



Autumn Newsletter 2018



CITC sponsored teacher Phambi Rai with her students at Padmakanya Lower Secondary School

CITC's Nepali team reflect on their visit to the UK



Members of CITC's Nepali team visited the UK in June to enhance their professional development. CITC's founder Dawa Geljen Sherpa and Education Development Officer Samden Sherpa were joined by 3 of CITC's sponsored teachers Llami Sherpa, Chhiring Tamang and Mani Kumar Rai from the Solukhumbu region of Nepal. For most of the team, this was their first ever overseas adventure!

A key part of the trip was for the teachers to participate in a teacher exchange, facilitated by our [UK Sister School partnership](#). Female teachers Llami and Chhiring were supported as part of funding from the Soroptimist International's Educate to Lead campaign. They were warmly welcomed by the schools where they observed and participated in a huge variety of lessons from Early Years up to Upper Secondary level. They led assemblies and discussed their culture and experiences from Nepal with the children. CITC strongly promotes the employment of Nepalese female teachers to act as role models and catalysts of change and as such it was especially valuable for them to see so many female role models in the UK teaching profession.

They also took part in a [partnership workshop](#) with Liverpool John Moores University to explore themes relating to educational practices, gender equality and the benefits of partnership learning between the UK and Nepal.

Chhiring: "Thanks to CITC I have been able to develop as a teacher. I have many proud moments such as creating displays for my classroom and reading story books. My trip to the UK has shown me lots of useful teaching methods."

Llami: "Thank you so much to CITC for giving me this opportunity to learn new skills to take back to my class."

Mani: "It has been an amazing experience for me to visit the UK and see so many schools. It has been great to see so many female teachers that are respected in the profession. Thank you to CITC for giving me this chance."

[Read more about their visit here](#)



CITC sponsored teacher Llami Sherpa, reading to her class at Shree Sagarmatha High School in Bung, Nepal

Menstrual Health and First Aid Training continues in the Solukhumbu region of Nepal



Thanks to funding from [Soroptimist International's Educate to Lead campaign](#), CITC's menstrual health and first aid training programme is going from strength to strength, supporting female students to overcome the social stigma of menstruation and facilitating menstrual health management capacity through practical solutions. Over the past few months numerous workshops have taken place at schools across the rural Solukhumbu region of Nepal.

CITC sponsored teacher [Phambi Rai](#) has been key in coordinating the recent training. Leading the sessions at Shree Lukla Lower Secondary School was especially empowering as it was an opportunity to deliver the training to her own school and community, acting as an inspirational role model to the parents and female students. Following on from this she was able to successfully lead sessions at Shree Padmakanya, Damkhu and Shree Sagarmatha School, Waku. It has been wonderful to see Phambi grow in confidence.

Training at Shree Lukla was also supported by a group of North West Girl Guides who assisted with the delivery of a wide range of practical activities, involving the girls and the community. The Nepalese team and students alike

quickly created a bond with the girls who made an enormously positive impact on them.

Huge thanks to partners Days for Girls who have shown massive support for CITC's projects over the years and for the backing from Soroptimists International who have also inspired local Soroptimists groups from Garstang and Chester to fundraise for CITC.

"We missed school when we had our periods and had to work at home but after receiving the menstrual kit, we feel confident and are able to come to school regularly."

Tenjina Basnet, Grade 8. Sotang

"students come (to school) regularly after getting menstrual kit, pads are comfortable to use, they saved their money. Pads are easy to wash and dry, they are thankful to CITC Nepal." Mingma Chhamji Sherpa – CITC Educational Support Worker



First Aid training has also been carried out at the schools, helping the community with practical advice and skills to keep their children safe.

Just £3 can provide a reusable kit to support a girl in rural Nepal

£30 can provide a first aid kit for a school

[Click here to donate](#)

Water Filtration System Completed at Shree Bakhapalam Secondary School



CITC is pleased to report that the construction of a water filtration system has been completed at Bakhapalam Secondary school in the remote Solukhumbu region of Nepal. The project will provide clean, safe drinking water for the children at the school to use freely.

Generally, the villages in the mountains of Nepal don't have systematic and structured water distribution systems, with most villagers consuming water from the nearest accessible source. Previously, the school's water supply was from a source around 1.5km away, a polythene pipe was buried underground from the source to the school and there was no proper water reserve or filtration system installed in between. Inefficient management of water is one of Nepal's major causes of epidemics such as diarrhoea, dysentery and other water borne diseases. During rainy season the water has a high level of turbidity (cloudiness of the water caused by pollutants), compromising the quality with contamination

including faecal waste, making it dangerous to drink.

The installation of the new water filtration system includes an on site filter system, 3 thousand litre tanks for filtered water collection and a 500 litre tank at the source for the distribution of water to the school. This will provide safe drinking water, benefiting over 400 students.

New libraries thanks to dedicated CITC supporters



Thanks to dedicated CITC supporters Cathie Bremner Owen and Brenna Shaw along with CITC's Education Development Officer Samden Sherpa and the school communities, 4 bright, child centred libraries have been completely refurbished. Bookshelves have been painted, walls decorated and books catalogued.

Shree Padmakanya Basic School, Shree Sagarmatha School Waku, Shree Kharikhola and Shree Lukla Lower Secondary School have all benefited. The students and teachers have been keen to help and are extremely grateful for such a valuable resource to enhance their learning.

The libraries will provide an inspiring environment for the children to develop a love for reading. CITC passionately advocates reading as playing a vital role in educating children and helping to break the cycle of poverty in rural Nepal.



Kharikhola Art Project



CITC has had the privilege of welcoming the hugely talented artist Lynda Roberts to the village of Kharikhola to co-ordinate an exciting art project with the children of Shree Kharikhola Secondary School. Her work uses a range of media including sketching, sewing and painting to create a stunning impression of Kharikhola. Lynda is passionate about bringing art to life in rural communities and has previous experience of working in the Ghunsa region of Nepal. The children have enjoyed learning new techniques with the materials and Lynda has given the teachers many ideas to keep the creativity going in their classrooms.



New Early Years Project in the village of Bung

Over the past 2 years CITC has been developing an Early Years project in the village of Bung which will include a range of buildings including classrooms and toilet facilities. The centre will also be a hub for the ongoing training and development of our sponsored teachers, providing optimised teaching and learning methods to improve outcomes for the children.

Exemplary construction techniques will be used to ensure the build is of an earthquake resistant standard. This will include reinforced cement concrete and strong columns to provide great strength and durability.

Once completed, the centre will provide 6 new and 2 refurbished classrooms, designed specifically for child centred learning. This will be CITC's biggest project yet and the ambitious completion date is set for April 2019.

The project has so far attracted support from the Cheshire Fire and Rescue Service Apprentices, the Dudley Sister Schools Partnership and Rotary International. We look forward to sharing updates of the project over the coming months.

CITC's brand new website has arrived!



Our new mobile and tablet friendly website is here!

[Click here to visit the website](http://CITCNepal.org)

It is thanks to the support from all of our kind donors that we are able to move forward with the building of high quality classrooms, sponsoring teachers and addressing gender inequality in some of the most remote parts of Nepal. If you would like to get in touch, please contact kate@citcnepal.org

CLASSROOMS IN THE CLOUDS

60 built, meeting the latest Earthquake Resistant standards

CLASSROOMS

20 SPONSORED TEACHERS annually with mentoring, support and ongoing professional development

ADDRESSING GENDER INEQUALITY benefiting **3500+ CHILDREN** annually

Sponsoring women teachers to act as catalysts of change
Providing menstrual health training and improving hygiene facilities to empower women and girls to stay in education

BY 2023 CITC AIMS TO SUPPORT 10000+ CHILDREN ANNUALLY IN REMOTE AREAS OF NEPAL

at least **90%** of all donations spent at grassroots level

CITC also:
Provides clean water and gender specific toilets
Builds and resources libraries
Facilitates school links between the UK and Nepal

Charity no: 1170522

Classrooms in the Clouds

[Click here to donate](#)