

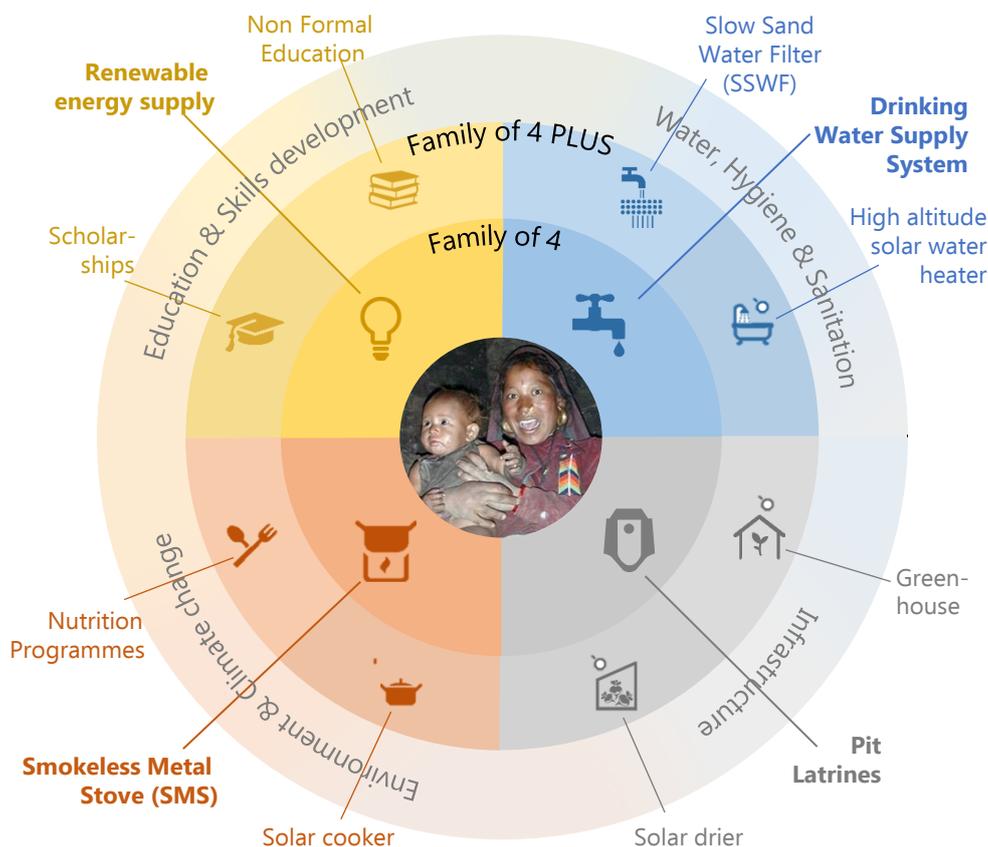
## Holistic Community Development (HCD) to Enhance the Living Conditions of Remote Mountain Communities in Nepal

Rural Integrated Development Services (RIDS) creates, promotes and supports holistic community development solutions with long-term benefits for the end user communities. The goal of this approach is to build up close partnerships with village communities that actively participate in the multi-year projects to improve their overall living conditions and to ensure self-sustaining development.

Our distinctive Holistic Community Development (HCD) approach is a highly contextualized framework aiming to enhance the local people's livelihoods by improving, or where needed, upgrading access and purity of water, hygiene, indoor air pollution and sanitation, education and skills, infrastructure and their environment, as well as considering climate change. The HCD approach involves two main stages, the "Family of 4" and the "Family of 4 PLUS". The "**Family of 4**" provides the fundamental infrastructure to achieve these goals, namely clean and safe drinking water supply systems on the village level, pit latrines and smokeless metal stoves for cooking, room and water heating for individual households, and rural electrification by using local renewable energy resources, such as photovoltaic, hydro or wind power, for whole villages or single households.

Once the "Family of 4" has been implemented successfully, the HCD concept gradually extends to the "**Family of 4 PLUS**" through the following elements which satisfy further basic needs regarding nutrition, hygiene, and education as identified by the local communities themselves :

- High-altitude greenhouses to grow vegetables
- Solar Driers for food conservation
- Non-formal education programs for women and out-of school children (mainly girls)
- Nutrition programs for mal nourished infants and their mothers
- Solar Cookers
- Slow Sand Water Filters for clean and safe indoor drinking water
- High-Altitude Solar Water Heater Bathing Centres
- School Scholarships for young women and men



## Who is RIDS and what do we do?

Founded in: 2002 (RIDS-Nepal), 2013 (RIDS-Switzerland)

Staff Nepal: 24 (project leaders, programme managers, coordinators and more)

Staff Switzerland: 4 board members, 1 international project director, supporters



Rural Integrated Development Services (RIDS) consists of two registered non-governmental organizations (NGOs) **RIDS-Nepal** and **RIDS-Switzerland** that work hand in hand: RIDS-Nepal is responsible for project implementation through local teams that are coordinated by the Kathmandu team, whereas RIDS-Switzerland focuses on project development, fundraising, public relations, strategy building and R&D support. The RIDS-Nepal team and the RIDS-Switzerland international project director are paid through project funds. The remaining RIDS-Switzerland team works entirely on a voluntary basis.

### Unique development approach

Dr. Alex Zahnd initiated the HCD approach more than 20 years ago and has since continuously refined and adjusted solutions to match the local context in Humla and Jumla. HCD is fundamentally based on local participation to ensure «embedded» and sustainable development. This approach strengthens local ownership and enables the longterm integration of changes in practices and habits into the local culture. RIDS-Nepal's field teams are from the project areas and receive continuous training by RIDS to work among their own communities. The villages and families partnering with RIDS in a HCD project participate through voluntary physical labour and provision of local materials.



Open fires are very common in Nepalese villages causing severe health effects.



RIDS developed a customized stove to the local people's needs.

### Local roots and knowledge

Dr. Alex Zahnd lived in the project areas from 1996 to 2011 and co-founded RIDS-Nepal and RIDS-Switzerland. Although not a resident in Nepal anymore, he continues to travel to Humla and Jumla frequently to manage the field projects, assist and train the local RIDS-teams, as well as develop newly applied research projects in collaboration with international universities.



Dr. Alex Zahnd, the Jumla team leader and two sponsored students.

### RIDS achievements (2002 – 2016)

As of 2016, 29 villages have partnered with RIDS in HCD projects for the 'Family of 4' and the 'Family of 4 PLUS'. Further solutions developed and implemented in various villages include bathing centers, an irrigation system, a pico-hydro power station and the high-altitude research station (HARS) as well as educational initiatives in safe motherhood and skills and maintenance training.

#### Education & Skills Development

- 285** Women trained in Non Formal Education
- 179** Mothers trained for motherhood
- 330** Family nutritional support
- 15** Technical school scholarships
- 20** Skills trainings (carpentry & cloth stitching)
- 806** People trained to use, maintain and repair their stove, PV & drinking water systems

#### Environment & Climate Change

- 1924** Smokeless metal stoves
- 742** Solar Lighting Systems
- 1** Pico-hydro power station
- 35** Phone chargers
- 1** Solar - Wind turbine hybrid system

#### Water, Sanitation & Hygiene

- 1886** Pit latrines
- 16** Village drinking water systems
- 651** Slow Sand Water Filters (SSWF)
- 2** Solar hot water bathing centers
- 1** Field irrigation system

#### Infrastructure

- 340** high-altitude greenhouses
- 192** solar driers
- 10** parabolic solar cookers
- High-Altitude **Research Station (HARS)**
- Pioneered** Nepal's first Solar PV Grid connected system & policy recommendations
- Ongoing **Technology** & product development

## Holistic Community Development (HCD) in Jumla: 19 Villages interested in partnerships

Nepal is a landlocked country in South Asia neighbouring India and the People's Republic of China. Located on the Southwestern side of the Himalayan mountain range, Nepal contains the highest mountains in the world and more than 40% of the country is above 3000 metres. The mountain regions particularly are very remote and difficult to access. Nepal is deemed a developing country with a Human Development Index (HDI) of 0.548 given by the UN Human Development Report 2015. The country is 148 out of 187 countries in terms of its development.

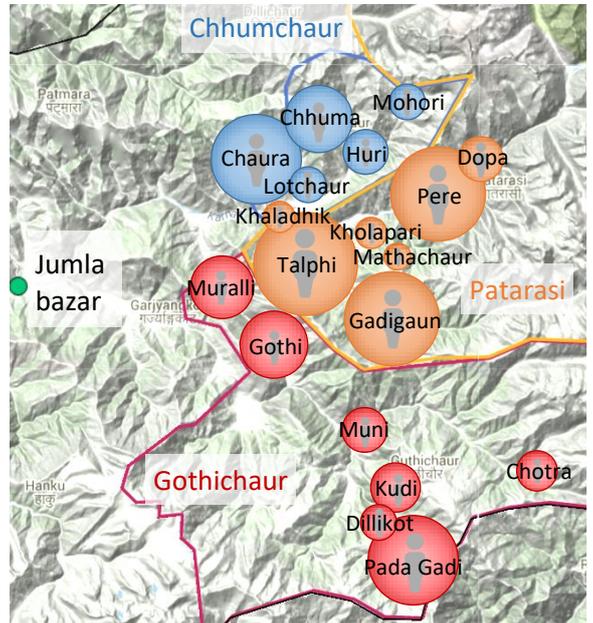
### Jumla: remote and often neglected

The Jumla district is a remote region in the northwest of Nepal, about 350 air kilometres northwest of Kathmandu, Nepal's capital. The Jumla district has a significantly lower HDI of approx. 0.35 due to its remoteness and striking poverty levels, which has only slowly improved since the civil war between the Nepali government and the Maoists ended in 2007. The utter poverty and hardships of living are some of the key reasons why RIDS has chosen to focus on the Jumla district to help improve local living conditions and future perspectives.

Jumla has 30 Village Development Committees (VDCs), with about 130 villages and 125'000 people. The average household size has 5.64 people, with a population density of 43 people per km<sup>2</sup>. The district's altitude varies from 2,000 – 6,400 m (6562 - 21000 ft), with villages between 2,300 and 3,500 m (7545 - 11483 ft). Ambient temperature in the Jumla district ranges from 30°C / 86°F (max) to -14°C / 7°F (min) with an average annual rainfall of 800 mm.

### HCD projects and associated costs

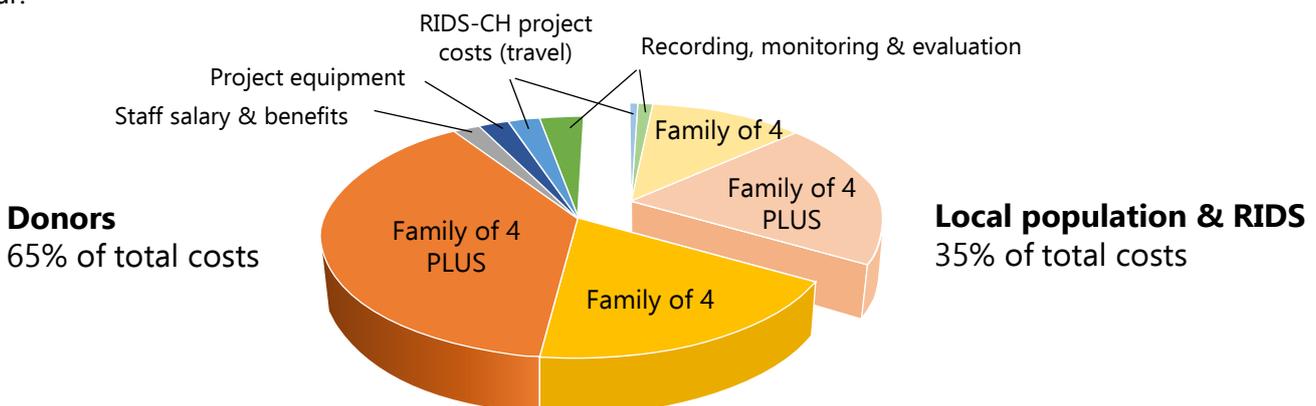
Previous HCD projects in Jumla have showed a very positive effect on the villages themselves as well as on neighbouring villages by increasing interest in HCD. By 2016, 19 villages have applied for HCD village partnerships with RIDS, a total of 13,200 people or 2344 households. Considering that the local population contributes a third to the overall project costs by providing manual work and local materials, the remaining costs mainly arise from direct project costs (see graphic below). Given the 5-year HCD project duration, the funding needed per household and year accounts to 388 US\$ or 69 US\$ per person and year.



The 19 villages interested in partnering with RIDS are within three VDCs. The size of the circle represents the local population, with Talphi being the largest with 1,385 inhabitants (2016).



Education (particularly of girls) is a key element of HCD.



## Holistic Community Development (HCD) In Pere village, Jumla, Western Nepal

### Quick facts Pere village

Inhabitants (as of 2016): 1260  
 Number of households: 219  
 Location: 2710m, 6 hours trek from Jumla bazar (very rough, dirt road, no bridges over streams)  
 Life expectancy: 54 years (men), 52 years (women)  
 Literacy rate: ~45% (men), ~20% (women)

In 2015, the Pere village community submitted a written HCD project partnership with RIDS. The villagers had seen the life changing improvements taking place in three neighbouring villages, where RIDS has been implementing HCD projects since 2013.

### Village initiative for HCD project

After people had visited and seen the advances undertaken in their neighbouring villages, the 220 families of Pere wished to improve their livelihoods and their children's education and perspectives. The community is very willing to establish a partnership with RIDS and contribute their part in the long-term project.

### Pere village: project costs and plan

Given the long-term nature of the HCD approach, the Pere village project is scheduled for 5 years. Ideally, this project would be embedded in the 19-village-Jumla context and synergies between the villages could be shared (e.g. regional staff, office, equipment etc.). The project is designed to focus on awareness and the creation of ownership in year 1, whereas year 2 and 3 concentrate on the core of «Family of 4» and «Family of 4 PLUS». Years 4 and 5 guarantee the knowledge transfer and follow up with village growth since the beginning of the project.



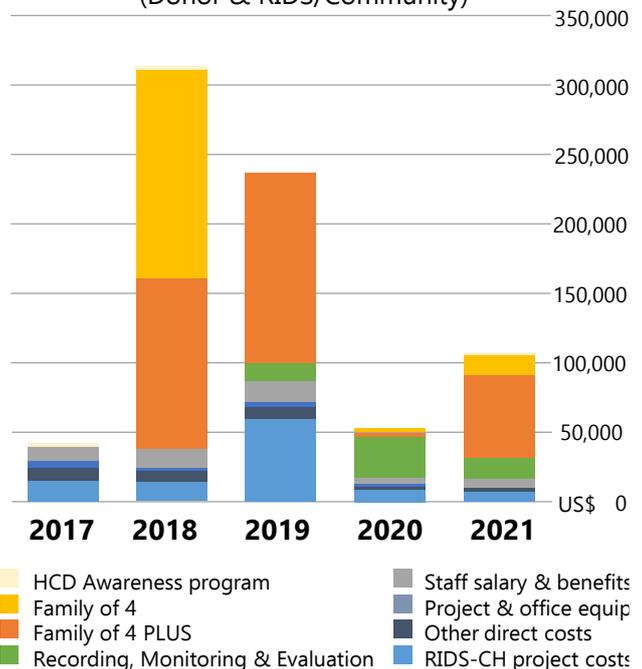
Pere village lies at 2710 m / 8900 ft above sea level, where winter temperatures reach -10° C / 14° F.



A typical Pere house with 3 levels; for livestock (ground floor), family living space (middle), drying and storage of harvest (upper floor).

**Funding needed for Pere village:**  
 (1374 inhabitants, 247 households by 2021)  
 Per person and year: **79 US\$**  
 Per household and year: **439 US\$**  
**Total: 541,999 US\$**

### Total yearly costs for Pere village (Donor & RIDS/Community)



### Total Pere village project costs

