

Partnership for Sustainable Development - Nepal  
P.O. Box 19782, Buddhanagar, Kathmandu, Nepal  
Tel. 977-1-4780369, Fax 977-1-4780631  
psdnepal@mail.com.np  
[www.psdnepal.org](http://www.psdnepal.org)

DAO - KTM, Reg. No. 180/059/60 GON - SWC. Affiliation No. 13981



---

## PSD Connect

A quarterly E-Newsletter

Year 5 - No. 1  
March 2010

**The PSD Connect is a quarterly e-newsletter published by the Partnership for Sustainable Development (PSD) Nepal to inform all their partners, ex-volunteers and supporters, about our activities and news. PSD Nepal is a not-for-profit social development organization dedicated to the alleviation of poverty of Children and youth of rural Nepal. For more information please visit [www.psdnepal.org](http://www.psdnepal.org).**

---

### MESSAGE FROM EDITORIAL

Namaste Friends!

Thank you very much for your kind responses to our newsletter! Since our previous newsletters have proven so popular, we enthusiastically present our newsletter regularly and this is yet another issue for your reading pleasure. We publish our newsletter on a quarterly basis to keep you informed about PSD Nepal, its work and accomplishments. This issue will focus on the work of our summer volunteers, what PSD-Nepal envisions in the future and of course, how you can help us. Please feel free to contact us if you have any announcements, articles or messages that you want to promote through our newsletter. We heartily welcome your views, comments, and queries regarding the work of PSD-Nepal and/or regarding the improvement of the newsletter! You can send us an email to [psdnepal@mail.com.np](mailto:psdnepal@mail.com.np) or call us at (9771)-4780369, fax 4780631.

*Bishnu H. Bhatta*

---

### LATEST PSD NEWS

We are placing medical students in Primary Health Care Center of Lalitpur district. They will be split in four groups and work in the PHC for 3 weeks. They also get chance to work in city hospital for exposure. We are also planning to organize two health camps and all the volunteers will be involving in the health camp. All the volunteers who are taking part in this program are from Aberdeen University.

Two Nepali students, who are carrying out study on Social Work, are taking internship with us for 6 months. As well as there will be few overseas volunteers are carrying out their internship with us and our partner NGOs. Beside this, there will be some elective students from few universities who will be carrying out their elective in different hospital through us.

**facebook**

**PSD-Nepal is on facebook!** It has been updated regularly with news of current activities, future events, and pictures from volunteer groups. Partnership for Sustainable Development – Nepal has over 200 fans! Please search for us on facebook (**Partnership for Sustainable Development (PSD) Nepal**) and become a fan! I am waiting for all of your help to spread out PSD Nepal through face book. I have not got responses or comments in our facebook as I expected.

---

## Article from Volunteers

### Anna- Maria, 2009 Summer BVDA Volunteer



Being part of the Nepal project 2009 with Bristol Volunteers for Development Abroad (BVDA) was definitely one of the highlights of my university life. BVDA is a student run charity at the University of Bristol Union, which sends volunteers out to Uganda, Rwanda and Nepal each year. I was lucky enough to be one of eighteen students in the Nepal team this year. Our placements were set up with PSD



Nepal, an NGO based in the Nepali capital city, Kathmandu. They arranged all our accommodation and projects while we were out there, and provided us with a week of training for basic language skills, teaching, and cultural awareness, as village life was going to be a shock! We were split into three villages, with six volunteers in each village. Our aim was to build classrooms in the local school for each village, and teach as much as possible, though we didn't know what age children there would be. After a 20 hour typical Nepali bus journey from Kathmandu, i.e. no seat belts, no speed limit, no toilets and a very musical horn, we arrived at our town, Ilam, in East Nepal. We were then piled into a jeep, and taken to meet our host family, in Barbote, our home for the next 2 months.



Throughout the jeep ride, we were all feeling a mixture of excitement at meeting our family, tiredness, and anxiety that our luggage was going to fall off the roof and down the cliff! It was beautiful, such a contrast to the noise and dust of Kathmandu. Everywhere you looked was like a postcard! Our host family was lovely; we had a mother, father, aunt and older brother, only our older brother could speak English, which put our Nepali skills to the test! They were so welcoming to us, and gave us anything we wanted. It was a lovely house, with

an outdoor rainwater shower and pit latrine, with a breath taking view of the valley; and we loved it. The family was self-sufficient; they had their own cows for milk, goats and chickens as well as a small tea garden and a variety of fruits and vegetables; we never went short of food. Each day we would be given "chiya", an extremely sweet tea, followed by "dal bhaat", which was lentils and rice. This was nothing like our usual breakfast but we learned to love it, especially as we had it twice a day!



Our house was a 5-10 minute walk from Shree Durga Primary school, just down the hill. We arrived while the children were still on summer holiday, and so our first 2 weeks were spent on construction alone. As we were non-skilled labourers, we had the delightful job of hauling bags of bricks, cement and gravel up a 200m hill. It was hard work. We all pulled together to get it done, and we did have fun! Once the children started school, we were able to teach as well as work.



There were very mixed age ranges, so we all got very different responses! There was a very young child in class 1 who needed a nap every afternoon! The older classes were fun to teach and to make friends with; they would help us with the construction and came to play chess and ball games at our house. The villagers were so warm and welcoming. We were invited for dinner at everyone's house, and learnt a lot of Nepali dancing. It was very far removed from what we were used to, but it was remarkably easy to settle into living this way. It was so simple and efficient. Even the frequent power cuts became less and less annoying. We were invited to take part in traditional Nepali activities as well, such as rice planting and tea picking, which really made us feel like art of the community.



At the end of our placement, the school put on a beautiful farewell ceremony for us. We were all called up to give a speech, and each teacher and respected person in the village gave us a red "tikka" (paste) mark on our forehead, as a sign of respect. We were given many garlands and flowers, and made to dance to many Nepali songs. It was really hard to say good bye! They had really made us part of the family, and I would definitely love to return to see them in the future.

I have remained in contact with PSD to ensure the project for the coming summer is well organised and both parties are happy. I really enjoy doing this role because I still feel like part of the PSD family, and I am able to use my experience in Nepal to prepare the next group of volunteers for their project. PSD have always been so welcoming to their project groups, it makes it a lot easier to adapt to the difference in culture as they support us every step of the way. I hope to remain in contact with them in the future.

I am now the Nepal co-ordinator for BVDA, which means



## Summer Volunteer Program 2010

This year we are going to build 10 schools building in 10 different communities. There will be two roomed building in each school. Local community is also contributing significant amount of resources to build the building. This year, we are focusing to build Early Childhood Development (ECD) class room where all the rooms are decorate with nature related materials and class room will be learning friendly. We have finalized two projects in Ilam for BVDA (Bristol University), three projects in Chitwan for SVA (Glasgow University), three projects in Baglung for ODA (Oxford University), one project in Gorkha for EGP (Edinburgh) and one project for Intervols (Birmingham University) in Gorkha. There will be more 10 projects we will be running in this summer and more then 60 volunteers are taking part in this project. Beside this we are arranging project for individual to carry out similarly project in the summer, gathering different people and putting them in one group and sending them to placement.

This year we are planning to give training to all volunteers to focused on environment and carry out program how to connect children with nature. They will carry out outdoor learning activities with small children during their placement and connect with children with Nature conservation. They will take them to field and organize the program for children. The activities we will carry out;

- physical reconstruction,
- landscaping management,
- Kitchen gardening and Flower gardening
- foods management,
- child care,

- continued medical care,
- Special activities like knowing the nature through excursion, bird watch, hiking, fishing promotion of the centre,
- Buildings and other physical facilities developed and maintained Nature connection activities are carried out in a regular basis.

Below are few photos which decorate and build by our volunteers during their placement time in rural school of Nepal. This year we are more focused on Early Childhood Development (ECD) and Nature related activities as well as out door learning space.




---

### In Volunteers' Own Words:

"Interesting interaction between volunteers and construction workers and community people as well as host family"

"It's an interesting experience from which you could learn the culture while volunteering in the village."

"Working in Building site was great fun"

"Playing with the children in the village, getting to know their parents and being invited to their houses is amazing"

"Don't assume, go with open mind"

"Time is slower here, remember that, be proactive"

---

### Special News: Visit Nepal

**Just a destination among thousands....**



Nepal government has announced 2011 as a Tourist Year. We are expecting approximately to host 1 million tourists in 2011. Are you preparing for that?

---

### Share Your Experience!

Last year we celebrated the highest number of volunteers. Altogether, there were more than 100 volunteers in our summer, medical, Elective programs including intern at our office. This year also we will be hosting around 90 volunteers in total. Medical students during the Easter time who will be working in the Primary Health Care Center and also organizing health camp in rural community. We urge all our previous volunteers to help us promote and advertise our program to potential volunteers by talking about your experience to as many people as possible, and by becoming a fan of PSD-Nepal on facebook. If we can be of any assistance in your promotional efforts, please let us know!

---

To subscribe to the PSD Connect, please send an email to [psdnepal@mail.com.np](mailto:psdnepal@mail.com.np) with the word "subscribe" in the subject line. If you do not wish to receive our newsletter anymore, please return this note with "unsubscribe" in the subject line.