**2018 Digam Village Program activities explained:**

**Introduction:**

After the devastating 2015 Nepal earthquake destroyed our homes and school, the children of Digam village in the Nuwakot Region, now walk 1.5 hours each way to get to the nearest school. This and other barriers put many young people at eminent risk of losing an education and a just future because of distance, severe weather and the great risk of abuse on their journey. We need a forum for education for the young people who would be in primary school - however the hour and a half walk each way to the nearest school is too far for the children under 10 years old. Many adults have not received adequate education as well, thus adult literacy classes are needed as well.

Our people of Digam, approximately 65 km North East from Kathmandu, have a long history of trauma, we are primarily dependent on traditional agriculture which barely supports us for 5 to 6 months of the year, so working adults, usually men, temporarily migrate outside the region as laborers and other low paying jobs, leaving the women and children behind to rebuild and take care of immediate needs. Can you imagine what your life would be like if your community was torn apart and had to experience so much loss.

Our village needs attention because they are off the beaten path and overlooked by the government as we are so remote - the nearest village is a 3 hour trek - and the government rarely visits us or listens to our needs, but our people are still worthy of care and support. Many indigenous communities like ours in Nepal are overlooked by the government and not given the services we deserve, it is a terrible problem in this country.

As we are so remote there are not any NGO's who know of us or work with us, until recently one small Nepal registered nonprofit, The Relief Trust, whose president is a distant relative of one of our community members started to help and has connected us to this resource of Rotary Club. This nonprofit, The Relief Trust (TRT), does trauma relief work with undeserved communities like ours and will be a cooperating organization for this grant. This grant would be the first funding we would be receiving to help our community move out of poverty and rebuild our village from the earth quake and years of not being noticed. There are programs The Relief Trust has identified that will train the community members of Digam Village with skills to bring in income, job creation, diversify the agriculture to increase yield and ability to sell seeds and value added products, educate us to be come literate and connection to outside markets for financial sustainability and public health.

We are forming a Digam Village Community Development Council to help us stay organized and have a place to develop leadership skills and make decisions about our social security. As we are an indigenous culture in Nepal, we have not had outside influence or education on good group processes and welcome that. We know we need leadership and communication skills to move our program and village forward effectively. We are grateful for the opportunity to work with The Relief Trust and Aranya Solutions on these topics.

We are at the early stages of development where this grant will help us get started with some trainings and develop the rest of the program to rebuild our community to become resilient. We are excited to have a Social Mobilizer join us, someone who stays in the village with us to encourage, empower, communicate to ensure sustainability and understanding of the programs and keep all parties updated as needed.

**Program Overview: (make sure the sections below have a line here)   
Facilitate** acommunity and education space that incorporates:

* **Health Services** including basic hygiene and first aid instruction, and regular medical visits for primary treatment of Digam residents, working in partnership with other hospitals and health professionals.
* **Community Center** to be used for Council meetings, gathering space for youth, distribution of food, clothing and other materials on an as available basis. The village will incorporate sustainable development using natural building with local resources and materials to build the center.
* **Sustainable Agriculture and Livelihood** training will be provided to diversify the agriculture, extend growing season, improve livestock raising techniques, and create value added products.
* **Small Enterprises and Cooperative** will be initiated, with assistance from other successful programs and suggestions for income generation using local resources, such as honey production.
* **Education - School Area/ Classroom** for adult literacy and primary education classes, training local residents to be the teacher, creating job development for them as well.
* **Leadership Development with Community Council –** This council will be the central hub for decision making, thus we will support them with leadership and organizational training for an effective council.

**General info:**

**The outreach** will be done in Digam Village monthly with follow-up's conducted through **The Relief Trust and Aranya Solutions and the host country Rotary club**. Educational pamphlets will be developed and handed out, information will be shared verbally and in personal interviews where we go house to house to make sure every household has the most current information about the activities happening in the village and improvement initiatives.

**How Needs Were Identified:**

We conducted multiple survey's, interviews, site visit, and focus groups for assessment of community needs over the last 5 years.

Additionally, The Relief Trust, a Nepal-based nonprofit who does trauma relief work, conducted a survey of the 1.5 million residents in the Nuwakot District, where we live, which documented very high rates of child labor and school dropout - which shows the need for good education. In addition, the vast majority of young people have illiterate parents because of high rates of very early marriage and child births, starting around age 14. Family planning and general education clearly is needed for healthy livelihoods and understanding the impacts of the current circumstances. Critical thinking skills have not been something shared in our culture and we look forward to learning about this.

**EDUCATION**

**Total cost: $15,095**

**Outputs**:

Adult literacy in Nepali - ability to read & write

Ability to get a better education now literate

Job Creation - for 4 new teachers trained, who come from the village

• 2 Teachers (part time) $150 each / month

• 2 Supporting Teachers (part time) $70 each/ month

New job opportunities/ economic development opportunities for those who receive an education – become literate and can participate more fully in the market place and new initiatives.

Youth ability to read & write

Ability to get a better education now literate

New job/ economic development opportunities as the youth get older and engage in innovation and critical thinking skills

**Overview:**

**Education - School Area/ Classroom** for adult literacy and primary education classes, training local residents to be the teacher, creating job development for them as well.

**The Educators training** will bring 4 people from Digam Village to Kathmandu, Nepal for a 10 day training. The training will be conducted by the **Nepal Department of Education** for a specialized training in how to teach education basics. This training includes resources for the educators to use to follow-up on the training, teachers manual and books for the students in the village. The focus areas will be on Adult Literacy and basics of education as well as Primary Education - grades 1-5.

The Educators training will train 4 people from Digam Village how to teach so the villagers can have better education, literacy, and communication skills. The focus areas will be on Adult Literacy and basics of education as well as Primary Education - grades 1-5. The objective is that this will enable more economic growth opportunities, happiness, education and personal growth for all villagers. This training includes resources for the educators to use to follow-up on the training, teachers manual and books for the students in the village. There will also be job creation - for 4 new teachers, this objective also includes that the government will get more involved with the village and pay for the teachers salaries, the request has already been made for this.

With increased education there is the ability to read, write, basic arithmetic which can lead to better communication and economic development opportunities.

**Needs Identified**:

As there are no schools close enough for the young children to walk to for primary school we have a clear need for some way of education for these youth. Also the adults who did not finish or go to school as we are a remote village. he Relief Trust, a Nepal-based nonprofit who does trauma relief work, conducted a survey of the 1.5 million residents in the Nuwakot District, where we live, which documented very high rates of child labor and school dropout - which shows the need for good education. In addition, the vast majority of young people have illiterate parents because of high rates of very early marriage and child births, starting around age 14. Family planning and general education clearly is needed for healthy livelihoods and understanding the impacts of the current circumstances. Critical thinking skills have not been something shared in our culture and we look forward to learning about this.

**Activities:**

4 Villagers take Local Transportation - Bus from village to Kathmandu for training

Consult with the District of Education

Identify what level of literacy needs to be taught - curriculum development

Identify teacher - ideally someone from within the community

Training for teacher (10 days)

Develop timeline - coordinate and organize villagers accordingly

Research what supplies are needed and price out

Request from Government to pay teachers salaries after 1year (starting in 2019)

The Classroom will be held in on of the village Houses until the community center is built with the classroom space.

**Timeline:**

**Feb 2018 Training (10 days, start feb 7th)**

**March 2018 classes start**

**Follow-up:**

• Pre-evaluation meeting

• Mid-evaluation meeting

• Follow up meeting

• Conference presentation

Write grants for continual courses into the future (if Government does not pay for them)

1. Cost for Education training for each person:

Per head Six thousand including lodging and fooding (excluding transportation cost).

2.Training Provider:

There are several primary level trainers among them we will choose the best one. If we go through Nepal Government of Education we will not be able to meet their requirements and it's often bureaucratic and mostly delayed.

3. Length of training:

The Training will last for six days.

The first three days begins with Theory and Exercise in PeDs (Peace and Development Studies) and the remaining three days will be based on Practical Attachment at PA (Prisoner's Assistance), Sankhu, Nepal.

4. Food & lodging:

The villagers can stay at Peace & Development Center. The cost per person including fooding and lodging is One thousand per day.

**Administration and coordination** (10%)

Coordination, Curriculum development,

Research

**Materials & Supplies:**

* Text materials (Books, copy, pencil, eraser, marker, whiteboard, color, crayons, chart papers, etc)
* Chair+ bench + mat
* Audio recorders
* Projector
* Laptop
* Glass, plate, water filter
* Notice board
* Maps
* Teachers manual

**Students:**

* Snacks
* School dress
* ID card

Health

Health Program

$6,510

Overview:

* **Health Services** including basic hygiene and first aid instruction, and regular medical visits for primary treatment of Digam residents, working in partnership with other hospitals and health professionals.

**Health & Sanitation** comprehensive trainings will be held in Digam Village for all 250 community members and neighboring villages. The 2 day trainings will be held in April and May and include first aid, health check-up's, basic sanitation awareness and family planning. There will be bi-monthly follow-up from the health professionals. The trainings will be conducted by **health professionals, the local health post and healers in the region**.

The villagers will gain basic first aid skills to handle minor medical emergencies, Hygiene education for sustained health, Regular medical visits for primary treatment of Digam residents (we will have 1 or more visits a year). Understanding reproduction and respectful treatment of each gender, domestic training. Critical thinking, family planning. Reduced child marriage and young parents (under 18).

We will bring government attention to this area through coordinating with the Government health worker for basic check-ups and support with training, who we will arrange 6 visits from them to the village. The health camps will also draw attention to this area and need for health education.

**Needs Identified:**

We have some health and sanitation knowledge with local and indigenous healers and herbal knowledge with some people in the village, however there is no wide-spread knowledge about health and sanitation - again most of the adults can not read and write, so all knowledge is passed down through the generations, and sometimes there are gaps in the knowledge, especially over time. There is no modern or western influence in this remote village, and the health issue was recently brought to our attention from the Relief Trust when they trained us on how to build toilets and sanitation stations. In the recent years - we had developed toilets and sanitation stations from trainings conducted by The Relief Trust. We have identified a need for additional education, awareness and resources around health, hygiene and family planning.

**Activities:**

Reproduction & family planning education - coordinate with Partner if necessary for proper education and initial health assessment

The Relief Trust has some women-only sessions (Red Tent style)

Identify and gather supplies

Site Visit (2 days) for follow-up

Coordinate Regular medical visits for primary treatment of Digam residents (if we have 1 or more visits a year)

Organize Health Camp in Chippling or Devisthan

First Aid orientation education - coordinate with Partner if necessary for proper education and initial health assessment

Identify Local Health Post & Local Traditional Healers

Social Mobilizer to attend training & keep track of and inspire villagers in the field

**Outputs**:

The villagers will have basic first aid skills to handle minor medical emergencies

Hygene education for sustained health

Regular medical visits for primary treatment of Digam residents (if we have 1 or more visits a year)

Understanding reproduction and respectful treatment of each gender, domestic training

Critical thinking, family planning

Reduced child marriage and young parents (under 18)

More youth continuing education

**Timeline**:

April 2018

First Aid orientation education +

Midwife & health worker visit

May 2018

Health Camp

June 2018

Social Mobilizer general health check up

Aug 2018

Social Mobilizer general health check up

Oct 2018

Evaluation & orientation w/ Red Cross +

Midwife & health worker check-up

Midwife & health worker visit

**Possible Partners:**

Project Helping Hand

Dental Universities - interns

Real Medicine Foundation

Siddhi Memorial Hospital in Bhaktipur (Rotary Club members)

Nearest Health Post to village & Traditional Healers

Red Cross

Agriculture:

* **Sustainable Agriculture and Livelihood** training will be provided to diversify the agriculture, extend growing season, improve livestock raising techniques, and create value added products.
* **The Sustainable Agriculture & Livelihood Training** - will bring 15 people from Digam Village to Kathmandu, Nepal for a week long training. The training will be conducted by the **Peace and Development Studies Center** ([www.peds-edu.com](http://www.peds-edu.com)) by professionals in Agriculture, many who have been AgroEconomists with the Nepal Government and Assistance agencies.
* Training will include: diversification of crops, Livestock management techniques and livelihood so Digam residents know how to grow year-round, rather than just a few months of the year. We will identify livelihood initiatives such as creating value-added products and selling seeds for how we can increase our economic development.
* The Agriculture & Livelihood Training - will bring 15 people from Digam Village to Kathmandu, Nepal to the Peace and Development studies Center to be trained by professionals in Agriculture, many who have been AgroEconomists with the Nepal Government and Assistance agencies.

**Identify Needs:**

Digam village had identified that we did not know how to grow year-round as the temperatures get very cold in the winter months, which is considered off season and concluded through discussions that we wanted to grow year-round and diversify our crops.

**Objectives for Trainings:**

The Agriculture & Livelihood Training - will bring 15 people from Digam Village to Kathmandu, Digam residents know how to grow year-round, rather than just a few months of the year, diversification of crops, seed saving and more. Livestock management techniques. We will identify livelihood opportunities and how we can increase economic development initiatives. The trained villagers will go back to Digam Village and train the rest of the community for all people who live in Digam Village to have this knowledge and increase their yield, income and health.

The agriculture training will increase Digam Village agriculture production, diversify the crops, yield seeds the community can sell, opportunities for value-added products the community can sell.

**Specialized Agriculture Trainings:**

1. Floriculture (Flowers/ Marigolds) – Seasonal
2. Honey Bee Farming / Bee Keeping

**Floriculture (Flowers/ Marigolds) – Seasonal**

**Floriculture** Timing:

Training to happen during Spring (April or May 2018)

Seasonal harvested October 2018

**Floriculture** Activities:

Research on the market and applicability

Social mobilizer to organize production space and create times for production

Coordination for training

**Floriculture Outputs**

Value-Added Agriculture techniques for Economic Development

Growing & selling flowers wholesale and in necklaces (seasonal for holidays)

Full Community Paricipation 20 families (all of village)

**Floriculture Partners**

Peace Center - Agriculture Training Institute?

WEAN ( Women Entrepreneurs Association of Nepal)

**Floriculture Budget**

Supply costs

Coordination for 10 hours t $25/ hr = $250

Research assistance: 5-10 hours

Social Mobilizer

Site Visit

Training

Market research

* **Agriculture**
  + Diversification of crops – training from partners
  + Expansion in market – marketing & time ($1,000)
  + Seeds - $500 - $1000 (will research, have an email out to a friend’s seed company, also use local and heirloom seeds)
  + Tools - $500 (prefer to have these hand-made to support local economy, if not we can purchase at local market)
  + Starts (including trees) - $1,000 – There is a local tree starts company in the region, when in Nepal we can get better estimates.

**Beekeeping/ Honey Bee Farming Training:**

**Beekeeping Overview:**

Digam village already knows how to do bee keeping. The training will encompass all in the village to want to learn more skills.. We will also give the village a few hives so there is more for production which can result in economic gain through selling the honey and value-added products like beeswax. The bees will also help with the overall goal of the agriculture and floriculture production, where the bees can pollinate more crops and flowers. The honey and propolis can also be used for health and healing.

**Beekeeping Outputs/ Outcomes:**

20 families - 1 per house (all of village)

Bee Keeping best practices and techniques

Hive Creation

Economic Development with Value-Added Products training: beeswax candles, propolus, pollen, honey, etc.

**Beekeeping Activities:**

Develop orientation (or work with partner organization on orientation)

Coordinate training and supplies

Value-Added Products training: beeswas candles, propolus, pollen, honey, etc.

Identify who wants to be a beekeeper.

Develop beekeeping cooperative.

**Beekeeping Timeline:**

Training to happen 2018. (April or May)

**Beekeeping Partners:**

Peace Developent Center - Agriculture Training Institute + Honey Bee Farmer

WEAN ( Women Entreprenuers Association of Nepal)

**Beekeeping Follow-up on trainings:**

* Monthly visits and follow-up, reports, and interviews. Direct observation in the visits from partners and educators. Reports from the Digam Village Community Development Council.

Community Center

* **Community Center** to be used for Council meetings, gathering space for youth, distribution of food, clothing and other materials on an as available basis. The village will incorporate sustainable development using natural building with local resources and materials to build the center.
* Place making
* Education

The land will be donated to build this community center.

**Community Center & School** - One of our major goals is to build a community center in Digam Village to promote enduring community bonds, new business enterprises, access to health services, and education within the village for adult literacy and primary school. We begin to design this building Winter and Spring 2018 with the intention to start building after the monsoon season, October or November 2018. Construction and design management conducted by **The Relief Trust.** All villagers will be involved in the design and building of the community center, the carpenters and those skilled in masonry from the village will be the main builders of this multi-use building. We will build sustainably and low cost using natural resources and community participation for their full ownership.

For the community center the design will be developed with the community input and facilitated by the Digam Village Community Council. The community will also help build the community center as there are many carpenters and those skilled in masonry in the village who will be instrumental in the construction. The community having ownership in the projects and products is very important to all of the people involved in this project.

There will also be a social mobilizer, someone who stays in the village with us to encourage, empower, communicate and keep us updated as needed.

**Community Center Need**:

As there are no schools close enough for the young children to walk to for primary school we have a clear need for some way of education for these youth. Also the adults who did not finish or go to school as we are a remote village.

There is not a place where the community can gather in this area. During the earthquake the closest large building for gatherings fell down, this was a temple about an hour walk away. The community needs a place to gather, produce goods and be educated.

**Community Center Output**:

Earthquake resistant permanent community center with 6-7 rooms!

Production space to make value-added goods to sell and increase local economic development

Education space

Homestay space

Kitchen

Community gathering space

Storage room

**Community Center Timeline:**

2018 Design starts in March Construction starts in October.

**Community Center Activities:**

Designing

Construction

Monitoring

Approval

Place making

Education

**Community Center Vendor selection process:**

First we identified the skills in the village and local community - such as carpenters who can build necessary items for the community and those skilled in masonry to help build the community center and school area.

We are training educators from Digam Village for the primary education schooling and adult literacy classes.

We look at what is locally available in the region to support local economic development.

**Community Center Maintenance plan:**

Digam Village Community Development Council will oversee the continuation of materials and operations. There will not be many materials purchased at this time that will require maintenance.

**Community Center - Community Involvedment**

**All families will participate in building and designing**

**How Community was involved in Planning Trainings:**

We had multiple meetings with both the community and partners. There were survey's that gave us information on where the priority areas were to start with the planning. The Relief Trust and Aranya Solutions took the information on the priorities and our available time throughout the year and organized when the trainings and programs would be - then set a meeting with a few select members of Digam Village to get input and finalize the schedule - together.

The final schedule runs through the Digam Village Community Development Council for final approval and awareness raising, there is member from each household in the council - so each house is represented and has a voice and vote.

**Other initiatives/ Women: The community center will help make this happen by providing the space – Placemaking!**

The women will have more opportunities for empowerment and are encouraged to form a women's group to further their education both with domestic issues such as family planning and womens health as well as economic development initiatives. Some women who are on the Digam Village Community Development Council will be encouraged to share their leadership and communication skills learned in the trainings with the womens group and educate them on these topics.

The women will help with agriculture, seed saving and selling, weaving and selling scarves and products, beekeeping and creating value-added products from agriculture, beeswax candles and other goods. The

women will work with the Digam Village Community Development Council and social security cooperative to support them in financial literacy, savings and supporting economic growth.

In the survey The Relief Trust did in the Nuwakot Region, they found that when women are seen as financial providers there is less domestic violence. This is also true when women focus time and attention on education, they complete school more often than early age child birth.

Homestays/ Tourism

* There is a trek near the village where Digam village could be a destination as a homestay where the community center can host people and provide meals. The tourists/ trekkers who come through can get a sense of the village life. The village can earn a bit of income through providing food and housing.

Research & Development:

In March 2018 we will take a guide from the village and go on the trek. We will see about feasibility, distance, time and how it may impact the trek. We will also research costs associated.

We will research incorporating this trek into a leadership training and perhaps yoga retreat.

* **Costs**
  + Guide
  + Research & Development
  + Travel/ Homestays
  + Homestays
    - Room Furnishings - $1,000 (Bed & bedding, lamp, electricity, desk, chair, extra blanket, bathroom supplies, general needs)
  + Food for meals for tourists
    - Start-up costs for food & plates/ bowls - $1,000 (rice, veggies, potatoes, fruit, tea, etc.)