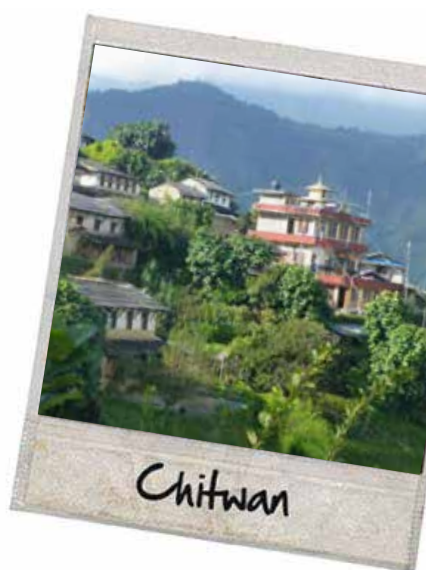




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OFFICIAL NEWSLETTER OF PROJECTS ABROAD NEPAL



Chitwan



Teaching in Kathmandu



Ghandruk

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AMANDA BAKER FROM AUSTRALIA IS SORRY TO LEAVE NEPAL AFTER WORKING WITH MALNOURISHED CHILDREN

Namaste! I have recently returned from Volunteering in Nepal and it was the most amazing experience I have ever been through. Although my time there was short, I will definitely be returning.

The Nepalese people were very welcoming to me and made me feel so comfortable. It was a very big adjustment to have power only for certain times of the day and it was a struggle to adjust to not having hot water, but, this only took a short time to get used to when I saw how happy and friendly the Nepalese people were with such a simple life style.



I was fortunate to be placed at the Nutritional Rehabilitation Home (NRH) to volunteer for 2 weeks. The NRH is a centre for malnourished children who come with a caregiver who is usually a parent. The families attend the centre for approximately 4 weeks where they are provided with food and education for the duration of their stay. Whilst I was there it amazed me to learn that half of the children under the age of 5 in Nepal are malnourished. It was a real eye opener to see how the Nepalese people live and the lack of education about simple nutrition and parenting. It challenged me at times to understand the lack of support

services available to parents and children. The limited resources available made me appreciate how fortunate I am to live in Australia where take so many services for granted.

My Host Family I stayed with was beautiful. My host mum, Ms Jyoti, was very inspiring as she has adopted a number a children and funded them through school. Many of her adopted children lost their parents when they were young or lived in villages where schools were not available to them. Ms Jyoti is the director at the local school where I had dinner most nights of the week. Dinner usually consisted of Dahl Baht, which I learned to quickly love as this mix of rice and curried vegetables is the staple meal of Nepal. One night I spent the night at the local school with my host family learning to cook momos (Nepalese dumplings).

During my time in Nepal, I had the weekends to explore. I was lucky enough to go to Chitwan National Park one weekend with some of the other volunteers from Project Aboard. During the trip we went on a elephant safari, jungle walk, canoeing only to





name a couple of things. It was absolutely amazing to get up close and personal with the elephants and we were even fortunate enough to see a one horned rhino!

I was also was fortunate enough to witness Mt Everest and the Himalayas with a mountain flight. The view of the mountains was absolutely breath taking and I would recommend this experience to anyone who visits Nepal.

I was sad to leave Nepal and the many friends I have made along the way. I wished I could have stayed longer but I can say that I will be returning to this beautiful country again.

VOLUNTEERING FOR THREE MONTHS IN A HOSPITAL IN CHITWAN, NEPAL BY DAVID KOVACS

I had been manually assisting the breathing of a dying trauma patient for about an hour when it occurred to me; this was the kind of work I had chosen to go to Nepal to do. It was my third week at the Chitwan Medical College Teaching Hospital (CMCTH) and just my second day in the emergency department.

As a pre-medical student I spent most of my time in Nepal in the emergency department as it was where I could help most. The doctor had inserted a tube in his throat, and I assisted his breathing. Whilst I was keeping him alive, the family collected the money needed to admit him to the Intensive Care Unit. One week later he was ready for discharge.

Initially I put a lot of effort into getting to know the hospital staff. One of the best ways to get acquainted with people and their culture is by knowing their language, so I did what I could to learn a few Nepali phrases. When I had been at the hospital for a month, I had learned how to insert intra-venous lines, give vaccines, perform catheterization and to take vital signs. I examined an array of patients, and the doctors would take time to answer my questions. I learned how to look for different signs of disease and several examination techniques. My work became a balance between helping wherever I could, and learning from the



staff. There is no doubt that this was the most efficient and exciting way I have ever studied.

When not at the hospital, I was enjoying the wonders of Nepal. There is an extraordinary combination of incredible nature and fascinating local Hindu and Buddhist culture. Trekking in the Himalayas was one of the greatest experiences of my life. It takes time to get into the heart of the mountains, but it is definitely worth it! I



also went with other volunteers to see elephants, rhinos and monkeys in the Chitwan National Park --- the best part was bathing with elephants. On one weekend we went to “The Last Resort” and did bungee jumping and the world’s largest canyon swing. We also went to Lumbini, the birthplace of Lord Buddha and one of the four holiest pilgrimages of Buddhists. While I enjoyed these activities, it was volunteering in Nepal that allowed me to gain an understanding of its people and culture that I couldn’t have seen as a tourist.

After two months at the hospital, I had worked in several departments, but I often returned to the emergency ward for night shifts. Sometimes I was at the hospital for 18 hours straight, taking power naps in the doctor’s duty room. You never know when an interesting case will come

in, so I spent as much time as possible at the hospital to maximize my chances to learn.

During one extended shift, an ambulance brought in two girls who had been in a motorbike crash. One was instantly admitted to the Intensive Care Unit, but the other was kept in the emergency ward as she showed no signs of serious trauma. It was a very busy evening, so by the time someone discovered she’d fainted it was almost too late. She had been bleeding internally from the pelvis and we had to start resuscitation immediately. She was in a very bad condition when we arrived at the ICU and a blood transfusion was given as fast as possible. The family had seen us moving the bed to the ICU and were very upset. We were pleased with the job we had done, as the girl was still alive, and we slept well that night. Unfortunately, she died later that night.

As well as working at the CMCTH, I visited the “Sri Satya Sai Bal Ashram” orphanage once a week. At one point, the volunteers based there conducted a health project for the 14 girls. We examined and made journals for each child, enabling doctors to access their ~~to-date~~ medical history when necessary.



Before travelling to Nepal, I had many expectations but I got so much more out of the trip than I could ever have thought possible. While the work was very stimulating, what really made Nepal special was the people I met and the friends I made. They are the reason that I will certainly return.

DANISH VOLUNTEER TEACHES NURSERY CLASS IN NEPAL BY AMALIE ENSTRØM

My name is Amalie, I am 19 years old and I come from Vedbæk, Denmark.



I worked for 3 months as a care volunteer with Projects Abroad in Nepal. I arrived at the start of February and was transferred to Srijana Nagar near the town of Bhaktapur. My host family was very sweet, and took great care of me and the 3 other other volunteers in the house. I worked in the nursery class at the Himalayan Glory English School.

When I first arrived in Nepal, I definitely experienced culture shock. The acute poverty, the number of street kids in Kathmandu and a lot of garbage in the streets and rivers. Seeing how Nepalese people just live with it, and still hold their heads is an incredible thing to witness.

The children in my class were very sweet. I could really feel that they needed love and support. I showed them trust and when they were sad they always came to me. The students and teachers seemed to enjoy having me in their classes, and I enjoyed being there with the children because they were always laughing and smiling.

It was really hard to say goodbye to the children at the end of my placement, because you connect with them and their honest nature so quickly.

The weekends were always fun! You get to meet new volunteers and explore Nepal on the trips arranged by Projects Abroad. If you wanted to go somewhere exciting and beautiful every weekend you could because Projects Abroad arranges so many trips to places including Pokhara and Chitwan national park.

It has been amazing to travel with Projects Abroad! This trip has been beyond my expectations. Everything and everybody made my trip so much better. My English has improved and now I have friends from all around the world. I will definitely come back - Nepal is my second home.



KATYA KLINGNER FROM GERMANY VOLUNTEERS AS PHYSIOTHERAPIST IN NEPAL

3 Monate Nepal, davon 2 als Freiwilliger mit Projects Abroad und das 1. Mal in Nepal - kurz gesagt: viele Erwartungen und absolut keine Ahnung!



Bei meiner Ankunft Anfang Januar gleich die erste Ueberraschung - es war kalt (ok, das war klar), aber sooo kalt!? Gut, dass mir jemand nach der ersten durchfrorenen Nacht gesagt hat, dass sich im Schrank zusätzliche Decken befinden. Die 2. Nacht war deutlich wärmer!

Mit Projects Abroad lief alles super - pünktliche Abholung vom Flughafen, informative Einweisung, Einführungstour durch Thamel (mit wichtigen Einrichtungen wie Restaurants und Internet-Cafés), und am zweiten Tag war ich bereits unterwegs nach Bharatpur, Chitwan. Dort sollte ich die nächsten zwei Monate arbeiten und leben.

Die 6-stündige Busfahrt war ein Erlebnis - Serpentinstraßen und Überholmanöver, wann immer es möglich war, also auch am Berg, in Baustellen oder in Kurven! Bis zum Ende meiner Zeit in Nepal fand ich die Busreisen aufregend und abenteuerlich.

Meine Gastfamilie war sehr nett, und dank guter Englischkenntnisse gab es keine Kommunikationsprobleme. Auch mein Zimmer, welches ich mir mit einer anderen Freiwilligen teilte, war groß und in Ordnung. Gewöhnungsbedürftig war das Badezimmer - das Fenster nur vergittert und nicht verglast, keine Heizung (in keinem der Räume), kein warmes Wasser und selbst tagsüber nicht mehr als 8 Grad. Da reduziert man das Duschen schon gern mal auf 3x die Woche!

Meine Projektarbeit teilte ich zwischen einem Heim für behinderte Kinder, einem kleinen Krankenhaus und einer Abteilung für Querschnittsgelähmte auf. Da hatte ich gut zu tun, konnte mir meine Zeit selbst einteilen und besonders den Patienten helfen, solange ich wollte! Dass ich beim Therapieren oft von 2 – 10 (!) Angehörigen und anderen zufällig Anwesenden (andere Patienten und deren Angehörige, Krankenschwestern) beobachtet wurde, machte mich anfangs sehr nervös, später fand ich es nur noch witzig und hätte zugern mal ein Foto von dieser Situation geschossen.



Daran, beobachtet zu werden, sollte man sich gewöhnen. Wenn man die Straße entlang läuft und Kinder aus dem Haus gerufen werden, um dich anzusehen und dir zuzuwinken, wenn Gespräche verstummen und Radfahrer anhalten um dich anzustarren - dann hat man keinen Spinat zwischen den Zähnen oder Zahnpasta auf der Wange, man ist einfach nur weiß und groß und vielleicht noch blond! Kuriosität Europär! Aber alles immer in einer sehr freundlichen Atmosphäre, und man ist immer mit Winken und "Hallo"-Rufen beschäftigt - da wird der Spaziergang nicht langweilig!

Tja, und wenn alles neu und fremd und aufregend ist, vergeht die Zeit natürlich wie im Flug. Dinge, die mich anfangs schockiert hatten (schmutzige Straßen, der Verkehr, nepalesische Höflichkeitsregeln ...), waren am Ende normal, und ich fand und finde bis heute das Leben viel spannender als im geregelten Deutschland. Besonders der Verkehr - in seiner scheinbaren Regellosigkeit - funktioniert ueberrschend problemlos und viel entspannter als daheim (kein Fluchen, keine Wutanfälle). Und eine Fahrt mit dem Tuktuk ... außen an der Tür hängend ... nepalesischer kann man seinen Tag nicht beginnen.

Wünsche allen eine tolle Zeit in einem tollen Land.

UPDATE: DONATIONS HELPING CHILDREN IN NEPAL BY ALEX COURT



Last month Projects Abroad Nepal started encouraging volunteers to bring reading material with them to donate to placements. Our goal is to improve literacy and also encourage young children under the age of 10 to love books and reading. Even if you're not volunteering with children it would be greatly appreciated if you could bring a book or two written in English with lots of colorful pictures.

Suzanne (pictured left) is volunteering as a physiotherapist in Chitwan and bought a fantastic book which is being put to great use!! Thank you Suzanne.

We also need to thank Sarah Marshall (pictured right), who raised an impressive \$8525! The lion share of this donation has been used to help the MSPN centre for Children with HIV and AIDS. A portion of the money bought furniture for the Nutritional Rehabilitation Home, and another part has gotten stationary, toys and medication for Patan Community Based Rehabilitation centre where Sarah has been working as a physiotherapist. This incredible generosity will have a lasting impact and is greatly appreciated!

