

# Meeteri

... beyond friendship

Vol 2  
Nepal Swiss Friendship Society Presents



**Special Edition on the**

**Occasion of Swiss National Day**

August 1, 2013

Kathmandu, Nepal



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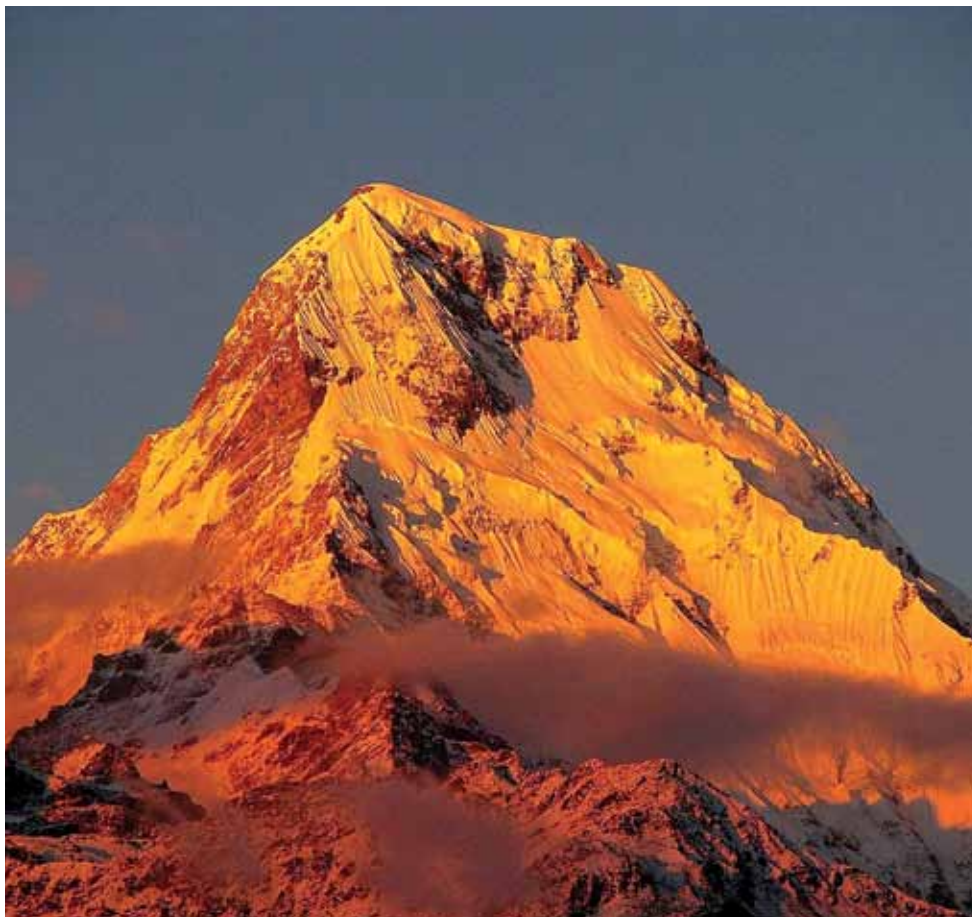
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## Message from NSFS President, Mr. Bishnu Bhusal

It is my pleasure to present you the second edition of Nepali Swiss Friendship Society (NSFS) Souvenir named "Meeteri" on the occasion of Swiss National Day. "Meeteri" in Nepali and in English is called "Beyond Friendship". NSFS is regularly bringing out this annual Souvenir, which is expected to serve as an information sharing platform on culture, friendship and other activities between Nepal and Switzerland. "Meeteri" is widely circulated in Nepal and Switzerland among the friends of Nepal and Switzerland. Already in the second year we have found that "Meeteri" is widely accepted by our Swiss as well as Nepali readers.

In the cover page you will find the various symbolic pictures. Nature has already tied up "Meeteri" between Nepal and Switzerland making both these countries mountainous, landlocked and rich in natural beauty. Thus, tourism is a major industry in both countries.

This year, I have the pleasure to announce new Editor-in-Chief of "Meeteri", Ms. Bishakha Shrestha, who is also the board of directors of NSFS. Under the leadership of Bishakha Shrestha, a new team of NSFS will be overseeing the publications of NSFS and updating of our website ([www.nepal-swiss.org](http://www.nepal-swiss.org)) on a regular basis. We are confi-

dent that with the professional touch of Bishakha Shrestha and her team they will contribute to enhance the quality of our publications in the future as well. The improved version of this copy of "Meeteri" is already a proof of a good start.

This Nepali year, we have seen some changes with our Swiss friends at the Swiss Embassy, Kathmandu, who provided helping hands and worthy advices to NSFS especially at the early stages. Mr. Urs Fluekiger, Head of the Consular Section of Embassy has left for South America for his new assignment and Mr. Thomas Fisher has been appointed as Head of Consular Section of Swiss Embassy in Kathmandu. We wish Urs Fluekiger all the best for his new posting and welcome Thomas Fisher to Kathmandu.

More importantly, our very good friends Mr. Thomas and Mrs. Nathalie Gass have left Nepal for the new job of Thomas Gass at the United Nations Headquarters. The contributions of both Thomas and Nathalie Gass, being the first Swiss Ambassador and first Culture Attache respectively at the Swiss Embassy of Kathmandu, will always be remembered by the NSFS family. Thomas-ji and Nathalie-ji were always available for us since the very initial stages of NSFS. They provided very valuable advices and supported us in many ways.



Their helping hands were very valuable to us at our initial phase to ensure organizational shape to NSFS. I, joined by my NSFS colleagues, wish them all the best for a fruitful, professional and enjoyable time at New York. NSFS had the pleasure to host a farewell reception and dinner in honour of both of them at Hotel Radisson, Kathmandu during the first week of July 2013, where friends and colleagues of NSFS and family Gass had participated. NSFS also provided them with a token of love during that function.

This is the third year of NSFS and we were able to carry out a number of activities during this short span of time. Right after the registration of NSFS with the Government of Nepal, NSFS has established its own office at 42, Nayabasti Marg, Balu-





watar, Kathmandu and is well equipped to cater the needs of NSFS and its visitors. In the past we have organised two big events for our Swiss and Nepali friends from Switzerland to bring them together to celebrate the Swiss National Day (August 1<sup>st</sup>). NSFS family is pleased to celebrate this day with our Swiss friends here in Nepal and it will be one of our core activities. This year, we will celebrate it in cooperation with Embassy of Switzerland at its office premises in Ekanta Kuna and at the same time we will also welcome our new Swiss Ambassador, Mr. Urs Herren. I am pleased to announce that we have added quite a number of life members of NSFS and we will prioritize this membership drive for the rest of this year.

After establishing the Swiss development cooperation mission in Nepal during the mid-1950s, the friendship between our countries have taken new heights. The Swiss development assistance in Nepal is seen in really friendly terms with no strings attached. Projects of the Swiss development cooperation have shown their long term impacts in the field of introducing and producing cheese in Nepal, the background support on making Nepalese carpets world famous, construction of trail bridges in the mountains of Nepal (see separate article concerning trail bridged

in this magazine), and the developments of the technical and vocational education sectors.

Now, both countries have their embassies at Geneva and Kathmandu. There are many inter-country marriages and mixed families today. There are educational and expats exchanges between two nations. Nepal is one of the most popular tourist destinations for Swiss. Specially, most Swiss tourists like trekking and mountaineering in and around Nepal. Beside, the official development cooperation through Swiss Development Cooperation (SDC), many Swiss INGOs, foundations and family initiatives support many different levels of programs all over Nepal. The people to people level of cooperation is growing every day in Nepal, which reflects the growing mutual bonds between the people of Nepal and Switzerland.

To strengthen and promote these friendship, cultural and economic ties both countries have active friendship societies namely; Swiss Nepali Samaj (SNS) in Switzerland ([www.swiss-nepal.ch](http://www.swiss-nepal.ch)) and Nepal Swiss Friendship Society (NSFS) in Nepal. Both SNS and NSFS have sisterly ties and works very closely as the President of NSFS is also the current Board of Directors and Nepal Representative of SNS at the same time. This year NSFS is actively engaged to establish Nepal Swiss

Chamber of Commerce to promote the economic relations between our two nations. NSFS members, who are already associated with the commerce activities with Switzerland, are very active to give shape to this mission. This year during its annual general meeting, NSFS will also identify few action programs which will contribute to our mission. Areas of collaboration between SNS, Switzerland and NSFS, Nepal will also be explored this year.

I would specially like to thank Mr. Jean-Francois Cuenod, Charges de Affairs of Ambassador of Switzerland to Nepal for encouraging us and extending his support to “Meeteri” with his valuable advice and message for the magazine and its readers. The tireless effort of NSFS Editorial team deserves big appreciation to bring this magazine to this shape in limited time.

I hope you will enjoy reading this magazine. Our editorial team will appreciate your feedbacks and suggestions so that the future issues will be even better. If you have any queries or suggestions please email our Editor-in-Chief, Ms. Bishakha Shrestha at [bishakhashr@gmail.com](mailto:bishakhashr@gmail.com). Happy reading!

Thank you.

**Bishnu Bhusal**



## Message from H.E. Mr. Urs Herren



H.E. Mr. Urs Herren  
Ambassador.  
Embassy of Switzerland

### MESSAGE

Dear members of the Nepali Swiss Friendship Society

Dear readers of Meeteri

I would like to take this occasion to congratulate the NSFS for its efforts to further promote the close ties that exist between Switzerland and Nepal. I am pleased that more than five decades of friendship and cooperation find their expression in the second edition of Meeteri.

As incoming Ambassador of Switzerland, I look forward - together with my whole family - to meet all of you and work closely with the Swiss Nepali community. I hope that over the coming years, the friendship between our two countries will deepen and develop even further.

In particular, I would like to express my gratitude for the support of the NSFS for the organization of the Swiss National Day celebration 2013. I wish all of you much success and good health over the coming year.

Yours sincerely,

**Urs Herren**  
Ambassador



## Message from Mr. Jean-Francois Cuénod



Mr. Jean-Francois Cuénod  
Chargé d' Affaires a.i.  
Embassy of Switzerland in Nepal

### MESSAGE

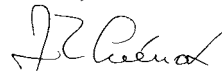
It is a great honor for me to join hands with the Nepali Swiss Friendship Society in the diffusion of the second annual publication of "Meeteri" on the occasion of Swiss National Day, combined this year with the welcome ceremony for the new Ambassador of Switzerland, Urs Herren.

The NSFS has become an active organization promoting cultural and friendship relations between Nepal and Switzerland. I am happy to share with the readers in this second edition some information about the new development strategy for the years 2013 - 2017 and an illustration of a success story with the Trail bridges.

It is a pleasure that this year again, colleagues from the Nepali Swiss Friendship Society have actively participated in organizing the celebration of the Swiss National Day.

Finally, I thank Nepali Swiss Friendship Society President. Mr. Bishnu Bhusal and his team and wish the continued success of this magazine.

Thank you!



**Jean Francois Cuénod**  
Chargé d'Affaires a.i.



## Message from H.E. Mr. Shanker D. Bairagi



I am pleased to learn that Nepal Swiss Friendship Society (NSFS) is publishing its annual magazine “Meeteri” on the occasion of the Swiss National Day. I hope this publication will help promote friendship and cultural ties between Nepal and Switzerland.

Nepal- Switzerland relations have always been smooth and harmonious. Since the establishment of diplomatic relations in 1959, our relations have widened under the auspices of geographical similarities, mountain culture, tourism, economic and development cooperation and people to people contacts. The focus of our relations is fortified, thanks to our foreign policies that are based on, *inter alia*, the common guiding principles of neutrality, impartiality, non-interference and the UN principles of peace and security.

In the present times of global inter-dependence and interconnectedness, the networks of think tanks, civil society, professionals, intellectuals, researchers and students can play an important role in forging partnerships for promoting social, economic and cultural ties between two countries. For this, innovative efforts of utilizing the collective experience, knowledge and skills are very much essential. And, it is through the organizations like NSFS, the prospects of and potential for such innovations are explored.

I believe with its diverse membership involving Nepalese students, diplomats, development workers, business owners, peace promoters, professionals and scholars who are ‘linked’ to Switzerland in one way or the other, NSFS can become an excellent platform for Swiss friends in Nepal. In addition to bringing the ‘Swiss family in Nepal’ together, NSFS can, through its engagement in the social and economic partnerships with other organizations, contribute towards taking our bilateral relations to a new height.

I wish the team of NSFS all success.



**Shanker D. Bairagi**  
Ambassador



# Message from H.E. Mr. Thomas Gass

H.E. Mr. Thomas Gass  
Former Ambassador to Nepal  
Embassy of Switzerland

## Farewell and Thank you !

Dear Readers and Members of the Nepali Swiss Friendship society,

As you read these lines, I will have left Nepal for several weeks of vacation to end my four year tenure in this beautiful and exciting country. My wife Nathalie joins me in extending our thanks to you for your engagement with and support of the Nepali Swiss Friendship Society.



These have been four years of slow but steady change in Nepal. Switzerland has enjoyed an excellent cooperation with the Government of Nepal, as well as with civil society, allowing us to implement well beyond 100% of our allocated annual development cooperation budget into projects which make a real difference to the lives of Nepali women and men. Switzerland's new Cooperation Strategy with Nepal (2013-2017) thus builds on five decades of solid results and mutual trust, with a vision to adapting Switzerland's support to the changing context and the strengthened capacities of our counterparts.

As I have said repeatedly, my work as first Ambassador to Nepal has been facilitated and made delightful because of the strong commitment and investment, which you have made individually or through your organization, to the friendship between Nepal and Switzerland.

We have spent memorable moments, working side by side in development projects, or interacting in National Day festivities, cultural events and security preparedness courses. These were all delightful experiences and it is our hope that the Swiss community in Nepal and the friendship between these two beautiful countries will continue to thrive and grow.

Wishing Nepal peace and prosperity; and to you and your families every joy and blessing.

Sincerely,  
**Thomas Gass**

# When one journeys to the unknown

## When and Why I came to Nepal

Born in 1943 in Switzerland, I, Giovanni Scheibler, was introduced to Nepal and most of all Bhaktapur during an internship in the year 1976. As a part of my postgraduate degree, I was delegated there by the ETH (Swiss Federal Institute of Technology) in the former BDP (Bhaktapur Development Project) for three months. Thanks to the generous support of the German team leader and his colleagues, I was able to work with a fellow student and prepare a comprehensive district study.

After the completion of my ETH postgraduate 'INDEL' in the summer of 1977, I was hired as an expert in architecture and building technology in the BDP. In the late seventies I directed the building construction department for a year.

In the early eighties, I was mostly occupied with field work related to a dissertation on the subject 'Building in the historical context of Bhaktapur - Nepal'. It was approved by the ETH in 1982 and I was awarded with the title of Doctor of Technical Sciences.

## What fascinated me about Bhaktapur?

Like for most who come from the West, the exotic appeal was certainly a dominant impulse in the beginning. Then above all the beauty of the Newar cities, their architecture and the sophistication in

their building technology. During my stay in Nepal, I lived and worked in the city of Bhaktapur and hence became acquainted with what was going on in the life and culture of the Newars day in and day out. More and more I fell under the spell of the traditional daily life of the Newars, the Newari society, the myths and the rituals, the rules and regulations of coexistence of the Newars. I was drawn to them all. However for a professional architect, the greatest and the most important fascination behind all this was the question:

## Why did the Newars settle and live only in urban settings for many centuries?

### What might have been the driving force behind it?

This is in absolute contrast to other ethnic groups residing in the same geographical area at the same time and within the same environmental conditions. The fact is that the 'non-Newars' traditionally mostly just managed to settle in street villages, scattered settlements or nucleated villages. Even the more city-like, larger settlements of these ethnic groups have been reported to feature no or only a few urban qualities. Why is there such a significant difference?

In all the books on the history and culture of Newars, in the beautiful architecture books with glossy pictures, I am yet to find comprehensive and convinc-



ing answers. Every author describes the phenomenon but none questions it! But it seems to me that it is necessary to seek answers and explanations, precisely to this main question in order to be able to understand and explain the traditional urban development and planning of the Newars. And who knows, maybe it can also lay down implications for the contemporary urban development which is so often the casualty of failed planning.

I tried to develop first answers myself in the introductory analytical part of my ETH-dissertation. I have summoned them again and again in seminars and colloquia at the ETH. Yet the discussion that I engendered with great interest is not worthy enough, to either respond to those answers or to even contradict them.

The fascination remains. Answers, I need to find myself.

**Giovanni Scheibler**



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## Krishna Prasad Dulal, PhD Independent Water Resources Consultant

Mr. Krishna Prasad Dulal is a Civil Engineer with Master's degree in Water Resources Development from Switzerland in 2005. In 2009 he earned a PhD in River Morphology from Hokkaido University Japan. He has been involved as an engineer for planning, design and Implementation of Hydropower projects for more than 15 years. Mr. Dulal has also worked for Nepal Electricity Authority, Chilime Hydropower Company Limited, Butwal Power Company Limited, Arun Valley Hydropower Company Limited etc. After getting his PhD he established his own company called "DK Consult Pvt. Ltd" in 2010 where he serves as the Managing Director.

DK Consult is mainly focused on the development of Hydropower Projects. They provide consulting services to different stake holders such as Government Agencies, Public organization, Private sector etc. They are also actively involved in feasibility study, due diligence study, detail design and tendering process for different projects of size varying from 100 kW to 100000 kW.

# Nepal's Present Energy Crisis: Lessons from the Past and Way Forward for the Future

## Background

Nepal, though naturally bestowed with more than 6000 rivers flowing from high altitude Chinese border to low altitude Southern plains near the Indian border, has not so far been able to harness its energy potential of hydropower generation. Out of more than 83000 megawatts of total hydropower potential, studies have shown that more than 42000 megawatts of energy is technically and economically feasible to produce. Not only does Nepal have the potential to meet her domestic demands, but also decrease our trade gap by exporting energy to India. However, the present scenario of Nepal's energy utilization and development is in a predicament: we are suffering from huge energy crisis, up to 16 hours of energy cuts this winter and the problem has continued for more than a decade.

Less than 1000 megawatts of energy has been developed so far which is just an iota fraction of the total potential. Still half of the country's population is without any access to electricity and those who enjoy electricity have the least per capita consumption in the South Asian countries i.e. less than 200 Units/Person. It would be worthwhile now to analyze the

past mistakes we have made in this sector and also make diligent plans to cope with this scenario for the coming days.

## Lessons from the Past

What mistakes did we make in the past that led to the present disaster? And who is responsible for this? There are recriminations and counter-recriminations from various groups active in Nepal—mainly government bodies and political parties, regarding these questions. Actually and obviously, the first and the main cause is the decade long insurgency of 1995-2005 which not only retarded the timely completion of the running projects and increased the project costs up to five folds, but also hindered the new projects to embark on.

The second cause is the rapid growth of energy demand because of the increased use of technology by the people such as mobile, television and the migration of people during the insurgency period which made people clustered in the nearby towns. The increased income and changed behaviour of people have encouraged them to seek for more energy dependent devices in their home, at least for lighting. The planning failures of the government





officials regarding the rise of energy demand led them to be unprepared for producing more energy.

The third cause is the lack of mixed type of project developments and emphasis solely on run-of-the-river projects. The likely characteristics of run-off-the river projects is, decrease in installing capacity to one-third in the winter seasons, when there is high demand due to need of more lighting and heating. The relevant officials in the past did not give importance and impetus to the development of reservoir type projects the ramifications of which are the low production during the winter season when the demand is high. The private investors usually are not interested in developing reservoir projects since they are high capital investment projects with low returns and there is some policy hurdles on reservoir which needs to be cleared by the government.

### **The Way Forward**

Nepal Government should prioritize the development of reservoir based hydropower project and should take lead role incorporating the inputs from internal financing institutions, private firms, shareholders and local people. For the management of

huge investment on Reservoir projects, Government can utilize the unused money from various organizations like Employee provident fund, Nepal Army Social Trust, Citizen Investment Trust etc.

The development of Hydropower in a country and availability of cheap energy to her industries can make our industrial products cheaper and ultimately increase the competitiveness of our products with foreign goods. This will ameliorate the situation of our trade imbalance with foreign countries increasing the export capacity of our products.

The project should be implemented based on the forecast of load centers i.e. domestic load and industrial load. Development of the Projects nearby the load centers saves the cost by two ways. Firstly the cost is minimized on the transmission lines and second there will be less loss on these lines which ultimately saves energy. Government should focus on the regional planning rather than the central planning which was the practice for a long time.

Last, but not the least, the government should boost the competitive capacity of the hydropower projects as it is the only available natural re-

**Actually and obviously, the first and the main cause is the one decade long insurgency of 1995-2005 which not only retarded the timely completion of the running projects and increased the project costs up to five folds, but also hindered the new projects to embark on.**

source for the production of energy. Government should provide impetus by Subsidies or rewards, so that this can be better than other sources of energy like Nuclear, Thermal etc.

Learning from the mistakes of the past is the first prerequisite to making future plans in every sector, hydropower not being an exception.





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## Dr. Ursula Gehbauer Tichler

### CEO, SSTH Swiss School of Tourism and Hospitality

Dr Ursula Gehbauer Tichler assumed the leadership of the Swiss School of Tourism and Hospitality in 2011. She is not only the chairwoman of the board, but also the CEO and CAO (Chief Academic Officer) responsible for the academic program.

Ursula Gehbauer Tichler has long-standing experience and an excellent network in the tourism industry, in the educational as well as in political sectors. Before being appointed CEO of SSTH, she was Director of Samedan's College for Higher Education in Tourism (Engadine, St. Moritz) and Municipal Councilor of the community of Madulain.

She is very committed to maintaining the competitive edge in education and tourism as well as those involved in these fields. With determination she follows the business developments of her surroundings, pursues trends and integrates these in her exchange with internal and external partners. Ursula GehbauerTichler continuously fosters a culture of innovation.

She studied in Zurich and Utrecht (Netherlands) and graduated with a PhD in German and English language and literature. She also completed an MBA at the University of Zurich (exchange programs at Fudan and Yale universities included) with a focus on intercultural management.

## Hospitality or Gastfreundschaft: What is it all about?

### Key ideas to understand a paradox

**D**o you remember how tourism and the hotel industry evolved? It all started with merchants travelling and people who went on a pilgrimage. They needed shelter or food en route and would land up taking refuge at indigenous houses. Step by step, the hosts extended it into a profession. Nowadays we face a globalized billion-dollar industry and professionals do not only have to deal with different cultures but also with shifts in demography. With this every day stress and struggle, it is good to pause for a moment and to think about what we are trying to achieve.

Gastfreundschaft is the German word for hospitality and literally means friendship towards guests, which is undoubtedly a key requirement for a successful tourism industry. However, many people (including us) continue to search for the exact meaning of this concept. Why is this so? If you begin to look into the meaning of the term you will soon come across astonishing explanations.

The roots of the German word Gast and the English word host both stem from the Proto-Indo-European \*ghosti-s, meaning stranger or alien, also used to mean enemy or hostile warrior. How strange that

this word was originally used to describe human beings that were regarded with skepticism and who had to be kept at bay. Psychologists would call these members an out-group; a social group with which an individual does not identify.

The term friend or, in German, Freund had the meaning of blood relative or member of the clan. It is a word used to describe someone to whom we are close. These are members of the so-called in-group, the social group with whom a person can identify and feels a sense of solidarity.

In the strictest sense of the term, the word Gastfreundschaft is made up of a contradiction: the stranger and the relative. It is interesting to consider why these terms have been joined together. It seems to have been a clear choice; an intentional expression to train oneself to view a stranger as a relative.

The tourism industry today has to work hard to fulfill this ambitious aim of merging the discrepant meaning and to overcome this paradox. This is in no way a trivial matter, but a contradiction that has to be met in a conscious and reflective manner. In some German-speaking countries nowadays Fremden-



This idea was summed up well by Juerg Schmid, Tourism Director of Switzerland, when he said: “We have to be authentic in our Swissness but at the same time competent in dealing with other cultures”.

verkehr (literally the traffic of strangers) is the word used to mean tourism. In Switzerland this term was banned in the 80s due to its negative connotations and as a clear expression of a change of attitude. But did this really help to change the peoples’ mindset? Is it possible to change it? How big is our wish to integrate others or to adapt to their particular values? And how much integration do our guests want? Aren’t they living in a paradox as well? Travelers might start their journey to explore the unknown, to experience different people with different traditions and values. However, during their journey they begin to notice that they are seeking a sense of security; they enjoy the food that they know for example eating at McDonalds and end up sleeping at international hotel chains.

Hospitality or Gastfreundschaft is not something given to us instinctively, but a concept on which one has to work. This awareness has both a calming and clarifying effect. Anybody who has at one time or another become nervous about facing an intercultural situation or issue, can see that he or she is not wrong as such, but just that he or she has reached his or her (actual) limits. Responsible people working in the tourism industry can see

that there is no way of forcing hospitality on someone. It would be an effort doomed to fail. But by understanding that people can only be good in their own particular way, we should begin a public discussion regarding the values and traditions that every group wants to keep and protect. For these might be some of the reasons as to why guests come to a country in the first place. This idea was summed up well by Juerg Schmid, Tourism Director of Switzerland, when he said: “We have to be authentic in our Swissness but at the same time competent in dealing with other cultures”.

The second part of solving the dilemma is to create possibilities that allow people to gain positive experiences with guests from different cultures and consequently to widen the outlook of the out-group. International partnerships, such as the one between GATE in Nepal and SSTH in Switzerland, are a perfect example. As partners, they already belong (certainly regarding education) to the same group. The barrier is therefore lowered significantly and individuals approach each other with a more open mind. Intercultural exchanges e.g. those for students - can be organized a lot more easily.

This year, not only did we have an internship exchange between Nepal and Switzerland, but it was also the first year in which SSTH students took a Nepal Study Trip to GATE. We hope that the classroom exchange project will continue to grow and prosper in the future.

In many ways people try to improve their intercultural abilities, but experience is the best way to learn. It is necessary to taste Nepalese Momo, and to walk on the streets of Kathmandu to know its hustle and bustle; and if only you have had the chance to be invited by Nepalese people, will you understand what they mean by “welcome”. And the same is true the other way around: When people familiarize themselves with another culture they eliminate the barriers, from being a stranger to a friend. Those who understand this best are going to be the winners of the future.

By **Dr. Ursula Gehbauer Tichler**  
CEO of Swiss School of Tourism  
and Hospitality,  
Passugg, Switzerland



## My journey to Nepal

**M**y journey to the mountainous land of Nepal all started with the partnership of GATE (Global Academy of Tourism & Hospitality Education) and the SSTH (Swiss School of Tourism and Hospitality). Mr. Khem Lakai the CEO of GATE came to visit his old school SSTH in Switzerland to deliver a speech among the students there in Chur. The whole class was fascinated by his conversation, so they decided and discussed to go on a journey to Nepal. Of course this was a huge topic of interest in school and Mrs Ursula Oehy told me about it. I jumped on the project without hesitating. Why? My aunt and my uncle have lived, worked in Nepal and have adopted two children from Nepal. So I have heard a lot about Nepal before.

We started the planning process for our journey and went to Kathmandu June 10th 2013 with a group of 6 students and an assistant professor via Oman to Kathmandu. I have already travelled to many countries but never to such a country like Nepal. I was very tense as to what to expect. Honestly: "I was surprised positively!" People are very courteous and helpful; they have greeted us with open arms, which has never happened to me on my journeys before. Kathmandu surprised me very much as everything is kept very simple. Then after my first impression I wondered, how the country side looks like.

When we left Kathmandu the hills, mountains and the country life came to the forefront. We were greeted again with a smile at all the places we visited. The greatest surprise came to me, as the nationwide strike took place and everything quietly stood, I had the feeling for the first time on my journey that people were sad. For us as tourists, however, there wasn't any problem on this day either to go on car journeys or to travel but the local people seemed to have to suffer a lot.

Of course the highlight was the trekking in the Himalayas -the Machhapuchchhre in Nepal in the Annapurna mountain range. As far as my eye suffices the high mountains mesmerised me, the 7000 meters high mountain looked glorious to me. We had a very packed program so I realized what we actually saw in these 10 days in Nepal was something sensational, all that I was able to capture in my camera I did.

We also saw a different picture of Nepal by the many interesting meetings, with locals and



individuals we had as to how worried they were about Nepal's future. Perhaps we don't understand everything as a tourist but one thing I can say for sure is that the hospitality of Nepalese people is simply heart-warming. I will keep the good memory's I built in this beautiful nation with me for the years to come. As Chef by profession of course I have to say something about the food. Be it at GATE, local restaurants up to the Tea Houses in the Himalaya, we always got delicacies everywhere. You don't get such fresh food in Switzerland!

Thanks Nepal and see you again!

Namaste  
**Lukas Rusterholz**





*Make more of yourself.*



SSTH - Swiss School of Tourism & Hospitality has over 46 years of history, the first Federally accredited and one of the most respected Swiss Hospitality Academies also accredited by Swiss Hotel Association, 3Q for Quality, and Eduqua. Having produced thousands of global hospitality leaders, SSTH has always maintained the highest standard and original Swissness of Hospitality in the world. GATE College is the award winning sister academy of SSTH opened in Nepal as a hub in 2007 to avail the "World's most respected Swiss Education in Nepal"

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## The swiss experience

I have always loved travelling and somehow have been lucky enough to travel to different places since I was a little girl. What I did not understand so much at that time is how those experiences would help me pursue hospitality studies later in life which is the main discovery I made during my recent trip to Switzerland.

Switzerland has been on the top of my travelling list as it is considered one of the best travel destinations in the world. I have imagined it to be beautiful of course but what I discovered out there is much more than what I ever thought was humanly possible. I must say that I was delighted with what I saw and experienced in terms of a destination manages at its best.

I did my internship for two months at the Swiss School of Tourism and Hospitality in Passugg in Switzerland from April to June 2013. It is located in the middle of a hill nearby a small town called Chur, which is the center of canton Graubunden. The college is surrounded by beautiful Alps, river and greenery making it very peaceful, therefore I think it is a perfect place to pursue a quality education.

The first thing I noticed about Switzerland besides the lovely landscape was the amazing infrastructure. The way roads were well built, the



variety of public transportations made available such as trains, cable cars, boats and buses could be combined and were always on time and systematic.

At SSTH, I was inspired by the level of professionalism of teachers as well as the students and how they were nurtured to become future leaders.

They had a positive attitude towards their work and studies and were very friendly. Doing things on a timely manner and doing things right was part of their daily lifestyle.

During the two months of my stay there as an intern, I was trained in four departments - Food and Beverage, Kitchen, Front Office and Housekeeping. I learned a







lot from all the departments but if I have to choose one, F&B Service was my favorite as I got to learn a lot from the wonderful trainers who had many years of experience. During that time, I also participated in the flambé lesson given to the students where the trainer demonstrated his flaming skills. We did not just see but also could taste the beautiful product.

I also had the opportunity to participate in the very renowned SSTH Food Festival and represent Nepal through a Nepali Food Stall to some 2000 locals who participated in the event. The event was a

grand success. Taking part in it was one of the most memorable times and unforgettable highlights I had in SSTH. Through the challenges I faced, I was able to mature, learn and improve myself.

Another beautiful advantage of Switzerland is that it is bordered to Germany, France, and Austria therefore I also had an opportunity to visit a part of Germany and Austria when the Head of Career Services of SSTH, Ms. Ursula Oehy invited me to her home. I experienced the European lifestyle first hand and I felt very lucky and very hap-

py to be there. People I met in Switzerland made me feel comfortable.

In my observation, the Swiss are very humble and hardworking people and we Nepalese can surely learn a lot from them. Geographically, Nepal is also not so different from Switzerland. Both are land-locked countries and have smaller number of population. We can find similarities in the beautiful mountains, grasslands, climate as well as the warm hospitality of the people.

I made the best choice by enrolling into the hospitality course because I had something already in-built, which is about accepting others and putting others first which perhaps is the biggest quality one needs to have in the service sector which was already planted as a result of traveling in my early childhood. I can now relate not only to serving standards, but also to understanding and respecting people with different opinions. My Swiss experience overall was an amazing and unforgettable one. I feel privileged to be the first student from GATE to have visited Switzerland and train in SSTH. In the future, I hope other students like me will get similar opportunities so that they can learn and experience from the best.

**By Lumina D. Kazami Sakya**

*Lumina is the first Exchange student from Nepal to complete her internship in Switzerland.*





Swiss Settlement with Beautiful River

A large group of graduates in blue gowns and green stoles are celebrating, with many throwing their black caps into the air. The scene is set outdoors in front of a large, modern building with a flagpole. The sky is clear and blue, and there are green trees in the background. The graduates are smiling and cheering, creating a festive atmosphere.

# *Feature Alumni*

- ◆ **Mr. Samir Thapa**
- ◆ **Ms. Bishakha Shrestha**



**Mr. Samir Thapa**

What I have learned the most from Switzerland is the value of punctuality & importance of time and of course the work ethics and how people take responsibility towards society and country is also exemplary.

**Mr. Samir Thapa** is the Executive Chairman & Founder Principal of Silver Mountain School of Hotel Management in Kathmandu, Nepal. He is also a founding partner & Director of American Hospitality Academy, IHMS, USA and Board of Director in Council on Hotel, Restaurant and Institutional Education Asia Pacific (APacChRIE).

He went to Switzerland for his Post Graduate Diploma in Hospitality Management then he did his MBA from the USA. Mr. Thapa is presently pursuing his Ph.D. in Hospitality Management. He is an Entrepreneur with an international level exposure in terms of academic achievement and professional experience in the Hospitality Industry. A manager with a belief in Corporate Entrepreneurship and utilization of available potential to the fullest for creative contribution and collective achievement. He certainly is a person with faith on human values and creativity as the overriding factor for success above all. First Certified Hospitality Educator of Nepal who is eligible to teach hospitality management education worldwide.

Founding Director of American Hospitality Academy of USA and also assigned to take over the respon-

sibility to set up the chain of hotel schools all over the world. AHA is the largest internship provider in hospitality management in the world and it is an associate partner of U.S. Department of State, USA.

Mr. Thapa shares his fond memory of how Swiss education as the foundation of his success. What I am today is just because of sound foundation of my Swiss education says Mr. Thapa. Mr. Thapa further says that –“The basic orientation of life and hospitality education, I have gained in Switzerland has given me clear direction to lead my life. This foundation helps me to grow each day and inspires me to pass my knowledge & experience to the next generation.”

I have never forgotten the first “Fondue Party” at Lenzerheide, and an incident when I fell on cow shed while skiing at the Alps of Parpan.

If I had to share an unforgettable moment, it would be - when I split soup on the back of Congressman while serving him at Congress House in Zurich.





Lakeside - Switzerland

# Learning the Swiss way...

- By *Bishakha Shrestha*

**A**iming high and achieving higher has all ways been a motto of my life. Having been brought up in a motivated environment I too dreamt high – of attending a hotel management school in Switzerland. Luckily for me, the dream wasn't too farfetched. My name is Bishakha Shrestha and I am a Les Roches Alumni.

Switzerland, for years, has been known as the birthplace of hospitality management and the countries unique education methodology strengthens its academic institutions' rigor and quality. Les Roches was not an anomaly. With its rich array of resources, Les Roches provided me with an amazing fusion of academic progression, professional development and international networking. Having been ranked number 2 among all international hospitality management schools for an international career, Les Roches also equipped me with a fine taste in international languages, teaching me basics of French, Italian, Swiss German and German all within a short period of four years.

In addition to the academic excellence, Les Roches is also a pioneer institution for personal growth. As its tagline suggests, Les Roches isn't just a school – it is a way of life. In my four years experience I found myself amidst 90 different nationalities living, working and having fun together like one big family. The internationaliza-

tion and the hands on experience added to this personal and professional growth. I was able to benefit from the internationally experienced set of faculty in understanding all the theoretical knowledge required in the professional setting of hotels, restaurants and other facilities. The faculty's credentials, the balance in the curriculum and the synchronization of the program with new and upcoming trends of the industry added to my experience.

But it wasn't all-work-no-play for me. This village-style campus in the Swiss Alps was ideally located in a touristy and fun-filled ski resort. With modern accommodations, sport facilities and an easy access to shopping, restaurants, cultural events college brought with it some great memories. I was also able to exploit the ease of travelling to other European countries.

Professionally, I held two internship positions during my time at Les Roches. I completed my first internship in Zurich and came home to Nepal for my second internship. The differences in these two settings were astounding. However, my BBA degree with a specialization in entrepreneurship opened pathways to many opportunities at home. With a strong desire to enter hospitality industry while slowly stepping into the entrepreneurial world, I joined Radisson Hotel in



Kathmandu as the Corporate Manager. Radisson hotel is one of the leading chain 5 star hotel in Kathmandu. It is situated in Lazimpat at the heart of the capital, close to several tourist attractions such as Thamel, Durbar Marg along with easy access to several other places. Radisson hotel boasts 260 beautifully decorated rooms, 7 food and beverage outlets, a world class fitness center, two boardrooms and five banquet hall facilities. Since joining Radisson, I have been able to use the practical knowledge and the transformative education gained in Switzerland to help my institution become better.

It has been almost two years since I graduated from Les Roches but I have realized that my learning experience and professional network through the institution will be for a lifetime. The family-like yet productive atmosphere, the safe and orderly environment and the rich culture made me who I am today and I can't thank Les Roches, the Swiss nationals and the entire country enough.





Mountains overlooking typical Swiss Chalet



## Annemarie H. Spahr

Advisor, Nepal Swiss Friendship Society (NSFS)

Ms. Annemarie H. Spahr is a well known name in relation with Nepal-Switzerland friendship. Ms. Spahr first arrived in Nepal during 1962 as Administrator of then Swiss Development Cooperation and in charge of Ekanta Kuna. During her more than 30 years of stay in Nepal, she was involved in different development activities and in social sector. Her contribution towards hospitality trade in Nepal will be remembered for long time. Popularly known as Spahrdidi, she is also one of the few foreigners to be awarded naturalized Nepali citizenship. Spahr didi is also first Swiss Consul to Nepal.

She has keen interest on the social cultural aspects of Nepal. In Switzerland, she is considered as house for information on Nepal and many Swiss tourists and other persons planning to visit Nepal first contact her.

She is also Vice President of Swiss Nepali Samaj (SNS) and Advisor of Nepali Swiss Friendship Society. Because of her affection to the rural people of Nepal, Spahr didi is always busy on planning and finding ways on how small scale community development activities can be implemented to improve the lives of Nepali underprivileged people. There are many programs implemented in Nepal through the link of Spahr didi. Even after returning to Switzerland, her affection towards Nepal and its people brings her to Nepal every year. During her stay in Switzerland, her activities and thoughts are always concerning Nepal.

## Annemarie Spahr shares some highlights of her early adventures in Nepal during 1962 to 1980s

In the late fifties, the un – and underdeveloped countries were “discovered” and the Western World made great efforts to help them in various ways and means and the purpose behind were equally diverse.

In Switzerland an organization was founded and as I could relate to their goals, I was one of the first to be a member and be able to go travel abroad. They actually had a job - but in Nepal. Being no sportswomen and nor mountaineer, I hesitated. I was afraid I would have to walk several days in order to reach my working place, had to cross wild rivers on shaky bridges etc. I was relieved when I learnt that I would be posted in Kathmandu itself. I signed the contract and arrived some weeks later in February of 1962 at the foot of the Himalayas at an altitude of about 1450 meters in a winter without snow. In all the 30plus years I have never seen snow in Kathmandu.

According to my job-description I had to take care of the administration and the guesthouse. All the rooms – for the administration and the guesthouse were in a former Rana residence of Ekantakuna.

The Swiss couple-in-charge was absent when I arrived but I found out very soon what I could and would do. Among other things I had to send purchased goods to the stations outside the Kathmandu valley and give approximately 30 kg load to each porter .I also gave him an advance of his salary and he had to reach his destination within a certain number of days. Not always easy with loads like a refrigerator or corrugated sheets.

The guesthouse was mainly meant for Swiss, but when I had vacancies I gladly accepted mountaineers or scientists.

Through my official connections with the Government Secretariat in Singha Durbar while getting working permissions and visa , the then Chief of Protocol asked me whether I could help them in getting the canteen for the Government staff in good shape and train the staff. The Swiss Chief of Mission agreed and soon one could see me scrubbing tables and floors. I was the first foreigner working inside Singha Durbar. Everybody was happy, the staff as well as the guests. I only heard a remark once which showed me clearly one of the problems of the Nepalese society: I put a cup of





tea before a Government Staff and he said, that he did not want to get tea from the hands of a “*gai-ko-masu-khane Angresi manchhe*” (beef eating foreign person). This work in the government made me quite well known and I earned many friendly Namasté’s in many places.

I always have been interested in the living conditions, working environment and situation of women in different countries where I have worked. I met the President of the then Mahila Sangathan District Kathmandu, who was in her own rights a lawyer and held the position of the principal of the best renowned girls’ college in town. She wanted me to become advisor to the organization to which my Swiss boss agreed. An official paper was made and signed. It was agreed that Mahila Sangathan would pay one third of my Swiss salary (nice, but it did not work). Mahila Sangathan purchased two trucks to bring money in for their social activities, but this never worked because there was nobody who could handle this professionally.

As a major enterprise the President bought land near Boudhnath with the money the Government gave, to establish a small hotel. And she wanted me to start and run it. Nobody from the Mahila Sangathan’s board had ever seen how a hotel is managed,

not from the guest’s side. I found an architect who worked in the UN in Nepal to work with Mahilka Sangathan. Small self-contained bungalows were built and two bigger houses, one for restaurant and kitchen and the other for the manager. The staff was chosen from Mahila Sangathan’s special cases. About 15 young women and men were selected, except for the fact that nobody had ever worked in a hotel. The President insisted that two sweepers were needed to which I said a clear and firm “NO” and I asked the President to leave it all to my hands now. I would teach this staff myself, including room-girls how to clean bathrooms. So they saw how Westerners use a bath-room, because the training took place in the house I lived in. No more objections. The one who had worked in hotels were my great help in every respect. I was not allowed to hire and fire people.

Only a few appliances were imported, the rest came from Nepal. Linen for all purpose was woven in the Central jail to our total satisfaction. In the meantime, I was given a help for office work and this young, well-educated woman was sent on a scholarship to a tourist school in Austria who came back after 3 months with - nothing learnt. She did not even have the faintest idea how bill should look. “It was just a wonderful holiday”- she said. The hotel was finished on time, the first group

of tourists – Swiss – arrived and the then Queen graced the occasion with her visit. But then it never flourished, because of various reasons. The hotel was called Tara Goan Village Resort, Boudha, which later become Tara Gaon Hyatt Regency.

One evening I invited a couple, well known to me for dinner. After dinner and drinks, when the husband asked me whether I would build and run a hotel for him and his wife, land and plans ready. I agreed, but inside doubted whether I could do it. I had never undertaken such a big job without having the proper professional formation. And it turned out to be a dream job. Being able to give my advice everywhere, be it construction or interior decoration. Of course everything was discussed with the boss, sometimes very hard discussions, but it always turned out all right. The first guests who arrived were Japanese. They were not treated like hotel guests but as houseguests, very personal and this we practiced all along and guests were happy. International Agencies were happy with us, we had as many guests then we could handle and then extension of the hotel was planned. And that was when I decided to leave. It grew too big for me to handle with the personal touch that I preferred. Also, I had worked many years as General Manager and was happy in what I had done. This was how Dwarika’s Hotel, Battisputali started.

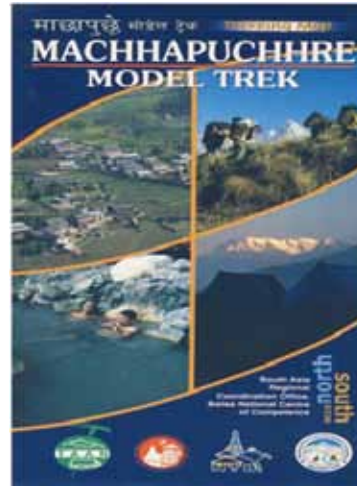


# Machhapuchhre Model Trek: An exotic rural destination for tented camp trekking and homestay

- By Dr Pranil Upadhayaya, Nepal Center for Contemporary Research (NCCR)

The Machhapuchhre Model route trek is a community-based exotic and pristine rural tourist destination. It is an alternative trekking and hiking route to the Annapurna circuit trek in Annapurna conservation area with local participation and ownership in Kaski district of Western Nepal.

Spread in an area of 526.22 Sq. km, this model rural tourism appears in two forms since early 2011: (i) trek routes with camp sites and supporters' (porters) shelters in five wilderness places (MeshromKharka, Hile, Lalka, Khumai, and Pili-cho) in the altitudinal variations between 1000 meter to 3700 meter (the highest point), and (ii) home-stay provisions where tourists can enjoy local hospitality in various villages (Lahachowk, Ghachowk, Machhapuchhre, Rivan, Lwangghale, Sardikhola, Kabhre, Tarku, Tuse, Mirsaand Dhital). The trek beginning point of MMT is located on only 12 km drive towards north from Pokhara. Its key natural attractions include various Mountain ranges [Annapurna, Mardi, Machhapuchhre (Fishtail), etc], Pipar Pheasant Reserve, Hot springs, Waterfalls, Rhododendron



Machhapuchhre Model Trek Map



Local hospitality culture at Machhapuchhre Model Trek

forest, vulture restaurant, tea garden, various species of wildlife and herbs.

On the other hand, the collective traditional lifestyles of multiethnic groups like Gurung (with highest Majority), Tamang, Magar, Damai, Kami, Sarki, Chettri, and Brahmin with their religious

institutions like Buddhist Gompas and Hindu temples are the key cultural feature of this under-explored destination. Canyoning, peace climbing (Mardi Himal), paragliding, mountain biking, horse riding, fishing, rock climbing and resort stay (Ghachowk) are other adventure and relaxation activities for visitors.





*Mt Machhapuchhreas seen from Machhapuchhre Model Trek area*



*Tourists at welcome in homes*



*Thrilling adventure trek*

Interrelated with a PhD research on 'tourism, conflict and peace in Nepal', MMT is the outcome of effective collaboration among the private sector (Trekking Agencies' Association of Nepal Western Regional Chapter, Pokhara), researchers (the Swiss National Centre of Competence in Research (NCCR) North-South, Kathmandu University), national tourist organization (Nepal Tourism Board), regional conservation organization (ACAP) and local people of seven villages on trans disciplinary approach. Machhapuchhre Tourism Development Committee represents all major villages and their people as a core coordinating local body. The

entire methodological process of the development of MMT and its various other features are covered in a documentary titled 'Peace through Tourism'. The trekking map "Machhapuchhre Model Trek" gives information about main trekking routes, homestays, campsites, viewpoints, cultivation areas, settlement patterns, forests, grass areas, rivers, bridges, lakes, glaciers, peaks, information centers, hot springs, monasteries, caves, temples, telecommunication facilities, etc. The entry fee to the MMT is NRS 2000/- per person for foreign nationals and NRS 200 per person for SAARC nationals. Children less than 10 years need no entry permit.



## Dr. Poorna Kanta Adhikary

Advisor, Nepal Swiss Friendship Society (NSFS)

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 the 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 the different other social sector organizations because of his passion for social service in Nepal.

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

## Lamjung Skill Development Foundation (LSDF), Gairi Campus

**A case of people-to-people level cooperation**

### **Skill Training for Economic Peace building**

Only 10% of the children entering grade one in Nepal manage to pass the School Leaving Certificate (SLC) Examination after 10th grade education. Where do the rest go? During the decade long armed-conflict in Nepal many of them were led to take up the gun and those who managed to escape the Maoist grasp managed to go across the national frontier to India, Middle East or

South East Asia in search of employment. Lacking employable skills at hand, most of them landed in dirty, difficult and dangerous (3D) jobs of appalling condition. Even after the signing of Comprehensive Peace Agreement (CPA) between the Maoist rebels and the pro-parliamentary democratic parties, election of Constituent Assembly and four years of the communists led government, things have not changed significantly for



(LSDF Gairi Campus)



the out-of-school youth in Nepal. At the same time due to lack of skilled work force, many enterprises in Nepal are either closed down, not able to run smoothly, or not able to start. Some members of Institute for Conflict Management Peace and Development (ICPD) through their Enterprise Development Company (EDC) established Lamjung Skill Development Foundation Campus at Gairi, Lamjung in collaboration with Swiss Nepali Society (SNS) members and their family foundations. This program is a part of economic Peace building of ICPD in addition to social and political Peace building tasks they have been carrying out since their establishment in 2002.

#### **LSDF: People-to-People Level Cooperation**

Acquiring land and constructing buildings for LSDF Gairi Campus started from late 2007 and early 2008. EDC Nepal donated the land for the whole Campus and two buildings for production units, and "HelfemitHerz" CH extended support for the construction of six buildings and to run partial costs since the beginning. Gartenfluegel Foundation, CH supported for the equipment cost of Mechanical Trade and Lions Etzel and "Con Brio" Concert Group provided equipments of electrical trade. Swiss Nepali Society (SNS) has been supporting to upgrade the equipment and tools of Carpentry and Civil Trades. With financial support from SNS, Gairi Campus in its neighbor-



*(Mechanical Workshop at LSDF Gairi Campus)*

hood mostly working with the women groups is also supporting for off season vegetable production, goat rearing, improving citrus cultivation, bee keeping, handicrafts and other community development works. This is in line with community based livelihood oriented training and support for socio-economic programs for rural reconstruction working through people-public-private-partnership: 4P model.

#### **Courses at LSDF Gairi Campus**

The long term training programs at LSDF Gairi Campus is of two years in Civil, Carpentry, Mechanical and Electrical trades qualifying graduates for National Skill Testing Board (NSTB) Level-2. These courses have five terms of four consecutive months of campus based theory and practical training, and four months of on-the-job-training (OJT), one following the other in a cycli-

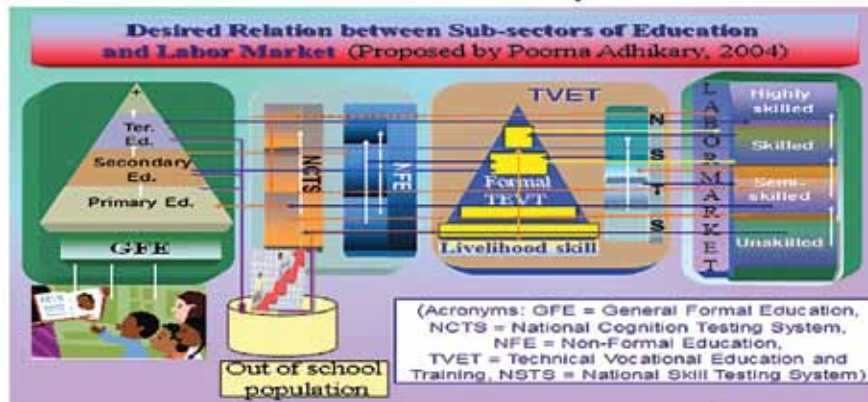
cal manner with approximately 30% of theory and 70% of practicum in total. Gairi Campus in partnership with EDC also provides short term training courses in various areas ranging from one week to six months as per market demand, most of them qualifying for NSTB Level-1. Such a program with financial support of Employment Fund managed by Helvetas consists of 20% theory and 80% practicum including life skills. EDC/LSDF together have completed NSTB Level-1 courses for two batches of armed-conflict affected youth with built-in mechanism for social reconciliation and rehabilitation with financial support of German Development Cooperation (GIZ). Similarly NSTB Level-3 training on Electrical trade is undergoing currently in collaboration with GIZ for those 20 youth who have acquired Level-2 standard and gained required work experience. By

going through study and work programs, youth graduating from a certain level in a particular trade can progressively promote her/him to the next higher level as expressed in the following model. This model tries to fill the gap between general formal school education and the labor market with suitable Technical Vocational Education and Training (TVET) system which allows out-of-school youth to enter into the employable skill education, recognition of skill acquired at different level as well as integration of informal learning and non-formal education as bridge courses for improvement of cognition and its recognition which can facilitate youth and workers for their career development through both horizontal and vertical mobility. This model supports the centralized testing systems for national recognition and decentralized management of training institu-

tions to meet the needs of the local youth as well as local, national and international labor market requirements.

### International Approach in Skill Training

In September 2012, this author was invited by the Institute of Education of Zurich University to present the ICPD/LSDF initiative in skills for economic Peace building at the International Conference at Zurich to review the role of vocational skills development in international development cooperation. The conference was co-hosted by Zurich University in cooperation with the Centre of Development and Cooperation of the Swiss Federal Institute of Technology (NADEL) and the Network for Policy Research, Review and Advice on Education and Training (NORRAG). The ICPD/LSDF presentation was appreciated by many which aroused keen interest on how vocational/technical education can become a strong base for Peace building for post-armed conflict societies like that of Nepal. A review of the role of vocational skills development in international development cooperation focusing on the Dual Education System and the National Vocational Qualification Framework (NVQF) and their adoption/adaption around the world indicated that policy learning through multidimensional cooperation is needed more than policy transfer. The Dual Education System with simultaneous training and work is based upon a well established formal school education and a well organized small and medium enterprise (SME) economy and enjoys





*(LSDF Students at On-the-Job Training)*

a very high reputation in the Swiss society, and is renowned for sustainable economic success and social peace. The public-private partnership in cost-sharing mechanism assures payment for the workshops and training of trainers by: trade associations with contract with the youth to work in a related industry, the government pays for the tuition in the public vocational school building, and the students or the company sending them to the training do so for books, stationeries and living expenses. It requires a dependable partnership among the

government, public school system, trade associations and enterprises, which needs to guarantee relevance of curricula and certification as well as career guidance and labor market insertion.

National Vocational Qualification Framework (NVQF) or National Qualification Framework (NQF) on the other hand was initiated in the United Kingdom (UK) from the idea that all qualifications could (and should) be expressed in terms of outcomes without prescribing any specific learn-

ing pathway or programs. It was developed in the context of the needs of youth training schemes for unqualified school-leavers who otherwise would have entered unskilled manual jobs. It was assumed that employers themselves would be in the best position to identify training needs and define qualifications in terms of workplace performance outcomes. This provided a mechanism for transferring the control of vocational education from training providers to employers. By 2012 a total of 142 countries around the world have either adapted or are in the process of adapting the NQF. In the global trend of NVQF development different north and south countries have approached it from their own necessities and have made several levels to suit their own context. As NVQF is linked with learning outcomes, there is no “quick fix” in its development. Austria and Germany have set good examples, Europe and Hong Kong has made its own NQF with 7 levels of qualification whereas Bangladesh and Sri Lanka are approaching it in their own way.

### **National Vocational Qualification Framework (NVQF)**

Nepal has made certain attempt in adapting NVQF by introduction of skill testing system as early as in 1983 and establishing National Skill Testing Board (NSTB) in 1985. NSTB has already made and administered more than 250 occupational tests at various levels. Such tests are designed in a sporadic manner as demanded by the market and a

systematic approach has yet to be adopted in line with NVQF development. There is no provision as yet for CTEVT institutions to provide short term courses, except by those affiliated training providers for NSTB Level 1 Courses through such donor supported programs as Employment Fund managed by Helvetas/Interswiss Cooperation, and Skills for Employment Project (SEP) and Enhanced Vocational Education and Training (EVENT). The National TVET Policy 2012 has proposed transformation of NSTB to a fully autonomous National Skill Testing Authority (NSTA) and endorsed adaptation of NVQF. Even with all these developments, CTEVT has had difficulty to go firmly in its implementation mainly due to prevailing political instability and bureaucratic bottlenecks. The limitation of the CTEVT training institutions has also been that they have not been as dynamic as they should be to respond to the needs of job market reality which has caused the course curricula to be often out of date. In the context of prolonged political instability, highly politicized work force and unhealthy labor relations causing conflict between employers and trade unions as well as absence of very well established small and medium enterprises in the country, CTEVT has had a great deal of difficulties to function in its regular programs including development of NVQF.

#### **LSDF as a Learning Institution**

In fact, LSDF is the only institution in Nepal which provides community level elementary

livelihood skills together with NSTB Level-1, Level-2 and Level-3 courses. By doing so it has internalized the concept of NVQF and is totally committed for its development, which nobody has attempted so far in the country. As expressed in the above diagram, the courses are designed as per market needs for assured employability as well as needed national recognition from NSTB by going through their DACUM (develop a curriculum) process as well as skill testing system. This approach integrates Non-formal and informal learning as well. CTEVT has appreciated such an initiative at the non-governmental level and has already seconded its professional to work at LSDF with an aim of integrating with its approach at their Rural Training Center (RTC) in Lamjung district. In the mean time many people, who have visited LSDF want to start similar programs in their districts.

The lessons learned from LSDF/EDC could also be applied by international communities in other developing societies where youth unemployment is a serious threat for sustainable peace and democracy. The experience can also be related to the ongoing efforts and needs of many countries around the world, which are either going through armed-conflict or transition from it or making efforts to prevent it. The experience made and lessons learned from LSDF program is that its graduates are highly sought after in the market. Fantastic reconcilia-

tion has also taken place between former Maoist combatants and other youth as they study and work together. Similarly girls and boys from various diverse backgrounds of ethnicity, caste, geographic areas and religious faith have also been studying and working together which fosters the sense of co-existence and interdependence that supports human development and durable peace. The LSDF program is based upon affirmative action, as the community programs and short-term courses are provided free of cost with additional support measures; and the long-term courses although not free but are highly subsidized. A need based scholarship scheme has also been initiated. The program has a high relevance to democracy as it empowers disadvantaged out-of-school youth to stand on their own economically. As majority of LSDF graduates are opting for self-employment, they become engine for economic regeneration and provide a good base for democracy and sustainable peace at home and so foster human security as a whole. It can be assumed that as the small entrepreneurs are proud in their own achievements and independent enough they cannot be proselytized easily by extreme views and opinions. Thus LSDF with an aim to regenerate economy through economic Peace building is contributing to establish social peace in Nepal and stands for a landmark of friendship to represent people-to-people level of cooperation between Nepal and Switzerland.





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## Mr. Suresh Puri

Executive Director - Tranquility Spa

Mr Suresh Puri has been involved in Hospitality & Tourism Industry over 14 Years since the establishment of the first batch of Tourism College in Nepal, called NCTTM (Nepal College of Travel and Tourism Management) in 1999. Then he went to study Hotel Management in one of the best Hotel School called Glion Institute of Higher Education in Switzerland. There he had an opportunity to work in all three different parts of Switzerland in Lugano, Zurich and Geneva in different Hotels and Restaurants including Best Western Hotels.

After coming back from Switzerland he worked in GATE College which is affiliated to Swiss School of Tourism & Hospitality and led Training and Employment Program which was supported by World Bank, UK Aid, SDC and Swiss INGO called Helvetas Nepal.

Now he is leading the largest Spa in Nepal called Tranquility Spa which has 10 outlets in major cities and is providing employment to over 100 young Nepalese. He has also been providing world class training on Spa Therapy to both national and International students in Tranquility Beauty Academy.

## Understanding Spa Industry & Tourism

- By Mr Suresh Puri

Spa industry, with its staggering figure of over three hundred billion dollar business in a year is one of the fastest growing industry and a major component of Tourism Industry. Spa Includes all parts of the core spa industry, as defined in the *Global Spa Economy 2007* report – i.e., all types of spa operations, as well as spa-related-education; spa-branded products; spa consulting; spa media, associations, and events; and spa capital investment. The spa sub-cluster falls mostly on the right-hand side of the continuum, as it generally provides proactive services to help healthy people feel even better. However, some spas (such as medical spas) deserve patients with specific skin problems or other conditions, and some spa treatments are therapeutic, so spa does also overlap the left-hand, reactive side of the continuum.

According to the survey conducted by Global Spa Summit, when asked what activities people do when looking to enhance or improve their wellness, consumers most frequently mentioned exercise and eating better, followed by visiting a spa. Obviously, spa's high ranking indicates good news for the spa industry. Close behind visiting a spa, consumers also emphasized taking a holiday, vacation or retreat, which has positive implications for

resort and hotel spas. The placement of exercise and eating better at the top of the list indicates an opportunity for spas to add or enhance their service offerings in the areas of fitness and nutrition.

At present Nepal has around 25 Day Spas and couple of Hotel Spas. Changes in lifestyle, extra disposable income, travelling to different countries and globalization have opted for Spa and Wellness services to many Nepalese. It has been generating extra income for Spas, Hotels and Resorts, creating highly remunerated employment for not only skilled therapists and experts but creating an opportunity for Hotel management & Tourism graduates as well. It will also help to increase the night stay of both domestic and international tourists and definitely help to make the trip a memorable one. Most of the Spas are now able to depend upon local clients and challenges remain in the issue of skills and consistency, in depth understanding of spa and wellness core principles for most stakeholders. There is also a huge demand for trained human resources in both Nepal and abroad and therefore there is an opportunity to start a spa related quality training academy where we can attract both Nepalese and International Students for the verities of training.



In this modern world of constant stress, fast paced lifestyle, there should be no shortage of potential customers that want some respite or would wish to look and feel great and all we need to provide is kindness, genuine caring, gratitude and a natural smile. Hotel spa and wellness facilities are the new “normal” in hospitality facilities as it creates a competitive advantage, increases revenue and profitability and raise the value of property. How to make the trend work to our advantage is the real challenge. In order for the spa industry to face the imminence of its services going mainstream and to create a set of services available to a wider audience, it is important to consider some factors. Firstly, it is essential to improve the training of professionals, management and investment levels. Secondly, it is important that we as an industry get together and establish standards in terms of cleanliness and hygiene, quality of service and treatments. Failing at that will be difficult for the spa industry to change the common perception of spas to be seen as luxurious places catering for a more elite and privileged segment of the population. Similarly, that change must be accompanied by an internally coordinated communication

within the industry that allows the consumer to understand the benefits that spas can offer in terms of health and wellness. Last but not the least, spas must clearly define their level of specialization and outline a concrete plan towards the public they want to serve. In doing so, spas will not only improve the quality of the services they provide but will also be able to implement a price & tax policy that goes hand in hand with the level of services and healthy competition.

Today's consumers are suffering from the mounting pressures of our modern society ; increasingly hectic schedules; a lack of true leisure time; the pressures of being in constant contact with the office, family and friends by email, mobile phone even while on vacation, constant barrage of information and external stimulation through multiple media. These kinds of pressures not only increase stress, but also contribute to unhealthy behaviors, such as poor eating habits, lack of sleep, and lack of exercise ultimately contributing to the rise of chronic, preventable conditions like obesity. In response, some people are starting to take a step back, reassess how they live their lives, and look for more inner fulfillment and deeper

meaning of their lives. Spa and wellness industry provide the answer to this growing phenomenon. As the world has become more industrial and more urbanized, and as food markets have become more global, diets have become less healthy, lifestyles less active, and smoking more prevalent. These behaviors often lead to obesity, high blood pressure, high glucose levels and high cholesterol. Globally, health systems are failing to meet the challenges of caring for a growing number of aging and chronically ill patients. From region to region, specific problems vary but mainly involve widespread problems with cost, availability, and quality of care as well as an ongoing emphasis on treating rather than preventing sickness. Some of the studies conducted on massage have found that it is immensely beneficial in helping to get rid of anxiety, disorderly digestion, headaches, insomnia related to stress, nerve pain, sports injuries, soft tissue injuries or strain, joint pain etc. As the world's population grows older and sick over the long term, medical systems seem less and less able to care for them. Consumers, healthcare providers, and governments are increasingly looking for a better way and the Spa and Wellness therapy can be the best alternative.





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## Kabir Jung Thapa

Director, Food and Beverage  
Radisson Hotel Kathmandu

Graduate in Hotel and Tourism management from IMI Luzern, Switzerland. Mr. Kabir has spent almost two decades in hospitality industry here in Nepal and abroad. An optimistic person by nature, he believes in hard work, innovative ideas and wants to make an ultimate difference in the industry and the country.

## Mystic Mountain Cheese of Nepal – Switzerland

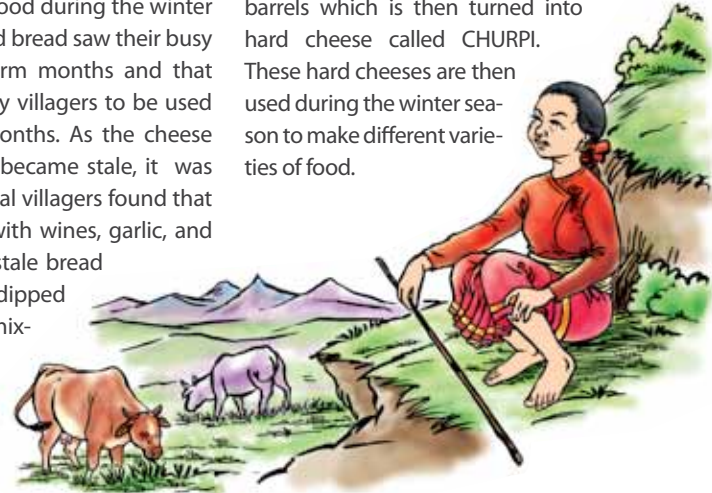
- By Kabir Jung Thapa



During the 18th century the origin of fondue began in Switzerland as a way to use aged cheeses and breads to feed families who had limited access to fresh food during the winter time. Producer of cheese and bread saw their busy season was during the warm months and that the food had to be saved by villagers to be used through the cold winter months. As the cheese would age and the breads became stale, it was more difficult to eat. The local villagers found that if they heated the cheese with wines, garlic, and herbs they could dip their stale bread which would soften when dipped into the flavorful cheese mixture. This way of cooking together over one pot and eating by a warm cozy fire became a Swiss

winter tradition known as fondue. The word fondue comes from the French word, 'fondre', which means 'to melt' and has since then been used to reference many other types of fondue for meats, chicken, seafood, and even chocolate.

Likewise in the Himalayan belts of Nepal semisoft cheese is made from the yak milk which resembles the Gruyere cheese of Switzerland. Nomadic groups milk their yaks, which feed only on the natural grasses of the high plateau, and cured with red salt, aged six to nine months. The Highland people here in Nepal also store their cheese in the bark barrels which is then turned into hard cheese called CHURPI. These hard cheeses are then used during the winter season to make different varieties of food.



A close-up photograph of a fresh salad in a white bowl. The salad consists of dark green leafy vegetables, likely arugula, mixed with bright red strips of bell peppers and several yellow corn kernels. The ingredients are glistening, suggesting a dressing. A semi-transparent tan banner is overlaid across the middle of the image, containing the word "Recipes" in a black, elegant cursive font.

*Recipes*

# Fondue

**Fondue** is a Swiss dish of melted cheese served in a communal pot, called caquelon over a portable little stove called réchaud, and eaten by dipping long-stemmed forks with bread into the cheese. It was promoted as a Swiss national dish by the Swiss Cheese Union (SchweizerischeKäseunion) in the 1930s. Fondue is now a symbol of Swiss unity.

Cheese fondue consists of a blend of cheeses, wine and seasoning. To prepare the caquelon it is first rubbed with a cut garlic clove. Dry white wine, cheese, fresh ground black pepper and stirred until melted. A small amount of cornstarch mixed with Kirsch is added to prevent separation. The mixture is stirred continuously as it heats.

When it is ready, diners dip cubes of bread speared on a fondue fork into the mixture.

As a replacement of Swiss cheese, use any other suitable cheese, even Yak cheese can be used. As a replacement of white wine, use vegetable stock with little lemon juice.





# Simple Cheese Fondue Recipe

## What you need

- 1 garlic clove, cut into halves
- 500 ml. dry white wine
- 300 gr. grated Gruyere cheese
- 300 gr. grated Emmentaler cheese
- 5 ml. (1 tsp.) cornstarch
- 45 ml. (3 Tbsp.) kirsch or white wine
- Salt pepper, nutmeg to taste



**Chef Alfred**



Bite-sized pieces of French baguette or farmer's bread (dippers), or chunks of apples, cooked potatoes

## How to

### First

Cut the garlic clove in half. Rub the inside of a 1 1/2 Ltr. fondue pot with the garlic. Add the wine to the pot, set over moderate heat. Heat the wine until it simmers. Do not boil.

### Second

Add the cheese to the wine, about one fourth-at a time. Stir well between each addition.

### Third

Dissolve the cornstarch in the kirsch or white wine. Stir into the cheese mixture. Stir over a very low heat until smooth and slightly thickened. Season to taste with salt, white pepper, nutmeg.

### Fourth

Cut bread into chunks, dip in fondue and enjoy!



Visiting Lecture at Les Roches, Bluches/ Crans-Montana, the Royal Academy of Culinary Aman, Jordon and Global Academy Nepal (GATE).

## Aelplermagronen - “Swiss Macaroni and Cheese”

This dish was created on a faraway Swiss alp by a herdsman’s wife in their alpine cottage who just put together a meal with what she had on hand: potatoes, pasta, onions, cheese, milk or cream, and apples. Älplermagronen is a hearty all-in-one dish.

Älplermagronen are served with applesauce, a nice contrast in both flavor and texture

### What you need

2 medium to large potatoes, peeled and cut into 1 cm cubes, pre-cook  
400g penne pasta, pre-cook  
4 tbsp. butter  
2 large onions, peeled and sliced  
3 dl milk or cream or combination of both  
300g grated cheese (Gruyère, Appenzeller, Raclette, aged hard cheese)  
50g bacon or ham cubes  
Salt and pepper to taste  
Applesauce



### How to

Heat butter, add onions and fry until golden brown, if you wish to add bacon or ham, add it now.

Add milk/cream, let it boil up, add one third of the cheese and stir well

Add pasta, potatoes and the remaining cheese, season.

Heat on the stove until the cheese melts.

Bake covered for 10-15 minutes until steaming hot and cheese is melted. Serve with warmed applesauce.



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# Himalayan smoked chicken

## Ingredients :

2 lbs. Chicken breasts, skinned, boned, and cut into 1-in. cubes.

Melted butter for basting

Bamboo skewers (pre-soaked for at least 30 min. in cold water

Marinade:

2 cup Nepali yogurt or hang curd

1 tablespoons lemon juice

2 tablespoons mustard oil

1 cup onions, roughly chopped

1 tablespoon cumin seed

1 teaspoon coriander seed

1/2 teaspoon turmeric

3 fresh red chilies

1 teaspoon pepper corn

1 teaspoon timur (Szechuan peppercorn)

2 cloves garlic

1 in. ginger

Salt to taste

1/4 cup green onions cut in 1-in. length

## Instructions

In a blender combine all the marinating ingredients to form marinade. In a large bowl mix chicken with the marinade. Marinate for at least 6 hours.

Fire up a charcoal grill. Clean the grill surface thoroughly. Thread the marinated chicken cubes into skewers. Do not overcrowd the pieces. Grill the skewered chicken cubes, frequently turning and basting with melted butter until cooked thoroughly. Take off the grill and brush the cooked sekuwas with butter before serving. Heat the mustard oil until smoking, crackle the fenugreek seeds, add dry red chilly, pour over the chicken pieces, sprinkle chopped green onions over the sekuwas known in nepali). Chili-cilantro chutney makes an ideal condiment for the sekuwas.



**Rajeev Shrestha**  
Sous Chef  
Radisson Hotel, Kathmandu





# Mr. Khem R. Lakai, CHE

Vice-President (NSFS)

Khem entered the hospitality industry back in 1992 from Soaltee Oberoi, the member of leading hotels of the world, since then he gathered over 20 years of operational and managerial experiences including stints in Europe, North America and Asia.

Khem has a Commerce degree and also a Hotel Management degree from Chur, Switzerland (SSTH - Swiss School of Tourism and Hospitality). Khem continuously acquired dozens of professional certification courses and then become a Certified Hospitality Educator (CHE) awarded by American Hotel & Lodging Association in year 2006.

Khem believes that the Hospitality can bring together entire Nepalese into a string of good economy, a unifying challenge of Nepal. Khem is passionate about creating jobs and providing opportunities for the needy youth from all over Nepal.

Khem founded a hospitality management Academy (GATE - Global Academy of Tourism & Hospitality Education) in Kathmandu that offers both vocational and academic education in international standard. Having 350 student populations with 9 different nationalities, GATE College is the first ISO 9001:2008 certified hotel Management College in Nepal. GATE has now become a quality conscious international brand after bagging, World Hospitality Awards 2011 (Paris - France), in the category of Management School Awards for "Best Innovative Training Program" held at Intercontinental Paris Le Grand. GATE College also won the national award in Food Safety from the government of Nepal and most recently the "Arch of Europe for Quality" in Frankfurt, Germany. Khem also received "International Gold Star Award" in Bangkok handed by the former Dy. Prime Minister H.E. Korn Dabbaransi which was honored by India International Friendship Society(IIFS), the organization previously awarded Beatified Mother Teresa.



## “World Tourism Forum in Switzerland, Quality Nurtured in Neutrality”

- By Khem R. Lakai, CHE

On November, 2012 I was waiting to board a flight from Zurich to Paris. My original plan had been to take the train, but this plan was replaced by the tempting offer from Swiss Air to fly. Their offer was half the price, as well as saving me 2 hours – obviously, a very easy choice. While waiting to board, I read one after another impressive quotes by Swiss Air and one that registered in my head was – “When it comes to quality, even we Swiss lose our neutrality”. I paused to unpack the underlying meaning of how did that particular statement relate to what is commonly known as “Swissness”. In my opinion, this “Swissness” makes Switzerland an iconic nation that boasts a robust economy, inspires leading innovations, and hosts significant global events – which always surpass all previous expectations of quality.

Some dozen years back, I was fortunate to “attend” the “Davos Economic Forum”, not as a participant, but as a part time student waiter. I remember how privileged I felt to pass through the strong security. That year, the snowfall was record high but amazingly sunny. The snow white Davos

was full of global economic and political leaders. I could easily spot well known BBC and CNN journalists walking around selecting some wise looking men with thick glass, seeking their opinion. Out of curiosity, I asked my Scandinavian classmate why the world leaders choose Switzerland every year for this summit. He replied instantly with a very convincing voice “Because Switzerland is a Neutral country”.

Here I am in the year 2013, April “World Tourism Forum - 2013” in Luzern, the title of the event read “Vision 2030” for Global Tourism Industry. The day was again full of sunshine and the temperature 19 degree Celsius in Zurich. In this visit I was no longer a student waiter, but a full participant!

The moment I arrived at the venue, “Verkehrshaus” (a very famous transport museum by the lake of Luzern), I was welcomed with my name badge and a booklet ... I was awed as I read through the names of speakers and the attendees. I quickly found my surname Lakai on the 35<sup>th</sup> page of the booklet and among 400 others. The moment I entered the hall, I immediately noticed our unique Nepali national flag hanging next to the other 50



Seeing I was from Nepal, some in the audiences became curious about me, the Himalayas and the reality of the impact of the problem.

nations from the invitation list. I was very proud to see our Nepali flag.

Prof. Martin Barth, whom I met during my guest lecturing sessions to the tourism students in University of Luzern, just a day before, was the same gentlemen on the stage. He was behind this idea to bring the world of original thinkers and decision makers on to one platform to redefine our travel and tourism industry. Prof. Barth was joined by the legendary hotelier, the president of Kempinski Hotel, Mr. Retto Wittwer who also welcomed the delegates and outlined what to expect from the forum.

My day rolled forward one event after another. Every word I heard had relevance to Nepal and South Asia region that holds 40% population of the world.

During this “World Tourism Forum” Executives, leaders and experts from the private and public sector exchanged their future visions with the Next Generation of Global Young Talents in plenary sessions, workshops, panel discussions, a world café and networking breaks. The participants discussed the challenges and suggested

strategies for their industry focusing on the topics Global Shift, Green Growth, Talent Development and New Marketing Challenges.

I was drawn to the ideas of Prof. Lars Sonderegger, a quantonomics, who spoke of the issues of how to stimulate original thinking in terms of making a paradigm shift in sustainable thinking. For example, how to replace plastic pens with biodegradable materials or asking what fabric is cooler and environment friendly; and the best to use in a hotel. I raised the issue of melting mountain ice and how it is connected to the livelihood of millions of habitants of India and Bangladesh affected by the draught or flood resulting from the impending changes. Seeing I was from Nepal, some in the audiences became curious about me, the Himalayas and the reality of the impact of the problem. The topic instantly took a big shift into a bigger picture.

As the day went on I was impressed that everyone at the conference was not about themselves but had a global concern for the Hospitality Industry. This was very clear sign to me what Neutrality was all about. It was not about individual country pro-



Receiving award in Frankfurt, Germany April, 2013

motion, or sales or ego expression but a sincere wish to find some solutions to problems that will impact the hospitality industry over the world. "World Tourism Forum" was indeed a springboard for original thinking and to provide innovation a space. Examples of this were: the most amazing live cartoon by Timo. Whether it was a vision defining speech my UNWTO General Secretary or a young Swiss scientist who went around the world by solar boat, or be the Chairman of TUI travel, Mr. Vijay Poonoosamy, the leader of Etihad Airlines, and the chief of SBB (Swiss Railways), everyone had their own original story to inspire the generation. The most effective activity was the award to university students, showcasing their original ideas of how to solve the issues.

My two most unforgettable moments were: I was one of the 8 persons to have dinner in the same table with Mr. RettoWittwer, the president of Kempinski Hotel. During dinner he shared his inspiring journey to what makes him who he is today and explained why the core philosophy of TTT (Take Time to Talk) was the foundation of his highly successful hotel chain. – I was wondering if I really would have "time" to talk to him. It was already the evening of the final day and all of the who's who in the industry surrounded him. Somehow my eyes met his, he immediately excused himself and pulled me in a quiet corner and listened to what I had to say, personalized the conversation and discussed enough ideas that will be a long term to do list in my head



*With very famous Swiss cartoonist Timo and Travel director Rene appreciating our first Meeteri in world tourism forum Lucerne 2013*

and heart. This one conversation (TTT) solidified the courage it takes for me to identify myself as a global thought leader.

The second moment was the energy that I found in Ms Anita Mendiratta, a prominent journalist, CNN TASK, author to a book named "Come Closer" and economic advisor to many government leaders. She was on the stage all day, anchoring,

leading a panel discussion and moderating a debate, activities that certainly can tire out any super hero. She had constant energy throughout the day. When I caught up with her during a small tea break, I could not help but ask her "Where do you hide all this reserved energy?" She smiled and replied instantly "I only work for people I love and cover subjects that fascinates me, that way the energy is generated automati-







*Enjoying Swiss Fondue with the Tourism Minister Mexico and CNN Consultant.*

cally” – I thanked her and realized how much of inspiration one can take home from a moment of contact.

I am thankful to Dr. Ursula Gehbauer Tichler and SSTH Switzerland for giving me all the elements to succeed in life. I am truly grateful to Prof. Rene Zeier from the University of Luzern for inviting me to speak to students and trust-

ing that I could benefit from the global think tank and also being able to contribute some of my original thinking for the generation to think and act upon.

Back to my friend’s simple answer why neutrality has real benefit for Switzerland that inspires the world: national power shifts between nations but neutrality that is held steady allows

for quality to develop. I would like to see a sign at Kathmandu Airport that reads “We have the highest mountain in the world, and it stands equal to our commitment for quality for all who visit.” But in reality when I returned to Nepal after my inspired trip what did I read instead: “Things do take time in Nepal, so sit back and relax” sponsored by local vodka company which is illegal in Nepalese law.

In summary and reflection: In terms of neutrality, Nepal could realize its full benefits if it embraced the fact that we are located between two emerging economic giants, China and India surprisingly with quite opposite political system. Right now our leadership either tends to please one or the other. Could Nepal follow the example of how Switzerland not only survived, but become a role model for democracy, economy and neutrality?

My hope is that the new generation leadership who are being globally educated and exposed to different economic models will eventually get inspired, not by the marketing of Vodka companies at the Kathmandu Airport but by the larger picture that Switzerland has consistently modelled to the world and take collective leadership to move this country forward. The concept of neutrality means that we respect human potential without regard to cast, creed, race or religion.

# Glimpses of NSFS Swiss National Day celebration

August 1st, 2012 at GATE College, Mandikhatar, Kathmandu



# Farewell of H.E. Mr. Thomas Gass

Hotel Radisson, Lazimpat, Kathmandu





## Mr. Bishnu Bhusal

### President Nepal Swiss Friendship Society (NSFS)

Mr. Bishnu Bhusal worked in Nepal, Switzerland, US and other countries in the field of human rights, peace-conflict, environment and development field for more than 25 years. He has been teaching and lecturing on Human Rights issues, Nepal's conflict transformation and peace process both nationally and internationally. Through his association with different Swiss NGOs and his positioning as the Board of Directors of Swiss Nepali Society (SNS) and President of Nepal Swiss Friendship Society (NSFS) he is overseeing different economic peace building programs in Nepal. At the political peace building front, he is a member of team of the faculties from within Tufts University, Harvard University, CM Partners; Karuna Center for Peace building, all Boston based institutions, and ICPD Nepal.

He is the President of Nepal Swiss Friendship Society (NSFS); Chairperson of Steering Committee of Lamjung Skill Development Foundation (LSDF); Chairperson of Swiss supported Hamro Sunshine School, Kathmandu; General Manager of Enterprises Development Company (EDC); General Secretary of Institute for Conflict Management Peace and Development (ICPD), Lumbini Peace Foundation (LPF), National Skill Development Foundation (NSFS), Election Observation Joint Forum (CAEOF Nepal) and Demo Nepal. He has led more than 600 training programs during his association with ICPD and other organizations.

## Some highlights on Swiss Nepali Friendship (SNS) and its activities in Switzerland and Nepal

- By *Mr Bishnu Bhusal*

Swiss Nepali Friendship shortly known as SNS is a nonprofit organization registered in Switzerland. It was established in Switzerland some 42 years ago by the initiations of few energetic returning expatriates of Nepal like Dr. Peter Schaefroth, Arthur Duerst and others. It has a wide membership among the Swiss citizens returning back to Switzerland after their work in Nepal, Swiss Nepali inter-married couples, Nepali working in Switzerland and Swiss friends of Nepal in general. The income of SNS comes from its annual membership fee.

SNS has a very active board currently headed by its President, Dr. Markus Ruckstuhl. As a friendship organization it is actively promoting cultural, economic and friendship between Nepal and Switzerland. SNS is both operating functionally in Switzerland and Nepal in different activities.

At Switzerland, SNS is engaged to promote Nepali culture and friendship by organizing different Nepali musical events by inviting Nepali artists regularly to perform in Switzerland. SNS is also organizing different Nepali festivals and events in Switzerland like: Dashain, Nepali New Year, Teej and so on among

Swiss Nepali friends. The 'Dal Bhat' during the Annual General Meeting of SNS is very popular among the Swiss Nepali community of Switzerland. I recall the remarks of my Swiss friend, during one of my visits to Switzerland; he said if possible he wouldn't like to miss the SNS event as he looks forward to the Dal Bhat meal to remember Nepal. Regular talk programs are also hosted in different parts of Switzerland in relation to Nepal by Swiss and visiting Nepali professionals. SNS also hosts film club to screen the popular Nepali movies and documentaries in Zurich. This film club is very popular in Zurich. Furthermore, SNS helps in maintaining a Nepali section at the Zurich library. Likewise, SNS works closely with Nepalese Embassy at Geneva to help Nepali people with difficulties in Switzerland. In the past, SNS has helped many Nepali students who had gone to Switzerland to study on the false promise of the agents in Nepal and got stuck there. SNS has always provided a helping hand to, Nepalese who were a victim of fraudulent acts, got lured by agents for better future and who were stumped for not being able to return to their country. Hence, SNS is very organized forum which raises voice for Nepalese interest if it is compromised in any way in Switzerland.



The Secretariat of SNS also functions as information center on Nepal. Many Swiss citizens wanting to visit Nepal and wanting information on Nepal contact its Secretariat. Active members of SNS are happy to volunteer to promote the cause of Nepal in Switzerland. SNS also has its publication called "Namaskar", which is published three times a year in Switzerland. Not only in Switzerland, Namaskar is also circulated in Nepal to those interested on Swiss Nepal friendship. Namaskar gives information on the latest happenings in Nepal and SNS activities and has different articles in Nepali, German and English languages. SNS can also be seen in SNS website at [www.swiss-nepal.ch](http://www.swiss-nepal.ch).

SNS not only promotes Nepali culture and friendship in Switzerland, but additionally provides extensive support to some very meaningful micro programs in Nepal to help poor and disadvantaged groups of people from its own resources, mainly coming from membership fees.

Some of the highlights of its past and present programs are:

Kinder garden School in Bhumti Bhandar, vegetable farming support to the women of Dailekh through Helvetas, establishment of school at Butwal for mentally handicapped children, construction of primary school building, supply of drinking water and furniture to primary school at Pulmro, Lamjung, construction of building in the conflict



affected orphanage at Besishahar, support to Lamjung Skill Development Foundation, Gairi Campus to run small community based activities and short term training and so on.

SNS and NSFS organization have established sisterly ties and there is a high scope of mutual programs to be implemented and conducted in future both in Nepal and Switzerland.

#### **Contact address of SNS**

##### **Secretariat**

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## Useful phrases in Nepali

English	नेपाली (Nepali)
Welcome	स्वागतम् (swagatam)
Hello/Goodbye	नमस्ते (namaste)
How are you?	तपाईंलाई/तिमीलाई कस्तो छ? (tapaaii/timi lai kasto cha?)
I'm fine, thanks. And you?	मलाइ सन्धै छ । तपाईंलाई नि? (sanchai cha. tapaaiilaai ni?)
Long time no see	लामो समयसम्म हराउनु भयो नी! (lamo samaya samma haraunu bhayo ni!)
What's your name?	तपाईंको/तिम्रो नाम के हो? (tapaaiiko/timro naam ke ho?)
My name is ...	मेरो नाम ... हो (mero naam ... ho)
Where are you from?	तपाईंकी घर कहाँ हो? (tapaaiikii ghara kaahan ho?)
I'm from ...	मेरो घर ... हो (mero ghara ... ho)
Pleased to meet you	तपाईंलाई भेटेर खुशी लाग्यो (tapaaiilaaii bhettera khushii laagyo)
Long time no see	लामो समयसम्म हराउनु भयो नी! (lamo samaya samma haraunu bhayo ni!)
Good morning	शुभ प्रभात (subha prabhat)
Good afternoon	नमस्कार (namaskar)
Good evening	शुभ सन्ध्या (subha sandhya)
Good night	शुभ रात्री (subha ratri)

English	नेपाली (Nepali)
Good luck/Good health!	शुभ कामना (subhakamana)
Have a nice day	शुभ दिन (subha din)
I don't understand	मैले बुझिन (maile bujhina)
Please speak more slowly	विस्तारै भन्नुस् (bistaarai bhannus)
Please say that again	फेरि भन्नुस् (pheri bhannus)
Please write it down	कृपया लेख्नुहोस् (kripaya lekhnuhos)
Do you speak Nepali?	के तपाईं नेपाली बोल्नुहुन्छ? (ke tapain nepali bolnuhunchha?)
Yes, a little	हजुर, अलि अलि बोल्छु (hajur, ali ali bolchhu)
How do you say ... in Nepali?	तपाइले नेपालीमा .... लाइ कसरी भन्नुहुन्छ? (tapain le nepalima ... lai kasari bhannu hunchha?)
How much is this?	यो कति हो? (yo kati ho)
Excuse me/Sorry	माफ गर्नुस् (maapha ganus)
Thank you	धन्यवाद (dhanyabad)
Where's the toilet?	शौचालय कता छ? (sauchalaya kata chha)
This gentleman/lady will pay for everything	यहाँरुहाँले हरेकचिजको भुक्तानी गर्नुहुन्छ । (yaha/uhale harekchijko bhuktani garnuhunchha)
Would you like to dance with me?	के तपाइ मसँग नाचन चाहनुहुन्छ? (ke tapain masanga nachna chahanuhunchha)
I love you	म तपाईंलाई माया गर्छु । (ma tapainlai maya garchu)
Get well soon	चाँडै निको हुनुहोस् (chadai niko hunuhos)
Leave me alone!	मलाइ एकलै छोड्नुहोस् (malai eaklai chodnuhos)



## Nepali Vowel Sounds

अ आ इ ई उ ऊ ए ऐ ओ औ अं अः अँ  
 a ā i ī u ū e, ē ai o, ō au aṅ aḥ aṁ

English	नेपाली (Nepali)
Help!	सहयोग गर्नुस् ( <i>sahayao garnus</i> )
Fire!	आगो बाल्नुस् ( <i>aago balnus</i> )
Stop!	रोक्नुहोस्/रोकिनुहोस् ( <i>roknuhos / rokinuhos</i> )
Call the police!	प्रहरी बोलाउनुहोस् ( <i>prahari bolaunuhos</i> )
Merry Christmas and Happy New Year	क्रिसमसको शुभकामना तथा नयाँ वर्षको शुभकामना ( <i>krismas ko subhakamana tatha nayabarsha ko subhakamana</i> )
Happy Birthday	जन्मदिनको शुभकामना! ( <i>janmadinko shubhakamana</i> )
One language is never enough	एउटामात्र भाषा कहिल्यै पर्याप्त हुँदैन । ( <i>euṭāmātra bhāṣā kahilyai paryāpta huṁdaina</i> )

## Nepali Consonants Sounds

क ka	ख kha	ग ga	घ gha	ङ ṅa
च ca	छ cha	ज ja	झ jha	ञ ña
ट ta	ठ tha	ड ḍa	ढ ḍha	ण ṇa
त ta	थ tha	द ḍa	ध dha	न na
प pa	फ pha	ब ba	भ bha	म ma
य ya	र ra	ल la	व va	
श śa	ष ṣa	स sa	ह ha	
क्ष kṣa	त्र tra	ज्ञ gya		







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