

# NEPAL EARTHQUAKE: ONE YEAR ON

**“Our children were able to sleep in the relief house and stay warm and dry. I have a big heart for the help the Himalayan Trust has given us.”** Padam Baraili and his family live in one of 31 relief homes built for families who lost everything in the earthquakes.

Thanks to your support, families in the Everest region of Nepal are rebuilding homes and schools, and getting their lives back on track.

When a series of devastating earthquakes struck Nepal in April and May 2015, almost 9000 people lost their lives, over 600,000 homes were destroyed, and schools, roads and health facilities were severely damaged.

The Himalayan Trust received overwhelming support from people like you, and we were able to move quickly to help communities in the mountainous Everest region. We provided emergency shelter, tarpaulins and tents, warm clothing, emergency beds, blankets and other essential items.

## Relief homes

We constructed 31 relief homes in villages like Thulo Gumela where the Baraili family live (pictured above). Almost every house in the village was completely destroyed and entire families were sleeping outside without any shelter until we built them a safe shelter.

## Back to school

Many schools in the Everest region were damaged in the earthquakes, including some of the first schools ever built by Sir Ed and his friends. We set to work immediately to construct temporary learning classrooms at over 30 schools, allowing 6000 children to get back to class just three weeks after the second earthquake. After a disaster like this, getting kids back into school quickly helps restore some stability as a way to cope with fear and loss.

Your support also allowed teachers in the Everest region to receive training in disaster preparedness and how to support traumatised children.

Now the emergency phase is complete, our focus is on helping communities rebuild and recover.

Over the next three years, we will rebuild 120 classrooms, teachers' quarters, student hostels and toilet blocks at 30 schools, including some of the most remote schools in the region.

**PHOTO LEFT:** Delivering emergency shelter and aid immediately after the earthquakes.

**HIMALAYAN  
TRUST**  
FOUNDED 1986  
BY SIR EDMUND HILLARY



# BUILDING BACK BETTER

The scale of the destruction caused by last year's earthquakes left no one in any doubt that Nepal needs to build back better. All the new school facilities we build will be designed to meet the highest safety standards.

The construction of the new school facilities will provide seismic resistance, while using traditional building styles and techniques. Wherever possible, construction will make use of recycled and locally available materials.

As part of the rebuild programme, young people from the local area will be offered the opportunity to work and learn alongside skilled tradespeople and receive training in seismic-resistant building techniques.

This on-site vocational training will help address the problem of labour shortages and bring much-needed new skills and employment opportunities to the region.



**PHOTOS ABOVE:** The proposed designs for the new school buildings feature lightweight timber-truss roofs supported on reinforced stone-masonry walls with reinforced-concrete horizontal bands.

## COMMUNITY CONNECTION



**PHOTO ABOVE:** Lhakpa Gelzen Sherpa leads the community involvement in the "Building Back Better" project for Chaurikharka High School. At the 30 locations where we are rebuilding school facilities, the local community will make a vital contribution to the rebuild programme from financial support to labour, consultation and leadership.

Lhakpa Gelzen Sherpa and his two children aged four and ten, were at the school in Chaurikharka when the earthquake hit. He remembers grabbing hold of his youngest child, who was more interested in the swinging school bell than feeling any fear about the building collapsing around them.

Lhakpa's family was lucky. Their home was destroyed, but no one was injured and they were able to move in with his parents. Keen to help the community recover, Lhakpa now leads the rebuild project for Chaurikharka High School. The local community will make a vital contribution to the rebuild programme.

"With funding from Himalayan Trust supporters and raising money locally, we built temporary classrooms. We knew if we didn't get the students back into school quickly they may never want to come back at all. But after the earthquakes, we realised we need to be very careful about the construction of buildings in future for the safety of generations to come.

"We are very grateful for all the support from the Himalayan Trust and are committed to rebuilding the best way we can for our future."

The Himalayan Trust follows in Sir Ed's footsteps to build the resilience of communities in the Everest region. This work would not be possible without you. On behalf of all the communities you are supporting in Nepal, thank you for your generosity and care.

Find out more about how you're helping at [himalayantrust.org](https://himalayantrust.org)

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