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NAMASTE!!

Hello All,

We've had another fun filled month here in Nepal, the monsoon seems to be holding off for now, but sadly we have had to say goodbye to quite a few volunteers, including the last of the two week specials.

In this August edition of the newsletter you'll find a story from one of our care volunteers who went to the Nepal vs. Jordan football match, photographs from days of painting, elephant riding and basketball court building as well as a new recipe for you to try.

You can also find a catch up with the previous two week group to see some photographs of their finished project.

As usual we have also included the next month's schedule of social events and trips, along with the top tips for Nepal and the wish lists for various placements in and around Kathmandu. This page is especially for future volunteers who would like some idea of how they can contribute further to their placement.

Finally, why not click over and have a look at Projects Abroad Nepal's Country Blog or Facebook and Twitter pages to read about the latest goings-on in Nepal!

Facebook = Projects Abroad Nepal - The Official Group!

<http://www.facebook.com/groups/projectsabroad.nepal?ref=ts>

Blog = <http://www.mytripblog.org/pg/groups/3014/Nepal>

Twitter = http://twitter.com/#!/Proj_AbroadNP

See you around! ☺

Projects Abroad Team, Nepal.

Nepal vs Jordan

Go Team Crazy Horse! by Anaïs James

Hi there, I'm Anaïs, from France, and I've been volunteering for 2 months at Snowland Renang School in Budhanilkantha (Kathmandu).

There are 151 kids at the school, every one of them lovely. I really couldn't have wished for a better place to work.

A few weeks ago the other volunteers and I were told that there was a football match, Nepal vs. Jordan for the 2014 World Cup qualifier, at Kathmandu stadium. The opportunity sounded too good to miss and we



thought it would be

amazing to take the boys from the school, however we would have to find the money in order to take them. It was then that I decided to collect money from my work, the Crazy Horse Cabaret in Paris.

After a week I had raised enough money to be able to bring the 15 boys we wanted to take to the football match.



The entire day was unbelievable, they were so happy to be able to go. As you can see from the photographs everyone had such a fantastic day, especially when Nepal scored. I will never forget the day. :-)

With the remainder of the money we made a big "bread/chocolate spread" snack for everyone and we also bought shampoo for the girls back at the school.

I would like to say a BIG thank you to my colleagues.

We are looking forward to taking the children on more trips.

Anaïs



Two Week Specials

The last of the two weekers...

The first week of August saw the arrival of 40 volunteers, all between the ages of 16-19, coming to Nepal to spend two weeks in various placements; an orphanage and a HIV/Aids care centre for the Care and Community volunteers, a teaching hospital and cancer clinic for the Medical placement and a physiotherapy based care home for the Physiotherapy volunteers.

As well as working hard, the volunteers did have a chance to experience other aspects of Nepal, including a trip to Chitwan National Park where everyone rode on and bathed elephants, danced in cultural shows, trekked through the jungle and canoed along a crocodile infested river.

Chitwan Teaching Hospital



The medical volunteers spent their time between two different placements - Chitwan Teaching Hospital and the local Cancer Treatment Hospital. They were divided into pairs, spending each day in a different ward. These pictures show the volunteers talking to one of the nurses in the paediatric ward.



Tooth brushing classes at Chepang School

One afternoon, the entire group of medical two weekers went to a local Chepang school in Chitwan to teach the children the correct technique for brushing their teeth. Each student was given their own toothbrush and toothpaste then one of the volunteers would demonstrate how to use them. After the initial embarrassment everyone got into the swing of things, emphasising the importance of looking after their teeth, and even having time at the end for some songs and games!!



Special thanks to a few volunteers in particular who brought along some sweets for the smaller children and also some colouring books and pencils. The children loved them!

Chitwan National Park



As well as working hard, the volunteers also had time to relax in Chitwan National Park. Everyone enjoyed activities such as jungle walks, elephant bathing and riding, cultural dance shows and canoeing as you can see in the photographs below.



Catching up with the previous two weekers, we have finally collected photographs of the finished project from the Care & Community placement. A big thanks to all who helped to create such a colourful learning environment at Clark Memorial School. As you can see, the characters are fantastic and not only did the volunteers do such a great paint job, they also spent a lot of time singing and dancing with the children, much fun was had by all. Thanks!!!



Painting

Arnicko School

It seems we always have some sort of painting activity going on here in Nepal and our latest project was to spruce up the Kindergarten rooms and play area at Arnicko School in Lalitpur, Patan. Six volunteers, along with three staff members and, of course, a professional decorator helped with the painting and even some of the children got involved too! The equipment was in great need of improvement and as you can see the hard work sure did pay off. The area now looks great, lots of colour has definitely livened up the place. Thanks to everyone who came along to help. I'm sure there will be more painting days which you can be involved in the future- so bring some old clothes!!!



Volunteer Donations

Volunteering in itself is always a fantastic way to help people that are less fortunate than ourselves but this month there have been a few volunteers in particular who have contributed above and beyond what is expected of them... the whole team just want to give a special thanks to everyone!!! These contributions are very gratefully received and we just hope you realise the amazing difference you are making.

Clark Memorial

Thank you to Kirtsy Todd from Scotland who landed in Nepal with an entire suitcase full of learning aids and goodies for the children at Clark Memorial. She used these whilst teaching at the school in activities during physical education and in other classes too. It's true that these things have made a great difference.

Chepang School- Chitwan

Whilst at the school some of the volunteers not only taught the children the best technique for brushing their teeth and gave each of them a toothbrush and toothpaste, but they also donated colouring pencils and pens along with a few sweets to reward them for listening so well. Thanks guys!

Recipe of the Month!

Pakora

Pakora is a very popular and tasty snack, eaten all across Asia. It may take a few attempts to perfect this traditional recipe but it is definitely worth it once you get it right. Why not give it a try? It only takes 45 minutes to make and will serve around 6 people.

Ingredients:

- 1 cup chickpea flour
- ½ teaspoon chilli powder
- 1 teaspoon salt
- ½ cup water
- 2 finely chopped chillies
- 1 tablespoon finely chopped coriander
- ½ teaspoon baking powder
- Oil for frying
- Onions and potatoes cut into rings or sliced

Method:

1. Stir flour, salt and chilli powder into a bowl.
2. Pour in sufficient water to make a thick batter and beat until smooth. Leave to stand (20 minutes).
3. Stir chillies, coriander and baking powder into the batter then use this to coat the vegetables.
4. Heat the oil in a pan and drop in the battered vegetables and deep fry until crisp and golden.
5. Serve!!!

World News

Tragedy in Norway

This is just a short word to say that our thoughts are with the people of Norway and especially any Projects Abroad volunteers in any of our destinations who have been affected by the terrible events in the country.

Wish Lists

Projects Abroad Nepal's volunteers often want to bring items out here for their placements but find it hard to know what the different placements need. We've put together some 'wish lists' for some of the centres and schools to give new volunteers an idea of what is most needed...

DMD Centre (8 boys aged 10-18)

*Games
Bubbles/straws
Clothes
Toothbrushes
THEY LOVE SPIDERMAN!*

Physio Placements

*Therabands
Gym Balls
Exercise Sheets
'Tuffie' wipes*

Snowland Ranag School (160 kids aged 5-19)

*Notebooks/Crayons
Clothes
Shoes
Balls*

Surya Vinayak English Secondary School

Reading books

Anal Jyoti Boarding School

*Notebooks
Pencils/Sharpener
Eraser
Materials for creative
activities*

Life Development Centre

(38 people aged 7-40)

*Clothes
Underwear
Socks
Pens, Crayons, Paints
Pillows
Toothbrushes
Soap*

Patan & Bhaktapur CBR

*Wedge Mats
Floor Mats
Bubble wrap
Blankets
Children's clothes
Games/toys/blocks
Folders/Filing
Medicine Balls
Nappies*

Medical Placements

*If you are
coming to Nepal
to do a medical
placement then
please
remember your
lab coat!!!*

Friendship/Happy or J & K Houses

*Reading books
Creative materials
Clothes
Shoes*

NRH/MSPN

*Creative Books
Reading material
Clothing
Shoes
Towels*


OR...if you would like to fundraise before you leave for Nepal then we can help you to buy things for your placement whilst you are out here!

What to do in Kathmandu??...



**9th September
Volunteer dinner**

More information on these trips will be given nearer the time so remember to check emails and phones for updates!



**16th-18th
September
Pokhara Trip**



**24th-25th
September
The Last
Resort**

If you have a special interest in an activity then get in contact with the team and we can try to organise a group trip to take the pressure off you! And also Hotel Excelsior is very happy to arrange trips or transport if you don't fancy what Projects Abroad have organised.