

Nepal Swiss Friendship Society Presents

Meeteri

...beyond friendship

VOL - 5, 2016

Special Edition on the occasion of
Swiss National Day, August 1, 2015
Kathmandu, Nepal



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Message from Chargé d'affaires, a.i.



Diepak Elmer
Chargé d'affaires, a.i.
Embassy of Switzerland

**Dear members of the Nepali Swiss Friendship Society,
Dear readers of Meeteri,**

The Embassy of Switzerland in Nepal is pleased to be part of the Nepali Swiss Friendship Society's fifth edition of "Meeteri" published annually on the occasion of the 1st of August - the Swiss National Day. Switzerland and Nepal enjoy over six decades of friendship and joint development cooperation, which have been strengthened by economic ties, cultural exchanges and personal relationships as expressed in many articles of this magazine.

Looking back at the past 12 months, I would like to remark that 2015 has been a year of highs and lows. The promulgation of the new constitution of Nepal was a historic moment and I take this opportunity to once again congratulate Nepal on this achievement. Unfortunately, the adoption of the new Constitution has been marked by some political infighting and violence, mainly in the Terai. The tragedy of the devastating earthquakes of 2015 was followed by the border blockade that lasted well into the early months of 2016, leading to important setbacks in essential post-earthquake recovery and reconstruction efforts, and hampering the overall social and economic development of the country.

During this challenging times Switzerland remains committed to the people of Nepal and is confident that the Government of Nepal will adopt inclusive, just and effective mechanisms for the peaceful resolution of any outstanding political differences or disputes while moving forward with the implementation of the new Constitution. Furthermore, the Embassy of Switzerland in Nepal continues to support post-earthquake reconstruction and various development programmes as mandated by the Swiss Cooperation Strategy for Nepal. Switzerland has for instance contributed CHF 7million to the Multi-Donor Trust Fund of the National Rural Housing Reconstruction Programme, complemented by technical assistance from the Swiss Agency for Development and Cooperation. Jointly these initiatives will provide housing grants and construction quality assessments to earthquake affected households in Swiss priority districts.

Last but not least, the registration of the Nepal Swiss Chamber of Commerce & industries is a sign of the growing ties between our two countries which can lead to new opportunities for trade, investment and innovation. The Embassy of Switzerland in Nepal thanks you for the solidarity and commitment in making the Swiss experience a success in Nepal and wishes you all a very happy 1st August.

Sincerely,

Diepak Elmer
Chargé d'affaires, a.i.



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Message from the President, Nepali Swiss Friendship Society

Khem Lakai



Khem Lakai
CHE - Founder/CEO
Global Academy Of Tourism &
Hospitality Education (GATE)

I am extremely honored for the trust and responsibility handed over to me by the board of Nepal Swiss Friendship Society (NSFS). I take this opportunity to thank my predecessor Mr. Bishnu Bhusal, despite of several adversities, who led this voluntarily run organization to this level. This role is very personal to me because what I learned as a student in Switzerland is the reason what I am capable of lending in Nepal.

Leadership for me is the synonym for action and result, and I hope to achieve what we envisioned during the inception and discussed together in our recent board meetings for years ahead of us. Our board comprises of experts, Swiss alumnus, noted business leaders and long serving experienced figures which I always like to call-wisdom meets energy. I am proud to mention that most of our board members accepted to continue their roles and Mr. Dawa Sange Sherpa, Ms Trishala Lama, Mr.

Neeraj Singhal will take the lead roles of vice-president, General secretary and treasurer respectively. I welcome new board members Dr. Ghanashyam Gurung, Mr. Bishan Shah, Mr. Samir Thapa, and Mr. Prashant Shrestha.

As we celebrate Swiss National day for the 5th consecutive years in Nepal, many things changed in the world we live in. The historic building once home to Dr. Toni Hagen is no longer standing due to a devastating earthquake followed by a strong aftershocks. Our historic monuments and cultural heritage, temples and Stupa's are razed to ground but our resilience and hope remains still unshaken. Our country Nepal promulgated the constitution, which will be implemented over the time and our democracy is expected to mature.

In the patronage of Swiss Ambassador H.E. Dr. Urs Herren, we have successfully established Nepal Swiss Chamber of Commerce

& Industries (NSCCI) for the first time in Nepal and it will serve as an official platform to promote commercial, trade and investment activities. We are very optimistic about the increased bilateral commercial activities to grow with this development.

The Swiss support to Nepal has continued in multiple folds. Swiss rescue and relief team reached out the needy villages and provided supports. Nepal is moving forward in strengthening the technical and vocational sector, the pillar of strong economy which will be realized in next several years as our government is provided a serious amount of grant to create a National Vocational Qualification System (NVQS) which was non-existence earlier. For the first time, apprenticeship program will be launched and supported by SDC. You will read details in this magazine.

The friendship shared by two friendly nations Nepal and Switzerland



has been very exemplary. Especially people to people level connection and intimacy is observed for several decades already and the organization of this kind is just a small platform to nurture this special ties.

We are very much looking forward to continue nurturing the historic ties between Nepal and Switzerland through the public platform to enrich cultural and economic ties.

Formation of Nepal Swiss Chamber of Commerce and Industry (NSCCI)

Nepal Swiss Chamber of commerce and Industry (NSCCI) has been established to promote the existing friendly ties between the two countries Switzerland and Nepal and create a new platform to develop new

trade opportunities that benefits both nations in terms of business, culture and social exchange of knowledge and ideas. Since 1950s the two countries have worked significantly towards development cooperation after signing the bilateral agreement governing technical cooperation.

In terms of economic and trade relations direct Swiss investments in Nepal are minimal. As per the Federal department of Foreign Affairs FDFA, Swiss Exports to Nepal mainly comprises of timepieces, vehicles, pharmaceutical products and machinery and Swiss imports to

Nepal consists of mainly textile and clothing so far. Recently established in year 2015, Nepal Swiss Chamber of Commerce and Industry (NSCCI) aims to explore and open potential new trade and investment opportunities in Nepal, it shall play a vital role in providing information, consultation and promotional services for setting up joint venture investments in Nepal through the existing bi-lateral and friendly ties between the two countries.

The new board is formed in the leadership of Mr. Romi Lal Shrestha,

as the President, followed by Mr. Khem Lakai as the Vice President, Mr. Dawa Sangge Sherpa as Treasurer, Mr. Rewanta Dhaubhadel, Ms. Trishala Lama, Mr. Nirakar Shrestha, Ms. Amritanjali Shakya as Founding Board Members; Mr. Suresh Puri, Mr. Prashant Shrestha, Mr. Bishan Shah, Mr. Neeraj Singhal, Mr. Kabir Jung Thapa and Mr. Samir Thapa as additional Board Members in the Executive Committee. Likewise in the advisory board we have Dr. Ghana Shyam Gurung, Dr. Poorna Kanta Adhikary and Mr. Bishnu Bhusal.

This initiative will help create the avenues of opportunities that are of more commercial in nature between the two countries and strengthen not only our cooperative development relations but also our trade relations.



**Nepal Swiss Chamber
of Commerce & Industry**



NSFS

log on to our official website

www.nepalswiss.org

Greetings from the Swiss-Nepalese Society (SNS)



Dr. Markus Ruckstuhl
President
Swiss-Nepalese Society (SNS)

Dear NSFS Friends,

On behalf of the **Swiss-Nepalese Society (SNS)** let me convey the very best regards to all our friends and esteemed members of the NSFS.

The first year after the strong earthquakes in Nepal was indeed very difficult to the Nepalese people and the entire Nation as such. This monumental tragedy left Nepal physically, emotionally and economically wounded and it will certainly take even more time to heal the sores.

In the following article, let me share with you a few thoughts from the perspective of distant observer by no means exhaustive, complete or well balanced on a few selected aspects of the disaster management after last year's earthquakes in Nepal.

Hard to Accept: the Slow Progress of Reconstruction

In the first weeks and months after the detrimental earthquakes that killed over 9'000 people and damaged almost one million homes, the international solidarity was huge. It was immediately clear to everybody familiar with the difficult geography and the unstable political situation that recovering from such a disaster will be an incredibly huge task for Nepal and that the affected areas in particular but the entire country in general was thrown a few decades backwards in just a few minutes.

The difficulties of the Nepali political leadership in coordinating the initial earthquake relief activities were understandable, particularly when taking the never-ending series of aftershocks into account. Thanks to the immediate intervention of international organizations with long-lasting experience in relief management, a great deal of national solidarity with victims, and the active role of the army providing a distribution network in areas difficult to access, the immediate needs of the people and the Nation could be satisfied to the degree that the bare survival of the victims was ensured and major clean-up work in Kathmandu was achieved surprisingly fast.

The earthquake disaster created a rather unexpected momentum of national unity across party lines, ethnic groups and regional borders that even led to the promulgation of the long-awaited constitution. But it was also quickly realized that the post-quake reconstruction is a monumental task that requires international support in the form of massive financial support, experienced manpower, and technical skills in earthquake resilient construction technology.

However, experienced disaster experts reminded everybody from the very beginning that sufficient financial means and appropriate resources alone

would not do it: the key to an efficient and sustainable rebuilding process is strong leadership and political stability – and that's exactly where things have taken a wrong turn.

It is certainly easy but it seems over-simplified to only blame the Government for the unfortunate full-stop of the reconstruction process in mid 2015. The lethal combination of the red tape of bureaucracy and the economic blockade on imports across the Indian border as a result of the Terai protests after the promulgation of the new constitution basically stopped almost all reconstruction efforts in the post-monsoon months from late 2015 to early 2016.

In addition, driven by the enormous wave of solidarity with the people of Nepal and paired with a serious lack of trust in Nepal's authorities and its capabilities, very many small to medium humanitarian organisations started reconstruction activities in a rather uncoordinated way without the required technical expertise and knowledge of local conditions. This plus large sums of money promised but not necessarily given, created an fateful climate of suspicions of financial non-transparency and misuse.

Clearly, the lack of progress isn't for want of money. Nepal, facing

an estimated US\$ 6-8 billion reconstruction bill, has received US\$ 4.1 billion in pledged donations so far. The problem now is tangled bureaucracy, government malaise and the attraction and temptation of the massive amount of money expected to flood the country.

Severe frustrations with the speed of rebuilding remain: not only took it nine months for the Nepalese government to set up the NRA, but current reconstruction progress since the economic blockade was lifted in January remains extremely slow and is still severely hindered by administrative hurdles and political squabbling.

Not only a Disaster but also an Opportunity

We from the SNS collected almost CHF 100,000 from families, friends, neighbours or colleagues at work, all the way from kids robbing their piggybanks to personal donations of several thousand Swiss Francs.

We decided to support projects that aim at rebuilding public schools. In order to multiply the effect of our donations, we trained promising students and motivated ex-graduates of the LSDF Gairi Campus in Besisahar, Lamjung. In the framework of this special course on earthquake resilient

construction technology we also built a model house to allow the trainees to gather practical experience.

We now use these newly required technical expertise at three school construction sites in the Dhading district where these Gairi graduates work as site managers but also provide on-the-job training on basic construction skills to locals engaged at building the schools - very many of them actually women as most men left the villages to become migrant workers in the middle east.

With the SNS Earthquake Relief Fund we also support the NRNA project to build 1,000 houses at Laprak in the Gorkha district. We strongly believe that the planned model village not only benefits directly many families rescuing them from their current shelter live, but provides a unique opportunity to define a standard for earthquake-resilient mountain settlements combining local heritage with modern achievements for sanitary facilities and energy, water and waste management.

It seems very important to me that the Government and the administrative bodies must do everything possible to maintain the little momentum gained in the last few months to ensure continuous international solidarity while paving the way to

better coordinate the reconstruction efforts on the national but also the local level. Time is critical: the goal must be to immediately ease the pressing humanitarian needs in the affected regions before the migration of desperate villagers towards the district centers and Kathmandu swells into an irreversible rural exodus.

Now is the very last moment to finally start building resilience. Despite the massive delay – increasingly hard to justify towards the victims – I still refuse to give up on seeing the earthquake disaster also as a 'once-in-a-lifetime' opportunity to help Nepal build back better.

May you all enjoy a great and memorable August 1st Swiss National Day!

Dr. Markus Ruckstuhl
President Swiss-Nepalese Society
www.swiss-nepal.ch
Zuerich, July 2016





Enhanced Skills for Sustainable and Rewarding Employment (ENSSURE)

By *Barbara Weyermann Lama*
Dr. Usha Bhandari.

Thousands of Nepalese have been trained in short courses over the last few years and many of them have gone into self-employment or the informal sector. Industries on the other hand are short of workers with appropriate skills: of the estimated 600'000 persons working in tourism, over 90% did not attend formal trainings; about 95% of the 200,000 workers in the automobile sector never had any formal training and only about one third of all persons employed in the mechanical sector were adequately trained¹ Such gaps lead to low productivity.

A better qualified workforce is crucial as they are more productive and bring more business to the industries and in a stronger position to secure a long term employment. ENSSURE project will address these issues.

Objectives of the ENSSURE project

The ultimate aim of the project is to help Nepalese workers particularly from disadvantaged groups to benefit from continuous employment and an improved standard of living. The project will achieve following three interrelated outcomes:

At workers level: Workers (women and men) have improved their employability.

Some of the Indicators of success are: a) 90% of graduates trained through the ENSSURE program are certified by NSTB/NVQA and b) 80% of ENSSURE apprentices and short course graduates are employed after the completion of the training.

At Employer's level: Partner companies have established a favorable work environment.

Some of the indicators are: a) Partner companies have improved the safety and security of workplaces; b) number of work accidents reduced in partner companies; c) the salary increment from pre-training level is at least 10% by the end of the first year of training; d) the salary increment for workers having received upgrading courses is at least 7%; e) Salary level complies with the legal norm and f) tangible productivity gains realized.

At the system level: TVET system is expanded and more inclusive of the private sector.

Some of the indicators of success are: a) Industry associations at central level are involved in the entire training cycle; b) increased number of private training providers are accredited by CTEVT;

c) guidelines and manuals for career counselling, apprenticeship and further training system are endorsed by the technical division of CTEVT.

Target & outreach

The project will reach to at least 60,000 beneficiaries and will address mainly two target groups: (a) young job seekers who will either apply for apprenticeship or enter short training courses and (b) workers without proper skills recognition, who are in need of further training. The project will focus mainly on five sub-sectors: hospitality, construction, electrical/electronics, mechanical and automotive. Geographically the project will work in the areas with dense economic activities such as Kathmandu, Pokhara, and the Terai cities of Nepalgunj, Biratnagar, Itahari, Hetauda and Chitwan.

Key features of the ENSSURE

ENSSURE will apply a set of innovative features:

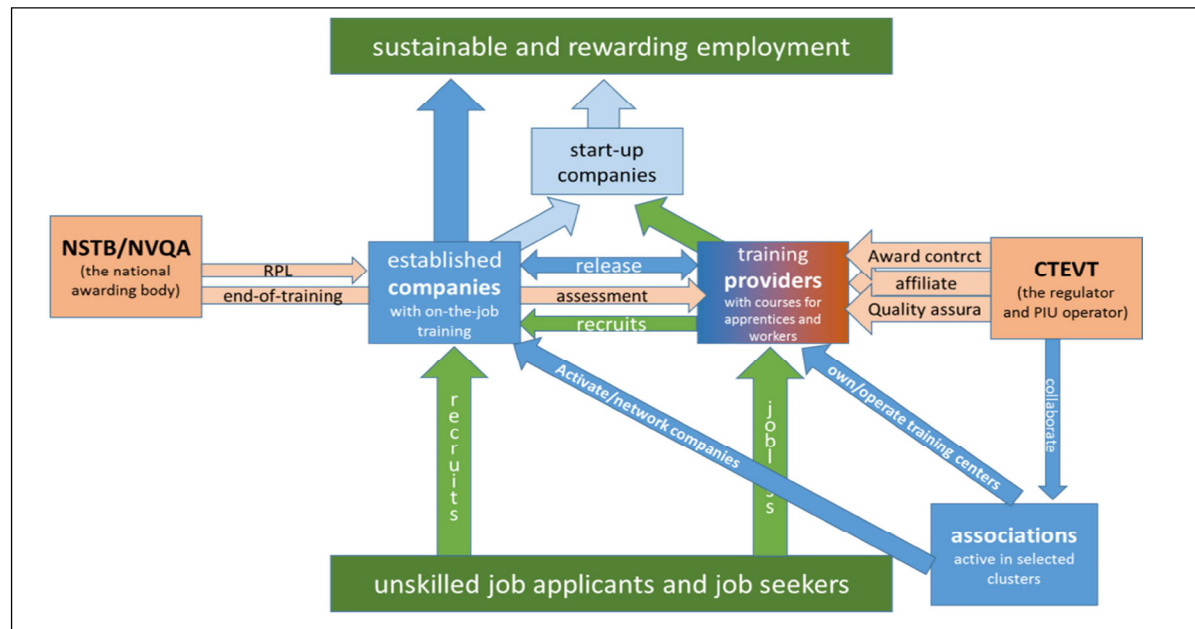
- A strong industry focus to further expand the TVET system by including and improving informal learning (on-the-job) and by addressing the issue of life-long learning through a boost of in-service courses for the employed, but underprivileged workforce.

¹ Pradhan, H. et al (2014). Analysis of Selected Industry and Service Sectors in Nepal.

- Strong involvement of the private sector into the training system in order to increase the relevance of skills trainings and the level of competencies of job seekers and already employed workers.
- Systematic courses for both apprentices and workers as well as financial and with expertise support to suitable providers (private, public or corporate) to offer high quality courses.
- Roving (or visiting) instructors, an expert practitioner in his or her field will advise and help companies in all training aspects.
- Connecting the training of corporate workforce and the returnee migrants with the existing skills testing system (under NSTB) and the emerging system under envisaged NVQA.
- Career guidance starting from school level and to help apprentices and workers taking informed decisions regarding their work life.

Implementation modalities

The institutional partner of the project is the Ministry of Education. The direct implementation partner is CTEVT which manage the **Project Implementation Unit (PIU)**, acts as regulator, facilitates course design and supports the training providers. The PIU awards contracts for training providers and operates sub-offices in the intervention areas. Technical assistance to ENSSURE is provided by Helvetas Swiss inter cooperation which manages the **Project Support Unit (PSU)**. The PSU trains and guides the Roving Instructors and prepares workers' coaches. PSU also provides career counseling in the beginning as well as technical support to the industry associations and the partner companies. The PSU also provides technical support to the PIU for the effective implementation of the project



activities including the monitoring of training courses.

The PIU together with the PSU will work with the following actors:

Partner companies: The partner companies will also accept apprentices and on-the-job trainees. These companies will be supported to prepare human resource development plans in order to know what the skills requirements of their workforce.

Industry Associations: The industry associations will interact with the CTEVT at all stages of the training of workers, i.e. inputs for training developments, evaluation of trainings etc. and guide their member companies. The Project will build necessary capacity for industry associations to fulfill this role.

Training providers: Public and private (including corporate) training providers will conduct off-the-job systematic courses for workers in further training and apprentices as well as short courses for new job entrants. The training providers also conduct management courses for company owners or interested workers at higher skills level (including migrant returnees) who want to start a company.

NSTB/NVQA: The certification of courses and modules as well as the Recognition of Prior Learning (RPL) will be provided by the NSTB and as soon as it is established by the NVQA.

Timeframe

The ENSSURE project phase one is implemented from January 2016 – December 2019.



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Mr. Beat R. Wicki
Entrepreneur
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Mr. Beat R. Wicki is involved in educational projects all over the world with the intention to share Swiss experience and expertise especially in Vocational Education and Training with other countries that have a need for it. Beat R. Wicki, Entrepreneur Swiss Hospitality Academy GmbH, Maienfeld, Switzerland, www.hospitality-academy.ch.

A great experience in combining two unique cultures

“Having had the chance of getting familiar with Nepal a couple of years ago in a co-operation project of schools I am still looking back on great times with good friends.”

A couple of years ago I was in the position as CEO of one of the most renowned hotel management schools in Switzerland. One of my staff members already initiated a co-operation with GATE College in Kathmandu. As I took over the project, I had the chance soon to visit Nepal for the first time. A great experience of a new world to which I still combine very positive memories.

Together with Khem Raj Lakai, a former student of my school, we found out that there are many similarities between Nepal and Switzerland: Both are the only countries with flags that are not rectangular as the Nepali flag is a triangle and the Swiss one squared. Both countries are in mountaineer regions, Nepal just a couple of meters higher and both countries have a strong base in agriculture. Of course, there

would be more points to share but the main basis of any co-operation and synergies are the people. Nepali are very friendly and hospitable which is the most important base for a growing hospitality industry.

When I began my co-operation with GATE College, the school was already on a good quality standard. Of course, there were findings that offered improvement. After short time, I was very impressed about Khem and his whole team implemented my suggestions and raised the quality on an international comparable level. This has been witnessed by many awards he won national and internationally. Nowadays GATE College is of the highest quality hospitality training institutes in whole Nepal. Whenever there is a chance I am more than happy to visit this beautiful country again and learn even more about this rich and highly developed culture which looks back on a long history and is still alive.

For the Swiss National day, I wish all my friends and also all Nepali a great day and all the best for your future.





Trekking in the **ANNAPURNA CONSERVATION AREA**



Ms. Rebekka Gex-fabry
M.A HSG Deputy Head of further
Education, Project Manager Education
Partners

After my visit to our SHA Affiliate School GATE in Kathmandu I had a few days left and really wanted to make the most of them. Having reached a compromise between my schedule and my love of nature, I opted for a three-day trekking tour (Ghandruk Loop) in the Annapurna Conservation Area.

I would immediately take another flight to Pokhara. I had not expected to see the mountains poking through the clouds alongside the aircraft. As luck would have it, I had booked my seat on the side that allowed me to savour this breathtaking panorama.

As if this view had not been enough of a treat,

“The Swiss and Nepalese may have very different cultures but we certainly have one thing in common: the sheer glory of our mountains.”

The procedure for permission to go trekking in the Annapurna Conservation Area is relatively swift, with the answer to my questions “Do I need a guide?” And “Do I need a map?” Being a friendly “No” in each case. However, the casual aside of “just follow the villages” gives me an inkling that the hike might not be too challenging

passengers arriving at the mini-airport in Pokhara were greeted by the finest mountain in the region: there stands the Fishtail (Machhapuchhre) in all its majesty, its magnificent peak towering above the clouds. The similarity between the Fishtail and the Matterhorn is astounding!



Day 1:

The bus stops in the middle of the road, the driver points to a few houses by the river. This seems to be the way to the conservation area. As I approach the houses, I notice that vast quantities of water bottles are on sale. What a crass contradiction of the concept of sustainability on which the conservation areas is based! Regardless of how long you are on the move, one or two bottles of water are sufficient within the nature reserve because there are refill bottle stations everywhere. Bottles can be refilled with water for a few pence, which has a twofold advantage: firstly, it reduces waste in the form of plastic bottles and, secondly, the local people have a direct stake in tourism by managing the drinking water. Nepal is one of the pioneering countries in rural community tourism and the Annapurna Conservation Area is a flagship project in this regard.

The hiking trail rises and falls gently, going past waterfalls and rice terraces. My pilgrimage takes me past orange tents, there to provide emergency accommodation in the event of an earthquake. I pass idyllically situated villages and lots of steps. There are signs telling you how far it is to your destination in Switzerland, whereas the equivalent in Nepal tends to be some scribbled writing on the rocks. Rather than a distance in kilometres or time, the remaining number of steps is shown: "4252 steps Ghandruk". Will these steps take me directly to Ghandruk or down another path going towards Ghandruk?

I notice that the people are always hard at work: in the fields, drying spices, sweeping floors, herding animals or serving tourists. I never see anyone relaxing. The locals are used to the curious looks of passing tourists and do not allow themselves to be distracted from their work.

As a woman travelling alone, I receive no marriage proposals this time. Quite the contrary – I am asked with a certain degree of suspicion whether I am an outcast from society and therefore have to travel alone. I am not exactly flattered by the question.

Shortly before arriving in Ghandruk it starts to rain. The hot masala tea and the daal served to me in the lodge taste wonderful. Sadly, however, the mountains are obscured by the clouds this evening.



Day 2:

After a peaceful night, I open my door and am awestruck by the sight of the 7000-metre peaks, which look like giants in the clear morning sunlight. The mountains are right in front of me. I am deeply moved by the beauty of these rocks.

I start my day by hiking down to the bottom of the valley first, just so I can cross the bridge and then spend hours climbing back up. I realise how important bridges are to the population of Nepal. They connect valleys, if not an entire country.

Overnight stay in the little village of Pothana. There is actually no hot water here, although the gas taps are turned on for the tourists.





Day 3:

From the cottage I marvel at a small detail of the gigantic Himalayan mountain range: Fishtail, Annapurna South and Annapurna IV, among others. The mountains are somewhat further away today and I simply gaze at them in wonder. I enjoy the peace of the morning until I slip on my hiking

boots and startle the cockroach (and it me) that had sought sanctuary for the night in my boot.

I set off with aching muscles today. As I walk, I take stock of my brief but intense encounter with the Himalayas. The Swiss and Nepalese may have

very different cultures but we certainly have one thing in common: the sheer glory of our mountains.

The bus chugs up and down the mountains on the way back to Kathmandu. I marvel not only at the panoramic mountain views this time, but

also the rivers down in the valleys. Nepal, the custodian of the Himalayas and its water sources.





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Mr. Reudi Frank

Born in 1947 Mr. Reudi Frank is a retired Banker of UBS Switzerland. A Financial Expert and a member of the Consulting Commission of Senior Expert Corp of Swisscontact, who worked in countries including Peru, Guatemala, Uganda, Ucrania, Lituvien and in Nepal as a Guest-Lecturer at several SMEs and other educational institutes.

There Once was a Time

That Freak Street was as famous as Times Square. Does it get more emphatic than that for us here?

What is about to follow is and will be told through the eyes and lips of one Ruedi Frank, a Banking Consultant with Swiss Contact in Zurich also worked for many a years in the banking sector. He is someone who has been to Nepal 15 times and also holds tour groups and takes them on a rather unique tour across Kathmandu and Pokhara called a Swiss Contact Program. They have also traversed through Honduras, Guatemala, Mt. Kilimanjaro in Africa but his aptly named 'Frank Adventure' isn't an organized trek, he rather stresses on taking people to seldom mentioned spots and locations.

But that is not what our story is about. Our story is about a blue eyed Swiss boy in the 70s who used to climb peaks for fun. He was mountain guiding in Switzerland at a very young age and on an opportune day when attending his English Language course in Zurich, he met a friend who was working on a suspension bridge project in a place called Nepal.

His eyes still remain electric blue but his blonde hair has the abundance of white now as the present day Ruedi Frank sits across the table from me and says, "you know Abhishek, for Swiss people Nepal isn't too far fetched; I mean

you guys have your mountains and we have ours." That they surely do. Probably the only mountain range that comes close to the infamy of the Himalayas are the Swiss Alps. More so he says, "Switzerland is even divided like Nepal geographically from mild to cold regions." Listening to him talk one wonders what Nepal could have been had we been better organized with it some 60 years ago. Switzerland stands as a testament of natural beauty and tourist extravaganza. What could have been with our little Nepal...

CHAPTER 1



"I have this brilliant idea," the young Ruedi said to his wife. Let's take an adventure across Europe and Asia in our car!" I can only fathom Mrs. Frank's initial reaction but if she shares the same zeal for adventure that pumps through Ruedi's veins, she must have jumped at the chance. So, they pack up in their little Citroën and decide to take this road trip through countries and roads and visas. The year is 1974 going into 1975 and thus began one of the best adventure stories told as he quickly scribbles in his notebook his travel plan:

Travel Log:

Italy – Old Yugoslavia – Greece – Turkey – Iran – Afghanistan – Pakistan – India – Nepal

He checks his map and knows he is heading in the right direction, as they make their way into the splendour of Iran. The couple are mesmerized by the magnanimity that the place has and what is a far cry from what Iran would become some 40 years later. "The Shah of Iran," he says to himself, has done well with his country. "The roads turn rockier and the hills get bigger as big men with beards, turban and 'pathani kurtas' stand on guard outside the cities. "Ah of course, Afghanistan." One of these strapping tall blokes beckons them to stop and asks them where they are coming from and where are they heading. We're going to Nepal actually," Franks says very matter-of-factly. At first the Pathan looks perplexed and then exclaims, "Oh Nepal! Freak Street Freak Street!" "Yes, yes!", "Young Ruedi nods smilingly. They are allowed to pass as the couple revel in the infamy of Jhochhen. They make

their way across the Pashtun area famous for being not the most hospitable area. They click pictures in front of the nearly 2000 year old, one of the biggest statues of Buddha in Bamyam, Afghanistan. Such grandeur would then lead them down to Pakistan where they are asked for their visa for the very first time in all their travelling so far!

Sipping tea from his cup at Hotel Dwarika, Ruedi reflects on his trip to Nepal and how much time has changed everything. "What a sad predicament," he laments, "those statues are destroyed, blown up by the Taliban in 2001. The country is overrun by the Taliban and secretarian violence. It's such stark difference to how it was." He mentions how there was no Taliban, not even the slightest vested Western interest in the country. They were a very proud people and one that took great gusto in their ethnicity. The monarchy there then also gave country shape and its own identity. "Iran, Afghanistan and Pakistan were very open; you can't even imagine that now," he says with a shake of his head.

Ruedi shakes his heads again as he tries to maneuver his Citroën on the busy streets of Delhi. "What the hell was that sound," he asks his wife. They stop the car to look down; "everything is fine here." By the time their heads turn up there is a huge crowd gathered around them. All of them looked at them wide-eyed as he nods in greeting to most of them. One of them finally steps forward and asks, "Help chahiye Babu?" "Ah help! No no thank you, we are ok," says the blonde haired man. After having not spent too much time in Pakistan they had decided to make the most of their time in India. So first stop, Taj Mahal.

The majesty of this jewel of Agra has to be seen to be believed. It is white like its been washed in milk. Such extravagance! Next came Benaras and they visited all the temples and ghats to take in the religious brilliance of the place. Sitting on one of the ghats he looked at the Ganges flowing down under his feet and thought about the cultural difference that a place like Banaras had with an Islamabad. Such stark dissimilarity, when only separated by such little distance.

CHAPTER 2

The border approached and finally the Shangri-La of Asia awaited on the otherside. Ruedi had heard so much about Nepal that maybe he had blown it out of proportion in his head by now. At the same time he expected and heard of it as a quaint place full of simple people. The first sight was of Birgunj, and it was but a village. Nothing special, just a port of entrance as they go further up to a place that they have heard of called Daman. On route, on this highway called Tribhuwan they had their first glimpse of the Himalayas. "Majestic," she whispered alongside him.

"It was a great sight, "remembers Ruedi today, "I was used to snow capped mountains but seeing the Himalayas for first time was great of course. It is one of the main reasons that we made that trip in the first place." At the time he says, Himalayas were a part of mythical folklore in the west and something that represented shamanic ethereal entities that fascinated them. No wonder the hippies made their way here.

"It is like a city, but a village isn't it?" He murmurs. The year is 1975, and the roads of Kathmandu are devoid of traffic. Hell, the roads of Kathmandu are devoid of roads altogether! They are not pitched! The Basantapur square is filled with foreigners and girls with flower in their hair. He enquires about lodging and is astounded at the very economical rates. "Brilliant!" He says to himself and books him some accommodation. And well deserved accommodation at that. They had almost spent 2 months sleeping their car or their makeshift tent that they carried. It is about time they got themselves a 6 x 4 bed.

Ruedi soon contacts his friend, the one he had met in the English Language class back in Zurich, one who had

pretty much lit the spark for his across the world road trip. He said he lives in a place called Ekantakuna, no problem; they had a couple of bicycles at their disposal that they then pedaled to see him. The cycling adventure didn't end there; Mr. and Mrs. Ruedi would cycle to Bhaktapur, Kirtipur, Boudhha among many other.

"Can you imagine all these place back then Abhishek? They are so heavily populated now especially Bouddha but back then; there wasn't even a hut on the way. Some farms yes but clear blues skies and the road below. Forget pollution!" What a momentous time to be in Nepal surely. He also does give a unique insight into what was Thamel back in 70s. "Just a dusty, dirty road," he says. Well at least that's come a long way.

A key moment that happened at the time of his visit was that on the 24th of February, 1975, the monarch was passed on from King Mahendra to Prince Birendra in a grand coronation ceremony. But for some reason all the foreigners were asked to leave Nepal during the time, mainly Kathmandu, where the coronation was set to take place. Ruedi explains, "This was a

security measure or even a religious measure I am not quite sure. But some people left and came back while some went to Pokhara" and then adds cheekily," Pokhara was a village of 1600 people by the way..."

"So this is the famous Fewa Lake?" Ruedi looks around to see the dried up remains of what was once a lake, or would become a lake he is not quite sure. Apparently the dam was damaged and in this point of time in Pokhara, one could just walk to the temple that would only be accessible by boat and a paddle. While all this had its charm, the man and wife had their eyes set on the peaks now. They checked the flight route and there was a flight to Syangboche, a little above Namche. Their pilot was a Swiss personnel by the name of Ernst Wick and one who would point out the peaks to them high up in the air. Syangboche was like a little haven and upon arrival, Ruedi understood why some people would refer to these parts as the mythical grounds of Shangri-La. There was a certain fabled allure to it all. While walking along and speaking to the locals one of them quite simple says to him,"oh we have a king in these parts too you know." "Sorry?" Ruedi excuses himself certain he had misheard. "There

is a King of Mustang Sir." He is further told that the king is rather inaccessible to tourists but its under his kingdom that they all reside.

His first trip to the lap of the Himalayas is something he can vividly remember to this day. "It was breathtaking and a great sight. The interaction with the locals was also a standout and you found out about so many unique nuances that is just so different from a place like Kathmandu or Pokhara." The stand out bit of information was certainly about the King of Mustang and he laughingly says, "we were just asked to leave because of one king back there!"

Their room in Kathmandu had the same warmth it always did but alas, it was their last morning here. His travel route back was planned and they had decided to cross Afghanistan from the south and not from the middle. Then the southern part of Iran and Turkey heading into Europe. His 1 year leave was meticulously planned and he had spent 7 months of them already. As he looked out the window the open Kathmandu road sprawled in front of him; he made a note to himself, "I'll be back here again."





CHAPTER 3 Epilogue:

And he did, he came 14 more times and so much so that when you ask him about the difference between then and now, he answers like an old localite. "The price of basic food, a bottle of water, a liter of diesel, a loaf of bread had a standard value to them back then. They have really risen in recent times for the people living here."

See what I mean.

His next visit was in 1979 and he spent 3 years here working for the Swiss Government. He was part of a project in Sindhupalchowk, an integrated hill development project to be exact. Soon he chose to organize the trekking packages as we mentioned right in the beginning.

"Here is what we do, our group comes to Kathmandu, we stay for 3 days in Thamel. Then we go to Bhaktapur, Patan and hike to Nagarkot. There we have a stay in Nagarkot, a walk to Dhulikhel, stay there. We visit schools, hospitals in Dhulikhel. Also go to Barabise and visit the paper factory." That is his plan. And the plan of Frank Adventure. It is all about getting a new feeling about Nepal in the eyes of Ruedi Frank. It is about foreigners participating in weekly customs and family traditions of the people here. It is truly when you sit and talk to him that you feel his connection to Nepal. How he has earned his stripes to discuss the problems Nepalese face and how he is a good, credible voice to voice those concerns. He is, one of us for sure.

But lets not end without a 70s Kathmandu Story from Mr. Ruedi Frank, take it away one last time:

"The year was 1979 and my residence was in Ekantakuna and trust me, there is a reason why they called it 'ekanta kuna'. The ring road had just finished and was hailed as a big achievement. Which it was. Beyond the ring road however; there were no buildings, no farms. Just dense jungle and one would be foolish to walk through that at evening, forget at night!"



Charity Event for a noble cause!

By Promiksha Thapa

Batch 16

GATE College

Hospitality and culinary has been inseparable since the very beginning of this industry. A good food, a happy service always results to a satisfied guest and GATE believes this philosophy primarily from its early days.

Welcoming the guest with passion and a smile has never left us disappointed. So, was the case with chef Michael Stadtländer.

“A happy animal always leads to happy food” says Michael Stadtländer CM, chef, restaurateur, environmental activist, artist (born 1947 in Lubeck, West Germany). A Member of the Order of Canada, winner of the Governor General’s Award for Leadership – recognizing those who have led their peers, colleagues and fellow citizens to build stronger communities connected to the nation’s table in all its aspects. He was also named the 2011 ‘Restaurateur’ of the Year by the Canadian Association of Food Service Professionals. Michael Stadtländer is a pioneer and leader of Canada’s influential farm-to-table culinary movement.

Stadtländer is actively committed in promoting sustainable food and has been recognized for his achievements to support organic food and localism by the Canadian Organic Growers with the 2007 Organic Food Hero Award and Earth Day Canada’s 2007 Environmental Achievement Award. His professional culinary training began while he was a teenager. After migrating to Canada in 1980, he and colleague Jamie Kennedy made their mark on the Toronto restaurant scene at Scaramouch.





The night of 18th March 2016, was a memorable night in the history of GATE College. In assistance with chef Michael Stadtländer, his wife Nobuyo Stadtländer and Australian Chef David Foster from TAFE, Australia there was a charity event, gala dinner with a lavish 5 course table de' houte menu. An event with an initiation to create an Eco-village in Sailung- Dolakha to promote and encourage the concept of sustainable living. A perfect ambience with remarkable mellifluous sound of Newari music was a night to remember. He showed his documentary about 'Toxin Free Agriculture' in his Eigensen Farm in Canada. Along with the event, the satellite Kitchen of 'Vision Terrace' Restaurant of GATE College was formally inaugurated and named after Chef Michael Stadtländer by our CEO Mr. Khem Lakai.

Chef Michael Stadtländer emphasized on the importance of organic food. He mentioned about the quality and the difference in the taste between the meat of healthy animal and the meat of scared and sick animal. He showed us the potentiality of Nepal and the role of Nepalese people to promote organic farming thus, leaving the gift of positive vibe and extensive knowledge about organic farming and the culinary that follows.



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Ang Kami Sherpa has been in this field of leading treks and expeditions for more than 17 years. One of my highlights was during 2001 when I was a member of the National Federation of the Blind Expedition, where I assisted Erik Weihenmayer to reach the summit of Everest.

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Dr. Katrin Hagen

Dr. Katrin Hagen, legacy continues...

By Khem Lakai

Year 1999, Suman was my classmate in Passugg, Switzerland. He was one of the 8 Nepalese students who received support from late Dr. Toni Hagen when a hospitality College they enrolled to closed down in Parpan. Dr. Toni Hagen was already a home name in Nepal who was in the news for receiving honorary Nepali citizenship from late King Birendra for his lifelong contribution to the development of Nepal. I only had imagination, and gratitude for a legendary figure who spent most of his time in Nepal travelling length and breadth of the country when there was no road and no bridges. Not to mention, we now have over 5,000 bridges to connect villages through Swiss support.

One evening, I received a call from Lenzerheide, one of the renowned Ski destinations in touristic town Switzerland, which is very close to the college SSTH I went to. It was no other then Dr. Toni Hagen on the phone. I was excited to talk to him for the first time, and he visited me next morning. The meeting triggered an idea of a movie show in our campus which was equipped with multimedia room and it would easily accommodate many people. I took a charge of requesting my college to provide the hall on weekend, and also contacted Nepalese society in Switzerland for the audience and we successfully managed to gather many Nepalese living in Switzerland and also some from Germany. It was one of the

remarkable days I spent with him. We all enjoyed watching 'Ring of Buddha' a movie based on his life in Nepal.

Moving fast forward to year 2012, it was the book inauguration of Late Dr. Toni Hagen on 'Decentralization and Development in Nepal' an unfinished book which was completed and inaugurated in the presence of his both daughters Dr. Katrin and Monica Hagen. I personally believe that this book would be a roadmap to our policy makers and guide as to what could be done rightly in Nepal and clear comparison what went right in Switzerland during the past 5 decades. Then after I met Dr. Katrin Hagen frequently and this is the



brief captivating story of how the legacy of Dr. Toni Hagen still continues in Nepal.

If you have watched the movie 'Ring of Buddha', you would notice a little girl on *DOKO* 'Bamboo woven baskets' used widely in Nepal. Now that little girl has become a renowned medical doctor in St. Moritz, Switzerland and she is the same Dr. Katrin Hagen who is not settled for what she specializes as a surgeon in her own native country but also cares for the people who would not otherwise get the treatment in rural Nepal such as Jajarkot where her late father Dr. Hagen experienced the severe poverty and visited on foot some 55 years ago.

Sadly poverty stricken western hilly region Jajarkot has not changed much ever since but now almost at her retiring age, Dr. Katrin Hagen still remembered her father's experience and stories about Jajarkot, and she reached out with the team of highly experienced Swiss doctors to treat the people who have no health care facilities in the village.

Utterly beautiful Jajarkot was in cross fire during the Maoist lead turmoil and normal citizen became victim from both government and rebel side but even today after the end of peace process people out there receives nearly no attention. Nonetheless, Dr. Katrin continued the legacy of her father and treated over 6 dozens

serious patients (mostly women and children) and her work was recognized in Switzerland honoring her one of the most prestigious Swiss national awards in 2016!

As I learned from my 4 years of experiences as student in Switzerland that the humbleness is also part of the Swissness. She would never talk about such a great humanitarian work. But I think we Nepalese need to know that the Hagen legacy continues. Very few of us know that she comes to Nepal quietly and she supports many social endeavors for so many years. She was the first one to start the photo exhibition in the Tourism Board premises recently where 100s of rare photography of

old Kathmandu captured from her late father's lens was hanging in the courtyard for public. Perhaps it is high time now to share this inspiration to the next generation.

Dr. Hagen and the legacy continues...



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Swiss learning experience and my dream

By Prashant Shrestha

“Nepal should be an emerging market for music industry”

Nepal and Switzerland has one thing in common, landscape, both have beautiful hills and mountains. I can relate myself to both of these countries as my home. The moment I landed in Switzerland in 2007 I fell in love with this beautiful country. Since then Switzerland is my second home. I went to Switzerland for my studies but my knowledge was widened far beyond academics. During my stay in Geneva I could always feel warmth of people around me. My culture back home and in Switzerland is totally different. My country was in huge distress and seeing a peaceful country was an immense pleasure. People were very friendly and I can never forget smiles on face of people where ever I went. Lots of things and system were new and amusing for me. I was pretty impressed the way things were operating in the system. I recalled one of the prominent politicians in Nepal saying, “I want to

make Nepal like Switzerland”. There I thought my Nepal is such a beauty, his efforts could add jewel.

Life I experienced in Nepal and Switzerland was totally different. I had left my family back in Nepal and I used to miss home all the time. I was all by myself and this was huge challenge and opportunity. Swiss people knew the value and importance of time. I had two options either to flow and improve myself with time or be left behind. I accepted the challenge and improvised as far as I could. And the result was art of living, which I will carry, forward throughout my life. However, I must thank my brother and sister in law for providing me family comfort and support while my stay in Geneva.

Geneva is also a home to global multi-nationals. The cities cosmopolitan character, with nearly 150

nationalities from all around the world, makes everyone feel at home. I made lots of friends from different background and country so I learned to accept the differences. This world I discovered was beautiful due to the difference. I found swiss people very honest, organized, expressive and open to different culture and lifestyle. Each and everything was in proper system and time.

During my stay, I pursued Masters in International Business (M.I.B) from the International University in Geneva. Studying and working in the university was an amazing experience for me. The international ambience, the good quality of study material chosen and the high quality of teaching staff contributed to my business education. The courses are directly related to my business now. Studying at the International University in Geneva opened many



horizons for me, both professionally and socially and I am thankful for that. I also got an opportunity to work at the university with the management team assisting them in different department and to counsel new students was much interesting. Earning in swiss franc and converting into Nepalese rupees was so interesting thing for me , I learnt the value of money and how it determine the country's economy. Along I was also involved in the music scene. My brother had a band in Geneva and I used to work with them as a band manager. We travelled all around Switzerland and rest of Europe for concert and events. There I got an opportunity to meet so many international renewed musicians. The music

stores and the volume of business they are doing influenced me to do the something by self. I felt I should start my own business in my country thinking Nepal should be an emerging market for music industry. Many musicians are lacking proper musical instruments and if I can fulfill their demand, I can do good business. Meanwhile something personal came up in my life, I got married and we spent few months together in Switzerland. It was most memorable moment for both of us. I returned to Nepal in 2010 to continue my business plan. I started a music company called Silence Entertainment in Kathmandu which I deal with trading of various brand musical instruments importing and reselling

it in local market through our outlet all around the country. Renting the instruments, movie cameras equipment and hosting an international music festival every year with aim to provide platforms for the local music/ entertainment fraternity to develop their talent or creativity and give means of exposure to it.

I thank my family member for their continuous support and my wife who stands as a hero of my life.





Switzerland A place that nurtured my Culinary Dream!

*By Nischal Thapa
Chef de partie, GATE College*

Life is an unpredictable book: the first page has no indications of how the last page will conclude- with every single pages having amusing twists. Likewise, there used to be time when I was unaware of the 'Culinary Dream' inside me. I had been nurturing it without the consent of my own. But slowly different incidents added the plots in my life and that's how I identified my field of interest- Culinary Arts, to give my life a significant direction molding a 'HAPPY ME' of the present day. And I should not forget to mention about my supportive and positive parents. Even by now, our society doesn't consider sons of the families successful unless they appear as doctors or engineers. But my parents were exceptions. Especially my father always wanted me to chase what I dreamt of. So, every time when he suggested me to do something, he used to make sure he wasn't adding unnecessary

pressure in me to alter how I wanted my future to be.

So, with the rarest strength anyone ever gets- the full encouragement and support from the family, I got into the hospitality field by working in different hotels and restaurants here in Nepal. When my dreams and ambitions were known by my Idol Sylvester Ghomes, the then Executive Chef of Hotel Radisson Kathmandu; he suggested me to go to Switzerland for polishing my tender and young culinary passion. After all I realized that Switzerland is the oldest trailblazer in hospitality sector and it has been generating the competitive hospitality personnel flourishing and standing out in their respective fields. All I needed at that time was proper guidance because though my heart had already fled to Switzerland, I was yet unaware of how I could reach there. Then my mentor, Khem

Raj Lakai (CEO, GATE) sketched my impossible looking desires to reality. At that time I couldn't stop thanking him as because of him I was going to pursue Advanced Diploma in Culinary Arts in BHMS. BHMS- Business and Hotel Management School in Switzerland Luzern is one of the top and the most notable hospitality management schools in Switzerland and provides undergraduate, graduate and post graduate studies in the fields of hospitality, hotel management and business management.

By the time I was leaving Nepal, I had a fear of missing home and having difficulties to adapt in an exclusively new environment. But, Switzerland exceeded my expectations. Starting with the first welcome on arrival till the last farewell wave at departure, Switzerland imprinted a trust in my mind of having a secure Home away from home. Being in one of

the most happening tourist destinations of the world I experienced that level of hospitality which seemed fictional to me before. I found swiss people very kind, polite, helpful, motivating and most importantly friendly. The environment never let me feel like I was in an unfamiliar place.

My two years of educational journey at BHMS is what has given me the culinary knowledge and, skills perfectly cemented with the relevant industrial exposure and experience which have made me capable of proudly getting featured via this article. Being amongst curious learners from the different nations, representing Nepalese cultural pride and standing out in the tough global competency was always a big challenge. I was a part of one of the exemplary educational systems, which had been of unanticipated heights for a Nepali witnessing too much absurd before. I realized I was almost a know-nothing because the kitchen equipment, their mastering styles, culinary norms and the entire function seemed new to me as I had never witnessed or experienced even a pint of it here in Nepal. But I was never let down by my chefs and my friends. And neither did I give up. Rather I kept on giving my maximum efforts to become a sponge learner absorbing as much as I could. They kept on encouraging me to perform better. Their facilitation and my starving dedication always gave the positive results.

After completion of my first semester, I had my first internship in a Fondue House which usually served 200 pax a day for six months. I improved my basic skills, maintaining food hygiene and understanding Swiss Cuisine there. My dedication in learning and my performance secretly being evaluated made me the chef's helping hand no sooner I had joined as a trainee. Similarly, the second year to the Advanced

Diploma in Culinary Management also consisted of one intensive study period of 6 months at the BHMS campus, Switzerland and one practical paid industry training period of 4-6 months in the Swiss or international food production industry. That was the time when I realized several successful culinary figures from different famous hotels and restaurants were my seniors. It was a great learning experience to work within their matured premises.

My Second internship was on Cafe du with 600 covers. It was totally different environment than at Fondue house. I gained maximum knowledge of sea food and its presentation. Also being the busiest restaurant on town, I learnt to be more efficient on work. I showed eagerness to learn about the different cuisines and their serving principles; and therefore I always got chances to run extra miles during my duty schedules. It was an experience of working in A la Carte kitchen. The executive chef there had praised my valor as a "GORKHALI". That's the happiest moment of my life as it was a stage to prove the worth representing Nepal with positive impression on others.

Being a graduate of BHMS, when I go behind in nostalgia, I realize having both professional and personal experience in such a productive environment has allowed me to differ from my correspondent competitors here. The discipline in which I spent my two years in Switzerland has framed my life accordingly for long. The etiquettes of dining, studying, working, talking and all other dimensions have become my usual implementations now. So, this height of discipline, I believe is the strongest armor I brought with me while coming back from Switzerland. I realize that everything around me

was a chance to learn something; no matter where I was or what I was doing. Any event or incident associated had something to show me and to teach me a lifelong lesson!

In my opinion, it is a real work experience which will teach us a lot of different things. It is not only about how we gain more knowledge in the industry but it also teaches us about people and maybe most importantly about yourself and what type of person we are! It shows us our limits, our strengths, our will to push ourselves and our will to learn. It also teaches us to adapt to a hectic environment and to all sorts of people. This experience actually made me more mature, more confident in myself, more eager to learn and more independent. However, I am still figuring out how to react to difficult people and not to mind everything they say, because some of them just do not know how to react to the stress.

So, ever since, I have never rested on my knees. I am now proudly a part of Global Academy of Tourism and Hospitality Education in Nepal, a Hotellerie suisse affiliate Institute. Here I come across the future hoteliers perusing the Swiss Standard Vocational and Academic courses under the most advanced and resourceful practical platforms provided within the premises. The happiness of seeing bright future in their faces has been adding fuel to help me grow and mature further. I feel proud to be one of their facilitators. Whenever I hear their success stories from different corners of the world, I feel satisfied for being at least a small impact in their journeys. Thank You BHMS for shaping me into the person I am today.



Featured Interview



Mr. Samir Thapa, CHE
Chairman and Founder Principal
Silver Mountain School of Hotel
Management

You studied Hotel Management in Switzerland, what did you learn the most during your stay?

Swiss education has not only taught me the hospitality business, it actually taught me how to lead a good life and implement it for the betterment of our society, people and industry. Of course, the subject what I studied has enhanced on how to master it. And the basic is to have a proper attitude and positive thinking to lead a better life.

Nepal is often referred as Switzerland of Asia, what is your opinion on this?

Yes, we very much share the beauty of

terrain with hills and humps. Switzerland is more pure and untouched with advance modernization. Unfortunately we have started the exploitation in the name of modernization. But we could be like them in future if we follow them. It needs the change in people's mind set to increase the awareness level to protect our nature and to keep it pure. So that the holistic approach of change will be there, then only we may compare ourselves with Switzerland.

Why do you think there is a tremendous scope for hospitality in Nepal?

This is just more than great. Our hospitality industry doesn't limit with nature only. Its main core value is people, so anything related with people here such as culture, heritage, tradition and life style could be huge products for us. Especially our diverse ethnicity could be a massive product to showcase to our tourist for years to come. So our hospitality scope has no limitation if we do a proper approach with substantial remedy.

As there are students moving abroad to different countries after their course completion, how would you motivate them to stay back in their own country?

This is a very sad part of our industry as our local job turnover is very less. Fresh graduates are not getting good jobs in their home country. The political influence in the hospitality industry is in a very horrific situation and this is one of the key demotivating factors. It's good that our students are going aboard for exposures and experiences but we have to create an attraction for them to come back eventually. We should be able to create such platforms for them so that they will realize that opportunity is here at home.

What do you think can be done to create opportunities for hospitality industry in Nepal? How would you motivate one to study Hotel Management studies?

Now it's a high time for our students to develop the entrepreneurship so that more jobs will be created in this industry. Now our graduates must think of starting their own small business which will be not only be a part of hospitality and food. There are hundreds of such ideas, as entrepreneurs are very much required to grow this industry. Everyone should not be thinking of becoming General Managers of five star hotels but rather thinking of establishing their own businesses.

How do you convince the students of Hotel Management that the opportunities are not just limited to restaurants and hotels?

It's our responsibility to tell our students about the limitations and opportunity in this business, It is not only limited to hotels and restaurant. Every industry needs to have that extra care and touch of excellence in service to promote their products be it medical service, retail business, corporate houses, various types of homes etc. so our graduates very much fit into other fields as well.

In Nepal, Hotel Management is considered as a subject for students who cannot study science, or who get a mediocre score in their school level examinations. What are the solutions to tackle this myth?

The only solution to this is to tell students about other opportunity and its career path. Everyone thinks of how to lead a good life and we have to convince the students about quality of life they can have while being in the hospitality industry. This is very important for everyone that how the quality of life and values for family matters in the

long run by joining our industry.

What are the steps needed to further promote tourism in Nepal?

First important part is to promote every product. The promotion and marketing has to be at the very right place at the right time. We exactly need to know which our target market is and what will be the right product for that market. Each of our products has to be placed as per market need and we have to make sure we deliver up to the mark what we are committed for. Otherwise it will back fire at us and the negative impact will remain for a long time. So we need to be very focused and confident about each product that we are selling.

As a board member of Nepal Swiss Friendship Society, what would you like to focus for next few years in terms of strengthening Nepal Swiss friendship?

We need to learn the best practices of Switzerland and adopt into our tourism and hospitality sector. We should not look for assistance and help desperately like what we have done in the past. Now we should look further for what could be the best mutual benefit for both countries that is important. This could be tourism, hospitality, trade and commerce. We need to have a clear vision of our society for next 5 to 10 years and must achieve the desired target to make this friendship remarkable. We need to work together to build the unique society so that both Swiss and Nepalese interest could be served as a common goal





Nepali *Recipes*



Kumar Chalise
Executive Chef

Email: chefchalise@yahoo.com

Neuro Ko Achar

Preparation time: 30 minutes

Servings: 20

Portion size: 30 gm

Ingredients	Quantity
Neuro green(Fiddlehead Fern)	500gm
Potato	160gm
Tomato	50gm
Roasted Sesame powder	75gm
Green Chilly(Chopped)	15gm
Lemon Juice	50ml
Coriander Leaf (Chopped)	10gm
Salt	1tbs
Mustard Oil	45ml
Fenugreek Seed	1tbs
Turmeric Powder	1tsp

Method of preparation

- Trim neuro, wash thoroughly and blanch it.
- Wash potato, boil and peel them.
- Boil tomatoes and remove the skin.
- In a bowl, mix all the ingredients except oil, fenugreek seed and turmeric powder.
- Heat the pan, add oil and when it reaches to smoking point add fenugreek seed and turmeric powder.
- Pour the hot oil over the potatoes
- Mix them all thoroughly.
- Ready to be served.



Note: Achar (Pickle) are generally made at home in Nepal as it is considered as side dish in Nepali cuisine. However, these days Achars are available ready made-in market. There are different varieties available in the market.

Typical Nepali Achars can be made of sidra (dried fish), root vegetable, grain, sprouts, fermented greens, sukuti (dried meat), bhogate (pomelo fruit) with added masala (spices). Achar are always an important part of Nepali Cuisine. Achar is typically used to add spicy flavor to regular bhojan (meal). They can be not only spicy but sweet too. Bottled Achar is a very popular choice as it can be preserved for a longer time without any refrigeration and any added chemicals. Generally Tori ko tel (Mustard Oil) is commonly used as a main ingredient for pickling and preserving.

Chalise Baje Choosy

Preparation Time : 20-35 minutes

Servings : 2

Preparation Time : 10-15 minutes

Ingredients

Ingredients	Quantity
Corn Ghoya (Corn Cob), Boiled	3pcs
Olive Oil	70ml
Mustard Seeds	4gm
Cumin Seeds	3/4 teaspoon
Curry Leaves	10 leafy(optional)
Ginger-green Chili Paste	10gm
Tomatoes (Chopped)	30gm
Coconut Milk	1 cup
Green Chilies (Chopped)	To Taste
Turmeric Powder	1/4 teaspoon
Onions (Finely Chopped)	1/4 cup
Corn Geyda (Corn Kernel)	50gm
Ginger(Chopped)	1/2 teaspoon
Gram Masala Powder	1/2 teaspoon
Salt	To Taste
Cooked Basmati Rice	1 Cup



Method

- To make corn curry, heat 2 tbsps olive oil in a nonstick pan. Add mustard seeds, 1/2 tsp cumin seeds, curry leaves, ginger-green chilli paste, and corn stock (water used for boiling corn cob) and let it boil.
- Add 2 1/2 tps. chopped tomatoes and cook for a few minutes. Add the boiled corns, salt and allow cooking for a while. Turn off the heat and add coconut milk.
- Heat 1 1/2 tbsps olive oil in a separate nonstick pan, add 1/4 tsp cumin seeds, chopped green chilies, turmeric powder, onions, corn kernels, ginger, garam masala powder, 1 1/2 tps chopped tomatoes and salt and stir well and cook until the tomatoes are cooked.
- To serve put 2 tbsps. of corn kernel mixture in each of earthenware bowls. Over that put 2 tbsps. of cooked rice. Over the rice place a piece of corn cob and pour some of the gravy. Serve hot.

Safety: Maintain hygiene and ensure of kitchen safety for cuts, burn, fall, handling electronic and gas range.



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Swiss *Recipes*

Swiss Pizza Roulade



Ingredients	Quantity
• Normal Pizza Dough	- 120gm
• Dice cut Mixed Vegetables	- 150 gm
• Grated parmesan cheese	- 20gm
• Cheddar Cheese	- 30gm
• Pizza/Tomato Sauce	- 50gm
• Fresh Basil	- 5 gm

Method of preparation

- Pre Heat the oven 200 degree centigrade
- Roll a pizza dough on rectangular shape
- Spread 1 tabs tomato sauce and add sauté mixed vegetable, arranged like a cigar than add cheese on top
- Then roll it and make a shape like a cigar, outside of roll put Cheddar cheese
- Then put in to baking tray and brushed by egg wash
- Put in to pre heated oven for 8-10 minutes, your pizza roulade will be ready
- Than start plating on bed of hot tomato sauce , garnish with Fresh basil



Chef Mahesh Dhakal

Executive Chef
Hotel Shangri-La

Chef Mahesh Dhakal is Nepal's youngest Executive Chef, who was nominated and secured the (1st Runner up position) in World Hospitality Awards XVI, 2015 held at Paris under 'Best Professional Success' category. He has an international experience working with hotels groups in Europe, Middle East, Africa and Asia, including work experience with Michelin Star Chef Atul Kochhar and Vineet Bhatia at Yas Hotel Dubai. He is currently working as an Executive Chef at Hotel Shangri-la Kathmandu, Nepal.



Gruyere Lobster Risotto

Ingredients

- 6 cups chicken stock
- 3 tbsp. olive oil
- 3 medium shallots, minced
- 2 cloves garlic, minced
- 2 cups Arborio rice
- 1/3 cup dry white wine
- 1/2 cup Gruyere Cheese Grated
- 1 lb. Maine lobster meat,
- 3 gm Saffron
- 2 pcs black olives
- 3 tbsp. unsalted butter
- 1 tbsp. fresh lemon juice, plus 1 tsp. zest for foam
- 1/4 cup chopped sorrel, plus more for garnish

Kosher salt and freshly ground black pepper, to taste

Method of preparation

- Heat chicken stock in a small saucepan over medium heat; set aside and keep warm.
Heat oil in a 4-qt. saucepan over medium-high heat; add shallots and garlic to saucepan. Cook, stirring, until soft, 3 minutes.
- Add rice; cook until opaque, 3–4 minutes.
- Add wine; cook until absorbed, 1–2 minutes.
- Add reserved stock 1/2 cup at a time, cooking until each addition is absorbed before adding next amount. Cook, stirring often, until liquid has all been used and rice is tender, about 30 minutes.
- Add saffron and stir well
- Add Gruyere Cheese and cook, stirring, until liquid is creamy, about 3 minutes more. Remove from heat and stir in lobster meat, butter, lemon juice and zest, salt, and pepper. Plated up with Saffron Risotto on top Lobster and Garnish with Lemon Foam.





RaraJumla-section_source:www.thegreathimalayatrail.org_



Dr. Bishnu Raj Upreti

Executive Director of Nepal Centre for Contemporary Research (NCCR) (www.nccr.org.np); Adjunct Professor, Faculty of Agriculture; Agriculture and Forestry University (www.afu.edu.np); Advisory Board member: Center for Unconventional Security Affairs - University of California, Irvine (<http://www.cusa.uci.edu/people/advisory-board/>) and Member, Board of Trustees, International Foundation for Science (IFS) (<http://www.ifs.se/about-ifs/ifs-board-of-trustees.html>) and has written 43 books and numerous articles in his areas of expertise (conflict, peace and human security).

Advancing concept of ‘Human Security’ for peace and stability in Nepal

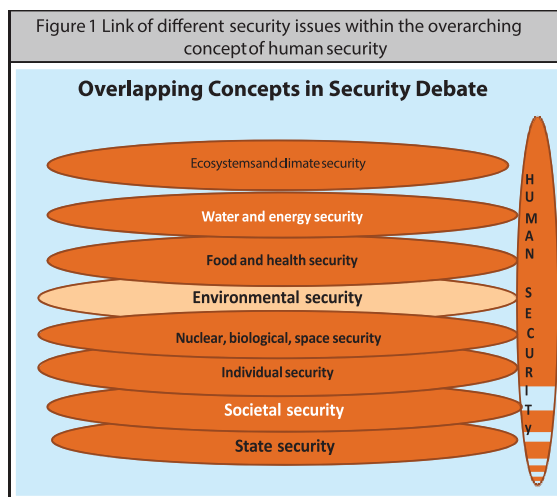
By Dr. Bishnu Raj Upreti

Human security in this note is defined as the inter-related components of ecosystem and climate security, water and energy security, food and health security, environmental security, nuclear and biological security, individual security, societal security and national security. The Comprehensive Peace Agreement (CPA) of 2006 had ended the decade long armed conflict and paved the path to the Constituent Assembly and the new Constitution (2015) in Nepal. It has not only envisioned the fundamental restructuring of the state including judiciary, legislative and executive, security, and bureaucracy but also emphasized human security as conceptual basis for achieving peace and stability in the country.

The concept of human security was evolved overtime since the mid 1990s and it was continuously broadened the understanding in the changing political, social, economic, cultural and environmental contexts. The concept of human security was formally introduced by Special Advisor to UNDP Dr. Mahbub ul Haq in Human Development Report in 1994 (UNDP 1994) even if the elements of human security were in public debate before this report.

Gradually human security concept is becoming popular and getting attention. In this context, the UN had created separate Human Security Commission (HSC) to promote human security approach (CHS 2003). Further, an international network was established by ‘like-minded states’ in 1999 and organized series of ministerial meetings to promote human security.

Even though human security concept was already introduced in 1994, Nepal is still struggling to understand, internalize and integrate into the country’s development policies, planning and orientation. In this context, we need to expand understanding of human security as an interconnected, complementary and holistic way. The following figure shows the overlapping and complementary components of the human security. However, majority of the policy makers, decision makers and influential actors are yet to internalize the importance of and interrelationship between different components of security.



Source: Designed by Dr. Bishnu Raj Upreti

It is crucially important to incorporate the concept of human security in national policies and plans. Nepal needs to learn from the countries like Canada, Norway, Japan and few others who were promoting the concept of 'freedom from fear' and 'freedom from want'. Likewise, Romania, Moldova, Ukraine, Australia, Finland, the UK, the Netherlands and Switzerland have also taken up human security issue in their national and foreign policies.

Scholars and researchers have started highlighting the need of expanding the human security debate (Matthew and Upreti 2009) and emphasizing to examine inter-linkages between skewed/irrational exploitation of environmental resources like water, land, forest and armed insurgency in Nepal (Upreti 2004; Mathew and Upreti 2005), the environmental security and sustainable development (Upreti 2012a), the food and water security (Upreti 2012b), health security (Khatri 2012) and holistic understanding of human security (Upreti et al 2013) in Nepal.

Nepal needs to go beyond the originally identified 7 components of human security (economic security, food security, health security, environmental security, personal security, community security and political security) to address the emerging threats from water insecurity, climate insecurity and so on. Report of the Conference of the Parties in its Seventh Session held in Durban (28 Nov. to 11 Dec. 2011) clearly highlighted that climate security is a major security concern today for the world (Climate Change Secretariat 2011). Climate related disasters like flood, glacier melt, sea level rise, prolonging drought, increasing frequency of hurricane and storms; looming disasters; food insecurity, migration are posing greater risks and threats to Nepal and the South Asia.

Further, increasing civil strife, armed conflicts and civil wars in the region are directly and or indirectly linked with the human insecurity and posing new challenge to achieve peace and stability. The World Development Report 2011 entitled 'Conflict, Security and Development' vividly highlighted the interrelationship between development, security and conflict. Hence, it is a time for policy and political decision makers, academics and researchers, development partners and practitioners, civil society and non-governmental sector and private sector and community to work in a concerted way to understand, internalize and apply human security concept into practice to achieve economic prosperity, political stability and peace & harmony in the country and contribute to regional stability in South Asia.



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From a herder in the high mountains of Upper Mustang to a conservationist, Dr. Ghana Shyam Gurung (Chikyap Ghurmet) has dedicated more than two decades of his life to nature and its conservation, and improving livelihoods of local communities.

Dr. Ghana is Senior Conservation Program Director at WWF Nepal, responsible for managing the organization's programs, projects and relationships with national and international partners. He also serves as an advisor to the Chandra Gurung Conservation Foundation and Federation of Nepal Buddhist Association, and is vice-chair of the Nepal PhD Association. He is a strong advocate for the conservation of tigers, rhinos and snow leopards as an active member of various national, regional, and global efforts to save these species.

He holds a doctorate in Natural Science from the University of Zurich, Switzerland.

Achieving the Impossible in Conservation in Nepal

By Dr. Ghana Shyam Gurung, PhD

MY VIEW: How the small country of Nepal achieved conservation results that has eluded many other countries, all the while grappling with conflict, poverty, and corruption.

Global Context: Nature conservation is a global challenge to be tackled by all of humanity with commitment for a living planet. Many governments, conservation organizations, the private sectors and people from different walks of life have been working intensively over the last 50 years to address larger environmental concerns such as climate change and specific issues of biodiversity conservation.

Despite concerted global conservation efforts, the WWF's Living Planet Index (LPI) shows a 30 per cent decline in biodiversity health. Our ecological footprint indicates that we have exceeded Earth's biocapacity by more than 50 per cent since 1970. On average, the number of mammals, birds, reptiles, amphibians and fish across the globe has halved in the last 40 years.

The decline in biodiversity is greater in the tropics compared to the temperate, and Latin

America shows the most dramatic decline with a fall of 83 percent. Globally, habitat loss and degradation, and over exploitation are the primary causes of the decline. However, climate change is likely to put more pressure on populations in the future as the next most common primary threat.

Nepal Status: While the world is struggling to achieve conservation goals, Nepal has done remarkably well, even under a very challenging socio-economic and political environment. With over 23 percent land dedicated to nature conservation, Nepal's forest cover has increased by about five percent (39.6% to 44.75%) in the last 15 years with about by four percent increase in protected area systems after 2010.

In partnership with the conservation and development community, including the World Bank for Tiger conservation, Nepal has created more protected areas such as Banke National Park and Parsa Wildlife Reserve extension in the Terai with additional investment in tiger conservation, and has established Apinampa and Gaurishankar Conservation Areas in the

mountains, with an aim to build ecological and community resilience in the face of climate change after 2010. Nepal has also successfully pioneered species conservation in the mountains by handing over management of conservation areas to the local community and empowering citizen scientists to monitor snow leopards and reconcile human-wildlife conflict through innovative livestock insurance schemes.

Nepal has increased its population of flagship species such as wild Bengal tigers from 121 in 2008/09 to 198 in 2013 and greater one-horned rhinos from 435 in 2008 to 645 in 2015. It is a matter of pride that Nepal is the only country to achieve the global goal of zero poaching. Since 2011, Nepal has celebrated three years of zero poaching of rhinos. Nepal can rightly be called a nation that promotes conservation for the benefit of present and future generations. This has resulted in direct economic benefits too. World heritage sites that are home to iconic species like rhinos and tigers such as the Chitwan National Park are major tourist attractions, receiving about 200,000 national and international visitors every year.

Telemetric study has revealed that a snow leopard reached a highest point of 5,959m ever recorded with constant transboundary movements between Nepal and India.

Nepal has achieved these great conservation successes in the backdrop of challenges on multiple fronts. It is one of the least developing countries with two decades of political instability that still continues, it ranks high on the corruption perception index (<http://www.transparency.org/cpi2015>), and is also towards the top of the climate risk index



<https://germanwatch.org/en/download/13503.pdf>), (<https://www.ipcc.ch/>). More immediate challenges include the massive earthquake in 2015, followed by a prolonged blockade that affected all spheres of life and development for Nepal.

Despite these monumental challenges that create a need to meet development aspirations of people first, with conservation taking a back seat, Nepal has become a global model in wildlife conservation and community-based natural resource management.

Nepal Experience: So, how has Nepal achieved the impossible? The story is one of incredible teamwork among government, the community and conservation partners, who have worked together with commitment and dedication to save Nepal's natural resources for future generations and sustainable development.

Participatory and partnership-based approaches that Nepal has taken for tackling wildlife crime and biodiversity conservation have paid off. The Nepalese government has partnered with concerned national, regional and international institutions to address conservation challenges and fight wildlife crimes. Over the last 10 years, Nepal has also built strong bilateral ties with China and India for trans-boundary biodiversity conservation. These efforts have provided an enabling environment for regular meetings between the countries at all levels, from the central government to parks and local communities, in collaboration with WWF and other conservation partners.

Wildlife crime is one of the top five global concerns, and also a common agenda of international, regional, national and local communities. Wildlife crime control is strongly owned by enforcement



Nepal is moving towards doubling the tiger numbers (Tx2) by 2022 Photo citation: © WWF Nepal/Ghana S. Gurung

agencies such as the Nepal Army (in controlling poaching), Nepal Police and Armed Police Force (in controlling illegal wildlife trade) to create positive conservation impacts. The cause is also strongly supported by local youth and communities living in and around protected areas, civil society organizations, the private sector and the national and international conservation community.

To address wildlife crimes, Nepal formed the National Tiger Conservation Committee (NTCC) in 2010 chaired by the Prime Minister, the Central Investigation Bureau (CIB) and the Wildlife Crime Control Bureau on the ground. National Trust for Nature Conservation and WWF are also a member of the NTCC. A combination of political will, government leadership, support from national and international community, conservation organizations and local people, and strong ownership of the enforcement agencies with the application of cutting-edge anti-poaching technologies have paid off, with Nepal achieving zero poaching of rhinos, controlling illegal wildlife trade and minimizing risks to field staff on the ground.

An Inspiration for Others: Nepal's conservation successes,

achieved under an extremely challenging social-political and economic context, can inspire any conservationist and country towards the path of sustainable



development and biodiversity conservation for future generations in the face of climate change. As a conservationist with almost three decades of work experience, I believe that if it was possible for Nepal to allocate dedicated space for conservation, restore its iconic species, and bring benefit to people, the conservation dream is also possible for any country.

Road Ahead: However, new challenges such as climate change, and infrastructure development

pose real threats. We can however, anticipate these threats, and turn them into opportunities. We can proactively work on green smart infrastructure development as Nepal

and trans-boundary cooperation for biodiversity conservation and wildlife crime control. These steps are important not only for the sake of biodiversity, but essential to protect the natural assets of our country for sustainable development as natural resources are key tourism products and provide ecological services as well reduce climate vulnerability.

Conclusion: The conservation success achieved by Nepal thus far can be short lived without continued conservation efforts from all sectors under the government leadership. As the conservation challenges increase in the future, the need to make investment and bring innovations on conservation approaches and strategies and application of the state-of-the-art of technology is greater than ever before. All of us - the government, community, and national and international partners - need to sustain our efforts to tackle these new challenges. Together, we can turn challenges into opportunities. We've done it before.

Declaration: This article is based on my personal experience and opinions, and therefore do not reflect any views of WWF and/or any other institutions I am associated with.





Dr. Poorna Kanta Adhikary
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Dr. Poorna Kanta Adhikary was born in Dura Danda, Lamjung. He studied in Nepal, India and USA. Dr. Adhikary is very well known planner, peace-builder, educator, trainer and facilitator nationally and internationally. He has conducted more than 1000 training programs in Nepal as well as in different parts of the globe. Currently, Dr. Adhikary is Chairperson of Institute for Conflict Management Peace and Development (ICPD), Enterprises Development Company (EDC), Lamjung Skill Development Foundation (LSDF), National Skill Development Foundation (NSDF). In addition to these organizations, he is also involved in different other social sector organizations because of his passion for social service in Nepal.

Dr. Adhikary is also Advisor of Nepal Swiss Friendship Society (NSFS).

Community Based Self-Help Approach to Reconstruction: LSDF Response to Earthquake Affected People (Revisited)

By Dr. Poorna Kanta Adhikary

1. The Earthquakes of April-May 2015

Nepal's April-May 2015 earthquakes (25 April 2015 with 7.9 (Nepal)/ (8.2 US) rector scale magnitude and a number of after-shocks including the one of May 12 jolt of (6.8 Nepal)/ (7.3US) scale) have caused severe damage and destruction including loss of life and properties. The overall loss of physical assets has been estimated to exceed US\$7 billion, which is one-third of the country's Gross Domestic Product (GDP). The agricultural loss alone was estimated to be US\$284 million. Out of the 31 badly affected districts, 14 have been severely devastated causing more than 9,000 deaths, 250 persons missing, 23,000 injured and 2.8 million (10%) country's population displaced. More than 785,000 homes have been damaged or destroyed and 2,655 government offices and public buildings were collapsed and were left unusable. The affected people in earthquake hit areas were severely affected psychologically; even most of the people who had their houses intact in towns and villages were sleeping in open sky, verandahs or under tents in open space. Those who had their houses damaged, not having technical support were in serious trouble by not knowing whether the buildings were suitable to use or not. Due to delayed

reconstruction support from the government, a large number of earthquake affected people are still going through such a situation.

2. LSDF Response to Post-Earthquake Reconstruction

The meeting of District Disaster Relief Committee (DDRC) Lamjung of May 16, 2015 requested Lamjung Skill Development Foundation (LSDF) to provide technical support in the reconstruction works with earthquake resilient construction technology.

2.1 The Strategic Planning

LSDF proposed a strategy with a clearly worked out Log frame for Community Based Self-Help Approach to Reconstruction and tried to mobilize resources through various partners for a program that assures technical know how on earthquake resilient construction technology through a Master Trainers Training (MTOT) to its own National Skill Testing Board (NSTB) Level 2 graduates who were already engaged in construction works. After their training they could not only support in constructing earthquake resilient buildings but also train simultaneously the local work force including women in such a technology who could be qualified to take the

NSTB Level 1 test as well. LSDF was working out a strategy for quick action to transform itself from training institute to an organization that combines training with actual construction and production of construction materials as fabrication hub for those that could be produced at its premise and transported to the construction sites.

LSDF was also planning on calling openly for the designs of homes from individuals and organizations both in Nepal and abroad and offering prizes for those selected as the best ones to be implemented. Cultural dimension here was taken as a very important criterion to maintain identity of Nepal's rich cultural diversities. LSDF would provide both technical expertise in building such homes as well as train local builders to do so and orient local volunteers and home owners to supervise construction. Designs of permanent homes fulfilling the following criteria would have to be provided by LSDF. The criteria would have been: sound hygiene and sanitation; meeting the requirements of privacy, safety and comfort; culturally and aesthetically pleasing; maximum use of locally available construction materials; cost-effective; environmentally friendly and climatic suitability; earthquake resilient; minimum use of essential non-local materials (e.g. CGI sheets, cement, iron rods); and maximum possible inputs of owners and community in building homes.

LSDF would partner only with those communities with specified terms and conditions, who volunteer to take self-help approach in constructing their schools, health posts, community buildings and/or individual houses. In addition to training the workers for their skill upgrading, LSDF would also train construction supervisor and use of local materials. Through this approach of building

construction and training to be simultaneously completed, the trainee-worker who entered the program as an unskilled labour would come out of it in 45 days to be qualified as a semi-skilled worker eligible to take CTEVT/NSTB Level 1 test. S/he would have then constructed one or more buildings in their community could also build their own homes after the completion of their training and earn wages while building the houses of the others. Selection of the trainee-workers would strictly be based upon their willingness to take up the trade to support their own livelihood. Some of those who would want to create their own enterprise in constructing earthquake resilient buildings could be further trained in entrepreneurial skills. Thus with a critical mass of qualified skilled workers, supervisors and entrepreneurs local communities would be empowered to take up the task further in a sustainable manner.

A joint venture agreement was being worked out by LSDF with Cottage and Small Industries Development Board (CSIDB) of Government of Nepal (GON) and Choice Humanitarian Nepal (CHN). CSIDB operates in 48 districts of Nepal including 10 districts that are seriously affected by the earthquake and is engaged in providing skill training and regulation of cottage and small industries. CHN is Nepal branch of Choice Humanitarian International, an INGO based in Utah, USA and is engaged in development works and operates in 12 districts, which also happen to be seriously affected by the earthquake. If LSDF could manage to contribute its share of the cost, it was estimated that by July 15th 2016, the LSDF-CSIDB-CHN JV could train 1400 persons for skilled workers of NSTB Level 1 including thirty Master Trainers in earthquake resilient technology and at the same time build up to 350 units of personal or public buildings in ten earthquake affected districts.

2.2 The Implementation

2.2.1 Mater Trainers of Training (MTOT)

The twenty participants comprising of civil (17), electrical (1) and carpentry (2) background went through the MTOT process with 20% theory and 80% practicum during July-September 2015 by engaging themselves in actual construction of a model building at the LSDF Campus premise, designed to meet the requirement of a guest house there. Unfortunately the MTOT training-cum-construction program was halted just before a week prior to completion due to unavailability of construction materials caused by the blockade at the Indo-Nepal border points, causing acute shortage of fuel, essential items for livelihood and construction materials. The mobility of people and products was seriously affected as well. Although the MTOT was resumed after the blockade ended and construction materials started to be available in the market, the roof work of the guest house was suspended as the tasks of building schools in Dhading received the first priority. As the truss work is already completed the remaining part of the roofing is expected to be completed very soon. In planning and supervision of the TOT small grant support from Karuna Center for Peace building (USA), and Coaching Training Charron-Poggioli (Canada) in addition to that of SNS were also utilized. The design of the guest house was done by Choice Nepal engineers and training support was provided by National Society for Earthquake Technology (NSET) trained Civil Engineer, Civil Overseer and Sub overseer, all employed by LSDF.

2.2.2 School Buildings in Dhading

Three school buildings in Dhading have been constructed with support from local communities as per conditions set for collaboration, financial support from Swiss Nepal Society (SNS), Himalaya

Trekking GmbH and Sunshine School Foundation from Switzerland and implemented by LSDF. The Indo-Nepal border blockade also affected the Joint Venture Agreement process as the potential partners were also immobilized during the blockade and later had to rush to meet their own targets as per their own conditions which created difficulty for common action.

Modality of the Construction:

A triangular approach in construction was adopted which had specified the roles of the three sides, which were as follows:

Roles and responsibilities of LSDF (Gairi Campus):

- Local community mobilization.
- Preparation of drawings and estimate of the construction site.
- Supply of Civil Technicians known as sub overseer who have MTOT in earthquake resilient technology.
- Adopting the modality of construction integrated with training of local masons
- Supply of Trusses to the Schools.

The construction responsibility took over by Gairi Campus on April 2016 for the period of three months. Social Mobilization and modality of the construction with the local mason training was also incorporated in the construction approach. LSDF believes, local workforce need to be capacitated to protect the local community from unexpected earthquakes. So that whatever constructions takes place in local areas, they will be able to construct in earthquake resilient approach.

Responsibilities of the Local School Management Community

- Organizing local masons and labour.
- Supply of cement, sand, rods and bricks.
- Supply of doors, windows as required by the drawing.
- Supply of Corrugated iron sheet.

Responsibility of Donors (SNS and Mr. Kamal Bhatta on behalf of Himalaya Trekking):

- Sending amount to the School Management to purchase materials directly in their name.
- Sending amount directly to the LSDF to purchase construction materials of truss and cost for truss construction, Social mobilization, drawing and estimate preparation, salary of the technicians, and transport.
- Truss Transportation cost to be sent directly to the LSDF.

Achievements:

- Local community was mobilized in construction of Schools. They were responsible to supply construction materials, which they did as required.
- LSDF Sent technicians immediately after social mobilization, they stayed in the site and carried out the construction works effectively and efficiently.
- LSDF supplied trusses and supported for roofing.
- Transported the trusses on time and completed three schools: one is Karki Gaun Higher Secondary School with 10 rooms and the second is Salyantar Middle school with four rooms. And these rooms were made bigger by converting two rooms into one with slight modification. The third is Tripureswor School Construction, which is higher secondary school and is also running a college.

Shortcomings:

- LSDF achievements have been considerably less than what was perceived in the beginning although the blockade in the Indo-Nepal border points and associated shortage of goods and services and their immobility caused substantial constraints for its work performance. This also caused under utilization of available resources.
- Unique opportunity for collaboration with CIDB and Choice Nepal was missed which did not allow the synergy to take place in this post important task.
- Although LSDF was ready to implement the highly needed program of training 200 youth to become semi-skilled workers for reconstruction work after obtaining training for NSTB Level 1 competencies, for some reason the expected agreement with World Vision could not take place in time. It is hoped that this will be done soon as the need is there in the society for this herculean task and LSDF is ready to undertake such a task.

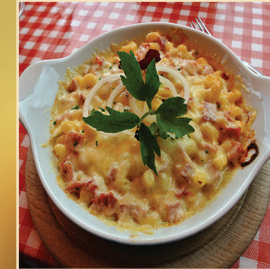
Suggestions:

- Since the reconstruction work done by LSDF is highly successful, similar attempts are needed to replicate/ extend to other earthquake affected areas.
- Arrangement of skill testing of the trainee-workers after the school construction completion should be carried out to honour their hard work and provide the national recognition of their skills.



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Dr. Ram Hari Lamichhane, Ph.D

Dr. Lamichhane is a TVET Expert. Currently, working as a Member Secretary (CEO) of Council for Technical Education and Vocational Training (CTEVT) of Nepal.

Dr. Lamichhane is the Member Secretary of CTEVT, of Ministry of Education. He studied Education Planning and Policy in Vanderbilt University, USA as a Fulbright/Humphrey Fellow.

At age of 15, he started a career as a waiter cum housekeeper in Kathmandu. After his MBA, he became an officer at CTEVT until he went to Australia for Advanced Certificate in Hospitality Management from Technical and Further Education (TAFE), Australia at Regency Hotel School. He learned more skills and knowledge to be an entrepreneur in the education sector. Upon returning, he completed his MPhil and PhD in '**Participation of Poor and Disadvantaged People in TEVT in Nepal**' from Kathmandu University.

He has worked in Technical and Vocational Education and Training (TVET) sector for 24 years from supervisory level to policy level. At present, he focuses on National Vocational Qualification Framework (NVQF) development, CBT based TVET Curricula; Market led TVET and sustainable funding of TVET in Nepal. Therefore, he believes in access and equity, quality and resource management which are the key priority areas in Nepal.

SDC's Contribution on Strengthening TVET in Nepal

Historical Background

Swiss Government has been doing tremendous efforts to strengthen technical and vocational education and training (TVET) in Nepal. It has contributed for decades. The history started from 1962 AD by establishing Balaju School of Engineering and Technology (previously known as Mechanical Training Center-MTC). Similarly, SDC established Jiri Technical School as another milestone of TVET in 1982 AD. Both of these institutes have been contributing to enhance sustainable economy of Nepal through producing skilled workforce. Both institutes were established to supply skilled workforce to the local industries i.e, Balaju Yentra Shala, Jiri Cheese Factory, Agriculture Farm, Jiri Hospital and other relevant organizations. Then after, SDC has been supporting TVET in different ways. This paper is presenting key efforts made by SDC to strengthen TVET in Nepal.

Key Efforts of SDC

Balaju School of Engineering and Technology (Previously known as MTC then BTTC): BSET was first formal technical training institute in Nepal. It was established in 1962 AD by SDC (Previously known as SATA). It has produced about 10, 000 graduates in different levels vocational skills training, TSLC and Diploma. There are mainly mechanical, electrical, sanitation and civil department. The outcome and impact of BSET is very positive in the labour market.

Jiri Technical School (JTS): JTS was established in 1982 by SDC (previously known as SATA) in Jiri, Dolakha of Nepal. It trained about 6000 youths in different level. It is one of the key institution which contributed to enhance economic status of Dolakha, Ramechhap, Okhaldhunga, Solukhumbu, Sindhupalchowk and other districts of Nepal through skills development and employment generation. Jiri is known as Switzerland of Nepal where Swiss Government has contributed a lot through JTS and other development projects. It has been operating well by CTEVT even after stopping SDC support.

Training Institute for Technical Instruction (TITI):

Training Institute for Technical Instruction (TITI) traces its beginning from 'Technical Instructors Training Institute' established as a Nepali national institute in 1991, with the assistance of the Swiss Government, Swiss Agency for Development & Cooperation (SDC) through Swisscontact, the Swiss Foundation for Technical Cooperation. TITI is devoted to meeting the nationwide training needs of technical, managerial human resources and curriculum developers of Technical Education and Vocational Training (TEVT) sector. TITI programs and services are mandated by an Act of the Council for Technical Education and Vocational Training (CTEVT). The vision of becoming the "Center of Excellence" to develop human resource capacity for Technical and Vocational Education and Training in Asia and beyond, TITI is moving forward with the mission of contributing distinctly to the quality of programs and services of TVET by means of training, education and research. Because of its good environment (physical and working environment) & resources (physical, human and financial), It has high done tremendous human resource development initiatives for Nepal and abroad. TITI's recognition/reputation as an excellent institution in local and international market is growing day by day. TITI has trained over 19,000 instructional, managerial and curriculum developers from various countries (TITI, 2014).

Training For Employment Project (TfE): The key goal of the TfE was to strengthen the institutional capacity of TVET institutions and enhance employability of the youths. To achieve goal, the key working areas were as follows.

- organizational and Institutional Strengthening (OIS) approach in relation to its partner Technical Training Providers (TTPs) while implementing training packages with a view to enhancing TTPs' competence to address the critical needs of the out-of-school youth and the country.
- Inclusion of the excluded mass (economically poor and socially discriminated i.e. Dalit, Janajati, women etc).
- Advocacy for better policy environment, e.g. VocPath to be integral part of systemic Technical Education and Vocational Training (TEVT) Development.
- Partnership (including cost sharing), holistic approach to training cycle, contribution in building the overall national TEVT capacity as the key and cross-cutting theme of the project.

In first phase (2000-2002) of the project 1,769 persons got skill training (1 – 12 months duration) through the project from 24 partner TTPs, out of which more than 73% were employed. In the second phase 16 quality training packages were developed and 1,683 persons received career path oriented technical and vocational training (6 to 18 months duration) from 26 partner TTPs. Alliance Nepal now has well tested 16 curricula compatible to labour market, network of all major TTPs (public and private with 108 members), 27 long-term partner TTPs and certain tested approaches at hand for further use and multiplication. The total number of trained graduates during the project implementation was 3,452 in 44 occupational trades with 33% women

and 60% Dalit and Janajati. The employment record of the project was 82% (Alliance Nepal, 2008).

Technical Support to Universities and CTEVT:

SDC supported to strengthening engineering education in Nepal. It support financially and technically to Pulchowk Engineering Institute of Tribhuvan University. Similarly, It supported to Kathmandu University in the establishment phase by establishing computer labs and other technical support. Both support contributed to enhance higher level technical education in Nepal.

Franchising Skills (F-Skills) Project:

F-Skills was one of the innovative vocational skills training project. It introduced franchising approach in training sector. Project was implemented by Helvetas-Nepal with the support of SDC. The major achievements were as follows.

- About 10000 youths were trained and employed
- Disadvantaged youth were reached through a special incentive system: 10% of trainees are Dalit, 73% are Janjati
- The franchising system was operational with more than 20 franchisees across the country; the Project Management Unit functions as the franchisor but operates under the modality of a private company since January 2005. It is expected to convert into a private company in 2006
- More than 200 trainers were accredited with F-SKILL and receive Training-of-Trainers courses

- Rapid Market Appraisals and Sub-Sector Studies were used to assess employment markets
- Training opportunities for migrants to India and overseas explored and first targeted training courses initiated
- Employment Fund concept introduced as a possible modality for pool funding in the sector

Employment Fund Project

As a continuation of F-Skills approach, SDC supported to run Employment Fund Project since 2008. It has been implemented by Helvetas-Nepal. It has trained about 60,000 graduates through vocational skills training. EF is getting support from SDC, UK-Aid, and other development partners as well (EF, 2016).

Support to National Skills Testing Board (NSTB):

SDC provided strong support to NSTB in 1990's. The major components were financial, technical and HRD. It brought NSTB in a professional set up and able to conduct testing effectively and efficiently. As a result of that intervention, NSTB has 276 occupational skills standard (OSS), pool of assessors and other system as well.

Enhance Skills for Sustainable and Rewarding Employment (ENSSURE) Project:

"Switzerland has made another commitment – a 10-year support in the area of Technical Education and Vocational Training to address the increased rate of Nepal's youth unemployment and under-employment. Another bilateral agreement between Government of Nepal and Swiss Agency for Development and Cooperation was signed for the implementation of ENSSURE. HELVETAS Swiss Intercooperation is

entrusted partner of governments of Nepal and Switzerland to provide technical assistance to the Council for Technical Education and Vocational Training.

The aim of the programme is to improve the employability of skilled youths with an established favourable work environment for a more inclusive private sector, to be expanded for services in skill development. Mobilization of "roving" or visiting instructors to advise and help companies in all training aspects - notably in improving on-the-job informal apprenticeship and enhanced apprenticeship - is the innovative element of the programme. Connecting the training of corporate workforce with the existing skills testing system leading to national certification is going to be another major intervention of the programme. It is envisaged that industry associations will play a crucial role in identification of demand, guiding their members towards staff development concepts and cooperating with Council for Technical Education and Vocational Training. Unlike in the past, these associations will also be considered as recipients of the project's intervention for their capacity development. Phase-I will run from 2016 to 2019 with a total budget of 9.8 million Swiss Franc" (Helvetas Swissintercooperation, 2016).

National Vocational Qualification System (NVQS)

Project: After 15 years of interval, SDC has started to support NSTB to convert in National Vocational Qualification Authority (NVQA) through NVQS project. This project is implemented by NSTB/CTEVT with the technical support of Swisscontact. This is 10 year project having 3 phases. It has focused on systemic improvement, quality enhancement and establishment of NVQA and NVQF.

Other Vocational Skills Development Support:

SDC has supported to other vocational skills development projects and activities as well. Beside the above mentioned efforts in TVET, SDC has support other project with vocational skills training component. Some of the examples are skills training in SAMI, DRILL P, LILLI, Trail Bridge and other projects.

Thus, SDC contribution on TVET is remarkable. SDC is a pioneer development partner to introduce skills training in Nepal. As a result, thousands of Nepalese youth have been skilled and linked with employment. Ultimately, it has made significant contribution to national economic and social development.

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Anujan Antoine Mohanarajah



Victor Dimitri Bielly

*Two French students from PARIS, are pursuing Masters degree in Economics and Management in the field of development studies at **IEDES** (Institut d'études de développement économique et social) - PARIS 1 Pantheon-Sorbonne University. They are bound to be future experts in analysis and management of development projects.*

Currently, they are positioned in several projects in two institutions, Collectif France Nepal and Global Academy of Tourism and Hospitality Education (GATE) for an internship program.

Exploring the potential in the hospitality and tourism sector of Nepal

*By Anujan Antoine Mohanarajah
Victor Dimitri Bielly*

Development studies at IEDES:

At IEDES, one of the well-known school specialised in development studies in France, we are trained to become professionals in developments. Our master is called "economics evaluation of policies and projects of development". Indeed, it is focused on economic, social and environmental evaluation policies, statistical and econometrical analysis and thus, management of development projects.

Coming to Nepal

Nepal is known abroad for its wonderful mountains and temples. With high summits, this country attracts every year several alpinists. By coming to Nepal, it enables people to take high insights in different kind of fields. However, this beautiful country has had to face a lot of issues: either by the last year earthquake or ongoing several political and economic issues.

After the earthquake, Mr. Binod Prasad Khakurel had taken the decision to create an association called Collectif France Nepal. The role of this association is to gather all French and Nepalese associations so as to be united for optimizing their social impacts. We have worked on a lot of projects and events in France. One of the most important, was the conference at the French national assembly in PARIS concerning the report of the earthquake, one year after, gathering NGOs, researchers, diplomates, journalists, alpinists and other people involved.



Nepal will rise again. Nepalese people are optimistic. We are really delighted to see this coming from them despite of some still living under very bad situations than previous year. As we can see it is not a country that needs to rise but rather a country who wants to rise.

It is true that we cannot change the world. But we are deeply convinced that everyone at his or her own level could change lot of things. GATE college (a Swiss affiliate Institute) has well understood this principle. Indeed, this is all about quality education. We are so fascinated by the system of education which directly impact student's knowledge and in the future their employment prospects.

Global Academy of Tourism and Hospitality Education (GATE)

Honestly, when we first got introduced to GATE College, we had very little knowledge about the tourism and hospitality sector. But, we were enthusiastic to learn more about this sector which represents the most important part of Nepal's economic growth since previous years and definitely also for many more years to come. In regards to this we plan to implement a project related to 'French Gastronomy' a field which can create a new platform to acquire additional knowledge and skills required in this growing industry.

Enabling students who would like to become a chef to go to France to learn French Culinary and train in Gastronomy is the aim of the future project. Nepal needs more skilled and professional people in the field of hospitality who will create further more opportunities for their own people here when they eventually get back to their home country.





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