

Prayers Flags (Windhorse) taking the prayers on the wind

Welcome to another edition of **T.E.R.A.** newsletter bringing you updates from our various projects. We also wish you to share in the acknowledgement we have received for our work in Nepal & that of our representatives, who act on behalf of the charity. The Tibetan project is running very well with the school & medical clinic being appreciated by all. With your support we can continue to improve the lives of many...so please read on to discover how your continued assistance is helping.



Left: A dancing Lhamin Tamang at her Annual Prize Day

Annual Prize day with Guest



Two dancing girls are Lhamin Tamang and Dekyi Lama

At the Annual Prize Distribution Day at Modern Nepal Academy School, Lhakpa Shresthra (**T.E.R.A.** representative) as honoured & respected guest was given the task of giving the students their awards & certificates. This included some of our sponsored students. Rabina (right) is shown receiving a 3rd place in class for her final exam.



Rabina Rai receiving her certificate from Lhakpa

New Sunshine Secondary School

Open Day



Left: Lhakpa receiving the certificate of appreciation (See opposite)



Lhakpa who attended New Sunshine Secondary School for the parents open day & raising of Lungta (Prayer Flags) was awarded a 'Certificate of Appreciation' on behalf of **T.E.R.A.**, for his continued efforts on behalf of the children & of the charity.

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A View of Education & Living in Nepal ~ (By Kinneret Livne, aged 15)

My Mum (Jane) and I went to Nepal in October 2010. When we arrived, Lhakpa and Ritu, who are T.E.R.A. representatives, greeted us. As we drove through the dark streets towards the hotel, tears filled my eyes, and I became gripped with fear and the thought: "How can anyone live here?" The narrow streets were packed with people, and cars and motorbikes which were driving madly and constantly beeping.



Kinneret & Pooja Thapa at Lhakpa & Ritu's after school tuition class

By the time we arrived at the hotel I was pretty upset, and very unsure as to whether or not I would be able to cope with Kathmandu.

The next morning Lhakpa picked us up and took us to his house, where we had an early lunch. We finished at about 11am and headed

for a local school. As we walked through the streets I was calmer than the night before, but compared to England, the poverty was unbelievable. Pieces of glass littered the ground, and malnourished-looking animals were everywhere. We eventually reached the school, a huge four-storey building. As we walked into the courtyard, hundreds of Nepalese children lined the windows, giggling and staring at us, fascinated. Lhakpa took us to meet the teachers and headmistress, who showed us around.

One thing that struck me was how happy and well-behaved the kids looked, unlike British children, and the Head confirmed this by saying that they did not have problems with naughty children. As time went on, I came to realise that this was because most Nepalese children don't go to school, and the ones who do are so grateful that they do not spend their time messing around and misbehaving. One thing I learnt from Nepal is to try harder with my education, because there are thousands of other children in the world who don't have the opportunity.

A few days later we visited the school again and I looked through the children's schoolbooks, and what I saw thoroughly shocked me. I am in year ten, aged fifteen and on my first GCSE year, but in Nepal children aged ten were doing the same science as me. In other subjects, the level of work was also so much higher than in England. I was stunned that a country so much less developed than England



Some children who were visited in their school classroom by Kinneret, Jane & Lhakpa

could have such a higher level of education in schools than us. Again, I think that this is because the children are so happy that they go to school that they work really hard, unlike British kids.

Another difference between England and Nepal is that the children go to school six days a week, and the first time we visited was on a Sunday. Only a small fraction of the children at the school were helped by T.E.R.A., but those children seemed to be the hardest workers. On that Sunday, after visiting the school we went back to Lhakpa's house and at about four, after school had finished, some of the T.E.R.A. children arrived to study for another couple of hours. Some of the children who came were as young as six, and the determination and hard-working spirit in all the children was amazing to see and very inspiring.

Jane & Kinneret Livne visited Nepal in October 2010, unfortunately Noam who is T.E.R.A. Secretary had to cancel his visit with his wife & daughter, due to other personal concerns. Despite this unfortunate setback Jane & Kinneret went ahead with their visit, & delivered supplements supplied by Nutri for the children.

On the last day of our visit, by sheer coincidence we met a young woman called Sunita, who was one of the first ever T.E.R.A. children. Sunita

had made a life for herself and was also raising a family, and to see somebody who had come out of the T.E.R.A. process with such a better life was especially nice.



Lhakpa & Jane meeting up with Sunita

Going to Nepal was an amazing experience for me and helped me to see what great work T.E.R.A. does. Despite having awfully hard home lives full of poverty (for instance, houses in Kathmandu have one hour of running water every five days), these children do not feel sorry for themselves but work exceptionally hard. School also gives the children something to work towards and a feeling of self-worth, so the more children T.E.R.A. can help the better, as it most definitely changes lives.

After School English Tuition Up & Running with Great Success

T.E.R.A. representatives in Nepal have started running English lessons for our sponsored children. The aim is to increase their skills and give them a better chance at securing a job once they leave school. In Kathmandu, being able to read and write English is a desirable skill to employers so in October 2010, **T.E.R.A.** funded the setting up of extra-curricula English lessons. To keep the running costs as low as possible, while still ensuring good quality teaching in a safe environment, our representatives – Lhakpa and Ritu – have set up their spare room with the needed furniture, books and pens. Many of the sponsored children have been benefitting from the additional lessons.

"There are 20 to 22 children who are coming to tuition daily and sometimes even during the weekends," says Lhakpa. "Ritu is doing at least three hours of coaching daily besides helping me with the family visits & meetings." The lessons are clearly a success with the students, because, as Lhakpa

Ritu with some of the children at the after school tuition class



explains, "During summer, the children want to stay later and longer." Teaching includes plenty of spoken English, something that is not taught as much in the local schools, and this helps to increase the children's confidence and ability.

It costs £20 per year for each child to attend these classes. If you would like to give the gift of knowledge and help a child greatly improve their own future then please contact Sandra Auden at Tera.charity@gmail.com for details on how to make a donation.

Difficult Decisions: Child Sponsorship Freeze and Local Situations

T.E.R.A. has been sponsoring children in schools in Kathmandu, Nepal for several decades now but we do have to be sensitive to the local political and economic drivers in order to help as many children as possible.

Conditions in Kathmandu have been getting worse over the last few years. Electricity is only available at certain times and most houses only have power for a few hours a day. Our local representative Lhakpa, who lives in Kathmandu, adds, "There is always a shortage of water here too and the inflation rate is really increasing. The price of daily use commodities is rising day by day and just recently, there was a price hike for all the petroleum products including cooking gas. So people are finding it very difficult."

But there is hope nonetheless. "We now have a Prime Minister and they have formed a government. Under

his guidance, we also have the constitution written. Things will hopefully improve in the future. The Prime Minister is also appointing concerned MP's for the separate ministries, which is good."

In light of the situation in Nepal and the ongoing and severe economic difficulties being experienced around the world, **T.E.R.A.** has decided to focus on the children we are already sponsoring in Kathmandu, ensuring their successful completion of their education, and suspend our planned expansion of activities. We'll revisit the question of increasing the number of sponsored children at a later, more favourable, date.

While we may not be expanding, we are already sponsoring over 50 children in Kathmandu in several schools around the city. Lhakpa and Ritu do regular checks on the children and of course they see almost half of the students at the English lessons they run. Two of the children have graduated with school certificates from Namgyal High and Lhakpa has confirmed that they both have sponsors to take them through higher education so **T.E.R.A.** will not need to sponsor them further. Where children have to leave Kathmandu due to their parents obtaining work elsewhere, other candidates are identified to fill the spaces and benefit from **T.E.R.A.**'s support. Given these difficult conditions in Nepal, your support of **T.E.R.A.** is even more critical than ever before. We appreciate your generosity and we continue to ensure your contribution improves as many lives as possible.

Distribution of Supplements

On her recent visit to Kathmandu, **T.E.R.A.** friend Corrina Field kindly took along some of the vitamin supplements donated to **T.E.R.A.** by Nutri Ltd. The vitamins were distributed to children and families most in need of support. We regularly have vitamins that need transporting to Kathmandu or India. If you know anyone travelling to either country please get in touch with Chrissie or David (e-mail addresses at the back of this newsletter).

A Visit to Himachal Pradesh by T.E.R.A. Members

The middle of March 2010 saw us, Carole Dyer and Fiona Forster, once again packed up for the journey to India, specifically Tashi Jong Tibetan community in Himachal Pradesh. Gloria Barley and Gill Goldstraw (who have both given generous support to T.E.R.A. for many years) also accompanied us and carried supplements. The difference this year was that Carole would be staying behind to work as a volunteer nurse at Janini Hospital and to liaise with Lama Thapchok on T.E.R.A. business.

A large part of our baggage allowance were supplements, kindly donated by UK company Nutri Limited. These were safely delivered to Ani Dawa, a Tibetan nurse at the Tashi Jong Community Hospital, for distribution amongst the Tibetan villagers and nearby Indian neighbours.

The Flush of Success with a good Beat at Official Opening

The highlight of the trip was the invitation from Lama Thapchok Kunchab to the official opening of the toilets that Carole and T.E.R.A. had sponsored. It was a particularly hot afternoon, one of the sponsored children performed a dramatic drum roll to set the scene for the ribbon cutting ceremony. Lama Thapchok then presented a gift of thanks to the key project volunteers, followed by a picnic enjoyed by all the benefiting families, twelve in all, who have had a toilet built. The appreciation of the families for the support that T.E.R.A. has given was tangible at this event and we felt honoured to be there. For them it secures their government food subsidy as well as improving health and day-to-day hygiene. The gathering also gave us the opportunity to meet two new families taken under T.E.R.A.'s wing.



Beating the drum



Carole cuts the ribbon with Lama Thapchok



Carole explains the Nutri products to Nurses Kunga (far left) and Ani Dawa at



Once again a warm THANK-YOU goes out to Nutri & Staff. As you can see from various stories in this edition supplements kindly donated by Nutri have been put to good use with our various projects.

Dongyu Gatsal Ling Nunnery given Laptop

T.E.R.A. had sent with us a laptop (which was a follow up donation from Chrissie & David's visit, where a laptop had been given to the communally used Monastery Library at Tashi Jong) to be donated to DGL nunnery founded by Jetsunma Tenzin Palmo. On one of our first outings our

Fiona and Carole present laptop to Dolma Keeta



intention was to present it to her, however she was away teaching so we handed it to Dolma Keeta. It was stunningly beautiful and situated against the backdrop of the lower Himalayas.

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TERA's Spiritual Inspiration

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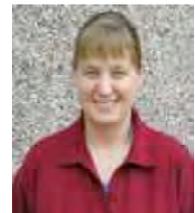
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Tibetan Education & Relief Association. (including the Himalayan communities) would like to express their thanks & gratitude to one & all, for your continued financial & physical support.