

Syada Village Community Project - Funding Proposal

For a 3-Years Holistic Community Development Program in Syada Village, Humla, Nepal
1st January 2018 to 31st December 2020



April 2017

Brief Facts of the Syada Village HCD Project Proposal:

1. <u>Full Name of Implementing Organizations:</u> RIDS-Switzerland (Rural Integrated Development Services, Switzerland; www.rids-switzerland.org) & RIDS-Nepal (Rural Integrated Development Services, Nepal; www.rids-nepal.org)
2. <u>Project Title:</u> Syada Village Holistic Community Development Program Humla, Nepal <u>Location:</u> Syada Village of Humla District, Nepal <u>Beneficiaries:</u> 228 households (1'348 people) in Syada village, Humla end of 2020
3. <u>Project Duration:</u> 1 st January 2018 to 31 st December 2020 <u>Total Project Value:</u> US\$ 629'612 (incl. ~24% Participatory Voluntary Work of the local Community and RIDS) <u>Total Funding Request:</u> US\$ 483'637 (~76% of Total Project Value)

1. INTRODUCTION

1.1 Nepal and Humla District:

Nepal, with its Human Development Index (HDI) of 0.548 according to the UN's Human Development Report 2015, is a developing country ranked 145th out of 188 countries in terms of its development. In terms of income, Nepal also ranks very low with an annual GDP per capita between US\$ 252 and US\$ 1,600, depending on the sources referred to. However, it is estimated that still almost 40% of Nepal's population live on less than a US\$ 1.25 a day. That itself shows that it is almost impossible in a country of such diversity to define people's living standard and income with only a single figure. According to the population census of 2011 the country has an estimated population of ~30 million, of which almost 40% are aged 14 or less and approximately 75% of whom live in rural areas. In energy terms, traditional fuel consumption (firewood, dung) represents 93% of total usage nationwide, though in rural places people depend 100% on their local biomass (firewood) resources for their energy services, such as cooking, room heating, indoor lighting and water heating, causing widespread and devastating deforestation.

Nationwide, the average electricity consumption is less than 100 kWh per person per year, although this is accessible to only approximately 25% of the population. This makes Nepal one of the least "modern" energy (electricity) consuming countries in the world, despite the vast renewable energy resources such as water and sunshine. Infant mortality, compared to developed nations, is high ranking from 86 to 53 per 1,000 live births for the poorest and richest 20% respectively. The UNDP estimates that 48% and 51% of the <5 years old children in Nepal are under weight and under height for their ages respectively. These average statistics, alarming as they are, mask an even more serious situation for rural and remote people in Nepal, such as in the Humla district.

Humla district is a remote region in the northwest of Nepal, behind the main Himalayan range, also known as part of the "Inner Himalayas". It is the name given to the valleys which lie to the north of Nepal's principal and well-known chain of mountains, the Himalayas. Humla valley is over 400 km air distance northwest of Kathmandu, Nepal's capital.



Figure 1: The traditional indoor open fire place called “odhan” for the daily cooking and room heating in a Humla home. It creates enormous high carcinogen indoor air pollution and carbon monoxide levels, under which the children and women in particular suffer.



Figure 2: RIDS-Nepal measures the PM (Particulate Matter) and CO (Carbon Monoxide) indoor air pollution in homes cooking/heating with the traditional “odhan”, as well as in homes with an improved RIDS-Nepal designed smokeless metal stove.

Of the 75 provinces in Nepal, Humla has been judged to be one of the poorest. Using a ranking of 1 (best) to 75 (worst), Humla was ranked in the overall index at 74th position in terms of poverty, deprivation, socioeconomic and infrastructural development, and women empowerment. The HDI for Humla has been calculated by RIDS-Nepal to be around 0.25, less than half of the HDI as listed with the UN for Nepal as a country. In reality, that means, poverty is striking and still widely seen. No road infrastructure exists in Humla district, and people and goods are transported on foot or by animals along and over the high Himalayan mountain tracks. The airstrip at Simikot, which provides the main link to the outside world has been black topped in 2011, and there are still no reliably regular scheduled flights.

The population of Humla district as a whole according to the most recently available estimate is 51,008 (Male 25,940, Female 25,068) which is 0.19% of total population of the country. Two distinct cultural groups dominate the area: Tibetan extraction (Bhotiya) Buddhists belonging to the Lama caste who speak a Tibetan dialect, are concentrated at the highest altitudes nearest the Tibetan border and Hindu caste Nepali-speaking people of the local ‘Khas’ ethnic subgroup belong to castes such as Bahun (Brahmin), Shahi Thakuri, Chhetri and occupational castes such as Damai, Sunaar, Kami and Sarki. The latter are treated as untouchable and are traditionally called ‘low caste’. Nowadays they are more politely referred to as ‘Biswa Karma’, which is the name of the deity for machinery in the Hindu pantheon.

Much of the north of the Humla district is snow covered or extremely cold for 5-6 months of the year. 24% of land cover is high altitude pasture, which accounts for the importance of livestock in the farming system, particularly yaks and local yak-cow hybrids. Due to the formation of Community Forestry User Groups in the districts to the south, where sheep were traditionally over-wintered, Humli shepherds are unable to find pasture during winter migratory periods and sheep farming is in decline. Also the import of iodized salt from India has replaced Tibetan salt, though trade in smaller quantities still continues. Tackling development in this area is therefore an enormous challenge. Being one of the remotest areas with very deep narrow valleys and high Himalayan peaks, trails in Humla used to be amongst the most treacherous in the country.

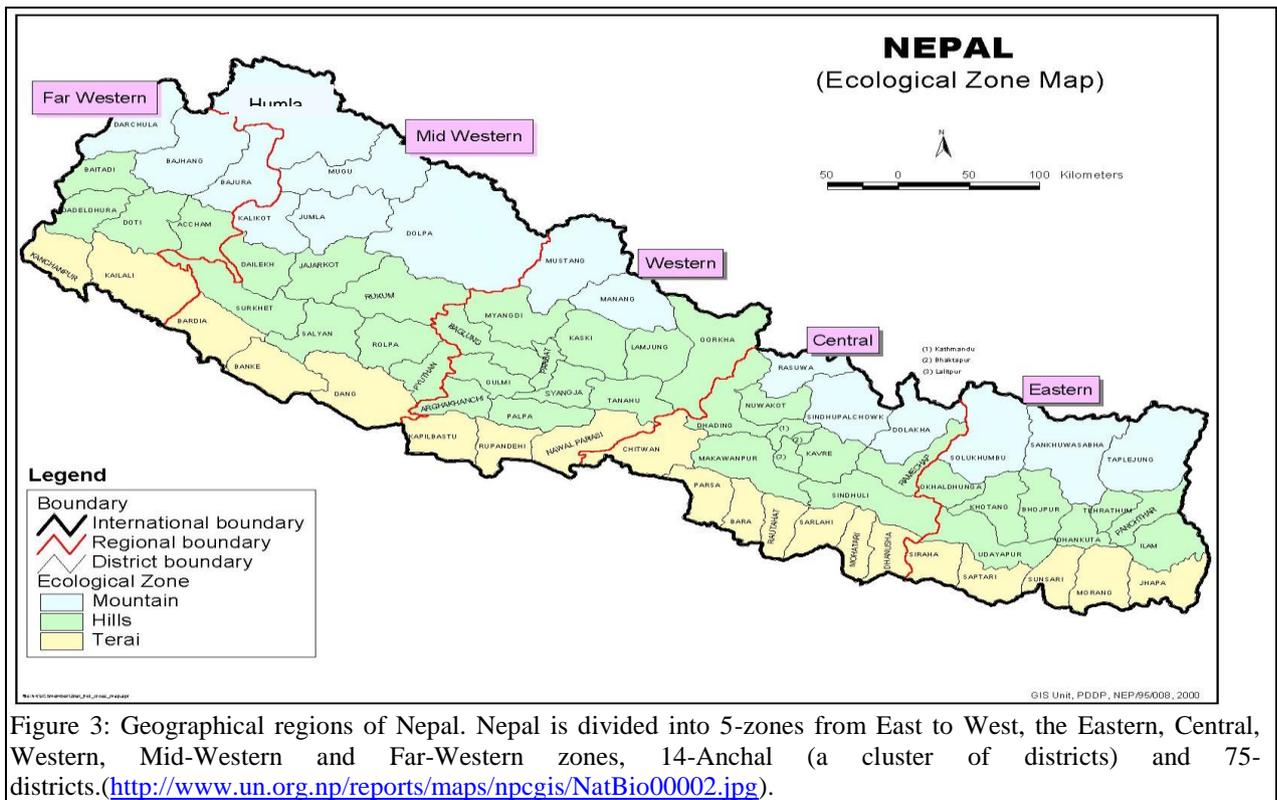


Figure 3: Geographical regions of Nepal. Nepal is divided into 5-zones from East to West, the Eastern, Central, Western, Mid-Western and Far-Western zones, 14-Anchal (a cluster of districts) and 75-districts. (<http://www.un.org.np/reports/maps/npcgis/NatBio00002.jpg>).

1.2 RIDS-Switzerland/RIDS-Nepal; a brief introduction:

RIDS-Switzerland (Rural Integrated Development Services-Switzerland) is a registered, not-for-profit, non-governmental and tax exempted philanthropic organization, founded in 2013 to consolidate and strengthen project work in Nepal. In collaboration with village communities we design and implement long-term, holistic community development projects for remote high-altitude villages in the Nepali Himalayas through RIDS-Nepal, a Nepali, not-for-profit non-governmental organization (NGO), founded in 2002 and registered with the Government of Nepal in 2005. RIDS-Nepal has been involved in extensive development work in the region since 2002.

Our mission and goal is to see an **improvement in the quality and overall health and living conditions of these communities**. Our distinctive [Holistic Community Development \(HCD\)](#) approach of the ["Family of 4"](#) (Fo4) and the ["Family of 4 PLUS"](#) (Fo4PLUS) is a highly contextualized framework enabling long-term synergistic community development impact and benefits for the end user communities. We work in close partnership with the village communities, to identify their most immediate needs, and to conduct contextualized and synergistic projects such as Pit latrines (PLs), Smokeless Metal Stoves (SMSs), Access to Basic Indoor Lighting and Access to Clean and Sufficient Drinking Water (DWS) in the village under the Fo4 HCD approach, with additional programs (Fo4PLUS) such as Non-Formal-Education, health, hygiene, nutrition, high-altitude-greenhouses, solar driers, slow-sand-water-filters, etc. **All long-term HCD projects are planned, designed and implemented in close collaboration with the end user community within their cultural and environmental context, thus enabling greater prospects for long-term sustainability.** Special focus is given to the poor, marginalized and disadvantaged peoples and communities in remote and difficult to reach mountain villages.

Since 2002, we have been able to partner with 23 villages, designing and implementing long-term HCD programs in the two remote, high-altitude districts of Humla and Jumla, in the north-west of Nepal. Periodical re-visits and household surveys in 9 villages after 2, 5 and 10 years after a village project phased out and the project has been handed over to the local users, show that e.g. after 5 years, the SMS enjoys a very high ($\geq 90\%$) users acceptance and satisfactory rate, with significant ($\geq 40\%$) firewood saving achieved. That shows how effectively the SMS has been taken up by the local culture, with the users demonstrating a strong feeling of ownership. The proper use and maintenance of the PLs are a greater challenge. While more time by the RIDS-Nepal staff is invested through follow-up visits, still only approx. $\geq 75\%$ of the PLs are used correctly and effectively over the same time period. High-altitude Greenhouses (GHs), though implemented more widely with local village communities through RIDS-Nepal only since 2010, enjoy a very high user satisfaction rate ($\geq 90\%$), with some users having generated valuable extra income for their families, by being able to sell their surplus fresh vegetables in the nearby local market during the winter season. Valuable lessons are extracted from these surveys and the respective changes and adjustments are included in new and planned village project partnerships.

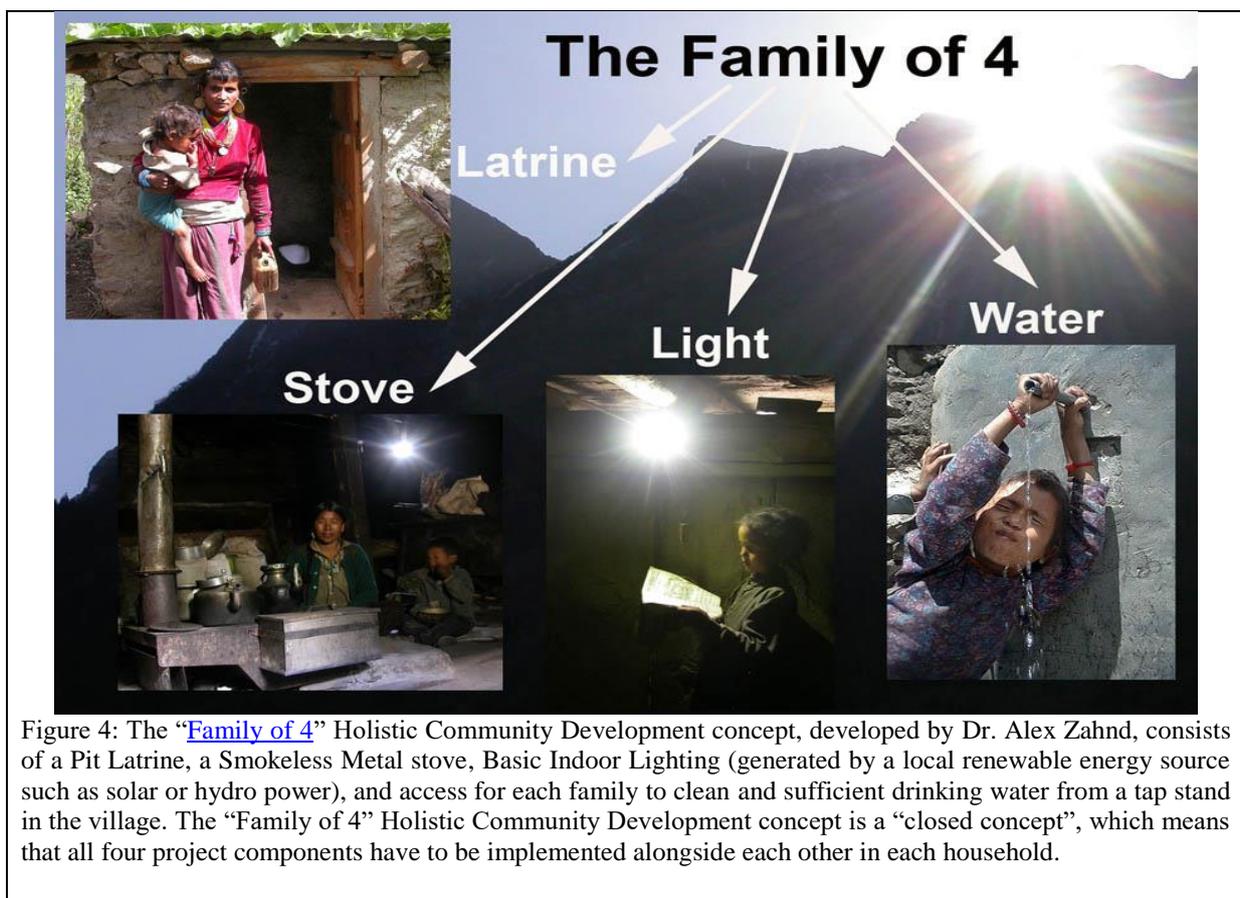


Figure 4: The “[Family of 4](#)” Holistic Community Development concept, developed by Dr. Alex Zahnd, consists of a Pit Latrine, a Smokeless Metal stove, Basic Indoor Lighting (generated by a local renewable energy source such as solar or hydro power), and access for each family to clean and sufficient drinking water from a tap stand in the village. The “[Family of 4](#)” Holistic Community Development concept is a “closed concept”, which means that all four project components have to be implemented alongside each other in each household.

1.3 RIDS-Switzerland/RIDS-Nepal; Program Approach:

Based on RIDS-Nepal’s practical experience of working with remote, impoverished people groups since 1996, the Holistic Community Development (HCD) concepts of the “[Family of 4](#)”, and “[Family of 4 PLUS](#)” have been developed. They include projects and programs addressing the most urgent and often identified needs by the local communities. A central aspect of the HCD concepts is to maximize the use and capacity of the locally available resources to its people, environment and cultural context.

The Holistic Community Development programs are implemented through RIDS-Nepal's 3-Tier Working Concept:

- 1) Baseline and Follow-up Surveys for need, evaluation, and project impact assessments. Skill and maintenance training for the local end users and the RIDS-Nepal staff.
- 2) [“Family of 4”](#) and [“Family of 4 PLUS”](#) HCD Project Design and Implementation.
- 3) Project follow-up, Evaluation and Research & Development of context related technologies, infrastructures, educational programs, teaching & training material and project management.

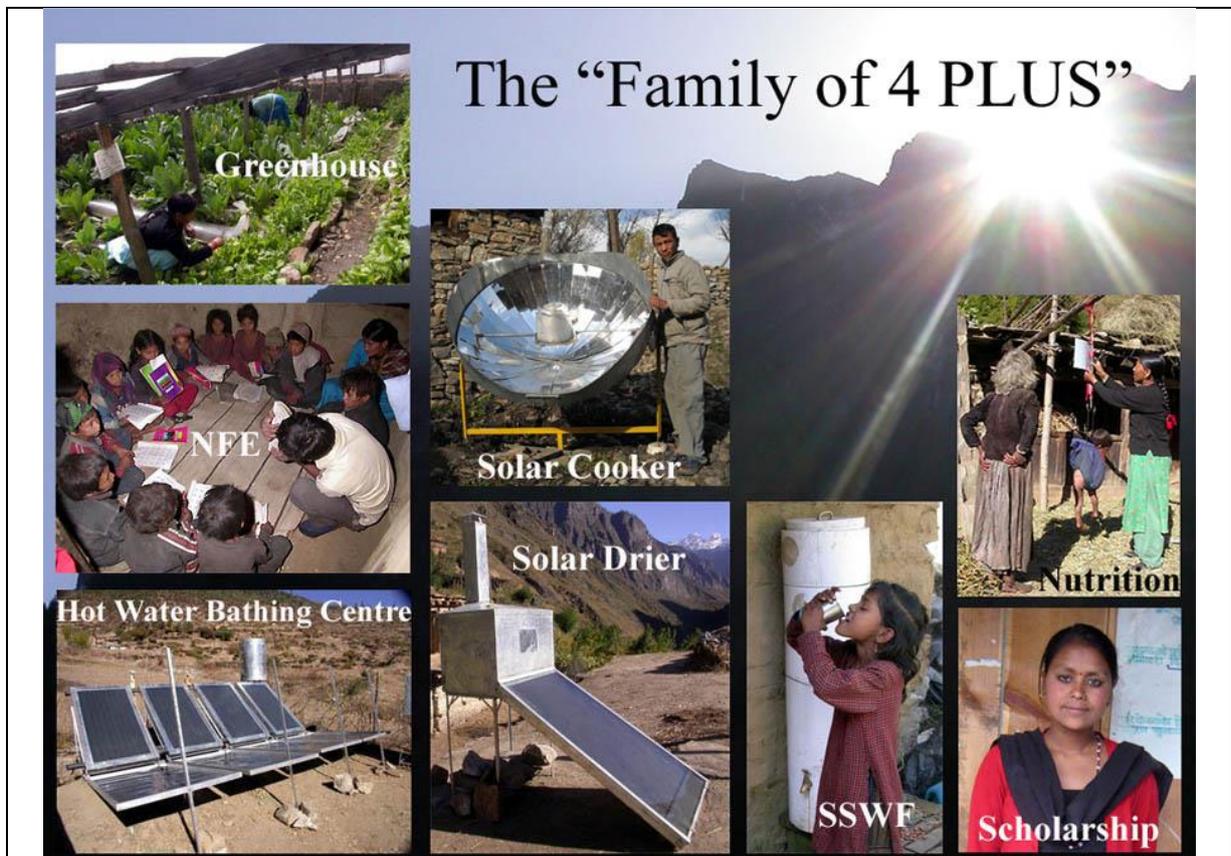


Figure 5: The [“Family of 4 PLUS”](#) Holistic Community Development concept is a more “open concept” and comes into action once the [“Family of 4”](#) has been fully implemented and is in use with each family, providing each family with each component's individual, as well as synergistic, benefits. The [“Family of 4 PLUS”](#) Holistic Community Development concept consists of components addressing needs which the local users have identified additionally to the implemented “Family of 4” components. Till today, the “Family of 4 PLUS HCD concept consists of 8 possible additional components (as shown in Figure 5), which can be considered to be implemented if the local people identify them to be needs they want to be addressed as a community.

2. RIDS- Switzerland /RIDS-Nepal ACHIEVEMENT

RIDS-Switzerland/RIDS-Nepal has designed and implemented various community development projects in partnership with local communities in Humla and Jumla and various organizations and donor agencies such as the Kathmandu University, FHNW University in Switzerland, USC Canada, the Adara Foundation, Light in Nepal (LiN) Foundation, the Symphysis Foundation, the George Fisher Foundation, the Kadoorie Charitable Foundation as well as with some philanthropic individual donors.

Since 1996 RIDS-Nepal has been working alongside the people in Jumla, and since 2002 in Humla. Over the course of this time RIDS-Nepal has gained the trust and recognition of the local communities, government offices and development organizations. RIDS-Nepal's field staff are all from the Humla and Jumla district respectively. Thus they work and live in their own districts alongside their own people groups. The participatory planning and execution of community development projects brought RIDS-Nepal already 3-times the Nepali government's recognition as the best NGO in the district of Humla (2) and Jumla (1) respectively.

Over the years great in-depth knowledge and experience of the local communities' situation and context in regard to their socio-economic, cultural, environmental and technical struggles and problems have been gained. Thus, ways to address their deep rooted needs through appropriate and sustainable solutions to improve their living conditions in holistic ways have been gained.

From 2002-2015, RIDS-Nepal installed in 23 Villages (17 in Humla and 6 in Jumla), the following numbers/units of projects/programs of the "[Family of 4](#)" and the "[Family of 4 PLUS](#)":

- 1,886 Pit Latrines (PLs)
- 1,924 Smokeless Metal Stoves (SMSs)
- 742 Solar PV Home Lighting Systems (SHS)
- 1 Pico-Hydro Power (600 watt) Village System
- 1 Micro Hydro Water Overflow Support program in Jumla
- 16 Village Drinking Water Supply Systems
- 651 Slow Sand Water Filters
- 340 High-Altitude Greenhouses
- 192 Solar Driers
- 10 Parabolic (SK14) Solar Cookers
- 10 Hand Oil Expeller
- 1 Solar PV - Wind Turbine Hybrid System (160 watt/160 watt)
- 2 High Altitude Solar Hot Water Bathing Center
- 35 Mobile Phone Chargers installed, powered by Solar PV Home Systems
- 1 Village Field Irrigation System
- 19 Karnali Technical School (KTS) Student Scholarships (2 ½ years apprenticeship)
- 179 Mothers trained for Safe Motherhood
- 19 Non Formal Education (NFE) classes with about 285 participants (all female students). All four NFE teaching and work books have been developed by RIDS-Nepal
- 23 Nutrition Support programs with about 330 mal-nourished children <5 years of age support and training for their mothers
- 10 People provided with a Carpentry training for income generation
- 10 People provided with a Cloth Stitching training for income generation
- 64 People trained to operate, maintain and repair their village drinking water system
- 742 People trained to operate, maintain and repair their solar PV home system
- Built (in 2004) and operates a [High-Altitude Research Station](#) (at 3'000 m altitude) with various new developed Renewable Energy Technologies tested over 2-10 years, with detailed performance and data monitoring

- RIDS-Nepal designed, built and demonstrated since 2013 (<http://pvnepal.supsi.ch/>), [Nepal's First Solar PV Grid connected systems](#). Based on their performance, and RIDS-Nepal's recommendations, the Nepal government provided the needed policies to install Solar PV grid connected systems in July 2014
- RIDS-Nepal developed several new Technologies/Products with each technology/product now being manufactured in Nepal by local industries. These are: [Smokeless Metal Stove](#); [Solar PV Home/Cluster/Village Systems](#); [White LED lights \(1-3 watt\)](#); [Pico-Hydro Power Plant](#); [High-Altitude Greenhouse](#); [Solar Drier](#); [Slow Sand Water Filter](#); [Community Solar Water Heater Bathing Center](#);

Moreover, RIDS-Nepal has been executing Research and Development Projects in the field of agriculture (high-altitude greenhouses and solar driers), malnourished children under 5 years of age; sanitation; clean drinking water (developed a slow sand water filters); cooking and heating (developed a smokeless metal stove and solar cooker); locally available renewable energy resources through appropriate, developed context dependent technologies such as solar PV, solar water heaters, solar cookers, wind turbines, small scale hydro-power plants, and solar PV – Wind Turbine Hybrid System. The goals are to provide the local communities with improved energy services such as basic indoor lighting, improved cooking, room heating, hot water, increased vegetable production, food drying for increased nutritious meals during the cold winter seasons etc.

3. DEVELOPMENT CHALLENGES IN HUMLA

Communities in the Humla district suffer severe disadvantages and poverty, which have become deep-rooted as a result of the region's remoteness and harsh climate conditions. In particular the situation for women, children and young people is dire. With very poor quality education and healthcare facilities, poor housing, inadequate sanitation and other basic infrastructure, limited food supply, almost no cash economy and thus limited employment in adulthood, it is difficult for communities to survive and sustain.

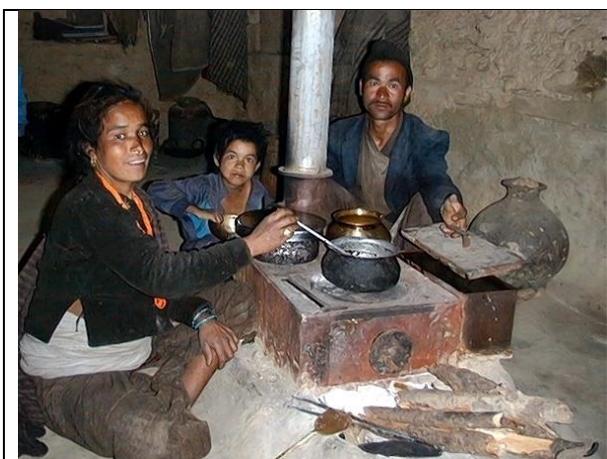


Figure 6: A [Smokeless Metal Stove \(SMS\)](#), designed by Dr. Alex Zahnd (RIDS-Nepal), in a local Nepali home. The family can now cook and heat their room during the cold winter months in a clean indoor air environment.



Figure 7: Access to [clean and sufficient drinking water](#) from the village's own water source and village based tap stands is one of the ["Family of 4"](#) projects and part of the basic Holistic Community Development (HCD) concept.

Several studies reveal that the main underlying causes of poverty in this region include insufficient access to energy services, poor hygiene and sanitation practices; inadequate cooking; room heating and indoor lighting facilities; low and inefficient agricultural production technologies and meager soil productivity; limited livelihood opportunities through the harsh, barren and infertile environment; low level of awareness, education and availability of skilled workers; and poor, or non-existent, economic opportunities with weak market linkages.



Figure 8: The traditional way of indoor lighting is to burn “jharro”, a resin soaked piece of pine, which generates enormous amount of smoke and black soot, causing enormous health risks and very little brightness.



Figure 9: The White Light Emitting Diode (WLED) lights RIDS-Nepal developed and manufactures now through a Nepali company in Nepal provide clean and safe indoor lighting for the whole family.

Further, most of the identified villages do not have access to electricity, clean and sufficient drinking water, clean and reliable indoor lighting. They have open indoor fire place cooking and room heating resulting in health endangering smoke filled kitchens, and have limited or most often no communication opportunities. Thus it is more than justified to say that the people of Syada village still endure a “life in darkness”.

Similarly, due to the harsh high altitude climatic conditions, accentuated by the last 10 years’ climate change impacts, and the extreme remote geographical location with the lack of infrastructure and facilities for development opportunities, people of Syada village are living a life that is of a substandard condition and quality compared to other parts of the country. Lack of livelihood opportunities have increased the vulnerability of the poor, resulting in youth migration either to more urbanized areas in Nepal or to India, even further reducing the availability of skilled laborers, leaving increasingly more land uncultivated. No employment opportunities combined with high inflation and skyrocketing food prices have left many households, especially disadvantaged groups and communities, unable to meet their basic food demands. Yet the area has some natural “wealth” and resources such as water, sunshine, herbal (medical and aromatic) plants and high-altitude range lands which are still mostly unexplored and thus present potential opportunities for development.

The communities are unlikely to achieve any significant improvement in their living conditions without outside project support, assistance and capacity building. These are the reasons why RIDS-Switzerland/Nepal decided to focus on this region and people – they deserve not to be forgotten. We have a long-term commitment to Humla and its people.

4. RATIONAL FOR THE HCD PROGRAM IN SYADA VILLAGE OF HUMLA

The people of [Syada](#) village are exposed to severe health risks due to extreme poverty, subdued to extremely backward living habits with negative impacts for generations and very limited educational opportunities. Needless to say that the bulk of these traditions are there for a reason and are appreciated. There are however some practices that proved difficult in the context of development projects, as for example the caste system. The women in Syada village cook and heat inside their homes with old and outlived stoves or on open fires that fill the homes with smoke and soot. Till recently (2014), before a MHP (micro-hydro power plant) was built for 3 neighbouring villages, families in Syada burned resin-soaked pine wood sticks for indoor lighting, exposing people, in particular the children and pregnant mothers, to strong indoor smoke, resulting in respiratory diseases and prenatal brain underdevelopment of the fetus due to high indoor CO (carbon-monoxide) levels. Burning accidents caused by the open fire places, are other tragic consequences for small children.

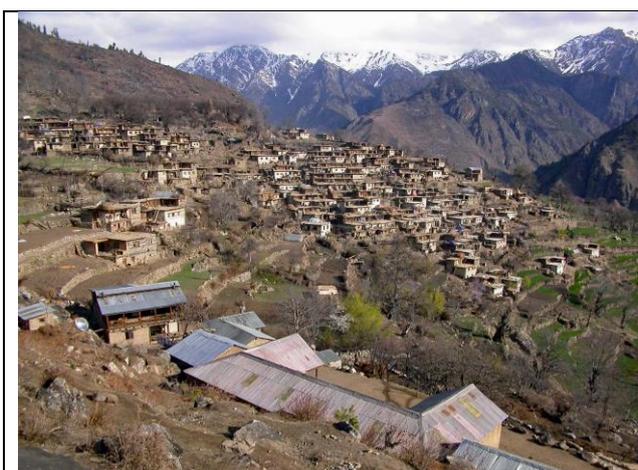


Figure 10: [Syada village](#), with 207 families (Dec. 2015), situated in the upper Humla district, approximately 6 hours north of Simikot

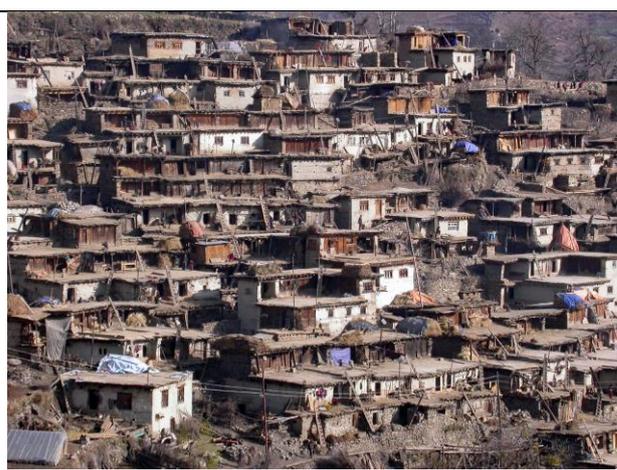


Figure 11: [Syada village](#) close up, showing how dense the families build their homes on top of each other, causing huge hygienic problems.

Syada suffers under permanent food shortage, as they are able to grow vegetables and their staple food (potatoes, lentils, bitter buck wheat) on their own agricultural land for only approx. 4 months per year during the summer months (June/July – September/October). There is almost no access to fruits due to the harsh, high-altitude climate.

All of this results in vitamin deficiencies, low birth weights, stunting, underweight and overall poor health of the children (according to WHO data and standards). Anaemia and goitre (due to the lack of iodine) are common problems here. Women and children especially seem to be vulnerable and suffer due to cultural habits and unhygienic conditions such as open defecation, sleeping separately from the main house in sheds during menstruation, dirty and contaminated drinking water, high indoor air pollution (PM values and CO) due to open fire place cooking etc..

Transmission of diseases over the fecal-oral route is very common due to poor hygiene/sanitation, resulting in high numbers of people, especially small children, suffering from frequent diarrhea and intestinal diseases (worms, amoebae etc.). Malnourishment among children and mothers is common. There is no awareness or education on health hygiene or the dangers of indoor air pollution etc. It is neither practiced nor common that pregnant women receive prenatal care or supplements (such as folic acid, iron tablets or vitamin A). While

mothers start introducing solid food to their children at around the age of 8-9 months, the mothers breastfeed their children up to 3-4 years of age, therefore often breastfeeding 2 children at the same time. Under such poor conditions opportunities for appropriate education are also limited. The base-line survey RIDS-Nepal conducted in December 2015 also reveals the educational level and social status of each family, thus identifying the potential number of people that can be enrolled in the various Operation & Maintenance (O&M) training courses and Non-Formal Education (NFE) program RIDS-Nepal can provide as well as how many young women and men may have the potential to apply for a scholarship for a 2 ½ years apprenticeship education at the Karnali Technical School (KTS) in Jumla.

With reference to the villagers' requests, meetings and survey findings, RIDS-Switzerland/Nepal together with the village communities identified and planned for the "Family of 4" and "Family of 4 PLUS" HCD program consisting of projects as described in the following chapter.

5. THE PROJECT

5.1 Program Goal

The goal of the 3-years HCD project in partnership with the Syada village community is to improve overall living conditions and well-being of the impoverished Syada families and people, especially the children and women, through improving sanitation, access to clean and sufficient drinking water in the village, decreased indoor air pollution, increased food security, improved access to energy services, and education and training. This will be achieved through a long-term (3 years), holistic community development (HCD) project. Each component of the project is based on the self-identified needs of the community and is implemented in close partnership with each family. The HCD project is highly contextualized to fit its geographical, cultural and environmental context.

5.2 Program Objectives

Based on the needs identified by the local people, a total of 14 key objectives over the whole 3-year HCD program have been identified as follows:

1. Holistic Community Development (HCD) awareness raising program.
2. Address issues of sanitation for better hygiene and better health through the building of a pit latrine (PL) with each household that does not have yet one or whose PL is damaged.
3. Create clean indoor air through the installation (including O&M user training) of a Smokeless Metal Stove (SMS) for cooking and heating in each household.
4. To increase access to clean and sufficient drinking water through supporting them in the repair, maintenance and rehabilitation of existing, but poorly functional, village drinking water systems (DWS).
5. Conduct a hands-on village DWS construction, O&M (operation/maintenance/repair) training.
6. Provide a Karnali Technical School (KTS) scholarship either for a young woman or man, to help with further education and opportunities for jobs.
7. Build a high-altitude greenhouse (GH) with each family to improve their health with a better diet and to enable an income generation opportunity.

8. Install (including O&M user training) a Solar Drier (SD) for each household by the end of 2020, so that families can have dried and nutritious food (vegetables from their greenhouse, fruits, meat etc.) during the harsh 4-5 winter months.
9. Install and train O&M of a Slow-Sand-Water-Filter (SSWF) inside each families' home by the end of 2020.
10. Non-Formal-Education (NFE) classes for women (literacy, numeracy, life skills).
11. Conduct a mal-nutrition program for mal-nourished children <5-years and their mothers.
12. Conduct a Mother-Child care education and training program.
13. Conduct five skill based training programs: carpentry, masonry, sewing, bee-keeping, and poultry for young men and women of Syada village.
14. Follow-up all prior implemented projects in Syada village.

5.3 Program Location

Syada VDC (Village Development Committee) is in the western part of upper Humla district, approx. 24 km northwest (about 6 hours walk) from the district headquarters of Simikot. Syada village is located at: Latitude: 29° 59' 04" North; Longitude: 81° 46' 04", at 2,743 meters (9,000 feet) above sea level.

Syada VDC covers 89.61 km² land (out of 5,655 km² of Humla district), out of which ~5% land is arable/suitable for high-altitude farming, ~40% is steep, sloped land, not suitable for farming, ~30% land is covered by forest, ~15% are rocks and boulders, ~8% is covered with snow all year around, and ~2% river and streams.

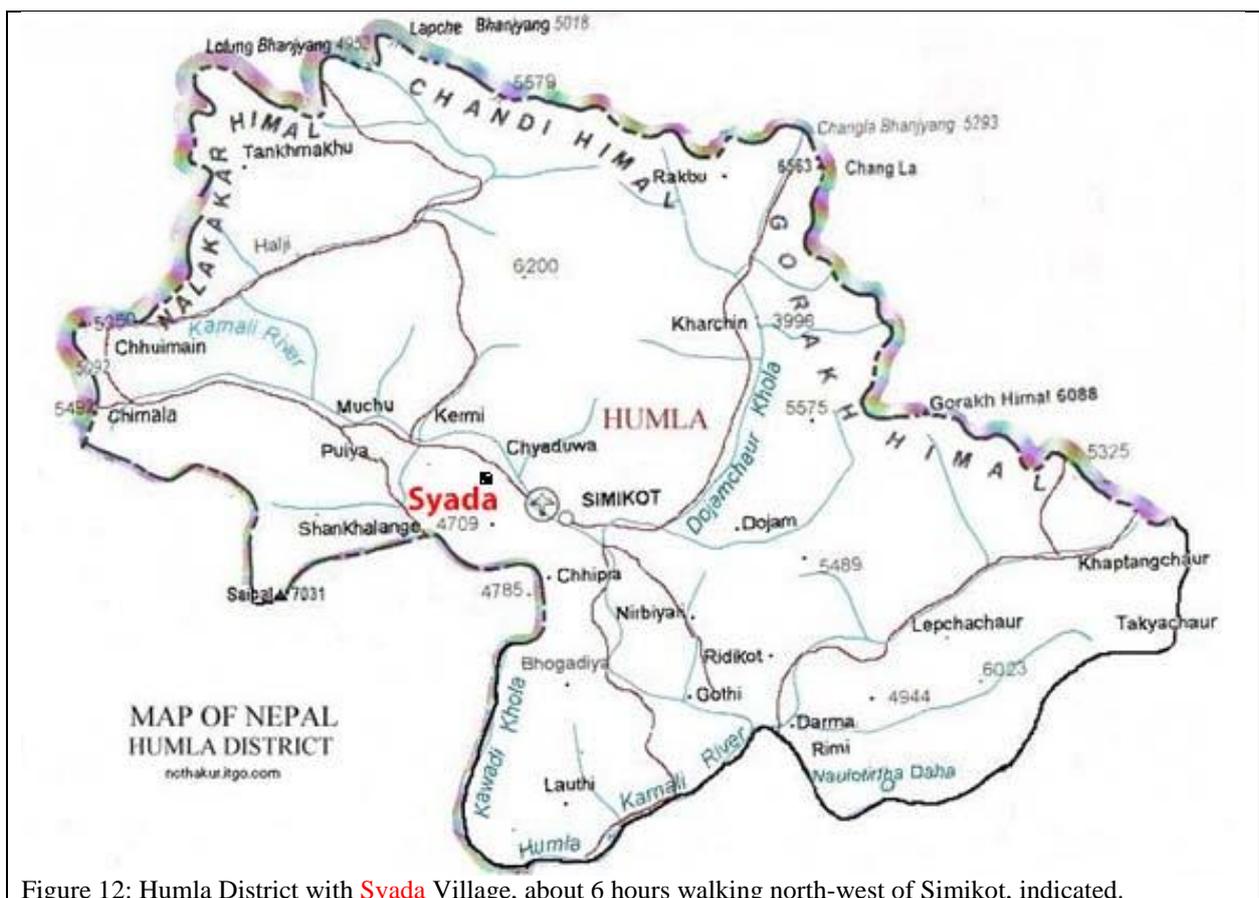


Figure 12: Humla District with Syada Village, about 6 hours walking north-west of Simikot, indicated.

5.4 Program Beneficiaries

The 207 families of Syada, made up of 627 males and 594 females based on the base-line survey RIDS-Nepal conducted in December 2015 are the direct beneficiaries of this project. Their overall health and living conditions will improve significantly through the impact of the individual programs and even more so from the synergistic benefits of the multi-sectorial, holistic and integrated development approach. The project provides opportunities and chances for a better future and living conditions through improvements in sanitation, hygiene, health, nutrition, education, income generation and job prospects as well as increased social interactions. This project will also be a model for demonstrating possible long-term changes through holistic, integrated development for the surrounding village communities that are similarly underdeveloped.

5.5 Program Community Context

From 1996-2006 Nepal had a civil war between the government and the Maoist rebels. During this time it was very difficult to carry out development projects in these remote communities. Nevertheless, RIDS-Nepal and its staff stayed and worked in the villages throughout this time. Once peace was restored in 2007, and the Maoists became one of the major political parties in Nepal, it was again easier to increase the scope and intensity of the holistic community development engagement with the village communities. Much, if not all, of the infrastructure was demolished during the 10-year war. Thus, in the case of Syada village, this is a “post-conflict” area, in which people are very aware of the importance and urgency of intensifying the development projects in their villages. Syada has an annual population growth of about 2%.

5.6 The program activities and its implementation plan:

The present project proposal is for a 3-year HCD program the Syada community identified as part of their self-identified need assessment, with the request to be address in partnership with RIDS-Nepal. The objectives and activities under each program are detailed below:

- 1) **All Community members have greater and clearer awareness for the need of multi-sectorial Holistic Community Development (HCD):** Based on RIDS-Nepal’s success in previous projects through visual aids (with newly designed brochures and large scale posters) people with no or minimal literacy skills are taught in visual ways about the HCD project. Further, the local community’s awareness is raised through dramas and public sessions about the multiple needs a HCD program addresses.
- 2) **Eradication of open defecation:** This is achieved through building a new pit latrine (PL) for each new house that does not yet have a PL, or a damaged/substandard PL. Training is provided on the proper use and maintenance of the PL. Each user organizes and provides all the locally available materials (stones, wood, mud etc.), digs the PL septic tank and builds the PL structure based on RIDS-Nepal’s PL standard, provided user training and supervision. RIDS-Nepal also provides the hardware (syphon, HDPE pipe, galvanized sheets for roof and land/air transport). 55 new pit latrines will be built by 2020.
- 3) **Eradicate indoor air pollution, enable better cooking and heating services, with up to 40% less firewood consumption:** This is achieved through manufacturing and installing a new Smokeless Metal Stove (SMS) in every house. User training on the proper and efficient use of the SMS is also provided. Each user collects and provides the local

materials (mud for insulation), while RIDS-Nepal provides the hardware (SMS, bolts, nuts, installation tools and land/air transport) and installation skills and O&M training for the users. RIDS-Nepal plans to install 220 SMS by 2020.

- 4) **Access to clean drinking water from tap stands near their homes for all households:** While a DWS construction project in one part of Syada village is currently ongoing, another part of Syada has an old DWS, which is damaged and non-functional. So, the local people do not have access to clean drinking water. Therefore the families of this part of Syada require a new DWS to be built in the first year project year. This project has high priority, to ensure reliable access to clean and sufficient drinking water for each family.
- 5) **7 local trainees can operate, maintain and repair their village drinking water system:** This is achieved by providing training for local users in the operation and maintenance of the newly built Village Drinking Water System (DWS) and tap stands in the village. Basic training in the use of the Village Drinking Water System is given to all users. Training in the Operation, Repair and Maintenance of the DWS is given to 7 local trainees, out of which one of the trainees has to be a woman. These seven have to be chosen by the village, and sent for the RIDS-Nepal developed training to enable basic repair and maintenance of their newly built village drinking water system and tap stands in the village.
- 6) **10 female/male from Syada (or neighboring village) started a 2½ years apprenticeship skill training at the Karnali Technical School (KTS) in Jumla:** This is achieved through the village community choosing 10 qualifying students from the local community to take the KTS entrance exam and if they pass, are enrolled in the Karnali Technical School (KTS) in Jumla through a scholarship. This will increase the number of skilled laborers in the region and enable young families to earn an income.
- 7) **220 Families grow vegetables for up to 10 months per year:** This is achieved through the building of high-altitude greenhouses (GH). RIDS-Nepal provides trainings in building the GHs and production techniques (planting, operating, caring and maintaining the GHs). Each user organizes and provides all the locally available materials (stones, wood, mud etc.), and provides the needed agricultural land. Each individual family builds the GH structure based on the training and supervision provided by RIDS-Nepal. The hardware (UV stabilized plastic, seeds, agriculture/gardening tools and land/air transport), are all provided by RIDS-Nepal. RIDS-Nepal plans to support the construction of 220 greenhouses by 2020, one greenhouse per family.
- 8) **220 families in Syada dry and preserve their vegetable harvest:** The village community will be able to supplement their simple diet with much needed additional nutritious vegetables throughout the year. This will be achieved by manufacturing, transporting and installing a Solar Drier (SD) in each household and providing them with the needed O&M training, thus enabling them to dry surplus vegetables grown in their greenhouses. Each SD user will transport the SD from the RIDS-Nepal Simikot office to his home, participate in the installation and user training, while RIDS-Nepal provides the hardware cost, land/air transportation and users' training for correct O&M. RIDS-Nepal plans to support the installation and training of 220 Solar Drier by 2020, one per family.
- 9) **220 families have a Slow Sand Water Filter (SSWF) installed in their household:** Each household will have access to safe and sufficient drinking water (protected from flies, chickens, rodents and dogs) from their SSWF installed in their home. Each family filters

and stores water they collected from the village tap stand safely in their SSWF. This will be achieved by manufacturing, transporting, and installing Slow Sand Water Filters (SSWF) in each household and providing O&M training to all SSWF users. Each SSWF user collects the locally available materials (sands, stones, wood, and mud for the installation), while RIDS-Nepal provides the SSWF hardware and user training for correct installation and O&M. RIDS-Nepal plans to support the installation of 220 SSWF by 2020, one per family.

- 10) **45 illiterate women and out-of-school girls have literacy and numeracy skills:** This is achieved through teaching literacy, numeracy and life skills for illiterate women and out of school girls through the RIDS-Nepal developed NFE program, to improve the gender imbalance of illiteracy and primary school enrollment among adult male and females and out of school girls and boys respectively.
- 11) **45 mal-nourished children <5-years of age and their mothers experience improved nutrition and health:** This is achieved through conducting a mal-nutrition program for up to 45 mal-nourished children <5-years and their mothers. This is to protect and improve the lives of very young children and to train their mothers on how to produce nutritious food (rich in Vitamin C, A, proteins etc.) from their locally grown harvests. Mothers are given cooking classes. The participants provide their own food ingredients, while RIDS-Nepal provides the educational classes and teaching materials. Monthly visits to measure the progress of the children (weight, height and upper arm circumference) and follow-up visits/teaching with the mothers to gauge their understanding are part of the program developed by RIDS-Nepal.
- 12) **60 Mothers of children >5-years of age have improved child care education for basic hygiene, health and sanitation:** This is achieved through teaching all mothers and women in the village who are of child bearing age, the basics of hygiene, health and sanitation demands of their children >5-years. They are also given training in how to provide/cook food for their children from the locally grown staple food/harvest. Participating mothers provide their own food ingredients, with RIDS-Nepal providing the educational classes, teaching material and monthly follow-up visits to each participant's household.
- 13) **75 young men and women received skill based vocational training:** These skill based vocational trainings will be conducted for people chosen by the Syada village elders and PIC (Project Implementation Committee). Interested people will be selected based on established criteria. Individuals according to related topics will be grouped. Technical experts (consultants) for each of the identified vocational areas will be hired and intensive one month trainings will be provided to 75 young women and men. The vocational skill training program for individuals aims to support them to start a skill related new enterprise or self-employment so that they will be able to earn an income within their local society, and improving their livelihood through additional generated cash income. The five identified job skill areas are: carpentry, masonry, beekeeping, sewing/knitting, and poultry.
- 14) **Follow up of previous implemented projects:** During the third project year emphasis is laid on the follow-up and additional training of the previous years' programs. Thus, all the newly built pit latrines, newly installed SMS, the overhauled DWS, the newly built greenhouses, the installed solar driers, the installed SSWFs are followed-up to make sure that the local users are aware and have the knowledge and skills to use and maintain their

equipment correctly, and to get the most long-term benefits and improvements for their families.

5.7 Program Management Plan:

RIDS-Switzerland is responsible for the overall project development, management reporting and accounting. Per the agreement between RIDS- Switzerland/RIDS-Nepal, RIDS-Nepal is responsible for the project implementation, including the following tasks:

- Responsible for a transparent/periodical accounting to RIDS-Switzerland of all local expenditures.
- Responsible for writing the periodical project reports to RIDS-Switzerland.
- Responsible for conducting and monitoring all the individual “Family of 4” and “Family of 4 PLUS” HCD projects as defined in this proposal.
- Responsible for the coordination of all dealings with the Nepali government SWC (Social Welfare Council) and local Humla district government offices for the purpose of procuring permission to run the project. It is responsible for the annual reporting and auditing of the ongoing projects.

The whole HCD project has a substantial voluntary participation of the local community and RIDS-Nepal/Switzerland, either through manual labor or providing and preparing the locally available materials for the various projects. While these tasks and goods are not included in the actual cash flow accounting of the project, they are listed and priced in the attached project budget as equivalent values of the project’s total value, thus considered as “in kind” RIDS/Community contributions to the project.

5.8 Program Monitoring and Evaluation Plan:

An established policy of RIDS-Nepal is that unless a pit latrine is built according to the standards set by RIDS-Nepal, and approved by our technical staff, that the local family does not qualify for a smokeless metal stove. This, as the whole HCD (Holistic Community Development) concept “fits and supports” each project activity and program, either directly or indirectly with even more significant, synergistic benefits in the long-term when the full “Family of 4” and the “Family of 4 PLUS” HCD concepts will be implemented. Such an approach allows for the periodical evaluation and reporting of each individual project. It is RIDS-Switzerland/Nepal’s policy to give mid-term and annual project reports, listing and commenting against the approved project proposal for each individual program in regard to its status, achievements and financial expenditures. The needed firsthand information and data are collected and recorded by the staff of RIDS-Nepal, against all the approved achievements as identified in the project proposal and budget, as they have a daily working relationship with the PIC and people from the community throughout the duration of the project period. Thus, any adjustments needed or deviations from the approved project plan are readily detected and can be addressed in time.

5.9 Program Success and Sustainability:

Success in the short term can be measured through the periodical evaluation through interviews and both qualitative and quantitative data recording, revealing the impacts on life changes brought about through the projects. At varying levels, success of the projects can be seen by the proper building, installation, use and maintenance of the various programs, as well as

improvements in overall health, sanitation, hygiene, literacy, all included in the overall “Family of 4” and the “Family of 4 PLUS” HCD programs. At the end of each individual project phase, short term data, feedback and testimonies are provided by the users, which will be part of the periodical project report. The RIDS-Nepal staff who work in close partnership with the PIC and Syada community, collect and verify this data. The staff being local and thus familiar with the local culture is of particular significance in being able to evaluate/measure success/failure or need for improvement/changes.

When it comes to the question of sustainability, RIDS-Switzerland has a local partner in RIDS-Nepal for the long haul, with several long-term projects already implemented in the area since 2002. The fact that all of the RIDS-Nepal staff members are from the same district of Humla is the biggest asset. Not only do they speak and understand the language and culture, but are in fact part of the community. This being the case, they have a long-term interest in following up each project, ensuring that projects continue to bring the expected changes and life improving conditions for the local end-users. Their involvement from the initial base-line survey conducted, to the development and implementation of the projects is a great plus for sustainability. They are well trained (some >20 years since they worked with Dr. Zahnd in Jumla since 1996) and have a vast practical knowledge of project implementation and follow-up. Through their broad practical experience on the field, they frequently come up with needed project improvements.

From experience we learned that one of the biggest threats to the sustainability of projects is when organizations conduct ‘projects’ which are done FOR the people and not WITH the participation of the community. This is the reason we do all we can to avoid such pitfalls and give opportunities for the people to own their projects by making sure they have the biggest say in what projects they see the need for (identified through the base-line survey and the self-identified needs of the local community) and how they are to be designed to fit the local context. In the example of the SMS that means, that e.g. the local users identifying in detail the different energy services a stove needs to provide, such as: cooking the local, traditional food in a time saving and efficient way in a clean indoor environment, efficient room heating, heating of drinking water for tea and personal hygiene. With this approach every project, equipment or infrastructure developed and designed, directly addresses the locally identified needs/demands. In this way the local users’ active participation and contribution to the project is ensured, making each project/program direct relevant to the users’ needs and context. The practical, voluntary participation of the local community right from the initial stages is an important part of the overall approach. Every user is then carefully trained and supported in the needed operation and maintenance of each project. Such involvement of the community at all stages of the project implementation enables them to ‘OWN’ the projects, meant for their advancement in development with improved living conditions and by that ensure a more likely long-term sustainability.

RIDS-Switzerland/Nepal have been actively involved since 2002, have experienced and seen firsthand the positive outcome of such a multi-sectorial approach as the “Family of 4” and the “Family of 4 PLUS” in partnering with village communities, for the implementation of long term holistic and sustainable community development projects. By their very nature, projects such as use of toilets, efficient cooking stoves, improved access to energy services, increased food availability, skill training and educational programs, training local users to correctly operate, repair and maintain their new infrastructures etc., are all “life improving” projects. The improvements in the quality of life of a whole community, seen and identified years later through the follow-up surveys (after 2, 5 and 10 years, funds permitting), is in itself a testimony to the efforts put in by the staff of RIDS-Nepal, to make this sustainable, right from the very

beginning. Enabling the local people to initially identify their own needs, working closely together with the community leadership, involving every family to significantly contribute to the work of each project through their voluntary participation, giving training in needed skills to utilize and maintain each project, thus ensuring that there was a strong sense of ‘ownership’ by the community, are key aspects of the HCD project approach. Because the communities we partner with are still very impoverished due to their remoteness and thus minimal exposure and chances to improve their living conditions through development projects, the approach of the “Family of 4” and the “Family of 4 PLUS” is the most logical approach. They bring about synergistic benefits, as the various projects are implemented alongside each other, the working together of which addresses the various problems that are so interlinked. The changes in greatly improved overall general health, resulting in better work output are measurable improvements, such as e.g. increased food availability (from 4 months to 10 months per year), higher income (if they can sell either fresh or dried vegetable in the local market) and less frequent sickness related DALYS (Disability Adjusted Life Years), due to increased hygiene and sanitation. RIDS-Nepal has recognized that the provided skill trainings have definitely enabled the local users to not only try to repair and maintain their new equipment/infrastructures by themselves, but also come up with solutions to problems they faced, which are very appropriate for the local context.

5.10 Program Expected Outputs/Outcomes:

Expected outputs during the 3-years HCD project period (2018 – 2020):

- HCD Program's awareness and understanding increased in all households.
- Pit Latrines (PL) built and in proper use in all households.
- Smokeless Metal Stoves (SMS) installed and in proper use in all households.
- Access to clean and sufficient drinking water from tap stands near each home.
- 7 people trained in Drinking Water System (DWS) repair and maintenance.
- 10 scholarships provided for young women and men for vocational education (2 ½ years) at the Karnali Technical School (KTS) in Jumla.
- 220 Greenhouses constructed and functional.
- 220 Solar Driers installed and functional.
- A Slow Sand Water Filter (SSWF) for safe and clean drinking water installed in each home.
- 45 girls/women have completed Non formal education classes.
- 45 Malnourished children <5 years of age have received nutrition support.
- 60 mothers have received child care training and support.
- 15 young men have received one month skill based carpentry training.
- 15 young men have received one month skill based masonry training.
- 15 young women have received one month skill based sewing/stitching training.
- 15 young men have received one month skill based poultry training.
- 15 young men and/or women have received one month skill based bee-keeping training.
- Follow-up of each household conducted to ensure all the implemented programs/equipment are in proper use with maximum benefits.

Expected Outcomes (from 2020 onwards, monitoring and following-up beyond the proposed project period):

- Improved, overall living conditions for all families. Measurably better health and hygienic conditions for all the families in the village.
- Increased food security for all families, showing improvement from the previous food availability for 4-5 months out of the year to ~10 months out of the year.
- Measurable reduction in health related incidents through access to clean drinking water, in the all households.
- The Village Drinking Water systems are repaired, updated (extended due to population growth), and functional with the help of local people trained to run and maintain them.
- All households have a Slow Sand Water Filter (SSWF) installed for safe and clean drinking water.
- Measurably reduced cases of diarrhea, intestinal infections/worms/amoebae, skin diseases and respiratory diseases among all gender/ages, through the proper use of the SMS, PL and access to clean and sufficient drinking water.
- Measurably reduced drudgery and time spent per week by women collecting firewood and fetching and carrying drinking water which is now available from the next tap stand near the home.
- Decrease in firewood consumption by up to 40% through the proper use of the SMS (smokeless metal stove), and the 10 solar cookers installed for awareness raising and first tests with local users (this, as solar cookers pose huge cultural and climatic challenges).
- 10 skilled professionals from Syada having graduated from KTS with a 2 ½ years apprenticeship.
- Increased awareness of >50% of the people for the need of HCD programs.
- Increased access to energy services (through the SMS, more food grown in high-altitude greenhouses and dried in the solar drier to store for the winter months and also some sold on the local market to boost income generation, hot water from the stainless steel water tank attached to the SMS used by people for washing) for 80% of the people.
- There is a visible change in personal hygiene and the overall village environment. The village is free from open defecation. The individual households, as well as the village surroundings, are cleaner, thereby improving the overall living conditions, hygiene and sanitation of people in the villages.
- Mothers practice exclusive breastfeeding for six months and complementary feeding after six months while continuing breastfeeding.
- The trained mothers are preparing a more balanced diet for their children's and indeed their whole family's, daily meal by mixing carbohydrates, proteins and vitamins, which are available, either from their own fields or the local market.
- RIDS-Nepal noted improvements in the overall health situation of malnourished children <5 years of age through monitoring and recording the children's monthly growth rates.
- >50% of the training participants' income increased by >50%.
- Happy and satisfactory women, men and their children, sharing their experiences and success stories of the HCD project in their village.

Attachment:

Annex 1: The 3- Years Syada Village HCD Project Budget 1st January 2018 – 31st December 2020