

**Partnership for Sustainable Development - Nepal**

P.O. Box 19782, Buddhanagar, Kathmandu, Nepal

Tel. 977-1-4780369, Fax 977-1-4780631

psdnepal@mail.com.np

[www.psdnepal.org](http://www.psdnepal.org)

DAO - KTM, Reg. No. 180/059/60 GON - SWC. Affiliation No. 13981



Year 11, No. 3, September 2016

**PSD Connect**

A Quarterly Newsletter

The PSD Connect is a quarterly e-newsletter published by the Partnership for Sustainable Development (PSD) Nepal to inform all their partners, ex-volunteers and supporters about our activities and news. PSD Nepal is a non-profit social development organization dedicated to the alleviation of poverty of Children and youth of rural Nepal. For more information please visit [www.psdnepal.org](http://www.psdnepal.org).

**MESSAGE FROM the EDITOR**

Namaste Friends!

With great pleasure we present you our quarterly newsletter!!! Please read our newsletter Issue 3 from year 11, only designed to keep you updated on PSD and her activities, successes and future plans! Any questions and/ or comments regarding the newsletter or about PSD-Nepal are more than welcome. Please forward this newsletter to all the friends who have worked with us and help to raise our profile. We are looking for some news from you people also; please send us any news or materials which we can publish in our next issue. We heartily welcome your views, comments, and queries regarding the work of PSD-Nepal and/or regarding the improvement of the newsletter! You can send us an email to psdnepal@mail.com.np or call us at (9771)-4780369, fax 4780631.

Bishnu H. Bhatta

**Volunteers from BVDA, Bristol University UK:**

There are 11 volunteers from Bristol University UK for summer program to build two community houses at Chamita and Irautra in Ilam. Volunteers gone through four days nepali language and cultural session to equip them for the community work. Mostly, they involved in teaching classes, constructing two building for women's group. Similarly, our voluneets are actively participated on local festival such as Mud day where they can enjoy planting rice within the community, which makes them to know more about local festival. They also joined the Teej program which called women festival, this is the day where women free to express their feeling through singing and dancing, which they loved to do.

**OxAdventure, Kuwait:**

Similarly there were 42 volunteers from OxAdventure, Kuwait to help school and children in Gram Sudhar School, Kathmandu. PSD Nepal always seeking to help the community according to their needs after the earthquake most of the communitites are in vulnurable condtio[n] as a result we create the charity project work, where people can support by the holistic approach in the community. To support the community we got hepling hand by the OXAdventure, who wants work in the community to full fill their basic needs such



as physical infrastructure, educutaional environment, playground, instalation of Solar panel, Toilet, Library, sports equipment etc.

In addition, our volunteers worked as unskilled labor and assisted in all of the process of making the charity work like; tranposporting bricks, mixing sands and cements, collecting gravel, leveling, brick lining etc. They worked hand in hand with the laborers in the construction site.

### **Bond Aid Program, Australia:**

In this program; we received 14 volunteers from bond university, Australia and 3 national volunteers. All volunteers went through training. There were divided four different group who helped in Secondary school, Primary School, Health Post, Agriculture work in the community of Harmi, Gorkha. They painted and decorated the primary school, help on construction in secondary school, teaches, provided 4 computer, LCD Project, books, sports materials, health related equipment and medicine. Furthermore, they made tunnel to access to do farming which community also get involved.



### **Story from Volunteers:**

After a few great days in Kathmandu it was finally time for us to venture to Harmi for our two weeks of placement. Everyone was feeling super excited but at the same time slightly unsure of what to expect. After managing to fit all fourteen of us, our three counterparts, and a mass of bags and snacks on the bus, we started our "six hour bus ride". As it turns out, the notion of Nepali time running much slower than we are used to back in Aus is very real, as we were soon to find out.



I was slightly in shock, which I have since realised is questionable because I really should've considered the possibility of a drive like this when I knew we were travelling to the mountainous region of Gorkha... Anyway, whilst the rest of the bus seemed perfectly content with our risky situation I started contemplating our fate. How many sharp corners can we take before it is inevitable we just go flying off? How many mountains can Nepal possibly have? Will it take me that long to

walk a six hour drive? Turns out yes, as the others informed me. Personally, I'm largely used to Western driving. You know, the whole two lanes, seat belts, not over taking others around cliff face corners, kind of thing. So naturally, when our bus driver started over taking other vehicles whilst speeding around corners with no sight of what was heading our way, I was a little uneasy.

To his credit, and to the credit of all Nepalese drivers, the system of just beeping furiously to let oncoming vehicles know that you're coming around the corners worked for the most part. Well, only if you exclude the few near misses where we would almost successfully get around the corner only to find a huge truck staring us right in the face, and a sudden traffic jam would ensue. Five hours in and still no end in sight we started to wonder how many more times we would pull over unexpectedly for no apparent reason, and sit stationary with the sun beating down on us. But on the bright side, the views were incredible and most of us thoroughly enjoyed the So Fresh tunes that were cranking throughout the bus. After a yummy lunch overlooking the river, our trip continued and soon we found ourselves four wheel driving to the point where some of us could potentially touch the ground out of the bus window. Whilst this was fun and all, it got a little tiresome after long periods of being thrown around the bus and the mountain of bags at the back looking like they were going to pummel us all at any point. We all continued to question how our little bus was tackling these muddy and weather worn roads that tractors had clearly torn up repeatedly. We may have jinxed it, because not long after we found ourselves getting of the bus half way up a hill when the tire had popped. In our typical group style we decided to make the best out of a bad, and very hot, situation, and all clambered on to the roof to enjoy the view. Once that situation was sorted, we continued a little further and finally arrived to our destination.

The last part of our journey included an hour hike to actually get to the town centre, which we were all eager to begin so we could stretch our legs after what ended up being a eight hour bus ride. The hike had great views and was a good way to get a first glimpse of where we were headed, but also proved to be another risky part of ours travellers with many a fall experienced by some of us (me). As well as a particular a slide down some stone stairs which resulted in me throwing my arms in the air and essentially flinging my phone off the side of a mountain. Not a problem though, it just missed the stream bellow us

and our guide somehow found it amongst the trees. After the eventful ten total hours of travel we were met by some lovely and curious locals in the village square. Each group ventured to their new homes, with some staying in the near by primary school and us others heading up to the top of the hill to meet our host family. All in all, it was a slightly frightening, incredibly long yet interesting day, but we were so excited when we finally got to Harmi the bus ride was practically forgotten.

### **NAFA Nourishes Program**

“Give a man fish and you feed him for a day, teach a man to fish and you feed him for a lifetime” Having this objective in mind the team from NAFA and PSD Nepal collaborated to a program with the objective to enrich the nutritional status of the unparented children in Nepal. To fulfill the objective the project provides nutritional supplement, different trainings on hygiene, hydration and nutrition along with nutritional assessment of the children every three months. Along with this, the project also supports in hydration by providing filter and water bottle. It has been successful in providing these facilities in 15 children homes which consist 450 children in Kathmandu.



The program has two highly committed and competent program field nurse who visits the enrolled children home every day and also to other homes for enrollment in the program. They gather the necessary information and present the program to the new children home. After mutual understanding and common understanding of the goals the new partner is enrolled in the program. After a partner is set, the program field nurses assess the nutritional status of the children along with the assessment of the homes. The baseline data is

collected. The partner is provided the nutritional supplement to upraise the child to the common nutritional level 50% on the growth card, where every children above 1 year and below 18 years is provided the plumpy sup or plumpy doz daily. Along with this, the program field nurses also provide the training on hygiene, hydration and nutrition which is mostly practical based especially using the games. Furthermore for the improvement of hydration the program also provides water bottle for the children and filter for the clean and safe drinking water to the children home. As per the motto of the program, which is eliminate the aid dependency, the program work closely with the children home and the associated members and provide the support on food budgeting, right choice, menu planning and finally support the children home in establishing kitchen gardening, chicken farming and so on so that the home would never depend on other for their food and nutrition. The program also envision to provide the facilities in more children home as much as possible and now is in the process of hiring two more field nurse to expand the services and facilities to more children home.

### **Volunteer Programs**

PSD Nepal has been organizing different volunteer programs throughout the year. This year we had volunteers from different university e.g. 11 Volunteers from Bristol University, 2 students from Simon Fraser University for their co-op program, 42 volunteers from OxAdvanture, Kuwait, 14 Volunteers from Bond Aid program Australia and there are some individual volunteers who contributed their time and resource so far this year.

PSD Nepal organizes volunteer program in order to strengthen rural education and health for that we offer various volunteer. The mission and objective of the volunteer programs is to encourage and invite International/National volunteers to contribute in the areas of rural community development, education

development and environment and nature conservation. These kinds of project will also help to increase the pride and boost moral amongst the community and encourage them to take local initiation for development activities themselves. For this noble cause PSD Nepal offers volunteer programs from all over the world to make differences in this reconstruction phase of Nepal. We all hope that it will make difference in our reconstructional phase.

#### **Quot from Volunteers 2016:**

“Living on the side of a mountain was definitely an experience! At first I was worried about how remote our village was, but I got used to it quite quickly and learned to love it. We learned loads about local culture, music and dancing and lived with some amazing people, ate amazing dhaal bhaat and learned how to construct a building from scratch.

Nepal is an amazing place to visit and volunteering is the best way to feel at home in Nepal. You get to be part of a community for a longer stretch of time and experience a side of Nepal that no tourist can. Take the opportunity while you can and make the most of it.” Gaia Young

“I would just say that Nepla is an extremely beautiful country and that you only gain from the pr5oject the more you contribute to it and DON'T BE LAZXY! Put in your best effort and you will not regret it. Do not take for granted the beautiful village and definitely ... PLEASE DO TAKE THE CHANCE TO VOLUNTEER!!! It will be an extremely wonderful experience” Tiffany Gwee

“Do it, it is an amazing experiance that you will be dwelling open for years to come, a fantiastic cultural exchange and a valuable set of skills gained from the experience. Nepal is a beautiful country and volunteering is one of the best ways to experiance the cultural and learn about a different way of life, whilst at the some time helping out and making a different.” Valentian

“Nepali people are the friendliest people I have ever met, the foods amazing and the landscape is beautiful. You will return back to English with very elote friends. “ Siomon

#### **Global Giving fund raising**

For the purpose of school reconstruction, PSD Nepal is raising funds through Global Giving. Therefore we, the PSD family, would like to request all our best friends to contribute to our cause. More details you can find here:

For US and Canada Donors please click this link:

<http://www.globalgiving.org/projects/rebuild-school-for-479-nepalese-children>

For UK based donors please click this link. We will able to get gift aid as well.

<http://www.globalgiving.co.uk/donate/24756/partnership-for-sustainable-development/>

We are counting on your engagement and hope for your support. Your donation to our program will be recognized in the supporting community through the quarterly e-newsletter.

---

#### **Vote of Thanks**

PSD Nepal would lik to express its thanks to all those who have contributed in one way or the other to make our relief programmes succesful. So far we have successfully raised the funding to build 8 school buildings out of the 10 we have planned. We are still looking for funding to build at least another 2 school buildings. PSD Nepal is looking forward to work with all our well wishers and donars in future as well.

**To subscribe to the PSD Connect, please send an email to [psdnepal@mail.com.np](mailto:psdnepal@mail.com.np) with the word “subscribe” in the subject line. If you do not wish to receive our newsletter anymore, please return this note with "unsubscribe" in the subject line.**