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Summer 2019

Newsletter No. 43

Dear friends,

This newsletter is dedicated to the end of an era and a new beginning because after almost 12 years of care in our children's home, Navaraj Budhathoki and his parents gave up their work in the middle of February at their own request and returned to their village in the southwest of Nepal (near Nepalganj). His sister and brother had already left us last year to go abroad.

With two hands full of children, Navaraj and his mother and younger sister began working for us on August 1, 2007. When his father and his younger brother joined us, the family business was complete. Under Navaraj's guidance, they devoted themselves to their new task from the bottom of their hearts and wanted to accommodate more and more children due to the great need, so that today we house and care for 164 children from kindergarten to self-employment. We are very grateful to Navaraj for the work he has done, for the development and expansion of our children's home, and for the care he gave to the children. He was an ingenious organizer, the kids liked him and he liked them as well.

Through him and his family, the children have gained their life-shaping experiences, which – just like our own family experiences - are both positive and negative in nature. The positive experiences have prevailed because the children did not find it easy to see him go.



The farewell pain was alleviated by the fact that our children were already familiar with our new staff and, with one exception, had already held other positions in our facility. In addition, Navaraj had structured well the daily lives of the children, so that everything - just without him - could continue its course in daily life.

Except for our house parents, a more mature couple, our new leadership consists of young men under the age of 30. 29-year-old Rajesh Adhikari, who is from the rather poor district of Ramechhap, is mainly responsible for our organization. He came to us four years ago, initially as a pupil of the 11th and 12th grades, together with his younger siblings and a nephew, Rajesh comes from a family of 12 children, five of whom are already dead. Since the age of 3 he had to help at home and from the age of 6 he had only attended school for four years when his parents sent him to

Kathmandu with an uncle. The father did not earn enough to support the family. Rajesh should earn his own living from now on, and if possible, even send some money home. The uncle took the nephew with him to the city, where he saw cars and other vehicles for the first time, which also amazed and frightened him. But instead of taking the boy home, he dropped him off at a temple and left him to his fate. Rajesh fought his way through the next few years with all sorts of jobs from dishwasher to construction worker and dealer to rickshaw driver. For lack of a room he even had to sleep in his vehicle for about a year. When he was about 15 years old, his life took a fateful positive turn. In his rickshaw he carried a Danish tourist, who from then on supported him financially and personally and became like a second father for him. At the age of 23 Rajesh started to go to school again. Meanwhile he has achieved British A-levels because one can acquire also a foreign high school diploma at certain private schools in Nepal. Rajesh slowly grew into our organization.

Anish Ghimire is the youngest member of our leadership team. He and Rajesh were classmates from the 8th - 10th grades. While our children are in school, he is attending a university to earn a bachelor's degree in economics. Anish comes from a middle-class family in Kathmandu and feels at home with us. Since he has achieved both a secondary school and a high school diploma with honors and with a focus on natural sciences, and since he radiates a lot of natural authority and is much taller than everyone else, he is very well suited as a care giver for our older children.



Tilak Bohara comes from a bitterly poor family from the very poor and backward district of Jajarkot in the west. He grew up together with Navaraj in the Asha Ashram (orphanage) of the French association. With a Bachelor's degree in his pocket, he didn't just want to sit around at home as an unemployed person, but decided to help us because a nephew of his was also staying with us. He started out with us as a volunteer and is now a permanent employee. With a lot of dedication, he takes care of our lively youngsters from kindergarten age up to and including 4th grade.

Krishna Nepali has a bachelor's degree as an engineer, but unfortunately has not yet found a suitable job in his profession. In his spare time, he makes small flying devices with which he catches the admiration of all children and adults. He is also artistically very talented: he taught himself how to play the flute on a Nepalese flute-like instrument. He also makes beautiful pictures with straws. Some time ago, Nepalese television presented this young man in a TV show. He also comes from a very poor family in Dhading and had to work his way up the ladder.

Sunil Khanal was employed as a math teacher at the children's school and was also the pedagogical director there and supervised the school's boarding school. He also worked his way up from poverty. He is in charge of our young people who are working on a bachelor's degree, are doing vocational training or are attending the 10th-12th grade. He lives with them in our third house where, until the end of November, we only had our two apartments for our oldest kids. Since the owner of the house moved out for health reasons, we rented the whole house because we needed the extra space.



Durga, Melina and Saru

In addition, we employ three Nepalese by the hour, who help with and supervise the children's homework and sometimes participate in leisure activities: Durga Dawadi, who also grew up in the French association, and the two women Melina Poudel and Sarmila Basnet, called Saru. They guarantee continuity because our foreign volunteers are only allowed to stay in Nepal for a maximum of five months per calendar year. A very nice and mature American woman has just finished her volunteering with us.

With our large group of children, it became necessary to have medical care in the house. Already under Navaraj we hired a "health assistant", a male nurse, who, when he works in Nepal outside of the Kathmandu Valley, has to do a lot of the work that a doctor would normally do since no physician wants to practice in remote areas. Sukram Chaudhary also grew up in the French association.



Sukram Chaudhary

At the heart of our houses are our house parents Hari Devi and Dal Bahadur Rawat.. Hari Devi was our very first cook, who has literally cooked for all of our children and therefore knows all of them. Her husband, who is now unemployed for health reasons (Sherpa), started helping with the homework for our younger children last year. The two of them take care of the children touchingly, and the children have fully accepted them in their new function.



Hari Devi and Dal Bahadur Rawat

For a long time, the SWC - the Nepalese Youth Welfare Office - has been asking us to separate our children according to gender from the 4th to the 10th grade. The municipal administration also started to blow this horn. Now we have complied with this request. The boys are now in our old Dhapasi house, next to which the sports field is located, so that they only have to storm out of the house to let off steam. Together with the small children, the girls now have the yard in our second house to themselves and have space to play without them being challenged by the boys.

As already mentioned in the last newsletter, Ashok Dahal and Jay Prakash Bohara are attending the international 10th grade at the Friedrich-Schiller-Gymnasium (German school) in Marbach am Neckar (near Stuttgart, Germany). For this newsletter they have written short articles about their life here in Germany in German, which we translate for you into English. Sorry, their charm is lost now. Their German is quite good and we are very proud of how well they have learned German and congratulate them from the bottom of our hearts on this success.

Ashok wrote: "At school I like German best because I can learn and speak a lot. It's fun to be at school. In Nepal the school is completely different. In the tenth grade we have to get up at 5 and stay in school until 6 in the evening. That is of course very exhausting. And the students don't speak as much in class as they do here. In Germany I get up at 6 and have breakfast. After that I go to school. And after school I do my



Ashok and Jay Prakash

homework or if I have no homework, I play football or guitar. I learned a lot here, for example cooking, cycling, swimming, repairing bicycles and skiing (Austria). Yesterday I learned how to make strawberry jam."



Jay Prakash with his host family

And Jay Prakash reports something similar: *"In the beginning everything was new for me: the streets, the cars, the houses and everything. Especially the streets surprised me.*

At school my favorite subjects are sports and German. I think learning German and doing sports is great. In Nepal we don't have gym class. I think that's a pity.

I learned a lot here, for example cooking, cycling, swimming, snowboarding, motorbiking and baking cakes."

In August, the two of them will return to Nepal to complete their A-levels. If the German Foreign Office plays along, two new young people will

come and take their place because the host families and the school were so taken with the behavior and willingness of these two boys to learn, that they recommended that we continue the program.

If you live in the U.S. and want to support this organization you can do so by sending a check to the following American organization that is kind enough to transfer your contribution to our account in Nepal and to issue a tax refund slip to you.

Nepal Hope 38112 Young Drive, Fremont, CA 94536

Please, specify our organization by stating "for SHN." "SHN" stands for Self Help Nepal, the name of our organization in Nepal.

We still have room for new interns/volunteers. Just contact us by e-mail.

We are also urgently looking for more sponsors for individual children. Sponsorships start at 35 Dollars per month. A 100% of your donation goes directly to the care and education of the children.

You can find out more about this and other topics on our website which is also in English. Just click www.homeofhope-nepal.com or if this doesn't work ,click the German website www.hausderhoffnung-nepal.de and switch to English.

Finally, we thank you again for your valuable donations and please stay loyal to us because we urgently need your support.

Kind regards and yours truly,

Ellen Dietrich



Ahok's host family with Ashok & JP