

## Dear friends of Rebuild Nepal,

Before we give you an overview of our work in Nepal, we would like to inform you a bit about the actual situation in Nepal – the Himalayan Times describes impressively how little has been done so far from government side:

*"Disappointing performance of the National Reconstruction Authority has affected the government's overall budget expenditure target in this fiscal. The NRA has spent only around 35 per cent or Rs 38.79 billion of the total allocated budget of Rs 110.89 billion till date, according to the Ministry of Finance. Continue to read here: <https://thehimalayantimes.com/business/dismal-national-reconstruction-authority-performance-hits-government-fiscal-spending-target/>" Kathmandu, June 28, 2017*

As you can see our common energy and support are still very much necessary to support the Nepali people as much as possible.

### Langtang Village:

Life in Langtang is back to normal as far as this is possible. The number of tourist arrivals is almost the same as before the earthquake. Many Lodges have been rebuilt and the surviving inhabitants have their life back.

### Simpal village

Since the road to Simpall Village was in such bad condition due to numerous landslides we could only start in December bringing up construction materials. Claudia was one of the last one's in November having visited Simpall village. However, we have been very successful and we have reached our goal of construction over 30 houses.

#### 1. Construction Report

Since December 2016 we have distributed materials for 32 families. Each family gets 13 bags of cement, one roll 8mm iron, half truck sand and half truck small stone. In the year 2016, 33 houses were reconstructed all together. We are happy that this year the villagers followed more our advise in building earthquake safe houses, a learning process took place which continued in 2017 – in many houses now four ring beams are built in and give more safety to the owners. In 2017 we have also distributed materials for 32 houses. So most of the houses in the village are now rebuilt. Due to the new rules regarding house construction, people are not allowed to build houses with more than one and half floors. Since these rules are valid for stone-mud houses, people built their house only with one and half floors.

In the year 2016 we worked from January to May. In these five months we distributed materials for 31 houses and made 3 houses ourselves with our friends from Allgäu. But this year we worked for six month since December to May. Here below comes the diagram about how people built their houses.

#### 2. Training for the women in Simpall village- Empowering Women of Nepal (EWN)

In 2017 we invited again EWN for a second training-round for women only. As we all know women play a key role in hygiene, nutrition and education and that's why we put special emphasis on training women. Most of the adult women are still illiterate so we have to find different ways of teaching and explaining. The final goal is to help them gain their own living, either by attracting tourists through home stay or by helping them farming crops and vegetables.

3 trainers arrived in Simpall village on 20th of May. At the first day when they arrived, we had a small meeting with women from the village. Since not all women are available at the same time we split the class into two halves and offered a morning and an afternoon training. The first class lasts from 11 to 3 PM and the second one from 5 to 8 PM.

During the first day we introduced the trainers and the women of the village to the the objectives of the training. They learned about Tourism and the importance and impact of tourism in the social and economic development. We also taught the women some basic English conversation. Most of the women were very interested to learn about these new subjects. They also learnt some English words. We ended this class with a meal together.



The next day the class started with a revision of the previous day's class. After the revision, the class continued with explaining tourism. Some snacks at the end of class were served.



Brief revision of the previous day's training with some question answer. After finishing revision the class continues with drama related to tourism. All participants are divided into two different groups playing a drama between tourist and homestay owner. The main objective of this drama was to teach what to do and how to welcome tourists when they arrive in the village. That's why we spent a lot of time on this play. Following the drama, we continued with hospitality management like menu and billing in a homestay. Tsering mostly focused how much to charge on local food and rooms. Some snacks were served at the end.



#### **24th May 2017**

Revision of previous day's training for one and half hour. Tsering taught again English conversation. Then we continued with role-playing drama for one hour. Later Sabita explained the different food and cooking methods. She focused on foods which is locally available in the village. During her class she found some foods are already known, but more touristic dishes like Pakauda, French Fries, Spring Roll, Scramble eggs, Rosti and others were explained.

#### **25th May 2017**

Subject: Revision, housekeeping and environmental awareness.

This day focused on practical lessons of housekeeping. Mana and Sabita show how to prepare the rooms for tourist. After finishing the housekeeping, the environment was the next topic. Mana and Surendra were planning to go each community to collect plastic and other garbage with the participants.

#### **26th May 2017**

Subject: Cooking demonstration, certificate distribution, end of program.

Today the cooking demonstration took place: cornbread, vegetable Pakauda, Aalu Dam, pumpkin soup, French fries, spring rolls, potatoes rosti, apple fritter, Green Salad, Scrambled Egg, Mashed potato and so on. After this practical presentation of cooking we organized a small informal closing ceremony and handed out the certificates of having the training. We distributed certificates for 35 participants. Then everybody received a gift. The trainers left the next day

### **3. Primary School, distribution of clothes and Volunteer work**

Especially the primary school continues to be a problem, since the teachers do not take their work seriously and arrive every day late. We are planning to support them with some kind of teaching.

Again from our friends from all over the world we received clothes for children and adults as well as books and stationary.

Jolanda and Will from Holland stayed for 10 days in Simpal and distributed together with Pasang and Surendra the clothes to all villagers. Will and Jolanda were also teaching in the primary school which was a great help and success.





#### 4. Vegetable cultivation project in Simpal Village and animal Farming

Our next big step is to support Simpal Village in growing vegetables and animal farming (**Goats, Chicken and Cows**)

In an altitude of more than 1.600 m and with sandy soil, our targeted vegetables are tomatoes, Cauliflowers, cabbage radish, beans (fast cash crops vegetables) cucumber, pumpkin, green vegetables (Saag) and ginger, green chilly, celery, peas, onions, garlic, Coriander etc. Possible fruits are apples, oranges, grapes and other. We also will try strawberries. One market is near by the village and another one is in Chautara.

#### Action Plan 2017 to 2020

Activities	Responsible Person	Time Period	How to do?
Finding suitable land for vegetable farming.	Rebuild Nepal, SFT Team and villagers.	2-3 Days	Find best and comfortable land for Vegetable Farming.
Soil test	Rebuild Nepal	1 week	Know what we can do/cultivate in selected land.
Vegetable farming training for villagers	Villagers and Rebuild Nepal and third party (expert)		Teach modern methods of agriculture and bio medication.
Start Tomato planting	Villagers and observing by Rebuild Nepal.	3-4 months	Start to plant tomato seeds and transfer in field.
Irrigation and care taking	Villagers, SFT Rebuild Nepal	3-4 months	Via pipeline. Once in every two days.
Make support	Villagers, Overview Rebuild Nepal	3-4 month	Make bamboo sticks and give a support in every tomato plant with rope.
Treatment	Villagers, Rebuild Nepal and expert (if needed)	3-4 months	Local herbs, animal urine, green leaves, organic
Land Management for cauliflower.	Villagers, Rebuild Nepal	1 week	
Medication	Villagers, Rebuild Nepal and Expert(if needed)	3-4 months	Local herbs, animal urine, green leaves and chemical medicine.
Harvesting	Villagers	1-1/5 months	Collect tomatoes once in every two days
Marketing management	Villagers support by SFT, Rebuild Nepal	1-1/5 Months	Sell products in the market
Transportation Management	Villagers, support by SFT and Rebuild Nepal	1-1/5 Months	Transport products in the Markets.

#### Strawberry Cultivation test field planed for July/August

First experiences in strawberry cultivation were made around 1995 in Kakani by Kancha Man. A Japanese NGO (Jaiti Nepal) supported to the villagers in planting, take caring and marketing of Strawberry. Kakani started research by cultivating two different varieties of strawberry. The success of the 'Nyoho strawberry" (a Japanese variety) is to be visited in the local fruit markets around Kathmandu. Due to its sweetness and high yield it has become a popular cash crop among the locals in Kakani. Ordinary farmers are now able to grow strawberries in Kakani. Around 700 families are producing strawberries professionally and each family harvests around 1000 kg each year and selling in NPR 200 per kg from the field.



The preparation of strawberry cultivation begins around June/July, the actual plantation is carried out during September and the fruits are ready by November. The strawberries cultivated in Nepal require an altitude of 1500 - 2500m with a temperature range of 4 - 25 degree Celsius and [3000 - 4000](#) ml of rainfall. A perfect fruit for Simpal Village!

#### **Summary**

As you can see, we have a lot of projects in the pipeline. With all we are doing we want to bring a healthy and independent lifestyle to a village forgotten by civilization over the last 100 years. We are very positive about the success of all these projects. It will just not happen tomorrow but will need a continuous and steady work and support. As soon as the first villagers see with their own eyes that there is a benefit coming from this work, more people will join in.

As you know our success depends on your donations – an important support from all our friends. For a year's work like in 2017 we spent around Euro 20.000. This is the yearly amount we will need the years to come as well.

**We want to thank everybody who supported us in the last years. It is for us all a fantastic experience to provide people with what they really need.**

If you want to participate personally and would like to donate some clothes, please be aware that Nepali people are smaller than Europeans and that they need only practical and warm clothes for the mountainside. Please be so kind to let us know by email beforehand if you are sending us bigger parcels.

All clothes from Switzerland can be sent to:  
Christian Kocher, Costa di Mezzo 75, 6614 Brissago

All clothes from the EU can be sent to:  
Dr. Claudia Nagel, Hernstrasse 100, D-63065 Offenbach a.M.

We thank you again for your support.  
Warm Greetings from the Himalayas!

Stephan, Ashta, Pasang, Bikram and Surendra supported by Claudia from Germany

#### **For Swiss Family Trekking**

Stephan, Ashta, Pasang, Surendra and Bikram  
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