great experience, particularly to get to know the children's village team better.

KARATE TRAINING AND FATHER'S DAY IN THE SHADOW OF THE HIMALAYA

The next day – after a restless night, as the rain was drumming very loudly on the tin roof – another highlight was on the agenda for me: I was allowed to take part in the karate training in the children's village. It always takes place on Saturdays. At 6:45 am (the earliest training of my life!) I was picked up by one of the boys. As it was still pour-

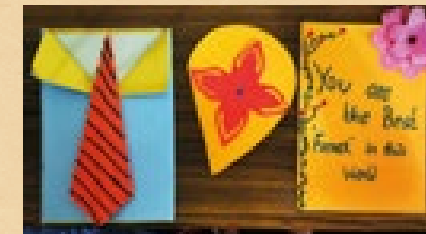
ing with rain, the training took place in a small hall. Therefore, unfortunately, only about 25 boys and girls were able to participate. When the weather is nice on the grass, almost the whole children's village joins in the training. There was also another first time for me: Shito-Ryu Karate is taught in Nepal. I myself train in Shotokan style, which was no problem at all. Thus we trained for over one and a half hours with the "Karate Guru" Dhan Lama, a 3rd Dan. It was a bit of a physical challenge for me! The kids are really fit whereas the climate and getting up early made me a bit uncomfortable. For me as a "Senior Karate Guru" with a 4th Dan, as Dhan Lama called me, it was a matter of keeping my composure and being a positive example. But it was a lot of fun! After a photo session, I was able to give another karate suit (Gi) from my trainer in Germany for one of the children to Dhan Lama. Later, I gave another suit to Season. By the way, the children are really good at karate and regularly get placements in competitions.



After a cold shower and breakfast, the next topic was on the agenda: Today was Father's Day and all the men in the children's village were honoured.

The children were very excited and briefly practised their rehearsed

acts. Christian was asked to come on stage and was given a seat of honour next to Tanka. Then it all started: speeches were given, dancing and singing. It's amazing how self-confident the children are! Afterwards, we received gifts such as scarves, T-shirts and lovingly hand-made cards, which we of course took back to Germany. Thus, Christian is now the father of 82 children!



The rest of the day was spent eating (Dal Bhat), sharing with Tanka and Season and of course playing with the children who demanded our full attention. By the way, I now know all the school books of English, Nepali, History of India and Science of all classes!

RELAXING DAYS IN POKHARA AND PREPARATIONS FOR OUR TREKKING TOUR

Before the trekking tour started, we distributed ice cream for every-

one in the children's village. We will never forget the faces of the children who were so happy about the ice cream. Even after everyone got a ball in the cone, most of them lined up again to get another spoonful of the remaining melted ice cream. Afterwards, there were soft drinks and Dal Bhat. What a joy for the children and for us to watch what quantities of rice and vegetables even the smallest ones can manage to stuff into their mouths!

Unfortunately, the five weeks in Nepal were gone very quickly. But we can take home so many great and beautiful memories. We are really deeply impressed by what Alex Schmidt and all the staff have achieved for the children's village! All the children including the housemothers, teachers and staff look like one big family. We really enjoyed being there! We had so many great experiences with the children and also with the staff. When we said goodbye, everyone said we will have to come back. From now on, every year! We will. We might not make it every year, but we will come back! After all, we have made lots of new friends here and there is still so much to discover.

Namasté!



Partial demolition



PARTIAL DEMOLITION OF THE HOSTEL TO CREATE A WIDER STREET

Raj K. Shrestha, Chairman FWHC, Kathmandu

Government of Nepal has recognized Kantipath Highway as the shorter alternative that connects Kathmandu to Hetauda. Initially named Tikabhairab-Hetauda road was later named Kantipath Highway. This highway connects Lalitpur to Hetauda, the capital city of Bagmati province. For the necessary widening of the road, the western part of the hostel building with the workshops on the ground floor has now been demolished. With a heavy heart, we started the necessary relocation work in July 2022.

ed. One room on the same floor serves as a computer room and in another the furniture from the guest rooms is stored. The rooms on the ground floor previously shared by the boys have been changed into a kitchen, dining room, study, porter's room and a storage room for workshop equipment. The office was relocated to the multifunctional hall of the existing building.

NEW HOSTEL DESIGN AND FUTURE PLANS

According to our requirements, a civil engineer is designing a new building in constant contact with us. After completing the demolition work, we want to start with the new building. In the engineer's contract, the construction time for the new hostel building was fixed at 14 months. However, it may be extended to 18 months. We very much hope that the new building can be completed in the planned time.

Since 31 July 2022, new regulations of the Nepalese government for the construction of new houses in the valley are in force. Our new hostel building has to comply with these regulations. It will take some time to get all the necessary permits from the concerned authorities here in Nepal. As the building area on our site has been significantly reduced due to the widening of the road and the minimum distance to be kept from the road, we are planning a five-storey building. The inter-

rior finishing of individual floors will depend on the available budget and can possibly only start with a delay.

We plan to fully rent the ground floor facing the street and the first floor. This will generate income for the organisation. The rest of the floors can be used as study rooms, computer rooms, offices and guest rooms. The ground

floor facing the existing building will be used for a kitchen, dining room, workshop rooms and porter's room

So far our report on the situation. We depend on the special financial help of the FNH for the new building and we hope for generous support until the project will be completed. Today we already thank you for your help!

Raj and Prabin in a meeting with the civil engineer

Next to it: The wing that has been demolished in the meantime with the workshops

Pictures above: Demolition of the western wing

This was once the site of our workshops and the rooms for the young people



During the construction period, the boys will live in a house directly opposite to the youth hostel. There we have rented two flats. Our eight girls can stay in the hostel. They live in four rooms on the first floor of the section of the Youth Hostel that is not affect-

Workshops

THEATER GROUP WORKSHOP IN THE YOUTH HOSTEL

Ratna K. Shrestha, Warden at the Youth Hostel, Bungmati



The theatre teachers Christian Fried, Wolfgang Schramm and Yannik Giessler visited the youth hostel in Bungmati in March 2022 to hold a two-day drama, dance and play workshop with our young people. The drama group did not stay in the hostel but in Boudhanath. It was the first time after the lockdown that German guests came to the hostel. A few young people had already experienced the group in 2019 in the children's village in Pokhara, and everyone was very happy about the

visit. With great commitment and a lot of joy, the young people let the theatre people take them on an inner journey and then confidently express their aims and wishes. The young people take the experiences from the theatre workshop with them into their everyday lives. From time to time, they also practise the units they have learned on their own.

The three motivated workshop leaders from Germany deserve our sincere thanks!



NEWS FROM THE YOUTH HOSTEL

Workshops

INTERESTING WORKSHOPS DURING THE SUMMER HOLIDAYS

Ratna K. Shrestha,
Warden at the Youth Hostel,
Bungmati

The students of classes nine and ten in the youth hostel had summer holidays from 1 to 8 July. During this time, we organised various workshops for the young people:

Visiting the Sanothimi Technical School, our young people got an insight into many areas and could also try themselves. The young people tried out their skills as car and motorbike mechanics, operating offset printing machines, electricians, plumbers, tailors, welders, opera-

tors of heavy machinery, draughtsmen, cooks and interior designers. With great interest, the young people explored their skills in the different areas.

In a basic training course, they learned how to take photographs

and how to take high quality photos. Of course, to become a professional photographer, they need further training units. The young people had a lot of fun making momos. At first they had difficulties, but gradually it went better. Afterwards, of course, they ate their homemade momos with great appetite.

We had to postpone swimming and a visit to the zoo until later because of the bad weather.



EXTERNAL PROJECTS

Bhuka Tangle



EXTERNAL PROJECTS:

HEALTH FACILITY CHALLENGES IN RURAL VILLAGE OF BHUKA TANGLE, PARBAT

Laxmi Gurung, Pokhara

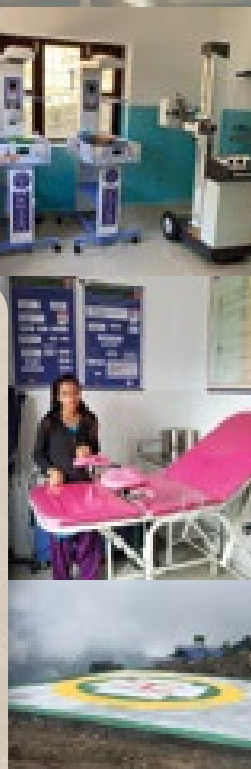
It is always big challenge to bring some changes but one should always focus on vision to make it possible. Bhuka Tangle Health Post, Parbat - Nepal is blessed to have step of FWHC - Nepal & FNH - Germany. Today it is considered as one of the best Health Post building in Modi Rural Municipality - Parbat. This good news fills up with joy! Thanks goes to all the donors, friends and all the helping hands who have put their efforts to make this possible.

Likewise most of the Health equipment & necessary items have arrived and remaining are also on process to come. Health Post staff

will be provided with equipment training. It is wished good volunteer Dr. and technician may spare their time and support to empower local level health services. So, that poor and needy people can have affordable treatment in their own villages. Positive achievements need strong passion, motivation & good patience.

"It is wished our positive step will help to stop migration from rural villages to town."

Laxmi Gurung
Member of the FWHC board

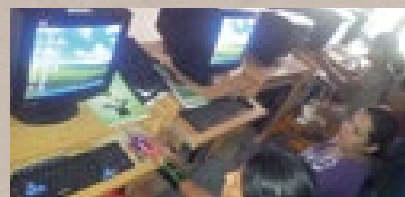


Large picture above: The community hospital is one of the best in the region

Small pictures: photovoltaic system, blood analysis equipment in the laboratory, X-ray machines, the maternity unit, helicopter landing site

BPW POKHARA – BUSINESS AND PROFESSIONAL WOMEN

Laxmi Gurung, Pokhara



Business and Professional Women, Pokhara is a non-profitable organization. It received registration from District Administration Office (DAO) Kaski in 2044 B.S (i.e. 1987 A.D) with its legal constitution. Its vision is to empower women socially and economically. BPW Pokhara came in contact with BPW Germany through Ms. Irmgard Schlaeger (member of BPW Wiesbaden & FNH Germany). On the initiative of her in the year 2007

BPW Wiesbaden supports, among others, the project “goat breeding” for women of poor backgrounds and enables the maintenance of a day care centre for children in the industrial area of Pokhara.



Alexander Schmidt, chairman of FNH, contacted Michael Bauer from Baden-Baden and his friends on behalf of BPW Pokhara. With his support we are running an eye project. It provides an annual camp for eye operations, needed medicine, glasses and equipment for the Himalaya Eye Hospital in Pokhara.



Training in chicken farming and financial assistance to start small chicken farms for blind people was made possible by BPW Pokhara.



BPW Germany had sponsored computer Literacy project to BPW Pokhara. It had helped most of the women to be computer friendly. It had helped women to keep the records in office as well some are using skills to keep the stock record in their small business.

The following projects of BPW Pokhara were supported from Germany:

An audio library was acquired for blind students on the P.N. campus. This is a reading system that allows blind people to have scanned texts read to them.



During the Corona pandemic, BPW Pokhara distributed food such as rice, lentils, salt and cooking oil to blind and disabled people.



With financial support and in cooperation with Dr. Fred Prunte (FNH), his wife Monika and the Catholic Women's Community of Bonn, BPW Pokhara offers training for women who want to start a business.

BPW Pokhara regularly runs cooking and baking courses for imprisoned women in Kaski Prison. The aim is to enable the women to become financially independent and lead a dignified life after their release.

It fills the heart with a joy for the steps which bring some changes and a beautiful smile!

Top left: Technician monitoring the structures being constructed
Bottom left: Two buildings up to the door level seen at a glance



CONSTRUCTION OF SCHOOL AND HOSTEL BUILDINGS OF THE SCHOOL FOR THE DISABLED IN THULI BHERI, DOLPO DISTRICT (DOLPA)

Alexander Schmidt

With financial support from FWHC and FNH, the association EcoHimal Nepal is building the school and hostel buildings of the school for the disabled in Thuli Bheri. EcoHimal is a non-governmental organization that implements projects from an ecological point of view together with the local village communities. Despite great difficulties,

about 55 % of the construction work was done in June 2022. Transporting building materials was a huge challenge. The building materials were brought from Nepalganj in southern Nepal – Terai region – via seven stations up to the project site. In some cases, the heavy material even had to be transported by mules. Timber management in the region is very

challenging due to the lack of forest nearby and the strict regulation of the Forest Department. Visits to the site by the management team are limited by distance. Nevertheless, construction technicians from the local government have been able to regularly monitor the construction site and provide technical support.

SURVEY OF THE STATUS OF SUPPORTED PROJECTS AS OF 2021/2022

Project list for 2021 until spring 2022

	Project and location	Short information
1	Shree Navajyoti Tam Secondary School in Parbat District	Completion of the school building with eight classrooms, stage, toilets
2	Bhuka Tangle Community Hospital in Parbat District; Additional accommodation for the staff	The community hospital including flats for the staff has been completed. The complete furnishing is still missing.
3	Multifunctional room in the youth hostel in Bungmati near Kathmandu was installed	Completely installed
4	Deep well for secure water supply in the children's village; drilling to a depth of 72 m	Now there is enough water available
5	Adharsha Saula Secondary School in Patan received a donation for roof waterproofing and teachers' rooms as well as warm winter jumpers for 60 students.	Construction work is completed and the jumpers have been handed over
6	Children's houses A, B and C are added in lightweight construction with a large girls' room, an additional room for a housemother, toilet and storage room	All three houses are finished
7	Four solar dryers for fruit and vegetables were bought for each house in the children's village	All four dryers are provided
8	BPW Women Pokhara receive donations for further eye treatment (eye camps) for the poor population in the districts west of Pokhara as well as a large donation for an eye surgery microscope for the Himalayan Eye Hospital	The eye camps are running and a microscope will soon be bought.
9	Food distribution in Chitwan and Helambu with Hartmut Darmstadt and Ruth Gonseth	Almost 100 families are supported
10	Via Shanti Med Switzerland, we distribute blankets to over 100 needy people in the Chitwan area together with the Swiss doctor Ruth Gonseth.	Sister Mirjam takes over the distribution on site
11	The village community centre with health station in Bhakunde receives a building fund. (Our children's village is located in Bhakunde, which is part of Pokhara).	The building was opened
12	The "Nepal House Kaski" project in Pokhara receives funding for the care of abused children	Has been running for three years
13	School in Padgaunbeshi village Kavrepalanchowck district receives funding for teaching materials	The teaching material was bought
14	Phoolbari e.V. Germany receives generous donation for the construction of a handicapped accessible home for girls in Tanahun District	Bau wurde Construction has not yet started noch nicht begonnen
15	Dhurba Tara Basic School in Dolpa District receives funding for the construction of six classrooms	Construction started in winter 2021/2022; construction not yet completed
16	Shree Shanta Higher Secondary School in Bhakunde receives donation for roof renovation	Was installed in the autumn of 2022
17	Devghat Home for the aged in Nuwakoth District receives a donation for a house roof	The roof was finished in autumn 2022

DONATIONS INSTEAD OF GIFTS

Are you also wondering what you can wish for instead of gifts on the occasion of your birthday? Then why not make others happy on your birthday or on other occasions when people want to give you a gift and invite your friends and family 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 indicated - the purpose for which it is to be used. We will gladly accept photos and your own text contribution, but reserve the right to shorten it according to its meaning. The FNH would use your donation in the new year for the following purposes:

- For the extension of the Himali School building (children's village, see report p. 16/17).
- For the construction of the new building section in the youth hostel (see report p. 30/31).
- We are continuing to support mountain villages that want to improve their infrastructure. Mainly, we help with the expansion of schools as well as the construction of water and electricity supply and health stations. With these "footprints" in the isolated mountain villages, we want to make life in the countryside attractive and stop 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.

RETIREMENT - FOR US NOT EQUAL TO STANDSTILL

Ingrid and Frank Patzsch, Chemnitz



Last year, Frank and I had decided to retire. For me it was in April and for Frank in October. As we wanted to let our former colleagues know that there is no question of us standing still, we had a small farewell party with delicious momos from our Nepalese restaurant and a short film about the FNH. Along with this was our wish to receive donations for the project in Nepal instead of a big farewell gift. During the presentation of the pictures, stimulating conversations and discussions developed. We were very happy to be able to transfer 650,- € to the FNH afterwards.

Unfortunately, we had to postpone our plan to travel to Nepal in autumn 2021 due to the pandemic.

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 imaginative commitment. We wish all those who will be carrying out fundraising campaigns in favour of the projects of Freundeskreis Nepalhilfe e. V. in the pre-Christmas period much energy and success.

From 24th September to 23rd October 2022, we were finally able to realise this and travel to Nepal for our fourth time. Meeting up again in the children's village with the children, house mothers and staff is always very emotional and an intense time.

Together with Monika and Hans Klingelmann, we used the Dashain festival to be active with the children and alumni. This included participation in the Dashain ceremonies, an excursion to the Peace Pagoda, a birthday, ice cream and momo party, as well as time spent together doing handicrafts during the many rainy hours. Besides the numerous other impressions and meetings in Nepal, this is the most important thing for us.

Christiane, Alex
and Bishal
in conversation



Ursula reads
a meditative text
to get in the mood



FINALLY IN THE LIFE AGAIN – THE FNH GENERAL MEETING 2022

After an unscheduled general meeting was held online last year due to the Corona pandemic, we met for the regular meeting on 25 June 2022. This time, we met live in the Saalbau Gallus in Frankfurt am Main. Read the shortened report below.

The meeting, which was attended by around 30 members, opened with welcoming words from the chairman Alexander Schmidt and video clips of the children, young people and staff from Nepal.

Altogether 109 young people have left the project in the past years, some of them in the form of a family resettlement. Many of them are married, so that the FNH family already counts 16 grandchildren. The young people have found their way into life and can earn their living. Three of the former youths who live here in Germany have now been welcomed as members of the FNH.

You will find many of the reports presented at the general meeting in this newsletter. Some additional information is given here exemplarily:

CHILDREN'S VILLAGE AND SCHOOL

- Our children's village continued to be classified in the A category (analogous to SOS children's village).
- The scout troop of the children's village "Himali Scout Troop" consists of about 34 children and is very active, e.g. with high-profile rubbish collection campaigns around the children's village.
- 10 children from the neighbouring project "Child Welfare Association" attend school in the children's village.
- regular sex education and violence prevention based on several presentations by Dr. Fred Prünke.
- The children are all fit and healthy due to regular medical check-ups and a balanced nutrition.

CORONA

The situation regarding the Corona pandemic has relaxed and there is no lockdown. All children over 12 and all staff members have been vaccinated. School lessons are running normally.

YOUTH HOSTEL

There are currently 20 young people living in the youth hostel. The workshops (workshops for electricity, woodworking and metalworking) were actively used – until the partial demolition of the hostel. Career counselling by the external service provider CDN (Career Disha Nepal) continues to take place. Vocational training in addition to completing class 12 is now part of the obligatory programme. A multifunctional room has been added to the building. Unfortunately, the front part of the building has to be demolished due to road widening (see p. 30/31).

TRAINING

30 young people are in the phase of their three-year training support. Nine of these young people are receiving the additional support for solid vocational training of up to NR 60,000. In principle, all of these young

people are being granted this support. The revised training concept presented at the last general meeting is being implemented. What is new in particular is the offer of professional vocational training for the three best students in each school year. This is now starting and offers the possibility of being funded for three years with up to a total of 700,000 NR. One girl and one boy are already being funded to study in Nepal.

STAFF

The FWHC employs 16 full-time and 5 part-time workers (12 men and 9 women). In addition, there are 10 female teachers, the head teacher and one female helper. The wages for the employees are regularly adjusted to the cost development in Nepal. In addition, the employees receive further benefits in the areas of medical care and retirement benefits.

Recently, an emergency fund was set up for extraordinary cases of illness and the payment of a bonus was agreed upon when employees leave the organisation.

The other projects and support measures can be found in the list on page 36. Almost all of them were visited by FWHC staff or by Alexander Schmidt himself.

*Large pictures
above:*

*In the middle:
Report of the
chairman
Alexander Schmidt*

*Right:
Treasurer
Marco Hanßmann
completes his
financial report
with graphical
illustrations*

**REPORT OF THE TREASURER
MARCO HANSSMANN**

The development of sponsorships, training support and donations as regular incoming documents a pleasing stability and continuity. Also the number of members has continued to develop positively and reached 363 members at the end of 2021.

More information can be found on our website Finances.

Basically, the sensible use of donations in accordance with the statutes has top priority when using funds in Nepal. This always means that the FNH is faced with the challenge of selecting suitable projects. Due to the extensive network that has been built up over the years, this works well. However, it also requires continuous monitoring of these projects locally.

**ELECTION OF THE NEW BOARD
AND AUDITORS**

The members of the board elected in 2021 were re-elected and unanimously confirmed in their positions. Dr. Sabrina Hanssmann and Martin Kühlmann were elected as new assessors. The next general meeting will be in 2024.

NOTICE

This short report is not a “legally binding” record of the general meeting. Members will automatically receive the official protocol of the general meeting, approved by the local court, with the December 2022 newsletter.



*The elected board f.l.t.r.:
Irmgard Schlaeger (member),
Dr. Sabrina Hanssmann (member)
with her son Finn,
Dr. Fred Prünte (vice-chairman),
Ursula Herrmann (member),
Monika Volz (secretary),
Alexander Schmidt (chairman),
Christiane Karsch (member),
Michaela Jost (member),
Martin Kühlmann (member),
Marco Hanssmann (treasurer)*

*Not shown are the elected
auditors Stefanie Herrmann
and Uwe Friedrich*



MARTIN KÜHLMANN

In 2013, by lucky chance, I met Alexander Schmidt, with whom I was able to experience a wonderful Nepal trip together with my wife in a small group. The country of Nepal fascinated me immediately, and I was at least as impressed by the projects Children’s Village in Bhakunde and the Youth Hostel in Bungmati. Joining the Freundeskreis Nepalhilfe e.V. was a matter of course for me, because I saw that the help of the FNH reached Nepal directly through the voluntary commitment of the employees. The project offers an incredible number of children a home and a perspective.

Three further trips with Alex in 2014, 2016 and 2018 expanded my knowledge of the country and its people and of other FNH projects. When Alex asked me if I could imagine

working on the board of Freundeskreis Nepalhilfe, I was very happy to accept. I have now been elected as an assessor since the 2022 general meeting. It is great to be able to work for such a great thing!

About myself:

I was born in 1963, I am married and we have two grown-up children. As a Catholic theologian, pastoral advisor and counsellor for marriage, family and life, I run an ecumenical life and crisis counselling centre (“brücke”) in Karlsruhe. Travelling and working with people are my passions, which I gladly make available for the work of the FNH.

SABRINA HANSSMANN

I knew the organisation from presentations in Lixfeld and through my brother, who had already been to Nepal twice with Alex. At the end of 2017, I became aware of the project again and wanted to take a look at the children’s village on site and get involved in some way. When I was there in March 2018, for the first time in a developing country and travelling alone, I was deeply impressed. I received an extremely friendly welcome everywhere, had the opportunity to meet FNH board members in person on site, as well as the staff and children in the children’s village in Pokhara and the young people in the hostel in Kathmandu.

I was fascinated by what the association had already achieved, how open and happy all the children

there were and how pleasant the atmosphere was. I was also very impressed by the country itself, with its impressive nature, the mountains and the warm-hearted people.

Back in Germany, it was clear to me that I wanted to help, not only financially but also personally. So I first became a member, knowing that the money would go directly to Nepal. After my return, I was also allowed to take part in the board meetings as an assistant and thus already supported the organisation. It is unbelievable how dedicated everyone is. At the general meeting in June 2022, I was elected to the board as an assessor and I am looking forward to supporting the organisation further.



About myself:

I was born in 1980 and come from Lixfeld. After studying biology in Bochum, I have been working in clinical research in Darmstadt since 2013. At the beginning of 2018, during my visit to Nepal, I met my husband Marco Hanßmann, board member of the FNH. Since 2019, we have a son together, Finn, whom we would like to show the country and the project on site soon. Finn is currently the youngest member of the organisation.

ACCOUNTS MANAGEMENT AND CERTIFICATES OF DONATION

Only valid in Germany!

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.**

Freundeskreis Nepalhilfe e.V.
EINRICHTUNG ZUR FÖRDERUNG
NEPALESISCHER KINDER



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

SIMPLIFIED PROOF OF DONATION WITHOUT DONATION RECEIPT

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!

Marco Hanßmann
E-MAIL marco.hanssmann@nepalhilfe.de or:
info@nepalhilfe.de
POSTAL ADDRESS Kleiberweg 13, 35745 Herborn, Germany
PHONE +49 2772 574362 in the evening

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 cost us a lot of time.
- The following applies: for donations up to 300 €, the deposit slip (preferably your bank statement with the direct debit) and the enclosure of the framed text on the left is sufficient for submission 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.
- If your bank details and/or postal address have changed since the last membership fee was collected, please let us know in a prompt manner.



EXPERTS WANTED

Our organisation needs the advice of experts from the fields of tax consultancy, association law, architecture, statics, IT, etc. in various places in Germany as well as in Nepal.

Would you be interested in supporting us on a voluntary basis? Then we look forward to hearing from you:

Irmgard Schlaeger
E-MAIL irmgard.schlaeger@nepalhilfe.de
PHONE +49 69 773886

NEWS

Please have a look at our homepage from time to time

nepalhilfe.de
> Aktuelles, Blog,
Veranstaltungen

or in Facebook
„Freundeskreis Nepalhilfe e.V.“,
„Fwhc Bhakunde“,
„Children Village Bhakunde,
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.

DONATION

You can easily donate online:

nepalhilfe.de
> Ihre Hilfe > Spenden

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

IMPORTANT INFORMATION

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 our children from
Youth Hostel and
Children's Village*

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