

द हिमालय ProjectsAbroad™ THE HIMALAYAS

The Official Newsletter of Projects Abroad Nepal

November 2011

Issue no. 46



Contents...

Page 2	Editor's note
Page 3-4	Welcoming new staff
Page 4-5	Talent show at Snowland
Page 5	All hands on deck – a “dirty” weekend
Page 6	Recipe of the month
Page 6	World News
Page 7	Wish lists
Page 8	What to do in Kathmandu?
Page 9	Top tips and Staff contact details

NAMASTE!!

Hello,

It's the beginning of winter here in Nepal, which means chilly mornings, yak wool scarves and thick knitted jumpers. The mornings and nights are getting colder and colder, yet the days remain as hot as ever...go figure.

As Nepal grows as a volunteer destination we welcome ever more staff members. We've sadly had to say goodbye to Kieh, our wonderful Desk Officer, and the irreplaceable Daisy, our Medical and Physiotherapy Coordinator, as they seek pastures new. We welcome now Megan and Chris, who in their brief 3 weeks have already proven themselves just as exceptional and screwball! There is no doubt that their individual talents will bring plenty to the table. It is inherent in the nature of volunteer work that everyone brings with them their own set of skills and strengths and they are no exception to the rule.

As usual we have also included the next month's schedule of social events and trips, along with the top tips for Nepal and the wish lists for all our various placements. This page is especially for future volunteers who would like some idea of how they can contribute further to their placement.

Finally, why not click over and have a look at Projects Abroad Nepal's Country Blog or Facebook and Twitter pages to read about the latest goings-on in Nepal!

Facebook = Projects Abroad Nepal - The Official Group!

<http://www.facebook.com/groups/projectsabroad.nepal/>

Blog = <http://www.mytripblog.org/pg/groups/3014/Nepal>

Twitter = http://twitter.com/#!/Proj_AbroadNP

See you round! ☺

Projects Abroad Team, Nepal

New Staff

Introducing Megan & Chris

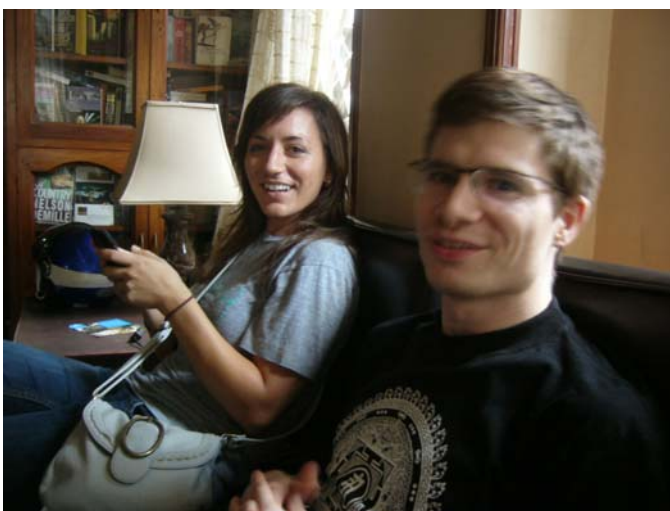
Namaste! My name is Megan Goth and I am the new Desk Officer at our Projects Abroad office here in Kathmandu, Nepal. I grew up in the United States, in the Midwest to be exact, and since I was little I knew I wanted to see the world.

I stayed close to home for university and, in May 2009, I received my Bachelor's in Anthropology with a minor in African Studies at Missouri State University. In reality I could never quite decide on a major but my fascination with people and cultures and my dissatisfaction with the lack of diversity around me steered me toward anthropology.

After I finished university I was still unsure of what I wanted to do for a career but knew I wanted to travel. Therefore I moved to Texas and took a job working as a paraprofessional in an elementary school; I helped teach children with autism and Down's syndrome. I enjoyed living in the center of Texas and being close to Austin but I still felt antsy and needed more travel in my life.

With that in mind I went to Nepal to volunteer for three months after learning of the child trafficking problems throughout the country. Once in Nepal I fell in love with the people. After a few short months it was time to leave the country and people I had shared so much with but knew I had to return as soon as possible. After going back home for two weeks to visit family I returned to Kathmandu to work for the Projects Abroad team.

As the Desk Officer volunteers can expect me to be their main contact before arriving here in Nepal. I can answer questions they may have and if I can't answer something I will find someone who can. I enjoy meeting new people and am adventurous. I hope to visit more of Nepal this time around and plan on doing some trekking in my free time. I also like reading, running, watching movies, rock climbing and swimming. If you'd like to know anything else about me, just ask!



Hello,

After 3 weeks in Nepal, with the winter (and the deadline for this piece) approaching it's time to introduce myself.

My name is Chris Sweeney and I'm the new Medical and Physiotherapy Coordinator for Nepal. I've been a registered nurse in the UK since 2008 and became involved with Projects Abroad after spending 13 weeks as a registered nurse in Ghana with them last summer. I returned to the UK for a year and obtained a PgDip in Tropical Nursing before applying for my current role here in Nepal.

Here is where I mention the obligatory cliché of "I like to travel". I have realized that living amongst different cultures allows me to challenge my own beliefs and prejudices. Changing my surroundings

pushes me out of my comfort zone and encourages me to try and understand other people's ways of life and thinking.

I've settled in pretty well here, the novelty of boiling water in a pan for tea has yet to wear off and I'm yet to experience the Nepali winter of cold showers and little electricity. Although maybe by the time you meet me I'll be sick of Dahl Batt...

See you soon!

A weekend at Snowland Ranag

Superstars in the making by Mathias Muth

On Saturday we saw the big talent show at Snowland Ranag Light of Education School and the kids had practiced hard for many days in order to become Snowlands new superstar.

Saturday morning we began to decorate the playground for the big show in the evening, with special help coming from the younger children who have shown their latent talents in arts and crafts. After we finished the decorations, we made the program for the evening. We had many kids that wanted to partake in the show, so we got a rather large program with dancing, singing, acting, skipping and playing various instruments, while also showcasing some more special and hidden talents such as all the tricks one could do with a soccer ball.

Once it was time to prepare the stage we got all the necessary equipment like skipping ropes, a sound system (something like a very old CD player) and the instruments.

The evening came and the kids started becoming nervous as large crowd gathered; so we tried our very best to calm them a bit down...sometimes chocolate is very useful!



Everything was ready, the audience took to their seats, the judges sat down, and the moderator started the show.

It was Sushmitas' turn first; she was the youngest of our single probates, skipping till she could skip no more!

"Well it's time for some acting!", our moderator said. And we were treated to the history of Dashain told in a very funny way.

When they finished their show it was time for the volunteers to show their talents. Vanessa and Taia sang the Nepali anthem (with a little bit of dancing and acting that had the children in stitches) and Zoe played guitar and sang while Michael played drums. After that we had a really good singer and some awesome dancers.

This was the highlight of the evening for all the kids: the singing performance. She was unbelievable. She sang a love song and all the kids sang with her. When she finished a girl climbed up the stage to show us some dancing. Guys, to be honest, this was amazing; a girl who is usually more than a little shy became a real hip hop artist.

I really don't know where she learned this but respect!

The big finish came and with it the marvellous Khai-Thai with his band of small princesses, ending up winning the contest hands down...although not without some scandal! It was definitely unfair and no contest, 4 year old girls in pink dresses, crowns and the sweetest of all smiles will win every time!

As the show was finished all the kids were really happy and laughter had taken over the crowd.

The talent show was great success, hopefully we can do this again, to find Snowlands' next superstar!

All hands on deck by Mathias Muth



On October 15th Projects Abroad organized a “dirty weekend” at Snowland Ranag Light of Education School.

Twenty volunteers stationed all over Nepal came together along with the staff members to Snowland to build brand new shower facilities. It was a day full of hard and dirty work, such as mixing cement, building walls, cutting wood, and bricks, etc but by the end of the day a large amount of the building had been completed.

Once the final touches are finally finished, the kids of Snowland will have the chance to have properly clean water and take a hot showers in the winter time.

We, the volunteers from Snowland, want to say “Thank you!” to all of you guys that gave us a helping hand.

Recipe of the Month!

Vegetable Thukpa

Thukpa is a Tibetan dish usually eaten during the lunar new year of celebration of Losar, which falls in March most of the time.

Ingredients:

400 g egg noodles
200 g of mixed vegetables
200 g Spinach, washed and cut into pieces
1 cup chopped onions
1 cup tomatoes
½ cup yogurt

Spices:

1 tablespoon garlic or garlic paste
1 tablespoon ginger or ginger paste
½ teaspoon turmeric
1 teaspoon cumin powder
½ teaspoon Jwanu or Ajwain (Lovage seeds)
3 fresh chillies (suit to your taste)
1 bay leaf
4 teaspoons of soy sauce
2 cups vegetable broth
2 tablespoons mustard oil (alternative: use regular mustard sauce with vegetable oil)
Salt and pepper
1 tablespoon chopped cilantro for garnish



Cooking Instructions:

1. Cook noodles in boiling salted water until slightly undercooked. Drain and rinse. In a saucepan heat two tablespoons of mustard oil and add onions; fry until light brown.
2. Add cumin powder, turmeric, garlic, ginger and chillies. Stir well for a minute or so.
3. Stir-fry the mixed vegetables for 6 minutes.
4. Add tomatoes, soy sauce, yogurt, broth, Jwanu, bay leaf, salt and pepper to the vegetable and cook until vegetables are tender.
5. Add the noodles and stew for 3 more minutes and add spinach. Cook for 1 or 2 more minutes.
6. Garnish with chopped cilantro.

World News

Miracle baby in Turkey Earthquake

After the devastating earthquake in Turkey, one story of hope emerged as a newborn baby had somehow survived against all odds. At only two weeks old, the baby was found in the rubble alongside the mother and grandmother; three generations of one family. In times of strife and turmoil, stories like this always lift our spirits. Our hearts and thoughts are still with those that have lost so much.

Wish Lists

Projects Abroad Nepal's volunteers often want to bring items out here for their placements but find it hard to know what the different placements need. We've put together some 'wish lists' for some of the centres and schools to give new volunteers an idea of what is most needed...

DMD Centre (8 boys aged 10-18)

*Games
Bubbles/straws
Clothes
Toothbrushes
THEY LOVE SPIDERMAN!*

Physio Placements

*Therabands
Gym Balls
Exercise Sheets
'Tuffie' wipes*

Snowland Ranag School (160 kids aged 5-19)

*Notebooks/Crayons
Clothes
Shoes
Balls*

Surya Vinayak English Secondary School

Reading books

Anal Jyoti Boarding School

*Notebooks
Pencils/Sharpener
Eraser
Materials for creative
activities*

Life Development Centre

(38 people aged 7-40)

*Clothes
Underwear
Socks
Pens, Crayons, Paints
Pillows
Toothbrushes
Soap*

Patan & Bhaktapur CBR

*Wedge Mats
Floor Mats
Bubble wrap
Blankets
Children's clothes
Games/toys/blocks
Folders/Filing
Medicine Balls
Nappies*

Medical Placements

*If you are
coming to Nepal
to do a medical
placement then
please
remember your
lab coat!!!*

Friendship/Happy or J & K Houses

*Reading books
Creative materials
Clothes
Shoes*

NRH/MSPN

*Creative Books
Reading material
Clothing
Shoes
Towels*

OR...if you would like to fundraise before you leave for Nepal then we can help you to buy things for your placement whilst you are out here!

What to do in Kathmandu??...

More information on these trips will be given nearer the time so remember to check emails and phones for updates!

December 10th –
11th
Mountain biking
tour

December 3-4
The Last Resort

December 17th –
18th
Chitwan National
Park

December 24th
Christmas Eve
dinner

December 31st –
January 2nd
New years
celebration in
Pokhara!

If you have a special interest in an activity then get in contact with the team and we can try to organise a group trip to take the pressure off you! And also Hotel excelsior is very happy to arrange trips or transport if you don't fancy what Projects Abroad have organised.