

Newsletter 2023 with overview 2022



Himalayan Projects vzw

Leiselestraat 138, 8200 Sint-Michiels Belgium

☎ 00 32 (0)50 385704 📠 0488 380 277

Projectrekening Bic: BBRUBEBB - Iban: BE14 3800 1081 6783

Himalayanprojects@gmail.com - www.himalayanprojects.org

Namasté dear donors, sponsors and sympathizers,



2022: finally a 'normal' year or not? The Corona crisis seems to be fading away or we are again experiencing a lot of setbacks with war, crazy prices and looming shortages that are not actually there. Consequence: there remains an atmosphere of fear for what is yet to come to us? And in Nepal for the Nepalese?

In that Western hemisphere you have to recharge again and again to alleviate the traditional problems in other parts of the world. That fear also results in fewer funds, less attention for the vast majority of this Earth population, who have always had a much more difficult time and have no difficulty understanding even about global warming, because they usually live in survival mode. By the way, also here driest winter ever with all the dust pollution that entails. Nevertheless, all electricity is generated by hydroelectric power plants, which are now 72% less active due to melted glaciers. Where does this all lead to?

Fortunately, the (treasure) rich can now also buy a Tesla in Nepal and you'll find hardly any plastic bags in the tourist shops these days.

And, the Nepalese farmer, he burps on. Sends his children to cheap understaffed and underserved public schools and postpones dental and medical care as long as possible. That's why we, those little 4th pillars, we call them in Belgium, remain desperately needed. To hand out as many help as we can and just as important to offer them examples and hope.

Quality education remains a point of contention, which is why we are also going to work with other NGOs to bring in more expertise. To work more structurally and to increase scale. With 'Nepali Children' from the Netherlands and 'Jana Hitaishi' from Hemja, we can focus more and, above all, keep working, even if we have to be in Belgium as well for paperwork, info stand and school activities and to look for new funds.

Following is our report on what we accomplished with your support in our 25th year of development. "Ripples in an Ocean of Mountains"!



Kind regards from rapporteur Paul Vande Moortel, and Dr. Jan Dryhoel, together the Bsurre team and new partners: Jolanda Bijl and Boddharaj Adhikari. Happy reading!

Main topics:
At last our Medical Camp:



Computer classes in 3 schools:



Our new partners:



Volunteers are back:



Finally on the road again with our Bsurre team!

With the pandemic largely under control, we were finally able to tour the Himalayan mountains again with our free medical and dental camp. It was good, especially for some patients who deprived of reliable and affordable medical care for years were desperate to get some urgent treatment.



Joined by our Nepalese nurses Sharmila Pun and

Sasina Purja we went out to serve 6 villages for about five weeks and to help about 1500 sick people. With our pick-up that had to endure the weather, 13 flat tires (of which 3 at 2 km) and a dislocated front axle coupling. It was mostly bumping and colliding along sometimes newly constructed hydropower roads or narrow fit only for the local Indian jeeps. A challenge, day in, day out. However, Oh so beautiful views and with cordial encounters. For example, I met a man we helped in 2015 just after the

earthquake 200km away and who had now moved here. He hadn't forgotten us and was still very grateful, even though I, myself had forgotten all about him. Heart-warming to feel the impact we can have.

After two years of no activity, it was difficult to get going again. All medicines had expired and had to be repurchased. Our supplier forgot to include many of important items such as antibiotics, so often we had to travel far away to find some pharmacist. Sometimes we couldn't resulting in sick people going home without proper medicines.

During our first stop, it rained non-stop for four days, resulting in many broken roads. Our next stop in distant Mudi had to be canceled and we had to redo our entire planning, inform everyone, etc.... Since we put up placards in those villages in advance with the dates, they all had to be adjusted and with the festivals in between, it was tense to get everything to get back on track. It is all going to be tough for a doctor so we really hope we get reinforcements. A true-life experience, guaranteed!

Towards the end, a boy from Dana literally fell off the mountain and came to us for emergency aid.



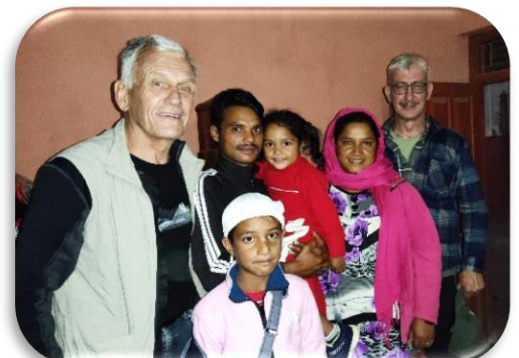
Our call for emergency aid answered enthusiastically!

6 o'clock in the evening and I come to pick up the team to clean up and take it to the hotel. Panic in the room because just like a boy Shagun B.K. brought in with severe head injuries in six places. Broken scapula and maybe still nosed ribs and whatnot. After urgent care (picture left) to sew up all the wounds and stabilize his shoulder, we organize his urgent transport to a hospital four hours away, where they refer him to another one, because busy holidays, most doctors on leave... So a public hospital then.

That poor family has no funds so we advance them. After a message on our social media, many people come to financial aid and we can also provide his aftercare. Months of rehabilitation and several hospital visits (4 hours drive and stay in Pokhara) later we are happy to report that the boy is improving very quickly and despite a hole in his skull (see insert photo on the left) there may not be a need for cranial surgery. So, good news for this boy!

With the surplus of the funds we also help a terminal cancer patient in Salanggiri who needs expensive Western medicines: €20/md + hospital visits.

We would like to thank everyone for their extra effort to make this possible. Where would we be without you ?



Report from our 'perfect' doctor: Dr. Jan Dryhoel.

Finally, after 2 years of corona epidemic, flight ban, hardly any school actions, stand work or benefits in Flanders and no medical camps either. Now we can pick up the thread again because many villages that we were unable to help are now eager to welcome us as we are desperately needed indeed!

My short account. The requests are so large that we had an overcrowded program with many trips to provide as much support as possible. But, as said before, in Nepal you always have to wait and see if everything can go smoothly.



After an expensive and stressful flight via Istanbul, I arrive in Kathmandu at 6 am where my driver and chairman is waiting for me with the pick-up, to drive 12:30 pm to Pokhara for 200km (Paul was also there the day before 11:30 on the way to Kathmandu). In the meantime, our program changed dramatically due to a monsoon spur with numerous landslides and therefore interrupted roads as a result.

After finally a good night's sleep in our headquarters, we start with a thorough inspection of the equipment and purchase of medicines. After repairing the tires of our jeep, we can leave. Arthunge, near Beni, is our first stop and we are fortunate to have our local Nepalese nurses again.



After 3 days of hard work, we leave for Chinkola; Only 13 km, but to our horror, what a road. Again many problems with the car. The roads have not improved in recent years, resulting in a major ash breakage. But no problem in Nepal, a few jeeps with villagers arrive and transfer us and the luggage so that we arrive at our base in time.



Since our next villages are not accessible by road, we have to drive back to Pokhara. Refill equipment, wash the car, and head back on a route with countless land slides to Dana. A lot of work back, staying in a decent hotel, albeit without hot water to take a shower after a long day.

It is here in Dana that we were confronted with the accident of a 10-year-old boy, which has been widely e-mailed, and for which we are grateful that our appeal for support has received a massive response.



Doba, Chitre, Salanggiri: All known posts where there was a lot of work to do. Usually long days, but with the help of two dedicated nurses, who occasionally remove a few teeth under supervision, it is quite doable. Here too we decided to give a terminal patient life-prolonging, but expensive medicines. 160 euro per month is a whole month salary for many if that.

It doesn't matter how many patients we have helped, but the need for medical care, especially for the elderly population, is great. It always remains a difficult task, who to help and who not as queues remain long towards evening. Heartbreaking to disappoint some as we have to leave for our next village. As you can conclude, we need reinforcement.

With fellow volunteers we can treat many more waiting patients who sometimes come from far away on foot.

That's why we call again to support us as much as possible, both here and in Nepal.

Greetings, Dr. Jan, Bsure-Team



Computer classes: three schools in one go.

Generally, public schools seriously lag behind in terms of quality education and equipment. That is why we are going the extra mile to pull the cart here and there to reduce this imbalance. For example, there is already so much discussion and pain points here in Flanders. Nepal by comparison are decades behind. With grants from the City of Bruges and the World Magar Federation Belgium, we were able to supply a lot of computers.

The 'Shree Gauri Shankar Secondary School' in Hemja, Pokhara.

For about 500 children we installed a real computer classroom with all the trimmings: 20 computers, projectors, furniture and chairs, including the vinyl floor to control the dust. We handed all this over at 38 C° in the shade! Melting for a good cause, though.

The 'Shree Jayanti Sec. School', Bhakimele, Beni (Myagdi).

Three hours drive to Beni, the capital of Myagdi district and then 1 hour off-road on a narrow earthen road 600 meters steeply up to install 20 computers and equipment here as well. After years of helping to build this new school, we can finally improve the quality of education, which is our ultimate goal, after all.

And so, these 'peasant children' are now also getting acquainted with the 21st century as we have already been integrated with it for quite some time. We wish them a lot of 'educational' pleasure!

The 'Shree Saraswati Lower Sec. School', Ghushang in Rolpa.

Very far in the west and deep in the mountains (8 hours by bus and then another 6 hours on foot) is a school up to the 2nd grade secondary with 390 lln. Very poor and closed off area where the children yearn for better and modern education. No private schools here because there is no money to be made. Everyone lives off subsistence agriculture and now have this high on our list of goals to help these people too.

As a first step, we have already delivered 5 computers to give the teachers a start to familiarize themselves with computer education. There is no internet and the electricity comes from a generator powered by water from a small river, but it works. We hope to expand this project further next year with a complete computer class.

Since we were only able to complete this project a few days before our return, **Birman Ghartimagar**, member of the **World Magar Federation Belgium** from Leuven, brought the assembled computers all the way from Kathmandu to Pokhara and then also to his village (5 days there and back). are therefore very grateful to him for helping to realize this in just in time.



Gauri Shankar Sec. School.



Shree Jayanti Sec. School.



Shree Saraswati Sec. School.



Following our long ongoing project in the Shree Ambika School in Suikhet.



This year we were very active in this school: opening a sanitary building, waving goodbye to a 1st badge graduate computer engineering student. Laying new carpets for the pre-schoolers, providing educational material and support for poor but promising students.

First-of-all, we introduce you to the new sanitary facilities that we were able to build with a grant from the Province of West Flanders. Keeping it clean is still a problem due to the endless dust in the dry season and mud in the monsoon, for which we are all looking for solutions because the playground is huge and next to a busy road.



This year we are finally paying off the loan for the school bus with a special grant from the Province of West Flanders. As a result, the school has doubled in number of students (+750!) and it is all hands on deck to offer all these children equal and quality education.

The Corona crisis has seriously cut into our budget and generating new funds with local actions, stand work and workshops was hardly possible in Belgium. With the support of the Municipality of Beernem, we were able to provide educational material.



The carpets in the kindergarten classes also needed to be replaced and this time we opted for vinyl because it is easier to maintain. The dust from the playground is so ubiquitous that it can no longer be vacuumed away. Three buckets of dust filled!

In 2019, we installed a computer class with support from the Province of West Flanders. This year our first 3rd students gladly dropped out of computer engineering at this school. We hope they go far. Congratulations to: Ankeet Adhikari, Sushma Karki, Susmeeta Adhikari, Kabita Adhikari, Khari Maya BK, Sabina Adhikari, Sandesh Dahal, Chadani Nepali, Isha Rana Magar, Puja Nepali, Sujata Poudel, Sheeta Thapa Magar.



Just before our departure back to Belgium, we were ceremoniously invited to the annual Parents Day party. Enjoyable and with delicious food.



For the sponsored children, we now work together with a Dutch and Nepalese local organization, which we herewith introduce in detail on the following pages.

A new collaboration and new challenges.



For 25 years we have been busy making structural improvements in the Himalayas.

New!

After years of being almost alone with all the complications that entailed, we have finally succeeded in finding a worthy and reliable partner in developing our vision and objectives. Experiences and other insights also bring innovation and increased results. With the years of help we bring and the majority of our Study Fund budgets go to the Shree Ambika school, it turned out a Dutch foundation was also working here.

After many meetings and discussions, we decided to work together. In their hostel for placed children, we sent some volunteer-teachers and donated educational materials to confirm our synergy. We hope for many years of positive cooperation. There is not only the Dutch foundation, but also a local Nepalese NGO that will also be our local representative for mainly our school and related project work. Let's introduce them:

The Nepali Children Foundation from The Netherlands.



This foundation was established in 2016. The board believes that children are the future of a country and that children are therefore the basis for the development of a country. The future of Nepal rests in the hands of young people. They are therefore the main focus of this foundation.

The objective is to offer underprivileged children in Nepal the opportunity to follow education and/or study in a safe environment. A Nepalese partner organization was also set up for this purpose:

The Nepalese local Jana Hitaishi Foundation not only carries out all activities for children in its Nepali Children Hostel in Suikhet, 16 km from the medium-sized city of Pokhara. Not only their education with full scholarships, but also the substantive and practical support of and their family. She promotes awareness processes about nutrition, hygiene and brushing teeth...

From 2023 she wants to shift her focus to family support activities so that children no longer have to be placed out of their homes. Jana Hitaishi believes it is necessary to achieve the goals that match the insights, habits and values of the people of Nepal. And, wants to cooperate as much and as well as possible with related institutions that are active in the same country.

The Nepali Children Foundation also shares this vision and will support it in every possible way. Moreover, it also starts a collaboration with the Belgian Himalayan Projects ngo, because they are both active in the mountain village of Hemja/Suikhet. Both organizations support the government schools there. This soon led to the question of how we can join forces and thereby do even more for the children in Hemja.

In Hemja, many families have moved here from the mountains for economic reasons. But here too life is not easy for them. They can hardly keep their heads above water because they often work on a daily wage basis and have irregular income. This entails many worries and tensions, which also leads to other problems such as addiction problems and violence.

Nepali Children and Himalayan Projects want to structurally help these dysfunctional families. A Family service is set up for this. Families can use this for up to five years. During this period, they are taught numerous skills, they may receive extra (job) training and they are helped to find work. Awareness and sensitization such as children's, women's and human rights are also discussed, taboos around e.g. menstruation and so on.



Jolanda Bijl: a driving force in Hemja.

One day I woke up after an intense dream. I dreamed that I should travel to Nepal. Why? That was completely obscure to me. But when I got there in 2015, it quickly became clear to me.

The very first time I, Jolanda Bijl, came to Nepal, I immediately felt at home. Like everyone who visits this country, I experienced the hospitality. I will never forget the warmth, attention and help these people give. The sincerity with which they do this penetrated every fiber of my being. This made me feel that I want to come back to this sun-drenched country much more often.

But how can that be achieved?!!

The idea was quickly born when I started talking to Nepali about this: many Nepali depend on tourists for their income. The plan to organize trips was therefore quickly born. I didn't just want to organize trips, but trips with a special purpose. By traveling around the country, it soon became clear to me what this goal should be: helping children who cannot attend education due to economic circumstances.

On one of these trips I met young children working in the small mountain huts. Their prospects are to continue doing this hard work for the rest of their lives. Nepali Children was born from this awareness: young children who have the potential to do everything for the country but are limited by poverty deserve a chance to build a future. An opportunity that is impossible due to their situation. Since then I have been working with heart and soul in Nepal.



Introducing our new local rep: Bodharaj Adhikari.



Suikhet, now part of Hemja is the village where Bodharaj was born in 1985. This village is located 16 km north of Pokhara. Bodharaj is a guide from the age of 17 and this is also how he met Jolanda in 2015. Bodharaj has been involved in social projects since his school days. He was chairperson of the local library and did voluntary work in various foundations. His heart goes out to social work. In particular, he wants to help children who really need help. He concluded that the Nepali Children Foundation is a good platform from which he can work to help children.

He also noticed that Jolanda works from her heart and that the projects started are successful. Another advantage for Bodharaj is that Nepali Children is active in Suikhet. He knows better than anyone that the self-sufficient farmers living there have enough to eat, but have a lot of trouble every day to make ends meet. Usually there is not enough money to let the children go to school, give adequate health care or to buy every day needs.

Bodharaj Adhikari is a board member of Nepali Children. He has a large network in the working area of Nepali Children and is an important pillar for the development of activities in all respects. He is the founder of Nepali Children Hostel funded by Nepali Children and is the president and founder of the Nepalese partner organization Jana Hitaishi Foundation.

Bodharaj has a full-time job at Nepali Children. He also works as a guide when you book a trip through Jolanda, is involved in all projects of Nepali Children and assists Jolanda with advice and action. From 2023, he is therefore also the Nepal school manager for Himalayan Projects ngo.

After a long time: new volunteer teachers at work in Nepal.

Fortunately, the corona is on the way out and again we can count on a number of volunteers for useful work of which there is plenty in the Himalayas. High in the mountains or on the plains: abounded choice. Here's their report:

Annie & Nadine in the Nepali Children Hostel, Suikhet, Pokhara. Autumn 2022.



When we were looking for a project in Nepal we stumbled on Himalayan Projects ngo where we could volunteer for a month. We are retired teachers/speech therapists and previously we were in Kenya and Peru.

We were looking for a small-scale project where we can use our knowledge and experience. We want to live and work close to the people so that we can get to know the country from the inside and after the four weeks of voluntary work we also want to travel around the country.

Initially we could go to one of the schools supported by Himalayan Projects, but when that turned out to be a bit difficult to implement in practice, Paul came up with the proposal to meet Jolu (Jolanda Bijl) and Bodharaj Adhikari of the Nepali Children Hostel .

The introduction in Rotterdam went well; every year Jolanda - a Dutch lady - comes 'home' for five weeks to support the fundraising for her projects in person and so we left for Nepal on Oct. 11th.

Our daily work was as follows:

Get up at 6.30 am; help with homework and from 7 am sharp, we ate our first rice meal (Dal Bhat). At a quarter to 9 am till 9.30 am the children left for school by bus. At 4 pm they came back and we ate our second rice meal (Dal Bhat) together. From 5 pm to 7 pm a second round of homework followed. This, 6 days a week as Saturday is the official day off in Nepa. So, there was only homework in the morning, not in the evening. Time for us to explore.

We experienced the holiday period around the five-day Tihar festival and took part extensively in the festivities with song and dance in the street, with illuminated houses and with oil lamps everywhere.

In Nepal there is sun from sunrise to sunset so we ate and worked outside, the 13 children grouped themselves a bit according to age and our 5 'pupils' were about 10 to 12 years old, their names: Bandana, Ranjan, Keshav, Semal and Bibek.

We worked specifically with these children, we mainly helped with English and Mathematics; we also tried to teach them study methods in which we mainly emphasized understanding the content, working with structure, planning and gaining insight into the subject matter. It is evident that we built a unique bond, an unforgettable warm affection for these treasures of children.

The government decided that English is an important language for the Nepalese and so, in addition to studying in Nepali, much attention is paid to the knowledge of English.

By the way, we noticed that all young people spoke good English with us (on the bus, in the city, on a trip).

About the organization and content of the education system in Nepal, about the state and private schools, etc... we would like to say to put up a tree, but that is not the goal of this article.



Continues: the report of Annie and Nadine in Hemja, Oct.-Nov. 2022.

In any case, we learned a lot from Jolu and Boda about the ins and outs of Nepalese society, the pros and cons...

We had enough free time to get to know the area and the city of Pokhara and the Lake Side, we made a mini-trekking along the Annapurna, we extensively discovered the valley of Kathmandu and the capital itself. In short, we had a wonderful time and enough time to get to know the country better.

The purpose and goal of Nepali Children is to give these children opportunities, to give them a good education and to make them understand the importance of this. The children are either orphans or come from socially and emotionally disadvantaged families. In addition to bed and bread (rice in this case!), the hostel also provides them with a warm home that promotes their emotional well-being. They live like brothers and sisters, there is time for study but also for play and fun trips, the bond with home is never broken.

There is attention for 'education', but also for moral values such as honesty and friendship, respect for each other and for educators, attention for nature and the environment, etc. ...

Jolu and Boda form a unique tandem that represents both the Western and the Eastern world and who closely and on the spot watches over not only Nepali Children but also many projects that they have under them and for which they are developing many plans!

Paul and Jan were active in the mountains of Nepal during the first period of our stay, the dentist round of Doctor Jan is very busy and means intensive work in areas that are difficult to reach and we heard that the long journeys were very time-consuming.

Yet we met on the Lake side where we celebrated Jan's birthday with a boat trip cum climb to the Peace Pagoda and a nice dinner. We are also both very pleased with the news that the collaboration between Paul and Jolu, which was partly due to our efforts, is currently being expanded!

Finally, a word about Nepal, this wonderfully beautiful country where the silhouette of the Himalayan mountains, the roof of the world, is always prominent (40 peaks above 7000 meters and 9 above 8000 meters). The sunlight is filtered through the beautiful ice crystals of this mass of snow, resulting in a beautiful light that, in combination with this powerful backdrop, gives an incredible energy.

The mainly Hindu population shows a rarely seen warmth, joviality, friendliness, joie de vivre, straight-forwardness and openness that we personally experienced during our stay.



A top destination and a top stay!

Our Study Fund.

Now that the cooperation with Nepali Children and Jana Hitaishi has already been put into practice, we can follow our sponsored children more closely and guide them better in this defining stage of their lives.

For example, we have also included two promising but poor students in our study fund from the Gauri Shankar school (as already mentioned before). In addition to the school fees, they also receive clothing and extra lessons and gifts for good school results as extra encouragement. Raju Yadav and Roshis B.K. (15 yrs) are the best students in their 2nd grade but of very poor background and low caste.

All these children go to different schools across Hemja and are visited every three months. However the waiting list of needy children is long, too long. **We are welcoming more sponsoring and new sponsors.**

Short news about some other of our projects.

- **Gunsha Medical Post** in the far east at 3860m: Although we are ready with a grant from the Province of West Flanders to better equip this post and hold a medical camp there, we were unable to visit it this year. The distance and timing were off as these villagers were at last again able to start a full tourist season and were very busy starting it all up. Husha is located at the crossroads for the treks and climbs around and on the Kanchenjunga (border Tibet and Sikkim-India). Better luck this year as it takes 2 weeks to visit.
- **Salanggiri: water project.** Starts very slow. An advance has already been given, but numerous (bankless) discussions about the construction site of the storage tanks, of which a few square meters of private land must be obtained, are slowing things down. Rode up and down four times: hopefully they'll sort it out!



And now something 'atypical' for us: something with ... fish!

Education for schools and schoolchildren, medical care and drinking water supply are the main part of our project work. But occasionally we do something that is outside our core tasks. In Pokhara, our home base, more and more people supplement their diet with fish. Tasty, but sometimes also out of necessity to eat yourself or to resell to the restaurants in touristy Lakeside. However, growing demand has seriously diminished stock. Additionally, there is the problem of pollution and the proliferating Japanese water hyacinth (*Eichhornia Crassipes* of South American origin). These last problems way above our capabilities to address. Finding fish however!

As the Pokhara fishers club called on me to help collect young fish from a 100 km (4 hours drive!) from a public fish farm of the largest hydroelectric power station in Nepal (Kali Gandaki 'A') to restore the Fewa lake in Pokhara. Thus, a 'tourist' driver and sponsor was found willing to travel the 100km and 2x4 hours South-East in his pickup.

With an extensive visit to the power station itself. Its hatchery provides free fish, originally for the villages upstream from the dam but if stocks permit for further afield. We got an extensive tour of the power station and lodged in their Guest House with fish for dinner. Next day, early morning we packed thousands of baby fish from different species and drove them back to release them in the lake by evening. New, nice and useful experience.



Meanwhile in Belgium.

This year was a major improvement to organize on our own turf, as to speak. After all, our projects serve to collect money and money in order to realize everything mentioned above. A few schools that had been sponsoring us for years even took the initiative themselves to contact us, such as the VBS De Leeuw in Zedelgem, the Sint-Rembert Institute in Torhout and the city primary school in Sint-Michiels. We were also allowed to set up an info stand at a festival in Oostkamp. Last we were at our city's own non profit festival at the Love Lake in the heart of Bruges.

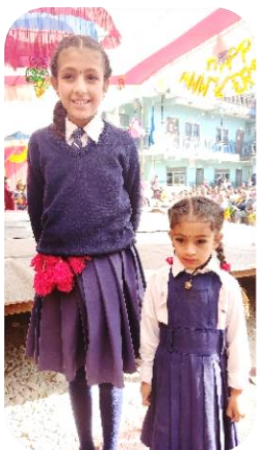


News from our other joint-venture: Aasha Project in Thimi, Kathmandu-valley.

- They help in **education**, **micro financing** and **relief aid**. Go to: www.project-aasha.webnode.nl for more news.

As you are reading this letter we already started with:

- **Medical equipment** for the **Gunsha Medical post** at 3600 meters on the Kanchenjunga.
- **Medical camps** with the Bsurre team led by Dr. Jan Dryhoel (10th edition!) and with the reinforcement of a young Finnish dentist via the English NGO HELP.
- The **cooperation** with Nepali Children (NL) and Jana Hitaishi (Nepal) will be further developed. They now also take care of the follow-up of our individually sponsored children as well as the general help to various schools.
- We also support our new partners to gradually integrate the **hostel children** back into their families and to start up a global family service. A long-term work, but with so many possibilities and so much need. We are gradually converting the hostel into a real '**Child, Community & Family Hive Center**' where dysfunctional and practically dysfunctional families can go. Of course we will continue to offer temporary emergency care for children in need.
- We are continuing to build the new **water supply** in Salanggiri in an earthquake zone.
- We provide **computers** in the remote Rolpa area in **Shree Saraswati Secondary School** where we will also need porters (Sherpas).
- Our **medical post** continues to work with prevention, detection, treatment and referral. Some **patients** from our previous camp also continue to be followed up and supported.
- We hope to find some **volunteers** to strengthen our educational and medical work.



Plans for Belgium in 2023.

A series of school actions and information stands have already been booked this year and we hope to finally organize our own association benefit again, after all, we have existed for 21 years and have not been able to celebrate much in recent years.

For example, we will soon be guests at the De Leeuw primary school in Zedelgem, the VTI in Bruges and the Sint-Rembert Institute in Torhout.

On June 25, find us at the annual Festival at the Love Lake in Bruges with our info stand and maybe elsewhere.

With all these plans and your support, we can continue to build a more equitably distributed world.

How can you make your impact in Nepal.

Financial support is possible on account n°: BE14 3800 1081 6783
BIC-code: BEBRUBEBB and could be tax deductible is +€40,00.

Choose from: multiple choices possible:

Sponsor a school child: starting from €25.00 per month.

Sponsor our annual medical camps and aid station. Good for everyone's health.

Free labor? Vacancies now open for volunteers in our schools, medical post or join us on medical camp. Teachers, doctors and dentists: we need you now!

One-time donations help fund our Emergency Fund for urgent medical assistance.

Are you organizing a benefit or special birthday party? This way you can feed our Study Fund for educational materials, school uniforms and books for schools. Including much needed sanitary napkins for 'pubescent' girls (taboos).

And later on? Make us an heir. Eternally grateful!

Already sponsor? Help us by word-of-mouth, we don't spend (your) money on commercial ads.

So help us with word-of-mouth advertising or pass on this paper. Need flyers? Contact us.

More info: www.himalayanprojects.org & www.facebook.com/HimalayanProjectsVZW.

Travel enthusiast: come to Nepal and let us help you with extra free visits to our projects!

Doing good feels good.



Finally, may we thank you all for your much-needed support. Only with your help can we make a difference here and there. They remain only 'Wrinkles in an ocean of mountains', but Everest also consists of billions of boulders to minuscule stones. Together with you!

Greetings from Paul, Jolanda, Bhod Raj, Ohm, Jan & the Bsurre team, Jana Hitaishi Foundation and volunteers wish you all good health and good luck. Namasté and a big DAANDEBHAD (thank you)!



In Memoriam:

In September, the Bruges art painter and former Art Academy teacher Guido Dobbelaere organized another auction of some of his painting works for our benefit.



Sadly, on January 26, 2023 he passed on us at the age of 93. We will forever be grateful and remember him to the Himalayas. R.I.P.