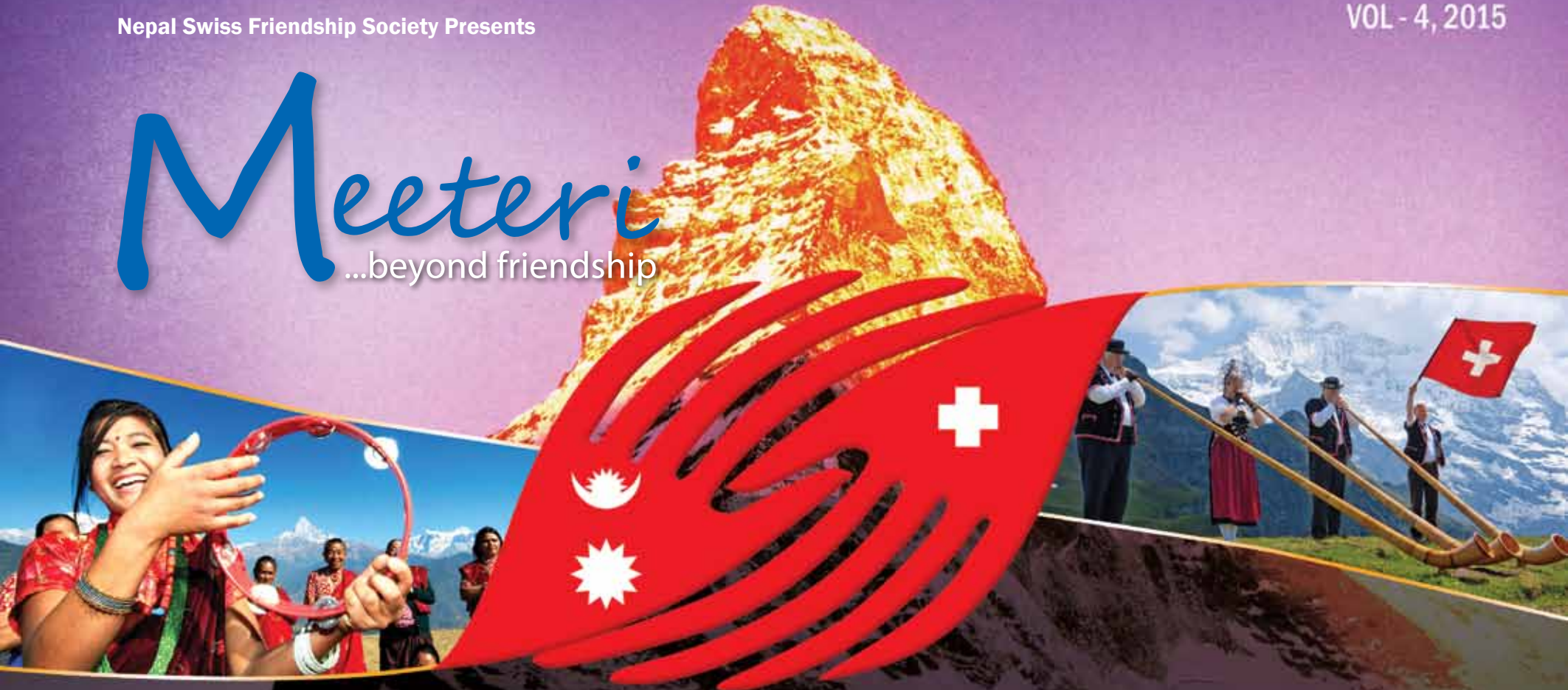


Nepal Swiss Friendship Society Presents

VOL - 4, 2015

Meeteri

...beyond friendship



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





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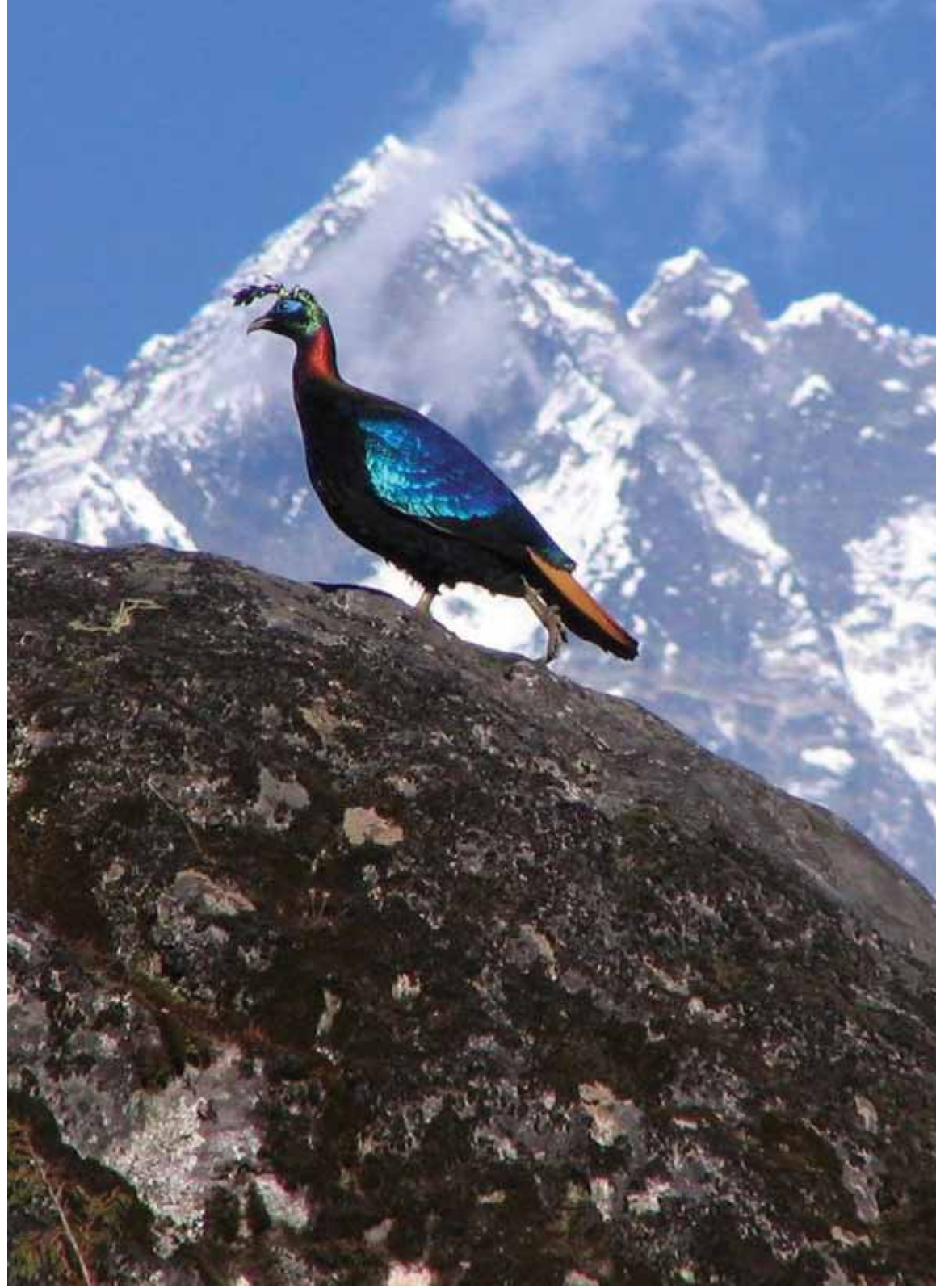
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Message from H.E. Dr. Urs Herren



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

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

The Embassy of Switzerland in Nepal has the pleasure of joining hands again with the Nepali Swiss Friendship Society (NSFS) in the publication of another edition of the Meeteri magazine. Over the last four years "Meeteri" has been a platform to communicate some of the most important activities highlighting Swiss-Nepal corporation and I thank the NSFS for their efforts to share this with their members and readers of Meeteri.

The tragic earthquakes that have hit Nepal in the recent months has deeply touched the Government and people of Switzerland and as a long-term friend and partner of this country we stand by the government and people of Nepal during this difficulties time. In response to the Earthquake of April 25, 2015, Switzerland reacted by sending an Emergency Response Team within hours of the disaster with a total of **USD 5 millions spent on emergency relief.**

During the international Conference on Nepal's Reconstruction held in Kathmandu on June 25, 2015, **Switzerland pledged to allocate grants of USD 25 millions of official development assistance for reconstruction up to the end of 2017.** We will concentrate on areas where we can build on existing competencies, experience and knowhow and primarily on affected districts where we have longstanding relations with local authorities and communities such as Dolakha, Ramechhap, Okhaldhunga and Khotang.

Furthermore, the Swiss public in solidarity with the people of Nepal have raised **more than USD 25 million through private donations from Swiss individuals and companies.** These private funds will be utilized for reconstruction effort over the next 3-4 years by Swiss NGOs duly registered in Nepal and their civil partners.

The Embassy is deeply saddened by the loss of so many lives and the destruction of monuments belonging to the cultural heritage of our host country and it is regrettable that even the beloved "Ekantakuna" - the old Swiss Embassy premise has been badly damaged in the earthquakes. We have therefore constructed a new consular office, to be inaugurated in late September 2015, and started building a temporary chancery in Ekantakuna which will be ready in March 2016.

This year the Embassy will continue to concentrate most of it's activities towards the recovery and reconstruction of Nepal and I thank you for your commitment and solidarity towards Switzerland and Nepal.

Sincerely,

Urs Herren
Ambassador



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It is my pleasure to present you the fourth edition of Nepali Swiss Friendship Society (NSFS) Souvenir, “Meeteri” on the occasion of Swiss National Day, i.e. August 1, 2015. “Meeteri” is a Nepali word and in English it is called “Beyond Friendship”. NSFS is regularly bringing out this annual Souvenir, which is expected to serve as information sharing platform on the cultural, friendship and other activities between Nepal and Switzerland. “Meeteri” has been recognized well by our Swiss and Nepali readers as well as the organizations that help us by providing their valuable advertisements.

The first half of year 2015 was really hard for us in Nepal because of massive earthquake on

Message from the NSFS President

Mr. Bishnu Bhusal

April 25 followed by several aftermath shocks of different magnitudes, which are still appearing. The earthquake and its aftermath shocks has taken more than 9000 lives and displaced hundreds of thousands of people. There was also a big economic loss due to this. It is a national tragedy for Nepal. The immediate rescue and relief support to the victims of earthquake was provided by the government with the support of many stakeholders including the friendly nations as this tragedy has drawn attention of world community. The rescue work of Nepali security personnel was praiseworthy and the solidarity among people to help each other was really remarkable during this difficult time. Now slowly, Nepal is trying to recover from this natural calamity, is entering in to the phases of rehabilitation and reconstruction, which we hope will bring new hope and progress.

This tragedy has also drawn attention of our Swiss friends. Government of Switzerland, Swiss Institutions and people of Switzerland had immediately responded to provide rescue, relief and rehabilitation support to the earthquake victims of Nepal. Helping Nepali people during this difficult time was priority of Swiss people and accordingly, there was campaign in Switzerland to raise fund to support the earthquake victims of Nepal. One day was especially reserved for this fund raising campaign in Switzerland. A considerable amount of fund was collected during this special fund raising campaign. This

translates the true friendship spirit of Swiss people towards Nepal. I would say, the spirit of friendship with Nepalese is deep rooted among Swiss people and this is unique example. Not only the mountains connect but also the respect and friendship between the people of Switzerland and Nepal connect each other. It may be recalled that Switzerland is a long lasting and reliable development partner of Nepal. The early Swiss development projects started in Nepal in as early as the mid 1950s.

On the brighter side from Nepal during this year is that it is going to promulgate the new constitution of Federal Republic of Nepal very soon. The process is heading to the right direction. Currently activities are going on to collect people’s view on the draft constitution so that they can be incorporated in the final version. The nearly decade long struggle to promulgate the constitution through the elected Constituent Assembly (CA) is going to be reality very soon. Many people give credit to the effects of earthquake to create conducive atmosphere for national consensus. After the new constitution, we believe, this will also be a foundation to end the long transitional period and move towards the economic development in Nepal and many people are eagerly waiting for this to happen.

During this year, we have sad news among our friends. Ms. Amritanjali (Amy) Shakya, General Secretary and Mr. Sunil Shakya, Member of NSFS

lost their beloved mother and wife respectively. The NSFS family offers its heartfelt condolences to Ms. Amy Shakya and Mr. Sunil Shakya for their great loss and prays for the departed soul.

NSFS has decided not to organize big celebration on the "Swiss National Day" popularly known as "August 1st celebration" like past years because of recent national disaster. Rather, there will be very cozy gatherings amongst NSFS members and Swiss friends who are interested on a personal basis. Please check with your colleagues if you are interested to join. Surely, many of us will miss our usual grand celebrations, but we have decided to be more respectful on the recent national tragedy.

This year, there was change inside the Swiss Embassy as Mr. Jean-Francois Cuenod, Deputy Head of Mission of Embassy of Switzerland in Nepal and Head of Cooperation of Swiss Agency for Development and Cooperation (SDC), has left Nepal after completion of his assignment and moved to SDC Headquarters in Berne to take charges of more challenging job of his career. We wish all the best to Jean-Francois and will remember his good cooperation and gesture towards NSFS. As Mr. and Mrs. Cuenod are so

fascinated about Nepal and I am sure, they will find warm welcome at Swiss Nepali Samaj (SNS) back home in Switzerland. And, this is also moment to give big thanks to them.

On the other side, Mr. Diepak Elmer has succeeded Jean-Francois Cuenod as Deputy Head of Mission of Embassy of Switzerland and Head of Cooperation of SDC Nepal. This is also a matter of pride for us to welcome him to Nepal and we hope he will enjoy working here. We wish him all the best for success of interesting assignments in his career. Before this assignment, Mr. Elmer was working in Ulaanbaatar, Mongolia as Deputy Director of Cooperation and First Secretary of Swiss Cooperation Office of the Embassy of Switzerland. Once again a warm welcome to Mr. Diepak Elmer to Nepal and look forward to a young, energetic and dynamic leadership to make the Swiss development cooperation more effective and fruitful.

I would like to specially thank H.E. Dr. Urs Herren, Ambassador of Switzerland to Nepal, for encouraging us and extending his support for "Meeteri" magazine with his valuable advice and message.

The tireless effort of NSFS Editorial team deserves big appreciation to bring out this edition in a limited time. Naturally, this issue is more focused on issues related to the earthquake. After publication, "Meeteri" will be posted on our website www.nepalswiss.org. Please visit our website for regular NSFS updates.

If you have any feedbacks, please let us know at bhusal.bp@gmail.com. We will appreciate your feedbacks and suggestions if any which can help us improve our future issues. Enjoy reading!

Thank you.
Bishnu Bhusal
President
Nepal Swiss Friendship Society (NSFS)

Kathmandu, August 1, 2015



NSFS

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www.nepalswiss.org



Greetings from the Swiss Nepalese Society (SNS)



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

Dear NSFS Friends,

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

As the President of the SNS that will soon celebrate its 45th birthday, I would like to invite all of you to actively participate in a lively exchange of ideas where our two organizations could work together in achieving a meaningful and sustainable collaboration, aiming at promoting cultural and economic ties between Nepal and Switzerland but certainly also focussing at supporting Nepal and its people after the terrible earthquake tragedy.

The last few months after the strong earthquake hit Nepal have indeed been very difficult to you, the Nepalese people and the entire Nation as such. This monumental tragedy leaves Nepal physically, emotionally and economically wounded and it will certainly take a very long time to heal the sores.

Butchering Piggy Banks

The chaotic situation during the first weeks after the earthquake and the rather passive reaction of the Nepalese Government has triggered severe criticism in the global media coverage. However, I believe that

any government but also the response capabilities of the international community would struggle great times to adequately respond to devastations after a disaster of this magnitude in such an inaccessible landscape.

Humanitarian support for the victims actually set in within just a few hours. The moral and financial help, notably also from Switzerland, was and still is very significant, however hardly measurable. Besides the massive support provided by the larger, well-known national organizations, a huge number of personal initiatives and small organizations collected very sizeable donations that are mostly used for smaller, rather targeted projects to help local communities to get back on its feet.

We from the SNS also collected a substantial amount of money from families, friends, neighbours or colleagues at work, starting from kids robbing their piggybanks to personal donations of several thousand Swiss Francs. The Board is currently concluding various agreements with partner organizations for the use of the SNS earthquake donation fund.

We decided to support projects that aim at rebuilding public infrastructure such as schools,



water tanks or community buildings. In order to multiply the effect of our donations and activities, we focus primarily on educational programs where we can make use of the technical expertise and skills of the teachers, students and ex-students of the LSDF Gairi Campus in Besisahar, Lamjung. We are currently establishing training courses where members of rural communities shall be empowered to construct their own public and private buildings with earthquake resilient technology.

Leaders' Responsibilities

However, it will certainly take more than just technical and financial aid to put Nepal back on its feet. Besides the fact that humanitarian aid needs to continue for many more months, improve in quality and better align within the affected regions, the nation's leaders will have to decentralize development and aid policies and thus ensure that the remote areas are given priority for rebuilding in order to avoid massive depopulation of entire valleys and regions.

This is particularly relevant at a time when the parliament in Kathmandu is trying to draft a

constitution for the country and political parties are fighting over including what they perceive as basic rights. The country's leaders must ensure that conflicts within and between parties are resolved as fast as possible so the country can move towards normality and start a meaningful reconstruction program.

Furthermore, the country must elaborate a comprehensive policy to prepare for a next earthquake that will certainly strike the country- maybe in just a few months, maybe in a few decades. This needs to include educating people and ensuring that they understand the importance of self-sustainability and disaster preparedness particularly taking into account the nation's rugged terrain and fragile ecosystems.

Nepal will also need to forge liaisons with China and India for its restoration projects. China has already announced investment in Nepal's infrastructure, and India is interested since long time in implementing hydroelectricity projects in Nepal to harness the Himalayan nation's rich national resources.

Turning the Disaster into an Opportunity

Now is the time to start building resilience. There is both an opportunity and an imperative to help Nepal build back better. The Government must maintain the momentum of political and economic reforms but also keep the attention of the global media and thus ensure continuous international solidarity while focussing on meeting the pressing humanitarian needs of the most vulnerable ones - undoubtedly a Herculean task.

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

Dr. Markus Ruckstuhl

President Swiss-Nepalese Society

www.swiss-nepal.ch

Zuerich, July 2015



Sara Elmer
Lecturer in Global History,
University of Zurich
Board Member of
Swiss Nepalese Society (SNS)

The Swiss Nepal Forward Team and the Beginnings of Swiss-Nepalese Friendship

By Sara Elmer

In fall 1950, four Swiss scientists from ETH Zurich travelled to Nepal as the “Swiss Nepal Forward Team”. This was the first official mission in the frame of the burgeoning Swiss development cooperation. But why did the Swiss Government chose Nepal as a partner for gaining its first experiences in this relatively new field of international action?

With the end of World War II and the reorder of world politics, Switzerland faced the need to adapt its foreign policy. For the Swiss Government, foreign aid seemed to be an appropriate means not only to improve its international reputation – which had suffered due to its policy of neutrality during the war – but also to expand its political and economic relations beyond the borders of Europe and North America.

At the same time, Nepal also faced significant political changes as the whole region was in a state of great upheaval. The rising power of newly communist China and newly independent India threatened Nepal’s

independence. As a consequence, the Rana government, whose power was clearly on the wane, started to soften Nepal’s isolation policy and sought for diplomatic relations with western countries. At this point in time, foreign aid was a welcoming means for Nepal to gain international recognition and thus to secure independence.

Hence, both the Swiss and Nepalese Government were not only interested in foreign aid as a means to enable economic development but as a means to strengthen their rather weak positions in the international community. However, the beginning of Swiss-Nepalese friendship was not a just an outcome of practical politics.

When in fall 1948, an Indian acquaintance of the ruling Ranas approached the Swiss Government for technical advisors to Nepal, he ran in open doors. But the Swiss Government was also considering other countries for sending its first explorative aid mission abroad. Finally, the decision fell not on Nepal because

of the above-mentioned political or economic interest. The crucial factors were rather the determination and fascination for Nepal of the four scientists who volunteered for the mission.

The Swiss Nepal Forward Team consisted of its leader Walter Custer, professor for regional planning, geologist Toni Hagen, agronomist Emil Rauch, and civil engineer Alf de Spindler. Like many other foreigners, they were attracted by Nepal's mysterious aura of a "forbidden kingdom" that had so far almost completely been closed to Westerners.

The idea of being among the first to scientifically explore this widely unknown country was extremely tempting to them. Moreover, at a time when overseas holidays were a privilege of very few people, travelling to the Himalayas was very attractive to the four mountain lovers. Accordingly, hobby mountaineer Toni Hagen mentions in his memories that his childhood dream came true by joining the Swiss Nepal Forward Team and travelling to Nepal.

Walter Custer and his team made great efforts to persuade the Swiss Government of an explorative mission to Nepal. They argued that non-colonized Nepal offered a great opportunity to do real "pioneering work" as even the Americans had not yet started working there. Buying in the argument, the Swiss Government finally assigned the Forward Team to "explore the potential for Swiss services and provision of goods" to Nepal and granted 50'000 Swiss Francs to finance the mission.

The members of the Forward Team were not disappointed by their adventurous journey to Nepal. Upon their arrival at the Nepalese border, they were provided with a ride in a luxurious train car for the first few miles. But they were even more impressed by the following hike to the Kathmandu valley and the first view of the Himalayas. Their hosts further spoiled them by offering a stay in the government's guest house and by providing plenty of servants and assistance to conduct their surveys. The four Swiss were very pleased by the hospitality but also felt a bit uneasy of the unnecessary, colonial-style luxury.

During their stay in Nepal, the Forward Team worked out a full catalogue of development projects and suggested to the Swiss Government to set up a coordination office in Kathmandu. Yet, as in Switzerland new, innovative ideas often take long to be accepted and bureaucracy tends to work slowly, the Forward Team's plans could not be realized. The four scientists, who had fallen in love with Nepal and its people, were very disappointed by the lack of commitment of their government. But they remained all in touch with Nepal.

Soon after the end of the mission, Toni Hagen returned to Nepal where he worked for the Nepalese Government and the United Nations for a full decade. The other members of the Forward Team became active in founding the first Swiss development NGO (nowadays known as Helvetas Swiss Inter cooperation), which launched its very first projects in Nepal in

1956. When the government finally set up the Swiss Agency for Development (SDC) in 1961, it recruited many experts from the circle of Helvetas members. Ideas that had already been discussed by the Forward Team now became part of SDC's strategy. Not surprisingly, Nepal was also chosen as one of SDC's first priority countries and remained until today a very important partner.

Thus, even though their mission seemed at first to have little impact, the Swiss Nepal Forward Team laid the foundation for the now 65 years lasting Swiss-Nepalese friendship..



Earthquake in Nepal



Inpatient building financed by SDC at Jiri hospital © SDC

On 25 April 2015, an earthquake measuring 7.8 on the Richter scale struck Nepal, followed by multiple after-shocks of up to magnitude 7.3. The epicentre was around 80 km north-west of Kathmandu in Gorkha District. Around 8'860 people lost their life 22'300 were injured and many are left homeless. As per the information provided by the Government of Nepal 602'000 houses were destroyed and 285'000 damaged due to the earthquakes. The destruction of monuments belonging to the cultural heritage of Nepal is a severe loss for the country.

In view of this catastrophe, Switzerland mobilized financial resources and immediately sent a team of the Swiss Humanitarian Aid along with relief goods to some of the most affected districts. The

Crisis Management Team of the Swiss Embassy became operational and provided support to the Swiss tourists who had been visiting Nepal at that time.

The situation in rural areas, especially near the epicentres, remains critical even 4 months after the first earthquake. Hundreds of thousands of people in various parts of the country are still depending on external aid. In many places, the consequences of the earthquake and the ongoing monsoon triggered land-slides have made roads impassable resulting in difficulty to reach the affected population with rescue efforts and the distribution of relief supply.

For the coming years, Nepal will face a serious economical setback as almost all major economic fundamentals have been battered by the earthquakes. Therefore, a mid-term and long-term planning for reconstruction is essential.

Emergency Relief

The Swiss Humanitarian Aid (SDC HA) executed a comprehensive emergency intervention deploying a total of 75 experts until the end of July in Gorkha (epicentre) and in Kabhrepalanchok and Lalitpur Districts south of Kathmandu. Over 13'000 families received the materials for temporary shelter. A Swiss Medical Team specialized in Mother and Child

Health supported staff of the Gorkha District Hospital and attended to over 1'000 patients within the of 6 weeks after the earthquake. To ensure access to clean water and to prevent the spread of disease, Switzerland provided 50 WATA modules to produce chlorine in a bucket, from water, salt and electricity. The chlorine produced, can purify approximately 200'000 litres of water per hour, which can address the need of around 15'000 people in one day. SDC HA continues to contribute to efforts in gaining access to remote communities in mountainous areas.



Earthquake affected areas of Nepal

During the same time, the SDC's Regional Cooperation (SDC RC) initiated emergency relief in the form of aid and psychosocial care for traumatised victims. The local team organised temporary shelter kits for 29'000 families in four districts east of Kathmandu (Dolakha,

Ramechhap, Okhaldhunga and Khotang) that have been the focus of Switzerland's activities, in some cases since the 1960s. They also provided 2'000 big sized shelter kits for the temporary learning centres for the schools in Okhaldhunga and Khotang. These materials were distributed by the local 'Disaster Relief Committees' set up by the Government of Nepal. The relief efforts were closely monitored and supported by various SDC funded project staff in these districts. Three of these rural areas that are difficult to access (Dolakha, Ramechhap and Okhaldhunga) are among the 14 most affected districts by the earthquakes.

In addition, UNFPA received a financial contribution of CHF 260'000 for the provision of 10'000 dignity kits to women.

Furthermore, Switzerland provided three experts to the Post Disaster Needs Assessment and supported the Nepal Government in assessing the damage in environment and forestry sectors, and identifying priority actions. In principle, these rapid needs assessments should be applied in the planning, implementation and monitoring reconstruction programmes.

From Relief to Recovery

Current efforts occur in the transition from relief to recovery. Members of the Swiss Embassy participate regularly in different coordination meetings. In addition, regular consultations and information sharing events with the Swiss INGOs working in Nepal are organised.

The SDC HA provided engineering expertise and construction material to further improve the

situation of Gorkha Hospital. Similar support was provided to the hospital, the cheese factory and Jiri Technical School, in Jiri, where Switzerland started its development co-operation with Nepal in the 1950s - to assure that these institutions could start offering their services again.



Improvement of tents at Gorkha Hospital © SDC

Rebuilding the Foundation

Many of the long-term development cooperation programs of the SDC RC have been reoriented and realigned to contribute to a socially just reconstruction. In doing so, it is important to give particular attention to disadvantaged sections of the population, such as women, young people and children and groups who suffer discrimination in order not to widen social, economic and ethnical gaps by unjust distribution of assistance.

Switzerland's expertise in road and bridge building, agriculture and forestry, water infrastructure, vocational training and governance is being put to full use in this context. For instance the follow-up phase of the

SDC RC funded Employment Fund project will focus only on trainings for occupations relevant for reconstruction in disaster affected districts. The project will provide additional skills trainings that include earth-quake resilient building techniques and advocate at policy level for a proper application of the revised building code. The experts from the Swiss Humanitarian Aid Unit (SHA) are also sharing their knowledge and experiences from other earthquake responses.

Switzerland has expressed its interest in supporting UNESCO Nepal in the reconstruction of Sankhu, an ancient Newari town located in the north-west of Kathmandu Valley and is considered an important cultural heritage site.

With the approach to "Build Back Better/Safer" the know-how transfer on earthquake resistant reconstruction have already been laid out. Swiss experts will continue to share their expertise in earthquake-resistant (re)construction with Nepalese professionals and authorities.

Budget

	Emergency response	Reconstruction
HH/SKH	3 Mio CHF	1.4 Mio. CHF
EZA/RZ	2 Mio. CHF	18.6 Mio. CHF

Further Information/Contact

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Dr. Eng. Sujan Malla
Axpo Power AG, Baden, Switzerland

Dr. Sujan Malla is a Nepalese structural engineer working since 2007 in the Dam Safety Department of Axpo Power AG, Baden, Switzerland, where he is responsible for numerical modelling, earthquake analysis and safety monitoring of dams. He received his M. Eng. in Structural Engineering from the Asian Institute of Technology (AIT), Bangkok, Thailand in 1988 and his Dr. Eng. from the University of Tokyo, Japan in 1991. From 1992 to 2007, he worked for Poyry Energy Ltd. (Formerly Electrowatt Engineering Ltd.), Zurich, Switzerland, where he was involved in the analysis and design of various civil engineering structures.

Dr. Malla is the Treasurer of the Swiss-Nepalese Society and the Vice-President of the Toni Hagen Foundation Switzerland. Dr. Malla has prepared a short report (including photo documentation) on the 2015 Nepal earthquake disaster. It is available at: http://www.swiss-nepal.ch/downloads/Lessons_of_2015_Nepal_earthquake_disaster_by_Sujan_Malla.pdf

2015 Nepal Earthquake Disaster

By Dr. Eng. Sujan Malla

The 7.8 Mw earthquake on 25 April 2015 triggered a major humanitarian disaster in Nepal. The strongest aftershock of 12 May 2015 with a magnitude of 7.3 Mw also caused significant additional damage. About 9,000 deaths and 22,000 injuries have been confirmed so far and the total direct economic loss is estimated to be around USD 10 billion (roughly 50% of the annual GDP of Nepal).

Brief history of earthquake disasters in Nepal

In fact, major seismic events are not new to Nepal. The most devastating earthquakes in the recorded history of Nepal are as follows:

- 7 June 1255 AD (~8.0+M): This was the first and possibly the deadliest earthquake disaster documented in the Nepalese history. About 30,000 people (30% of the total population of around 100,000) were killed in Kathmandu, including King Abhaya Malla. There were aftershocks for about three years.
- 6 June 1505 AD (~8.2 M): The approximately 600 km long rupture zone of this extremely strong event extended across the western half of Nepal. This earthquake caused widespread destruction in west Nepal, India and south Tibet.
- 26 August 1833 AD (~7.8 M): Two major shocks caused a lot of devastation in the Kathmandu valley. The first one was felt at about 6 pm and the second one followed at about 11 pm at night.
- 16 January 1934 AD (8.0 M): The “Great Nepal-Bihar Earthquake” caused a large number of buildings and heritage structures to collapse. This disaster killed about 17,000 people in Nepal and India, out of which around 4,500 died in the Kathmandu Valley.

Other significant earthquakes in the history of Nepal occurred in 1260, 1408, 1681, 1767, 1810, 1869, 1916, 1980, 1988 and 2011 AD.

Seismo-tectonic setting of the Himalayan region

In the aftermath of the 2015 earthquake disaster, the special` seismo-tectonic setting of the Himalayan region has become better known even among the general public in Nepal. The most important aspects of the seismic hazard in this region are as follows:

- A strong earthquake in this region is usually caused by a rupture (dip-slip movement) on an almost horizontal thrust fault.
- The rupture zone of a very strong earthquake can have a huge area of the order of 10,000 km² or more.
- The epicenter may not be located at the center of the rupture zone.
- At any given location in the affected area, the rupture zone is usually much closer than the epicenter, since the causative fault is usually at a relatively shallow depth of the order of 15 km.
- The earthquake damage in the affected region does not necessarily decrease with an increasing epicentral distance. Hence, the widespread tendency in the media and even among the experts to try to correlate the earthquake damage with the epicentral distance is generally misleading in the case of a strong earthquake in this region.

Strong-motion records

Apparently, only few good records of the strong ground motion produced by the 2015 Nepal earthquake series exist. So far the only publicly available records are from a single USGS station located at Kantipath in Kathmandu.

The available strong motion records indicate that the ground motion in the Kathmandu Valley during a very strong earthquake is dominated by low frequency oscillations having a period in the range of 4 s to 5 s. Thus, the horizontal earthquake shaking would not be significantly amplified in a typical traditional 4-storey building, whose fundamental natural period would be of the order of 0.4 s. On the other hand, very tall and flexible structures in the Kathmandu Valley with relatively long fundamental natural periods would be more susceptible to damage during a strong earthquake and should be designed and built accordingly.



Rupture zones of major historical earthquakes in the Himalayan region and suspected "seismic gap" extending across west Nepal and eastern part of Uttarakhand state of India (base map prepared with NCEI/NGDC Natural Hazards Viewer)



Earthquake destruction of a shikhara temple beside Swayambhunath Stupa

Concluding remarks

There is a great deal of fear among the public that the 7.8 Mw earthquake could be just a foreshock of an even stronger event. Unfortunately, the science of earthquake prediction is not very reliable and it is impossible to accurately predict the next devastating earthquake in any given region. This could happen sometime soon, but it could also take many more decades or even centuries.

It is needless to say that the only rational protection against future earthquake catastrophes of possibly even larger magnitudes is to improve the safety of buildings and other structures. Thus, it would not be wise to rebuild the collapsed and heavily-damaged structures hastily without properly designing, planning and incorporating features to ensure sufficient earthquake resistance. Even an existing building that has suffered only relatively minor visible damage during the 2015 earthquake series may still be inherently structurally deficient. Also such buildings need to be identified and retrofitted or rebuilt. Of course, this is easier said than done, as it could involve substantial financial investments that could be beyond the means of the average building owner.

The tasks of rebuilding and strengthening poorly-built structures should be taken up as soon as possible also in other regions of the country not affected by the present disaster, since the next powerful earthquake may very well strike elsewhere. For instance, since no major earthquake has occurred in west Nepal since 1505 AD, this region is considered by some to be a "seismic gap" (i.e. Region with an active fault that has not ruptured for a long time, but is known to be capable of causing a large earthquake) with an enhanced earthquake risk.



Before earthquake
(Photo: Manoguru/Wikimedia Commons)



After earthquake
(Photo: Sujan Malla)

Kalmochan Temple on the bank of Bagmati river at Tripureshwor, Kathmandu before and after the 25 April 2015 earthquake



Partially collapsed stone rubble masonry buildings along Tribhuvan highway (photo: Sujan Malla)



Brick masonry buildings with collapsed upper storeys in Bhaktapur (photo: Sujan Malla)

There is an urgent need to install many more strong-motion seismographs in Nepal, so that realistic seismic loads can be specified in the national building code on the basis of actual earthquake records to ensure a safe earthquake resistant design of structures. Such strong-motion instruments are not very

expensive nowadays, but they do need good care and regular maintenance if they are to function when the next major earthquake strikes.



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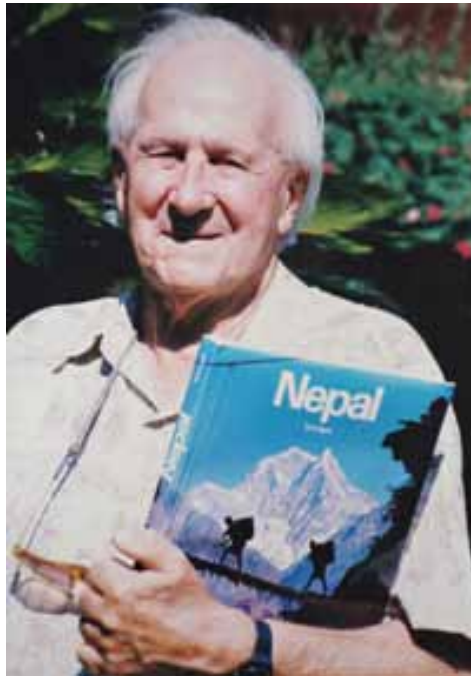
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'He spent nearly a decade, travelled more than 14'000km on foot. His explorations took him all over Nepal and he saw the country like no one else had before him, and very few have since.'

'The Geologist who loved Nepal'

Toni Hagen (17.8.1917 – 18.4.2003)

Swiss geologist Toni Hagen born 1917 in Switzerland first came to Nepal in 1950 as part of a technical assistance team sent by the Swiss government to help with the tentative steps at introducing western-style development. That was an era when foreigners had to seek government permission to travel outside the Kathmandu Valley. As the geologist in the Swiss team, Hagen was allowed to go around the countryside, an experience that whetted his desire to see more of this "unknown" land. Thus began a relationship with a country that grew into a close friendship over the course of half a century

Toni Hagen was later taken over by the United Nations to conduct the first geological survey of Nepal, making him the original "UN expert" in the country. He spent nearly a decade, travelled more than 14'000km on foot. His explorations took him all over Nepal and he saw the country like no one else had before him, and very few have since. Hagen's experience of those early days, his geological findings and his views on the society and economy of Nepal have been documented in Nepal: The Kingdom in the Himalaya (first edition 1962 by Kümmerli, Switzerland, last edition 2008 by Himal Books, Kathmandu) Hand's colour photographs in the book for the first time exposed the social diversity and varied landscape of Nepal. This was a landmark book which introduced Nepal to the world and Nepali themselves.

In 1961/62 he was chief delegate of the ICRC for aid and resettlement of Tibetan Refugees in Nepal. He left Nepal in 1962 and went as UN expert to Bolivia, and later with special missions to Africa, Asia and South America. From 1969 until 1973 he was Head of the UN Programme in North Jemen, East Pakistan and later Bangladesh. 1973 he retired from the UN and became Consultant for various organisations for development and disaster relief in Africa, Asia, Central - and South America. During this time he was also Teaching assignment at the ETH Zürich, Switzerland for the interdisciplinary post-graduate course on problems of the developing countries. 1984 he was honoured with the Birendra Pragma Alankar by late King Birendra of Nepal.

Between 1989 and 1993 he was assigned as Guest lecturer at Oxford University on disaster relief, refugee relief and resettlement and development. Besides many articles in Newspapers and Conferences he wrote Books as "Wege und Irrwege der Entwicklungshilfe" (Paths and Death Ends of Development Aid) 1988 and "Building bridges to the Third World"; Memories of Nepal between 1950 and 1992 (1994).

1999 started shooting of the film " The Ring of Buddha" in Nepal about his life in Nepal, which was launched 2002.

Toni Hagen died 2003 in Switzerland.

Out of the vintage collections of Dr. Toni Hagen

Photo Courtesy: Nepali Times





These unpublished photographs of Late Dr. Toni Hagen during his first initial years between 1950- 1957, revealing the old Nepal, was on display at the famous Patan Museum in Kathmandu in the month of April 2015 on the occasion of 'Heritage Week' observed by Nepal heritage society by his daughter Karen Hagen.

Dr. Toni Hagen was the first foreigner, a Swiss geologist to trek throughout Nepal on geographic survey work and mapping while working for the Swiss development assistance mission and later for the United Nations.

These rare unseen photographs from his collection, taken during his journey on foot for over 12 years have captured the natural beauty, simplicity and rich diversity of Nepal and Nepali people introducing Nepal to the rest of the World.





Two respected personalities, Dr. Meena Singh Khadka and Dr. Katherine Hagen, first daughter of Dr. Toni Hagen from Switzerland met in Nepal.



Federalism and Conflict: Lessons and Cautions for Nepal

By Dr. Bishnu Raj Upreti

Life Member, Nepal Swiss Friendship Society (NSFS)
Executive Director of Swiss National Center of Research

1. The context

Federalism was neither envisioned in the 12th point agreement nor in the Comprehensive Peace Agreement (CPA) nor in the 2007 Interim Constitution (IC). In 2008, the IC was amended to incorporate federalism. Later, 25 of the 26 political parties presented in the first Constituent Assembly (CA), except Rastriya Janamorchha had accepted the federal political system. In the first CA debate on the federalism was largely based on the vested interests, emotion and sentiments, without engaging in the principles and substance of the federalism. Critiques raised pertinent questions on relevance of federal system in Nepal but the supporters failed to offer satisfactory answers. Instead, they blamed the critiques as 'reactionaries' or 'regressive forces'. When the Maoist vehemently advocate for ethnic federalism, the nation was sharply divided. Some of the concerns raised by the critiques of federalism demands serious thinking as: federalism weakens sovereignty and increases the risk of disintegration of the nation; promotes communal tension & ethnic conflict; erodes national feeling and weakens national identity, it is not the agenda of Nepali people

but imposed from the external forces; it leads to the breakdown of national political parties into regional ones; it discriminates people within the nation because of the different rules in different provinces; it is operationally expensive, and it brings unanticipated consequences. Further, the federalism was justified against the poor performance of the past centralised political system of Nepal and equated with unitary state. It is conceptually and operationally fundamentally different. Federal states are also highly centralised and unitary states are also highly devolved. However, Nepalese politicians interchangeably used these two concepts (unitary and centralised) and therefore created confusion.

Further, ethnic federalism are advocated by some political parties and ethnic groups and emotionally exploited the sentiment of ordinary people from the various ethnic communities. Few elites & intellectuals, some radicalised youths & frustrated or disgruntled political leaders separated from national parties and some misinformed or misguided people view ethnic federalism is the 'sole solution' of every problems; of Nepal and they

threaten to revolt if it is not materialised. However, it has been globally proven that ethnic federalism cannot address the complexity of multi-ethnic, multi-lingual multicultural societies. Providing privileged to particular ethnic groups (e.g., naming provinces) alienates others and becomes perennial source of conflict. The right to self-determination is not only source of conflict but also fatal to the integration of the nation. 'Ethnic federalism in Nepal simply does not work because of the demographic, linguistic and ethnic characteristics of Nepal.

Addressing poverty, structural inequalities, political, social and economic exclusion, gender-based discrimination, skewed resource distribution and combating corruption require concerted action from all Nepali but when people are divided into ethnic groups and portraying some sections of society as perpetrators and adapting revenge and retaliation strategy, it will implant more conflict. Hence, Nepal at present is at the verge of communal, ethnic and geographical conflict. Further, the sharp divide between different religious groups from the manipulation of religious

sentiments and faith of people by some political parties has leading towards religious intolerance and need immediate action to stop this situation.

Several war-torn countries in the past have adopted or readopted federalism. Mexico (1971), Argentina and Venezuela (more than once), Nigeria (1966-70), Ethiopia (1991), Spain, Bosnia and Herzegovina, Sudan, Iraq, and the Democratic Republic of Congo are some examples. But they have faced serious ethnic tension and conflict.

Potential sources of conflict within federalism

Federalism is not a magic wand to solve all contradictions of Nepal. Wrong handling of federalism can cause civil war and disintegration of country (e.g., Yugoslavia and the USSR in 1991, the splitting of Czechoslovakia in 1992, Serbia and Montenegro in 2006, and the civil war in Nigeria in 1967). The following are some potential sources of conflict:

1. Sharing power and fiscal resources: Inappropriate sharing of power and fiscal resources is a main area of potential conflict. Federal countries like Australia, Spain, Malaysia and Germany are relatively centralised in their distribution of fiscal powers (i.e., central government to collect tax and other revenues), compared to Switzerland (right to collect tax amongst the 3 levels), Brazil and Canada (right to raise revenue by provinces). If expenditures needed for the provinces are mismatched, it leads to federal dysfunction. Hence, clearly defining fiscal relations and revenue sharing is crucial to sustain federal system.

2. Protection of minorities, marginalised and excluded groups: If federal system fails to protect minorities, marginalised and excluded groups, possibility of conflict and tension is high. But the

elite capture by the well off ethnic leaders (educated, economically strong and close to national and international power centres) emerging as new phenomena and excluding the marginalised ethnic people. Hence, the federal system of Nepal must protect the marginalised people from elite (both ethnic and non-ethnic elites) to avoid conflict.

3. Jurisdictional clarity: Experiences of different federal countries have demonstrated that jurisdictional conflicts are common when there is no clear definition of jurisdiction on distribution of power and authority between the centre and provinces. The new constitution must clearly delineate the jurisdictions of the central, provincial and local units to avoid these problems. Dispute resolution mechanism must also be constitutionally defined to deal with any ambiguities.

4. Social divergence: Language, race, religion, social structures and cultural traditions in a federal system must be mutually and simultaneously reinforcing. If some actors negatively play with cleavages, social divisions and conflicts are inevitable. In a multicultural, multi-linguistic plural country like Nepal, it is important to treat all of them equally. Language-related resentment in Pakistan, Malaysia, India and Nigeria and social cleavage-based political polarisation in Sudan, Sri Lanka and Spain leading to separatist movements can be lessons for Nepal.

Conflict resolution mechanism

The proper functioning of a federal system and addressing potential conflict between the centre and states requires dynamic conflict resolution mechanisms. Inter-State council (or council of provinces) is essential for dealing with political ambiguities and conflict between two provinces or centre and provinces. The Inter-State Council

of India, Conference of Cantonal Governments in Switzerland and the Council of Australian Governments (COAG) are some examples. Further, Malaysia's National Finance Council, Australia's Commonwealth Grant Commission and South Africa's Financial and Fiscal Commission are important mechanisms in dealing with financial issues and conflict. Similarly, an independent Natural Resources Commission is pivotal for dealing with the conflicts related to sharing natural resources (land, water, mines and minerals, hydro-power, and other resources) among the provinces. Provision for a referendum on highly contentious issues and issues of national importance can be included in the constitution to minimise conflict and strengthen democracy. Although a referendum is an effective means of conflict resolution, it can create conflict by dividing population into majority and minority if not handled properly.

Dealing with extremes

Some federal countries like former USSR, Yugoslavia (1991 & 1995), Pakistan (1971) and Spain have faced problems of separation. The separation of Czechoslovakia in 1993 (into the Czech Republic and Slovak Republic) was largely based on the interests of regional parties. The separation of Serbia and Montenegro in 2006 was mainly from external influence (membership to the European Union). Various cases of federal countries demonstrate that dealing with extremes requires a combination of political, diplomatic and security approaches. The risk of secession is often associated with federalism. Ethnic radicalisation and extremism in multiethnic societies contribute to ethnic conflict and separation. Further, at present various interest groups are trying to destabilise Nepal and therefore needs to consider this issue seriously.



Featured

Alumni





Learning it the Swiss Way

By Trishala Lama

Always wanting to pursue my studies in travel and tourism because of my passion for travelling, lead me to choose hospitality studies as a future career. I did not happen to have a dream of studying in Switzerland but somehow it was destined to be, an opportunity that gave me a platform to develop not only professionally but more importantly at a higher personal level.

A rare experience of many things within a short period of time is what I see when I rewind back. An exposure to a multicultural environment studying with people from almost every nation in the world was one of the unique features of my duration at Les Roches which gave a cross

cultural exchange and exposure to many things at the same time.

Being part of the second top hotel management institute in Switzerland was not only a privilege but also a great experience. Focus on minute details and care for perfection is what Swiss hospitality is all about, which was delivered in our day to day learning. What looked like an extravagant industry before was all about a lot of hard work and a constant pressure for perfection at the end of the day.

An opportunity to understand this, through industrial exposures one in Switzerland and another in UK was another added advantage personally. Having worked as a service trainee in F&B at 'Zum Storchen' a boutique hotel in Zurich and as a Team leader in Housekeeping at Hyatt Regency in London was a distant learning on your own that gave a real taste of the actual industry and a clear view of the differences that existed.

My educational journey at 'Les Roches' was all in all a fun learning experience with a combination

of sturdy learning and a multicultural exposure at the same time where I realized my true potential, as every day there was something new, an experience that taught me to think differently and adapt to new changes.

One of the greatest challenges was always to urge for creativity in every little detail of your work and to differentiate it yet keeping it simple and logical. Had it not been that way, I would not be what I am today.

After all this, I now feel proud to be a part of Global Academy of Tourism and Hospitality Education in Nepal, a Swiss Hotel Association Affiliate Institute, which has successful graduates working around the world wherein I see and reflect my own learning experience as I see enthusiastic new faces thriving to join this industry and embark on a whole new journey. Thanks to all those who became a part of my learning process during this wonderful time. We learn from people, we learn from circumstances. As the saying goes life is a journey and learning never stops.





Switzerland, the best place for hospitality education.

By Prakriti Sherchan Pradhan

My first experience with the hospitality industry was while travelling to Thailand. I had the chance to visit the back of the house operations of the hotel where we stayed and was amazed by how different people from different professional and social backgrounds worked together in order to create a perfect experience for the guests. It's this, and combination with my love for people that got me interested to study hotel management.

Switzerland, often called the birth place of hospitality, offered me the very best in education and lifestyle. Having the opportunity

to study in Switzerland for three and half years was a true privilege I enjoyed. It allowed me the opportunity to learn general business skills in an industry that I am very interested in. I left for Switzerland at a very young age of 17 with a feeling of excitement, curiosity and nervousness.

SSTH – Swiss School of Tourism & Hospitality (now the part of prestigious EHL- Ecole hôtelière de Lausanne) offered a combination of learning with practical experience that was designed to meet the needs of global hospitality employers. Similarly, it also provided academic quality assurance which ensured that the students received the renowned high level of Swiss education. The experienced faculty provided education that helped us students succeed and become leaders in a competitive world. The international reputation of the school and a supportive learning environment contributed to the potential success of students when they entered the professional field.

During my time at SSTH, one of the most important skills that I learned was managing cultural diversity. With all of the different

nationalities on campus, I was able to learn about the global village by truly being a part of it. Because of their diversity, SSTH graduates are well prepared to adapt to lots of different situations, environment and work across cultures. Today, no matter where I work, I feel the benefits of being able to deal with any type of culture and people. Being a graduate of SSTH and having both professional and personal experience in an international environment allowed me to differ from my colleagues.

SSTH is not just a school that provided me with valuable knowledge and training for my professional life, but was an experience that changed my life forever. I gained invaluable international experience and perspectives, invaluable personal and professional skills, and an invaluable group of friends from all over the world. I clearly see now how studying in a culturally diverse environment at SSTH has truly shaped me into the person I am today.





The mountains of Titlis (3,238 mts) and Klein Titlis in Engelberg (Switzerland) combine an amazing lanscape of glaciers, waterfalls, valleys and lakes.

Photo: www.google.com


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Rewanta Prasad Dhaubhadel
F&B Director
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“Let’s crave for Swissness in us”

By Rewanta Prasad Dhaubhadel

Every human is born free, but everywhere in chain. I consider myself born free in a very cultured and decent Newar family at Bhaktapur, and I think I have the best parents in the world who stood for me during all odd moments. Like any other kid, I underwent a modest school education locally. In the process of furthering my education, I happen to reach Switzerland to join SHMS (Swiss Hotel Management School, Caux - Montreux), and which I consider as the life changing moment of my life. Switzerland is certainly a place to be on this earth. Switzerland’s asset is undoubtedly its people who are so humble and hospitable, the mouth watering raclette, rosti, fondue, and I can go on reckoning incessantly.

With the completion of my hospitality education at SMHS, I was fortunate enough to establish and pursue restaurant business at Lausanne. One thing that I really get nostalgic about is the perception of the local friends and well-wishers there. They always made it a point to visit my outlet and generate whatever revenue and contribute to the business.

Later, I came to Nepal and definitely initiated restaurant business with similar enthusiasm and aspiration. It was a good beginning. However, to manage the staff issues, the ever fluctuating tourism business, impromptu government policies and many more local challenges demanded more patience that I could not endure. Subsequently, I decided to pause the entrepreneurship in me.

Now, when I look back and remember the time spent at Switzerland, one thing in particular makes me nostalgic. Local friends out there were so supportive which I did not find it here. Undoubtedly the local friends are supportive as well they do encourage you. But quite contrary to the Swiss people, most of them seek complimentary service. Well grudges apart, yet it is difficult to manage such favours from Kith and Kins so often. In spite of so many similarities Nepal share with Switzerland, this is one area I would want all Nepali people to crave for and inculcate in the culture.





Captain Maurizio Folini, a pilot was in Nepal on one his many rescue missions. A call from Fishtail Air, informed me that I had a gift from Switzerland from Dr. Floris Tichler an emergency doctor from St. Martiz. Maurizio was delivering pickage of Appenzeller Bieberli, my favourite delicacy from Switzerland. Hoping to meet the famous pilot I rushed to pick up my gift, but I was minutes short as he had already left for a life saving mission in the Khumbu region. However later on December, 2013, I did get to meet him in St. Mortiz. I would like to share as he shared with me, his inspirational story through *Meeteri*.

Maurizio Folini is a world record holder rescue pilot who has saved many lives in the remote

Rescuing in Nepal Earthquake - 2015

An Interview with Maurizio Folini: By Khem Lakai

areas of the Himalayas. He had been silently doing these godly rescue acts, until on 19th of May, 2013 he became famous. On this day he carried out the world's highest long line rescue operation, on Lhotse at 7800m. Anyone knowing about mountain rescues knows this is an almost impossible task due to the elevation and the inability to hold lift. Maurizio was the pilot and his crews were Simone Moro and Armin Sennor. In another mission, they rescued a Romanian National, Alex Gavan from the Camp - 2 of Dhaulagiri along with 12 other climbers. Similarly, he also helped to collect and dispose various materials and rubbish left by the expedition teams that either became victim of witness of the April 18 avalanche that claimed the lives of 18 Sherpas: a dark day in the climbing history of Nepal.

Born in Sondrio Italy, since his childhood Maurizio was fascinated by the mountains. He attended the agriculture school in Chur (Switzerland) which was very difficult for him because he had to learn to speak German. He took on the challenge as he knew that taste of hardship was what was needed to unleash his potential. He

wanted to be a mountain Helicopter pilot. Maurizio is one of the heroes who rescued 100s of Nepalese devastated by recent earthquake in Nepal.

This is his story in his own words

Q. You have been to Nepal several times for rescue operation normally for adventure and mountaineering, where did you fly this time during your earthquake rescue mission?

Yes this time was very unexpected and special trip to Nepal. We did the first rescue at the Everest Base Camp and Camp 1. After 4 days, we moved to the Gorkha, namely Barpak and Laprak the epicentre of first earthquake that strike Nepal. Then I flew my rescue flight to Langtang region together with civil and military Helicopters.

Q. Would you kindly share some unforgettable moments of this specific rescue mission?

For me, every moment when you can save life or help somebody is a unforgettable moments.

Q. How did you find the rescue operation in one door policy, in other word, when it is managed by the government?



During the time of trouble, the Nepalese government “confiscated” one Helicopter from every civil company for relief flights. We as Fishtail Air have cooperation with MAF (Mission Aviation Fellowship) and they coordinated many relief flights and we were very happy to work with this international team without any difficulty.

Q. What are the challenges you faced during the rescue operation?

Our head and heart was dedicated to help the people specially the Nepali people who were trapped and required rescue. The difficult part is always the weather as we have no control over and sometimes the wrong information (more flights or more flights time). I must admit another challenge; it was not easy to calculate the necessary fuel for this kind of operation.

Q. How soon do you think Nepalese mountain tourism will return back to normalcy?

Very soon, Nepali people are proud and resilient they will set all the grounds for the best of Tourism Industry.

Two Fishtail Air members (one pilot and one technician) are doing a training session in the Swiss company Heliberina during next Months. I'm very happy and proud to be their mentor and teacher during their stay in Switzerland. Personally I'll be back to Nepal in November 2015.

Q. What is your word of advice for the tourists who still want to trek and climb mountains this year?

I conducted many conferences in Italy and

Switzerland after my earthquake experience, collecting money for rebuilding of 5 schools; hospitals and one electric power station in the Solukhumbu region. I keep telling everybody that “the best way to help Nepal is to visit this beautiful country”.

Q. What message do you have for Nepalese people this moment especially to revive tourism industry?

Try to be honest with the visitors; you have a wonderful County and people. Many people from all around the world want to visit Nepal, if only Nepalese keep their original friendliness and show their genuine Nepalese hospitality.



Nepali *Recipes*



Goondh

Preparation Time: 40 min

Utensils: Sauce Pan , Bowl , Ladle



Ingredients:

Nepali Ghee	- 2 tablespoon
Grated pistachios	- 1 tablespoon
Green cardamom seeds (crushed)	- 1 tablespoon
Almonds	- 1 tablespoon
Brown Goondh	- 30 grams
Sugar	- to taste
Milk	- 600ml
Anise seed	- 15gm
Saffron	- a few strands



By: **Kumar Chalise**

Executive Chef

Email: chefchalise@yahoo.com

Preparation:

- Heat the pan and add ghee into it
- Heat until smoke comes out of the pan
- Reduce heat to low.
- Pour Goondh into the pan and fry it on low heat (avoid frying for a long time)
- Add milk and sugar and stir well
- Let it simmer for about 30 min or until milk reduces to half and turns creamy
- Continue stirring
- When the milk turns creamy, turn off the heat
- Add almonds and pistachios on the Goondh and stir well
- Take off from the heat and let it settle for 10 minutes
- Sprinkle with crushed cardamom and saffron



Furundana

Preparation time: 60 min

Furundana is very popular mild spicy vegetable snack in Nepal. People love to eat furundana during marriage ceremony, barta-bandha ceremony, rice feeding ceremony and many others. Traditionally, most Nepalese people usually eat with bare hand.

Utensils: Pan for frying , Muslin cloth , Jhajar , Large bowl, Sifter/Jali, Paper towel for soaking the oil

Ingredients:

Beaten rice flakes	- 1/2 cups
Muslin cloth	- 2m
Dry red whole chilly	- 10pc
Ginger julienne	- 50gm
Potato (finely slice)	- 2 cups fried
Garlic finely sliced	- 1/2 cup
Beaten rice	- 1lb
Puffed rice	- 30gm
Bhujuri	- 2 cups
Fried yellow chana dal	- 1 cup
Fried peanuts	- 1 cup
Fried split peas	- 1 cup
Salt	- to taste
Black salt	- 1 tea spoon
Testing powder	- Optional to taste
Red chili powder	- 1 tea spoon

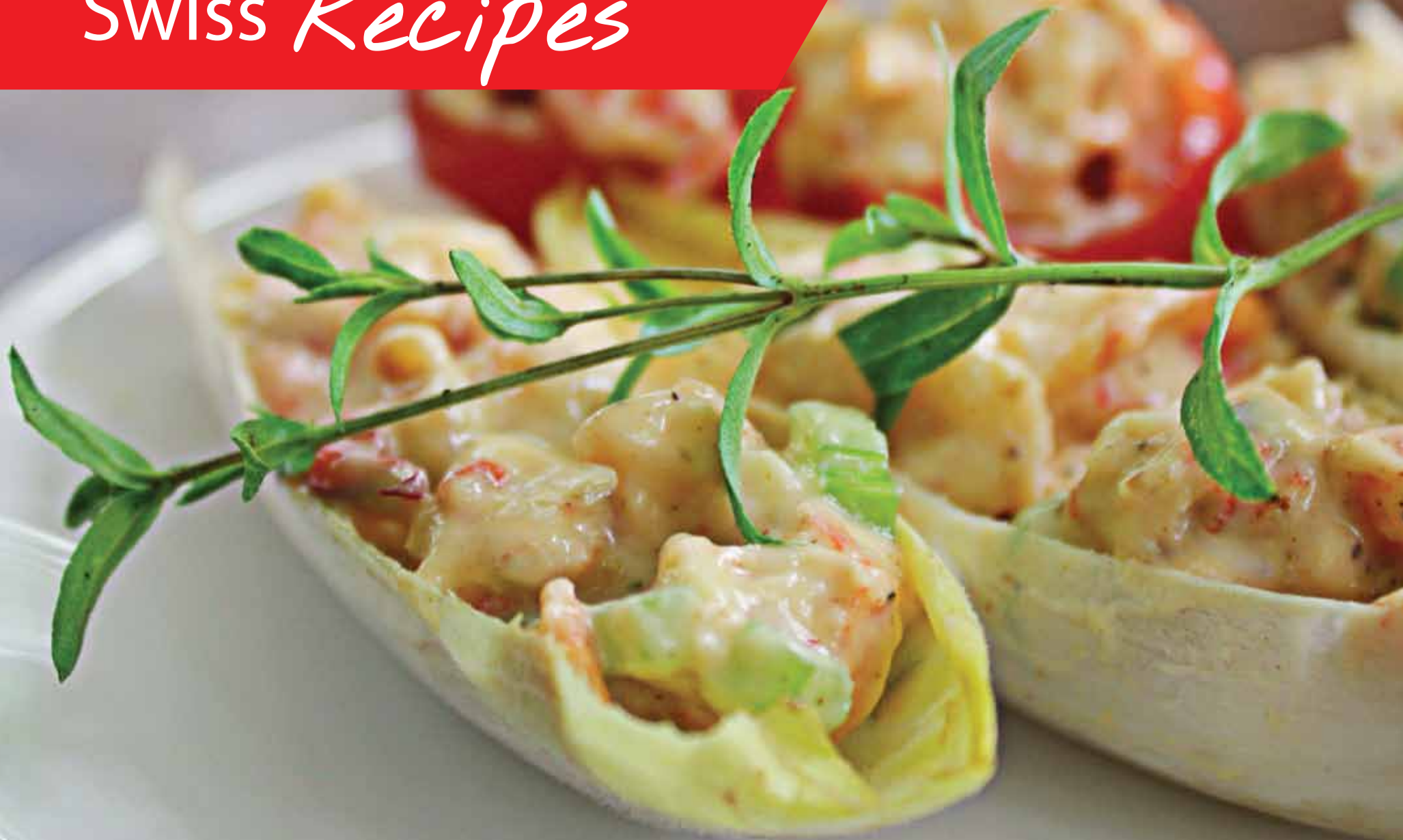


Preparation: (Prepare Mis en place)

- Arrange all tools and equipment properly
- Take large bowl and spread paper towel in it
- Add all oil in the pan
- Fry the beaten rice flakes in small quantities in hot oil.
- Fry whole red chili until they turn brown
- Fry ginger julienne in the pan until golden brown
- Fry the potatoes slice until golden brown
- Repeat this process till all beaten rice is fried
- Spread the muslin cloth and spread the fried ingredients on it
- Add seasoning to taste
- Add potato chips, peas, chana dal fry, bhujiya and peanuts
- Mix well and serve.

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

Swiss *Recipes*



Ghackets mit Hörnli und Apfelmus

Preparation time: 30 min

(Recipe: Serves 4)

This might not be the first “typically Swiss” recipe that comes to your mind, as many other recipes are probably better known abroad. I chose this recipe because it’s easy to prepare, loved by everybody, and just a little bit more balanced and healthy and less fatty than other beloved Swiss recipes like Rosti and fondue



Ingredients:

- 1 tsp. oil or butter
- 400 g. minced beef
- 1 onion, finely chopped
- Carrot 1pc
- 1 dl. red wine
- 2 dl. beef stock
- Leek 60gm
- 1 tsp. tomato purée (paste)
- Grated potato 2pc
- 1 tsp. mixed herbs, finely chopped
- Salt
- Black pepper
- 500 g. of Hörnli pasta
- Applesauce (which you can buy in cans or jars)
- Grated cheese
- Parsley chop for garnish



By: **Sushil Shrestha**
Trainee chef
Shabri the Restaurant, Sanepa

Preparation:

Heat the oil or butter and brown the meat in a large pan. Add finely chopped onion and garlic and fry it all for a short time. Add the herbs, wine, stock, tomato purée (paste) and seasonings. Add above ingredients one by one. Leave it to simmer for 15-20 minutes. If necessary, remove the cover for a few minutes to thicken the mixture. If it starts to stick, add a little more stock. Cook and drain the Hörnli according to packet instructions. Add the beef mixture, mix together and serve. Let people individually mix with grated cheese and/or applesauce. The less adventurous will eat the applesauce. Served hot with garlic bread.

Zürcher Geschnetzeltes mit spätzle

Preparation time: 45 min

(Recipe: Serves 4)

Ingredients:

- 400 g chicken strips slice
- 200 g mushroom slice
- 35g butter
- 100 ml cream
- 100 ml demi-glace
- Salt & pepper to taste
- 300g flour
- 1 nos egg
- 100 ml milk
- 20 ml white wine
- 1gm nut meg
- Onion chopped

Preparation:

1. Saute the chicken to light brown then strain aside & keep warm.
2. In the same pan pour the wine and let it simmer
3. Add cream & sauce then simmer with the chicken for 10 minutes.
4. Add seasoning
5. Blanch the mushroom separate for 10 second with few drop of lemon juice then add to the sauce later.

Spatzle Cooking Instruction :

1. Mix the milk, egg, salt, pepper, nut meg properly then add flour slowly so the lumps will not remain .
 - For organic green blanch spinach leaf for 10 sec then put in cold water than blend it smooth.
 - For organic red WPRW beet root boil until tender then cool and blend until smooth.



NOTE: reduce the milk to add the organic color.

2. Boil 1 ltr of water with salt & oil, put the mixture in key or steamer and slowly scrape so it rolls down to water as ball.
3. Strain the pasta after it starts floating over the water its known that the pasta is cooked.
4. Bring the nonstick pan to heat add butter saute onion then pour the pasta with seasoning.
5. Blanch the mushroom separate for 10 seconds with few drops of lemon juice then add to the sauce later.

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



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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 Chairperson of Institute for Conflict Management Peace and Development (ICPD), Enterprises Development Company (EDC), Lamjung Skill Development Foundation (LSDF), National Skill Development Foundation (NSDF). In addition to these organizations, he is also involved in different other social sector organizations because of his passion for social service in Nepal.

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

Community Based Self-Help Approach to Reconstruction: **LSDF Response to Earthquake Affected People**

By Dr. Poorna Kanta Adhikary

Synopsis

Nepal's April-May 2015 earthquakes have caused severe damage and destruction including loss of life and properties. The overall loss has been estimated to be US\$7 billion, which is one-third of the country's Gross Domestic Product (GDP). As the rescue and relief works have been completed, the country is now preparing for rehabilitation and reconstruction. Lamjung Skill Development Foundation (LSDF) being a technical institute geared for contribution to transformation of the rural and semi-rural areas feels obliged to respond to this national crisis. To address this herculean task, LSDF is adopting a double prong strategy: the first is to assure sustainability by making contracts with local communities for the self-help approach in reconstruction and training, and the second is to create synergy by a joint venture (JV) agreement with like minded organizations. JV in this case has been with Cottage and Small Industry Development Board (CSIDB) and Choice Humanitarian Nepal (CHN). If LSDF can manage to contribute its share of the cost, it can be estimated that by July 15th 2016, the LSDF-CSIDB-CHN JV can train 1400 persons for skilled workers of NSTB Level 1 including thirty Master Trainers in earthquake resilient technology and at the same time build up to 350 units of personal or public buildings in ten earthquake affected districts.

1. Introduction

Nepal was terribly shaken on 25 April 2015 when earthquake hit with 7.9 (Nepal)/(8.2US) rector scale magnitude with epicenter in Barpak Village of Gorkha District, 130 KMs West of Kathmandu. This together with a number of after-shocks, particularly May 12 jolt (6.8Nepal)/(7.3US) magnitude caused in total more than 9000 deaths, more than 250 persons still missing, 23000 injured and 2.8 million (10% of country's population) displaced. More than 785,000 homes have been damaged or destroyed. The overall loss has been estimated to be US\$7 billion, which is one-third of the country's Gross Domestic Product (GDP); the agricultural loss alone being US\$284 million. A great deal of physical damage and destruction has also taken place in Lamjung, particularly in eastern part which is closed to the Gorkha epicenter, although human casualties have been significantly less compared to other affected districts. Like in other earthquake affected districts in Nepal, the people in Lamjung have been severely affected psychologically; even most of the people who have their houses intact in towns are sleeping in open sky, verandahs or under tents in open space. Those who have their houses damaged, not having technical support are in serious trouble by not knowing whether they are suitable to use or not.

1.1 Effects of Earthquakes in Lamjung

The available data as reported by District Disaster Relief Committee (DDRC) by May 16 in Lamjung indicate: 7958 houses completely destroyed, 5462 partially destroyed; major destruction took place in 39 government offices and 48 school buildings; and 5 deaths of people. Six Village Development Committee (VDCs) have been seriously affected, with some of the settlements needing immediate relocation. Settlements in other VDCs and 2 municipalities have been affected in various degrees. These numbers are increasing by days as the aftershock tremors have been continuing. The country has had more than 350 tremors since April 25. There is no reliable account of agriculture and livestock loss as yet. These data have increased since then as more information was collected from the remote villages.

1.2 Lamjung Skill Development Foundation (LSDF), Gairi Campus

Lamjung Skill Development Foundation (LSDF) Campus at Gairi, Besishahar Municipality was established in 2007 by a group of professionals of Institute for Conflict Management Peace and Development (ICPD) as an economic peace building program as a part of transformation of the decade old armed conflict. Based upon the people-to-people level cooperation scheme, Swiss Nepal Society (SNS) a Switzerland based NGO of Swiss returnees from Nepal and Nepalese residing in Switzerland mobilized financial support from individuals, clubs and family foundations for certain buildings, equipment and partial running cost. Both ICPD and LSDF are tax exempted, non-profit and non-governmental organizations duly registered with Government of Nepal (GON) and have their accounts audited by certified auditors and clarified by the GON

Tax Office on regular basis. LSDF has provided short-term and long-term (2-years) courses for out-of-school youth qualifying for National Skill Test Board (NSTB) Level 1 and 2 respectively. It has also provided a number of training of various durations based upon the clientele needs and requests. LSDF's basic strengths have been in production of infrastructure construction human resources related technical fields like civil, carpentry and interior design, electrical and mechanical trades. It is also planning to include agriculture in its vocational training program.

2. Proposed LSDF Response for Reconstruction Activities:

2.1 Initiation

As the rescue and relief efforts for the earthquake affected people is almost over, attention has to go for their rehabilitation and reconstruction works. This issue hunted the LSDF promoters about its role in response to the above situation. In view of this, a half a day meeting was organized by LSDF in Besishahar on May 16 which was actively participated by 25 persons including the leaders of 6 political parties, 5 Members of Parliament representing Lamjung, 5 Officials of District Level Government including Chief District Officer (CDO) and District Education Officer (DEO), Planning Officer of the District Development Committee (DDC), Chairman of Lamjung Chamber of Commerce and Industry (LCCI), 6 LSDF Board Members and staff of LSDF, an international disaster relief expert-engineer, and a few interested local individuals. The meeting decided to include LSDF as an integral member of District Disaster Relief Committee (DDRC) Lamjung and it is expected to provide the needed technical support and capacity development in the community

focused self-help approach in rehabilitation and reconstruction of the earthquake affected people. Since then many interactions and communications have taken place with both national and international stakeholders on the need of provision of earthquake resilient technology in the reconstruction process in the country. Since LSDF was established with a motto to support transformation of rural Nepal by producing semi-skilled and skilled workforce for increased economic regeneration, it would like to focus its attention in this task in the rural and semi-urban areas only. In view of the critical situation manifested by mammoth reconstruction work vis-à-vis limited availability of technical human resource, LSDF has decided to focus on production of semi-skilled technicians who work and stay in the rural areas where the earthquakes have affected the most. The need for such technicians is felt not only in Lamjung but in all other affected districts of Nepal.

2.2 Training of Master Trainers and Construction of Model Buildings

Given financial support and counting on its graduates, trainers and students, LSDF has the potential capacity to train 2000 masons per year with sufficient knowledge and skills of principles of building construction and earthquake resiliency. A training of trainers (TOT) course has to be organized in LSDF Gairi Campus to make a group of 20 Master Trainers and 20 Assistant Trainers. A prototype building has to be constructed within the LSDF premise as a part of this TOT. For this, a couple of qualified engineers need to be contracted and brought to LSDF Gairi Campus to integrate the earthquake resiliency technology in the already existing curricula and implement it on the spot. The mason course will also have necessary aspects of carpentry and



electrical fittings. If the course is provided in a residential manner with lodging and boarding facilities, LSDF estimation based upon certain experience indicates that the 390 hours of NSTB Level 1 course can be completed in 45 days instead of three months including completion of equivalent 5 permanent earthquake resilient model personal houses or public buildings. LSDF has already started developing the curriculum for such a course which will go through the DACUM process of CTEVT/NSTB for their Level 1 recognition. Although the demand for masons is very high, there should be training of plumbers, carpenters, electricians as well.

2.2 Partnership with Communities

LSDF will partner with those communities who volunteer to take self-help approach in constructing their schools, health posts, community buildings and/or individual houses.

LSDF will enter into a contractual agreement with the community with specified terms and conditions of collaboration. There should be at least 20 trainee-workers to be provided by the local community, who will be provided wages of a worker during the 45 days long training-work period. In addition to worker-trainees, the local community will have to provide five volunteers to be trained as construction supervisors, available local materials for construction of the buildings as well as support they have received from the

government and other sources. The trainee-workers will be provided daily wages during their training-working days. LSDF will provide them earthquake resilience technology and empower the communities by providing on-the-spot training by the mobile training team to these trainee-workers and volunteers who would like to take the course by working through construction of actual building identified by the community in the affected areas. Through this approach assuring the building construction and training to be simultaneously completed, the trainee-worker who enters the program as an unskilled labor will come out of it in 45 days to be qualified as a semi-skilled worker eligible to take CTEVT/NSTB Level 1 test. S/he would have then constructed one or more buildings in their community could also build their own homes after the completion of their training and earn wages while building the houses of the others.

Selection of the trainee-workers will strictly be based upon their willingness to take up the trade to support their own livelihood. Five volunteers representing teachers, political and social workers, and/or homeowners will be trained to supervise the construction work. Some of those who want to create their own enterprise in constructing earthquake resilient buildings could be further trained in entrepreneurial skills. Thus with a critical mass of qualified skilled workers, supervisors and entrepreneurs local communities will be empowered to take up the task further in a sustainable manner.

2.3 Designs of Permanent Homes

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

2.4 Joint Venture Agreement

In this herculean reconstruction task in order to



create synergy, LSDF would like to enter into a joint venture with other interested parties, who are willing to work together. A joint venture agreement is being worked out by LSDF with Cottage and Small Industries Development Board (CSIDB) of Government of Nepal (GON) and Choice Humanitarian Nepal (CHN). CSIDB operates in 48 districts of Nepal and is engaged in providing skill training and regulation of cottage and small industries. CHN is Nepal branch of Choice Humanitarian International, an INGO based in Utah, USA and is engaged in development works and operates in 12 districts, which also happen to be seriously affected by the earthquake. None of the schools made by CHN over the past several years in these districts have been destroyed or damaged by the earthquake. LSDF would like to propose that Lamjung and other districts should also invite tourists and volunteers to come in to support Nepal's reconstruction process saying "many homes of Nepal are destroyed but not hearts. Come and stay with us in safe homes and work together to build new homes and classrooms/schools or health posts or community homes." LSDF will also assure recognition of individuals or organizations who would support this reconstruction drive by putting their names in the bronze plate in the buildings and the aspect of the construction and training work they would like to identify with for their contribution as per case by case basis. LSDF will also maintain transparency of income and expenses occurred and also go through social auditing process to assure accountability.

3. LSDF Strategy for Post-Earthquake Reconstruction Measures

The double prong strategy taken by LSDF would be: the community based self-help approach

using training and construction as the two sides of the same coin to assure sustainability in one hand and in the other a joint venture approach to create synergy. In other words with LSDF-CSIDB-CHN JV support, local people shall build their own structures (homes, schools, health posts or community halls) with earthquake resilient technology while they go through training. Certain structures should be completed when the training program gets completed. The local people, women and men, who will enter the program as unskilled workers, will come out of it as skilled ones and at the same time their preferred structures would actually be constructed with earthquake resilient technology. Here the affected people are made subjects of transformation and not the objects nor the passive recipients of somebody's pities. The JV will have contract with communities which would like to go for planned reconstruction with earthquake resilient technology. The community will have to contribute unskilled labor, who would like to be skilled and local materials for construction of their public and private buildings and any other financial support they have received from the GON or other financiers. The JV will contribute as a technical partner and partial financier. On an average, the cost of building a standard classroom of 16'x22' size is estimated to be US\$10,000- Based on this framework LSDF can also collaborate with any other partner who would like to work with it in these as well as other earthquake affected districts as well.

3.1 Logical Framework

The Strategy will have the following Goal, Purpose and Outputs:

Goal: Earthquake affected communities in Nepal will have possessed safe, healthy and culturally

sound private and public buildings.

Purpose: Rural communities empowered to construct their own public and private buildings through earthquake resilient technology.

Phase 1: Outputs (July 1-December 31, 2015):

1. By end July-2015, a workable action plan available with adequate structure in place at LSDF as the main driving force for reconstruction together with a joint venture agreement with CSIDB and CHN with their respective contribution along with a set of criteria to be observed for contract with the communities for collaboration.
2. By mid-August 2015, LSDF Gairi Campus will be realized as a Center for Training and Material Fabrication for Reconstruction
3. By mid-September-2015, at least 20 Master trainers with Civil Construction and 5 each in Carpentry and Electrical background available at LSDF Gairi Campus
3. By mid-September-2015, a model building ready for use by national and international visitors available at the premise of LSDF Gairi Campus constructed through earthquake resilient technology
4. By end December 2015, earthquake resilient four class room block each of 16'X22' size ready for use at the land made available by the community for Sarada Secondary School at Dhamilikuwa, Lamjung as per criteria set for LSDF led JV collaboration.
5. By end-December 2015, an earthquake resilient IT (Smart) learning center of 20'X30' size with all modern equipment ready for use at the premise of Mahendra Lila Higher Secondary, Nawalpur Harmi, Gorkha as per criteria set for LSDF collaboration. Simultaneously LSDF-CSIDB-

CHN JV in collaboration with local community will have supported construction of at least three to four individual houses based upon criteria agreed for collaboration.

6. By end-December 2015 simultaneously LSDF-CSIDB-CHN JV in collaboration with local community will support construction and training in one spot in Dhading district in line with Lamjung and Gorkha.

7. By end of December 2015, LSDF-CSIDB-CHN JV will produce at least 30 Master trainers, 20 NSTB Level 1 skilled workers (some to qualify as trainers with TOT) and five supervisors each from Lamjung, Gorkha and Dhading districts.

8. By end November 2015, an action plan will be ready for construction and training in additional 30 sites from at least seven other severely

earthquake affected districts during the current Fiscal Year ending July15, 2016.

Depending upon availability of the finances for LSDF, the numbers on the above will change. Based upon a review towards the middle of November, the program for post January 1, 2016 will be proposed, in Phase 2 which has implications on the Output 8 above.

3.2 Steps

The above objectives are planned to be achieved in the following three steps

Step 1: Work at Kathmandu and LSDF Gairi Campus, Lamjung during July-September 2015

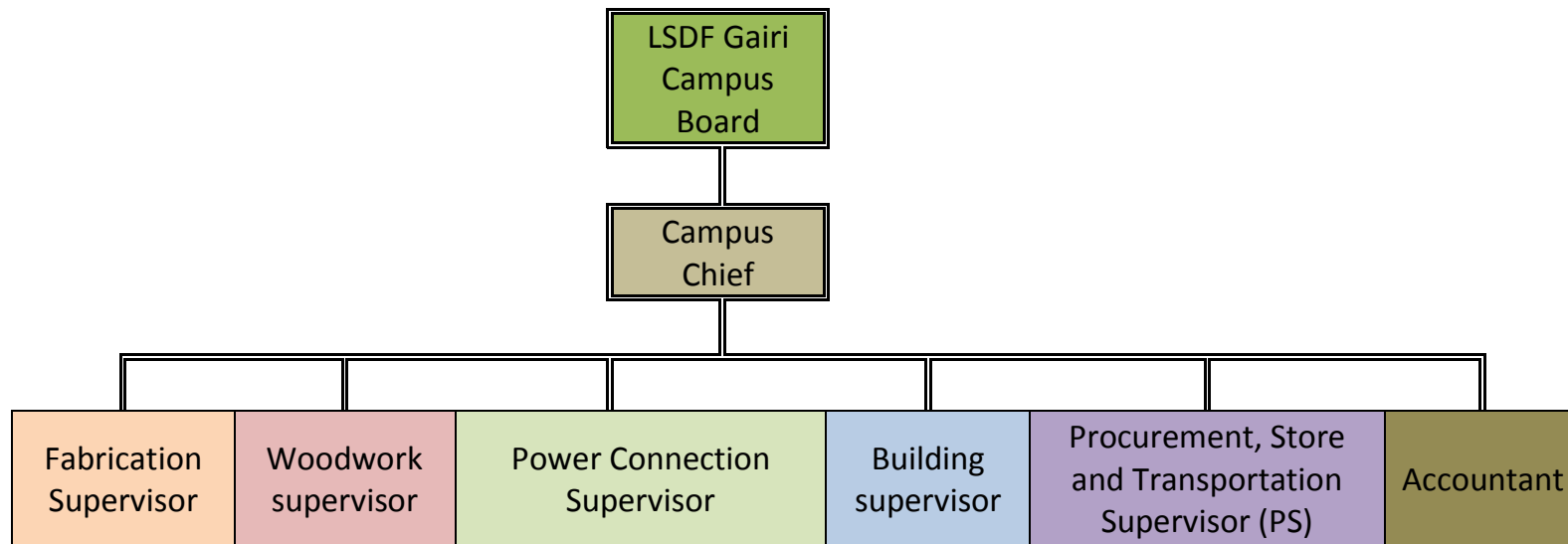
Step 2: Work in at least three sites one each in Lamjung, Gorkha and Dhading during October-December 2015

Step 3: Phase 2 work in at least ten severely affected districts during (January 1-July 15, 2015 and beyond)

3.3 Structure of LSDF for Post-Earthquake Reconstruction Measures

For achievement of the above outputs, one needs to develop LSDF Gairi Campus as a Material Fabrication Centre for Reconstruction and the structure has to change accordingly. With this change, the Centre will serve as a multi-disciplinary workshop for training students and also as a fabrication centre to supply materials to the reconstruction projects. Then the Organizational Structure of LSDF Gairi Campus will look like the following.

Organization Structure and Brief TOR for Each of The Team Member



Board: Raises funds, coordinates with govt. offices to ensure consistency of LSDF reconstruction work to the latest govt. policies; works with community leaders and partners	
Campus Chief: Assists the board in selecting communities and institutions, monitors and manages all supervisors and training	
Supervisors:	
1	Fabrication: Assesses needs of materials and provides a list to the PS, trains students to understand the drawings and fabricate elements accordingly
2	Woodwork: Provides a list of materials needed to the PS, helps students understand drawings and manufactures wooden items accordingly
3	Power Connection: Assesses material needs and provides a list to PS, helps students understand drawings and completes power connection works to the facilities ensuring all the safety measures
4	Building: Prepares material list for PS, trains masons and makes sure to complete the masonry and concreting works on time
5	Procurement: Procures goods and materials on time based on the lists provided by other supervisors, makes sure that fabricated materials are stored properly and then transported to the construction site on time.
6	Accountant: Manages a reconstruction project account, keeps books and records of incomes and expenses for final audits.

4. Some premises for consideration

As Nepal has been going through rapid rural-urban and international labor migration, it is also perceived that this trend will be further exacerbated by the effect of the earthquakes. At least one third of the remaining population in the affected areas is assumed to migrate soon if they have no dependable livelihood assurance in their villages. As many of the plots of land are going to remain fallow this summer, this is going to create a serious food insecurity condition in the affected villages. Therefore, it is also essential to make a deeper study of the future demographic scenario of the settlements and only go for planning and executing the permanent reconstruction works.

Due to fragile geological conditions some settlements need total displacement. For this appropriate site selection with due geological consideration and land uses planning of new areas for potential settlements meeting the specific criteria have to be done before making any new and permanent construction. While building permanent construction of houses, one may not surprise, if blue print of certain design may be copied without any discrimination, which might endanger existence of local culture and authenticity.

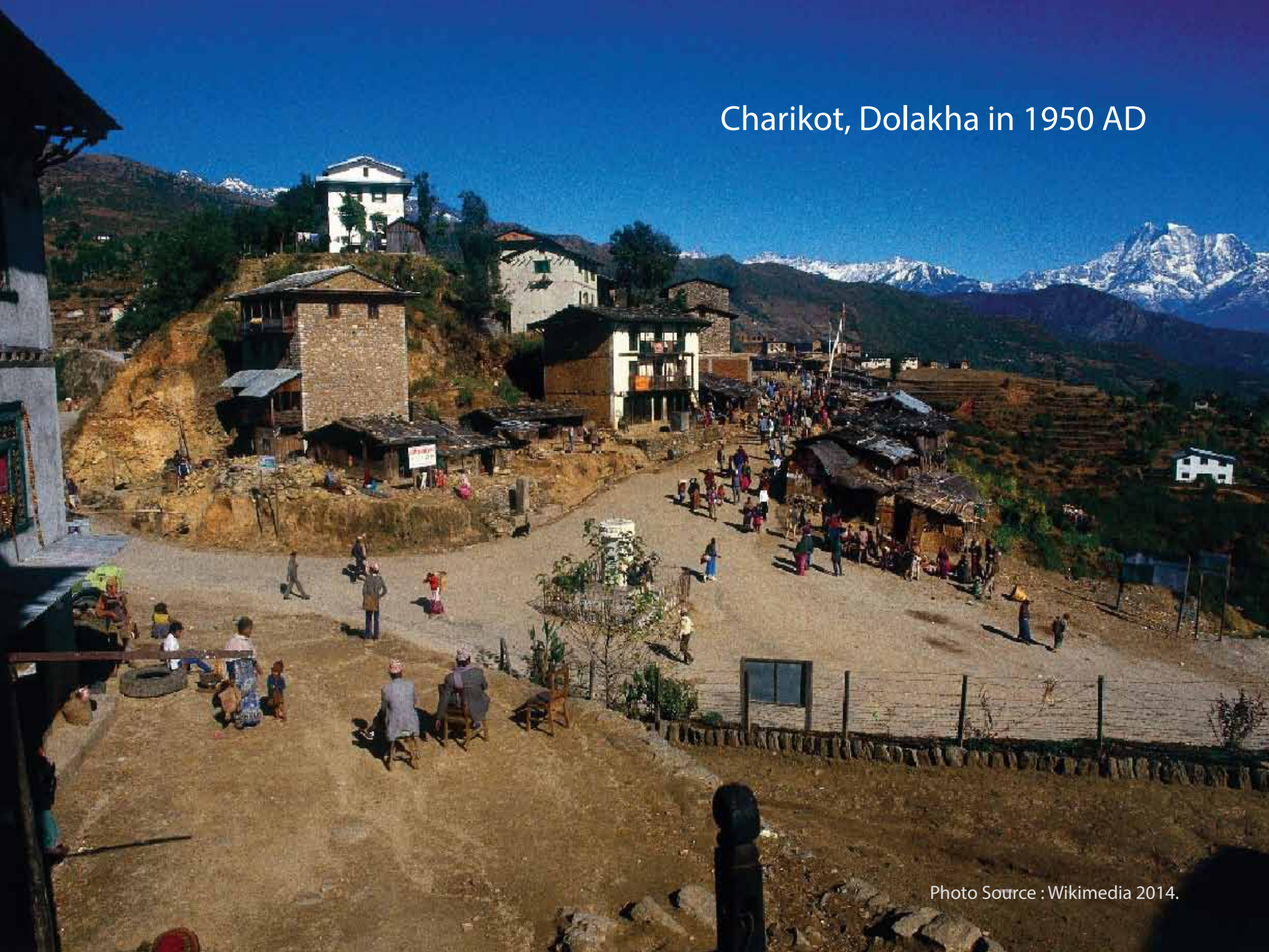


Kirtipur, Kathmandu in 1950 AD



Photo Source : Wikimedia 2014.

Charikot, Dolakha in 1950 AD





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Increasing Vulnerability of Mustang: A Personal Account

By Dr. Ghana S. Gurung, PhD

Introduction: This paper is primarily a personal account of climate change in Upper Mustang from a local to global perspective, and is based on a presentation made in the International Symposium on 'Safeguarding Lo Manthang and the Buddhist Cultural Landscape of Mustang' held in Nepal in November 2013 by Himal Asia Foundation together with the United Nations Educational, Scientific and Cultural Organization (UNESCO) in cooperation with Kathmandu University and the Department of Archaeology of Nepal.

Climate change Background:

Any change in climate over time, whether due to natural variability or as a result of human activity is called climate change (IPCC, 2007). It is a long term weather pattern change, not just for a day or few years, but where the intensity, frequency and timing of weather and precipitation patterns change over time. The greenhouse gases (GHGs) like water vapour, carbon dioxide, methane, nitrous oxide and ozone trap solar radiation. The presence of naturally occurring greenhouse gases in the atmosphere and the resulting warming have made the earth habitable. However, when human interference (through fossil fuel combustion, land use

alteration, deforestation, use of chemical fertilizers etc.) increases the concentration of GHGs including carbon dioxide (CO₂), it enhances the greenhouse effect, increasing average temperatures on earth. As more heat is trapped, the globe warms up, hence the term "global warming". More heat energy in the atmosphere means the global climate system responds differently, which is known as climate change (IPCC, 2007).

In addition to longer term climate change, climate variability is also increasing, manifested in more frequent and extreme weather events experienced in many parts of the world including in Mustang. Evidence of climate change and climate variability is seen in rising temperatures, changing rainfall patterns, melting of glaciers and permafrost, the drying up of wetlands, reduced water supplies, and an increase in extreme weather events such as storms and droughts (IPCC, 2013). A major challenge with climate change is the uncertainty associated with it, not knowing how quickly it will advance or how severely it will affect the lives of people, plants and animals on earth in the future. Uncertainty about impacts of climate change makes it difficult to decide on future action, particularly in the longer term.

Climate Change in Nepal:

Nepal is vulnerable to climate change impacts as a result of its fragile ecological systems and rugged young geophysical structures with high elevations and steep slopes. The Global Climate Vulnerability Index shows Nepal is one of the top 15 most vulnerable countries in the world (ICIMOD, 2008). Many Himalayan glaciers are retreating rapidly and forming massive glacial lakes, which present a great risk of catastrophic glacial lake outburst floods (GLOFs) (ICIMOD, 2001). As a result, the glacial lakes could burst at any time, resulting in serious damaging to downstream settlements, infrastructures and biodiversity hotspots.

Upper Mustang:

Upper Mustang is one of the most remote Himalayan regions in Nepal. It is one of the places where changes in weather patterns are becoming prominent in terms of water availability and glacial melt with outburst floods (Bernet, D., Pittet, D., Ambrosi, C., Kappenberger, G., & Passardi, M., 2012). It lies between the world's 7th and 10th highest mountains, Annapurna (8,161m) and Dhaulagiri (8,137m). Geographically, Mustang is a high altitude desert, with temperatures rising up to five times faster than the world average (NTNC, 2008; 2012). Mustang lies to the north of the Himalayas, in the rain shadow, and receives very little rain—less than 200mm annually (DHM, 2014). The climate of the district is generally dry with strong winds and intense sunlight (NTNC, 2008; Bernet, D., Pittet, D., Ambrosi, C., Kappenberger, G., & Passardi, M., 2012). Mustang contains one of the world's deepest river gorges - Kali Gandaki Gorge, which is 3 miles long and 1.5 miles wide (NTNC, 2012). The region has one of the world's largest rhododendron forests in

Ghorepani. Tilicho Lake, north of Annapurna, is also one of the world's highest freshwater lakes (NTNC, 2012). Mustang is historically dominated by Tibetan Buddhist culture, and is the kingdom Mustang called "Loh".

Until 1992, Mustang was a restricted area to foreigners. With the opening of tourism, many visitor facilities are now being developed and a road network was recently opened, connecting it in the north with China, and in the south with southern Nepal connected to India. There are huge ancient Tibetan monasteries in Mustang as old as 650-700 years, with significant historical and cultural values. In 2008, the government included Lo Manthang, the famous earthen-walled capital of "Loh" located at an altitude of around 3,900m above sea level, in the tentative list for World Culture Heritage designation by UNESCO.

Climate of Mustang

Wind: Mustang lies between the Annapurna and Dhaulagiri mountain ranges. Between these two ranges, the Kaligandaki River flows through one of the deepest gorges in the world separating the Eastern and Western Himalayas. Here, the Indian subcontinent also meets with the Tibetan Plateau. In winter, the Tibetan plateau is very dry and cold whereas the Indian subcontinent lowlands are warm and humid. As a result, warm air rises and heavy cold air from the Tibetan plateau flows down, creating high velocity winds, particularly from midnight till dawn when the Tibetan Plateau is very cold. In summer, the Tibetan Plateau heats up, causing air to rise. As a result, air from the south flows northward to replace it. Due to this difference in temperature between the two regions, a huge wind tunnel

forms in Mustang.

Precipitation: Since Mustang lies in the rain shadow immediately behind the Annapurna range, it receives very little precipitation. There is not much difference in the amount of precipitation between winter (mainly snow) and summer (Practical Action Nepal, 2009; Bernet, D., Pittet, D., Ambrosi, C., Kappenberger, G., & Passardi, M., 2012), though precipitation in the rest of Nepal mostly occurs during the summer monsoon. Besides prolonged droughts, one of the recent trends in weather patterns in Upper Mustang is that snow and rainfall are becoming more erratic and unpredictable. When precipitation does occur, it is often heavier than it used to be, making the flat-roofed houses leak and crack. Sometimes, it even destroys them as they are built from mud and mud-bricks which do not withstand heavy precipitation experienced mostly for the past 30 years.

Effect of Dust Deposition on Melting: Owing to the high wind velocity, dust is pervasive in this region. Dust clouds blow through the Tukuche area in the evening, and as a result, dust is deposited on perennial snow. These minute particles can go up as high as 6000m covering the snow. Dust deposited on snowpacks can greatly decrease the albedo (the capacity of surfaces to reflect solar radiation) of snow surface (Bernet, D., Pittet, D., Ambrosi, C., Kappenberger, G., & Passardi, M., 2012; Moving down or not? Part I: Synthesis. Avegno: Kam For Sud). As the albedo decreases, more heat is absorbed, increasing the rate of snow melt, and rapid spring-time snow melt translates into early melt runoff. During years of heavy dust fall, both of these effects may then result in water delivery to streams, rivers, and reservoirs earlier than usual. Water





runoff may even exceed the capacity of water storage systems to retain water for use later in the summer when water is most needed for arid farmlands and communities downstream (USGS, 2014; Bernet, D., Pittet, D., Ambrosi, C., Kappenberger, G., & Passardi, M., 2012).

Climate Change in Mustang: Changing climate and climate variability have not spared this beautiful place, Lobas call home. There are often two extremes for people here – either too much or too little precipitation. Some long-term residents have been forced to abandon their settlements and agricultural land due to declining water sources. The most recent examples are from Dheye and Samzong villages where most households have moved out either permanently or semi-permanently. As a result, people have started migrating down to the lowland as far as Pokhara. Since water sources have been drying up, the areas that can still be irrigated have been shrinking even in villages like Yara and Ghara.

Some 45 years ago, in the two Upper Mustang villages of Dheye (where Dr. Gurung was born) and Tangye, farmers used to grow two crops, barley and buckwheat annually. They could also grow good-sized apples. However, in villages like Charang and Ghami farmers were unable to grow and harvest apples. In fact, apples used to be bitter and as tiny as cherries in Charang and slightly bigger in Ghami in the mid-1970s. At present, apples there are now large and have become one of the major cash crops under micro-climatic conditions. Hence, it can be concluded that temperature change has had a large and positive impact on apple farming. Furthermore, farmers can now also grow many varieties of vegetables, which was not possible back then.

Having said that, adverse impacts of a changing climate in these regions are also evident. Many GLOFs have occurred in this region: for example, the Chhuma Khola River flooded in 1985 and 1987 due to GLOFs with loss of many lives and properties (Bernet, D., Pittet, D., Ambrosi, C., Kappenberger, G., & Passardi, M., 2012). Similarly, satellite images of areas around Chhuma Khola indicate a decrease in snow cover and formation of lots of supraglacial lakes (Bernet, D., Pittet, D., Ambrosi, C., Kappenberger, G., & Passardi, M., 2012).

In the village of Samzong in Mustang where there is productive land, there is only one water source which is also drying up making the land more arid. Rain barely infiltrates the soil because there is not enough vegetation. On top of that, permafrost is beginning to thaw. Without permafrost, water drains away or evaporates. In these conditions, fewer plants will grow, and with reduced vegetation, fewer animals will be able to survive. People may also find it harder to find water and food in regions where permafrost has disappeared. Samzong has been facing acute water shortage for the last 15 years, and the community is now in the process of relocation to lower Chhoser and beyond. There are other villages, such as Dheye, Yara and Ghara, with similar water shortage problems. Some water sources in springs have totally disappeared, and the remaining water sources are getting scarcer as these water sources are yielding less water. A survey by WWF Nepal's USAID funded Hariyo Ban Program suggests that Thangchung is an appropriate site for resettlement of Dheye village. Here, extensive apple farming is being done in the river bed, which unfortunately is a flood prone area. However, on a positive note, this area has three potential perennial mountain

range water sources, which will not go dry at least in the near future. So this could be a highly possible area for settlement of Dheye villagers with apple farming as one of the income sources. In fact, an initial relocation has been started by local people themselves.

The condition of the 600 year-old historical monuments is also deteriorating because of the high wind velocity and erratic rain. Since these monuments have thatched mud roofs, there is a risk of water seeping inside. Earlier, precipitation was in the form of snow which could be manually removed. But as soon as the frequency and intensity of rain started increasing, the roofs started leaking and buildings, including monasteries that are cultural relics of ancient Tibet, are slowly falling apart. The changing weather patterns with heavy snow and rain falls and prolonged droughts is likely to impact ecosystems and wildlife. Due to loss of pasture, only one household is currently rearing yaks in Dheye, whereas most households from the Dheye village used to own yaks in the 1970s/1980s.

Learning Adaptive Strategies:

Ladakh, a north-west region of India in the state of Jammu and Kashmir, has environmental conditions and agricultural and cultural practices that are similar to Upper Mustang, and is facing similar challenges due to climate change. Like Mustang, this region is arid and water sources are slowly becoming scarce. Despite the climatic variability, the total amount of precipitation remains pretty much the same; the change is in the precipitation intensity and frequency. Hence, the people of Ladakh have developed an innovative strategy to adapt to climate change, particularly regarding water availability and housing. They have made their roofs slanted to



prevent water from leaking inside. They have also made little gullies and built a series of small check dams to retain and regulate water. This way, when the snow starts melting, the check dams retain water which can be released slowly as needed for irrigation, particularly during spring. This technology has helped curb water scarcity problems. This type of approach could be replicated in Upper Mustang where precipitation is much intense and erratic. It is important to monitor the impact of climate change on ecosystems and the lives and livelihoods of the local people so that the learnings can be shared widely. To monitor the impact of climate change on biodiversity and local livelihoods, particularly from the availability of water resources, there is a need to set up permanent biodiversity and water/stream source monitoring plots from Terai plains to Upper Mustang, i.e., at different ecological/altitudinal zones.

Conclusion: Integrated adaptation strategies to combat climate change impacts on fragile alpine ecosystems and livelihoods of mountain dwellers in high altitude places like Mustang are a necessity. The fact that the Tibetan Plateau as a whole is heating up twice as fast as the global average of 1.3°F over the past century—and in some places even faster (Larmer, 2010) also makes adaptation a critical component for ecological balance and ensuring survival of mountain communities and their cultural heritage. This paper has discussed options in which people can adapt to the adverse impacts of climate change and take advantage of positive impacts. Conservation of Mustang's cultural treasures will require more attention to changing climatic conditions and weather

variability in the future. Monitoring, learning and continued adaptation will be essential for people's wellbeing, and preserving the cultural heritage, wildlife and ecosystems in this harsh but very special landscape.

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Jeeten Thapa

Editor/Copywriter

Explore Himalaya Travel and Adventure

Jeeten Thapa, a content-writer/Editor began his career as a travel writer in 2011 from a reputed tour operator based in Nepal, Explore Himalaya Travel & Adventure. He is also a Tripoto approved travel blogger having skills of writing SEO friendly contents for travel websites. He is a passionate writer and also a technically skilled web blogger.

The ideal platform to explore his writing creativity at EHTA has given Mr. Jeeten abundant opportunities to interact with hundreds of travelers having diverse preferences and hence he has been able to create informative travel contents.

As a writer he believes that Nepal as a tourist destination has so many unexplored landmarks, which cater the best blend of nature and culture. His dream is to explore as many as possible untouched tourist destinations of Nepal and publish a travel guide, which he believes would provide travelers the first hand information of off the beaten regions of Nepal reflecting authentic Nepal culturally and naturally.





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Beautiful Landscape on the way of Manaslu Trekking

Photo: Great Himalaya Trails



“Opportunities, competitions, tourists, the nature makes me feel happy living and doing my work”

An interview with Mr. Martin Kromer Oenology and Beverage Knowledge Instructor

*By Sushmita Rai (Semester VI)
Biplav Adhikari (Semester II)
(GATE COLLEGE)*

1. How did you first learn about Nepal? What made you decide that you should stay here?

During 1993 when I was on Asia tour with my friends I travelled many places out of which one was India , from India I happened to travel Nepal with one of my friends for trekking and rafting that is when I first got to know about Nepal . Even though the country was not developed at that moment as compared to now its natural beauty and simplicity caught my sight and I loved it at the very moment.

2. This sounds little bit special, that a Swiss citizen operating a Thai Restaurant in Nepal? How did you get interested in Thai cuisine?

My friend came up with the idea of opening Thai restaurant as he was already into this business. Tourism was blooming and people were attracted to try out new things at the same time Thai cuisine was gaining popularity worldwide and I remember only one Thai restaurant was in operation of which I decided on opening one.

3. You also teach as a guest lecturer in Swiss Hospitality College for years now, what is your impression about the new generation Nepalese Hospitality students?

As compared to Swiss students I found out that they

have much lower hospitality knowledge which has a direct impact on their skills level. We don't have a wine culture here of which they seem to lack basic information about wine and any other beverages. At times I'm amazed to see people drinking anything except for few people having good knowledge about wines.

4. Now the earthquake has impacted and left a crisis in Tourism industry, what initiative do you think our government should be undertaking for a quick recovery?

I helped collecting funds there in Switzerland and did what I could for the local people here who are going through misery. But the government here is really slow which is the outcome of bad politics. There has not been enough recovery which should in fact have been due to poorly and unstable management.

5. Government of Nepal is keen on attracting foreign investment, what advice would you give if they are to succeed in bringing more investor to Nepal?

The laws and regulations here are too messy and uneasy. From visa processing to investment things are complicated but on the brighter side people





love to stay here they are more friendly and genuine.

6. Were you associated with GATE before since its commencement?

I met Khem Lakai (FOUNDER/CEO) in Switzerland. After years I met him again at one of the gathering at Durbar Marg. He then asked and offered me if I was interested in teaching any subjects then the very next day I visited him and presented my decision on teaching Beverage Knowledge.

7. Did you not think of giving up when there was really low business during the Maoist movement in Nepal? What helped you hold on?

During Maoist reign there were no proper establishments with higher standard and quality. There was nothing that they could attract more tourists. I took it as an opportunity and continued my work.

8. Do you have any advice for Nepalese youth in terms of making Nepal a prosperous and a peaceful country?

I would suggest them to study hard of course and along with that visit foreign nation and learn what people are doing there so that can be implemented here.

9. What makes you very happy living and doing business in Nepal?

Still opportunities, competitions, tourists, the nature makes me feel happy living and doing

my work here. Before the Royal massacre there was low business no competition standard and quality was gradually low but then it has completely changed from what it used to be before things are slowly progressing.

10. What differences have you witnessed between Swiss and Nepalese culture?

It is totally different from what we practice in Switzerland. The people here are more relaxed, work ethics and schedule are different whereas in Switzerland we have time pressure we don't even have time to read a book and again there are culture and religion differences.





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“I realized it’s not just a melted cheese rolled in a dice of bread but how people enjoy this delicacy on the snow – covered Swiss Alps with friends sipping finest glass of wine to celebrate their sportive day.”

The History of Swiss Cheese Fondue

By Khem R. Lakai, CHE



A snowy evening of February, 1999 in SSTH – **Swiss School of Tourism & Hospitality** in Passugg, Switzerland had almost 160 students from 41 different nationalities residing under the same roof and dining in the same hall. As I lined up for my dinner, unidentified smell was coming from the dining hall and few Chinese, Korean and a Japanese students were walking back to lobby area. Very little I knew about what was going on inside. Half of the students in SSTH are Swiss therefore they along with other European students seemed excited about the dish which I discovered later on was Cheese fondue. For the first time in my life, I enjoyed the Cheese fondue with them and I have been enjoying this bubbling dish whenever and wherever I can have it.

After I worked in Berg restaurant Foppa in Flims Dorf, a Swiss Restaurant in Ski area of Swiss village, I realized it’s not just a melted cheese rolled in a dice of bread but how people enjoy this delicacy on the

snow – covered Swiss Alps with friends sipping finest glass of wine to celebrate their sportive day. The Swiss folklore music, Swiss snaps and dancing or yodeling is so warm that you will completely forget the contemporary super modern Switzerland and think of the tales of Peter and Heidi. I bring you this story of what is Cheese Fondue, and little bit of history as I researched about the subject, which I hope you will enjoy.

The story of fondue

Digging into a fondue may seem clichéd, but this quintessential Swiss dish has an epic, if ambiguous, a history. Its first mention dates as far back as Homer’s Iliad from around 800 to 725 BC, where it was described as a mixture of goat’s cheese, wine and flour. In the late 17th Century, a Swiss cookbook, **Kochbuch der Anna Margaretha Gessner**, makes note of cooking cheese with wine. Others say peasants in the Swiss mountains created the dish as a way to make use of



leftover bread and cheese during colder months when fresh produce was scarce. But modern fondue – melted cheese and wine set in a pot over an open flame – dates to the late 1800s, with roots in the French Rhône-Alpes region near the Geneva border. Fast forward to 1930 when the **Swiss Cheese Union** declared it the country's national dish – and the Swiss have not looked back since.

Fondue's hazy history means that following its food trail is a challenge, but its connection to French-speaking Switzerland makes Geneva a good place to start. Walk through the winding streets of the city's medieval Old Town in the winter and the distinct smell of cheese wafts out of restaurants and apartment windows. Here, fondue is almost invariably "moitié-moitié" – half-and-half – made with *gruyère* and Fribourg-style *vacherin* (cow's milk) cheese. A hard, nutty cow's milk cheese, *gruyère* is one of Switzerland's most famous cheese, originating from the town of Gruyères, set on the Alpine foothills in the canton of Fribourg. Also from cow's milk, *Vacherin* from Fribourg is a firm cheese with an acidic-meets-creamy-and-woody flavor, not unlike an Italian Fontina. Traditionally, the two varieties are grated and melted together with a hint of garlic, a splash of white wine and a touch of *Kirsch*, cherry brandy. The resulting dish is served in an earthenware pot called a *caquelon*, which sits above a portable stove to ensure a constantly bubbling mixture, and long forks dip and swirl country-style bread into the pot. This is a communal affair so be ready to share.

Fondue is for locals

For a quintessential fondue experience, made



like the local, head to **La Buvette des Bains**, a restaurant at the **Bains des Paquis**. Jutting out onto Geneva's iconic Lac Lemman, this is the city's public beach and bathhouse, dating from the 1930s. Between September and April each year, the women's changing rooms are converted into a covered restaurant where rows of communal tables and benches are flanked on either side by the lake.

Walking along the dock to the restaurant, the pungent smell of cheese and burning wood is immediately apparent. Order your fondue at the outside counter with a customary *assiette Valaisienne*, a plate of pickles, pearl onions and dried meats from Switzerland's Valais region in the upper Rhône Valley. Hot tea or cold white wine, preferably Chasselas – known locally as

pendant – are the only drinks locals will pair with fondue; rumors has it that anything else promises a case of indigestion.

Packed in tightly in the narrow benches, you will almost certainly rub elbows with your neighbors. Once seated, prepare to dig into one of the best fondues the city has to offer. Large pieces of crusty bread are dipped into the dish, made here with copious amounts of local sparkling white wine and garlic. Waiters will happily scrape up the amber crust of golden cheese that sits the bottom of the pot and cut it for the table to share.

Moving away from the lake, up the winding, steep hills of Geneva's Old Town, sits another local favourite, **Les Armures**. Set inside a building from the 16th Century, this wooden-



beamed, rustic restaurant is nestled below the **Hotel Les Armures**, one of the city's finest hotels. Here the food is unpretentious and the fondue memorable. Enjoy it either on the restaurant's terrace on cool, autumn days, or cozily inside when the air gets frigid. For the perfect after-dinner delight, end the evening with a walk through the historic Old Town along the city's centuries-old walls and past the **Cathédrale St-Pierre**, where the founding figure of the Protestant religion, John Calvin, gave weekly sermons in the 1540s

Make it for a fondue like a tourist!

Though Geneva is a good place to start your fondue trail, following its path will inevitably take you outside of the city too. At **Gare Cornavin**, the city's main train station, you can hop on a train heading northeast and in less than 130km you will find yourself in the picturesque village of Gruyères. Tucked between the grand Mount Moléson and rolling hills dotted with cows, this is where some of the best Swiss cheese has been created for centuries. Stone fountains, cobbled streets and geranium-lined shutters evoke a fairytale setting. But it is the cheese you are after. At the **Fromageried'Alpage**, witness the *fromager*, or cheese maker, bring Gruyère and other classics to life over a steaming cauldron and open fire.

History and culinary tradition runs deep here. Gruyère cheese is said to have been enjoyed by the Romans and was given its namesake in as early as 1602. To make it, fresh milk from grass or hay-fed cows within a 20km radius is poured raw into a copper pot and heated until it begins to curdle. Once a solid layer has formed at the top

of the cauldron, the curds are cut then separated from the whey, pressed into a large mould and set to age in a high-humidity cellar. The rind is washed and salted throughout the aging process, which lasts anywhere from six months to three years. The older it is, the sharper the flavor, with strong notes of hazelnut and buttery caramel.

It is hard to avoid the temptation to linger and taste a sample of the fromagerie's creamy in-house fondue, but head to the village centre and snag a table at **Le Chalet** instead. This restaurant may be touristy, but a fondue here, followed by meringues dunked into Gruyères' infamous double cream, promises to satiate every dairy desire.

Bringing the tradition home

Ask the Swiss where to find the best fondue, and they will often give the same answer is "at home".

For an authentic blend of cheeses, visit the dairy trucks that open their doors at Geneva farmers' markets. On Saturdays, stop by the bustling **marché** (market) which lines the streets just outside the city's main food market, **Halle de Rive**, and stroll around the produce and flower vendors that sit beside dairy stands. Often, they will have their own fondue mix, already grated and packaged, ready for you to take home.

An earthenware pot is just as easy to pick up, though bypass the ones in the tourist shops. Follow locals and duck into a department store for an authentic and reliable fondue set typically painted red and splashed with white crosses in homage to the Swiss flag. At the upscale

shop **Globus**, a wide selection of pots is on offer, often with beautiful vintage detailing. In their downstairs food store, **fendant** wines and fondue blends are available, including those with flakes of truffle or laced with Champagne.

A Swiss icon

Where ever you are in Switzerland, particularly during the ski season, a remarkable fondue experience is never far. A rich, buttery fondue at night in a mountaintop village blanketed by snow is magical. So too is a silky fondue served on a Zurich terrace, where guests wrapped in woolly blankets plunge potatoes into steaming pots. In Ticino, the country's Italian region, forgo the pizza and sample a fondue with fontina cheese or truffles. Because Switzerland is as small as it is – and fondue as national as it is – the bottom of another fondue pot is always nearby.

Thanks to Ms Caitlin Zaino who is the co-founder and CEO of Porter + Sail, a New York based start-up in the hospitality-tech space. Porter + Sail is a subscription-based technology solution that empowers leading hotels to own the guest relationship, bringing the world's leading hospitality players into the digital realm. This article is based on her article published for BBC world.



Glimpses of NSFS Swiss National Day celebration

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