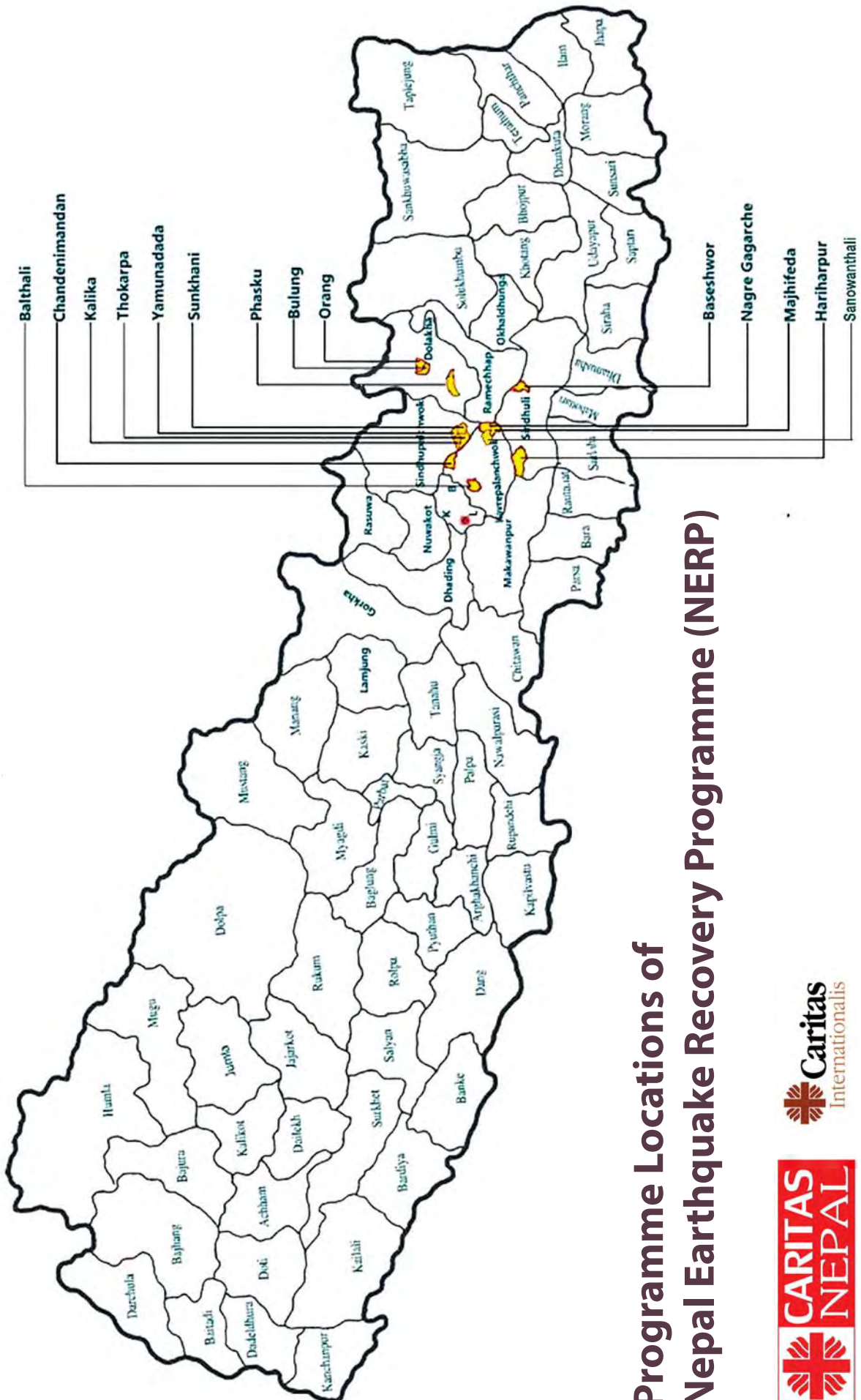


Achievement, Good Practices and Case Studies of Nepal Earthquake Recovery Programme (NERP)



Rising from the rubble:
A testament of the resilient spirit of earthquake affected Nepali people and communities.





Programme Locations of Nepal Earthquake Recovery Programme (NERP)



Cover Photos: A beneficiary's earthquake damaged house and her new house (Bulung, Dolakha), vegetable farmer (Balthali, Kavrepalanchowk), a child drinking water from a system constructed by Caritas Nepal and a camp held to register disabled people to get identification cards (Baseswor, Sindhuli).

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Acronyms

BPT	Break Pressure Tank
CCN	Collective Concern Society
CDPS	Community Development Program Sindhuli
CGI	Corrugated Galvanized Iron
CI	Caritas Internationalis
CIMO	Caritas Internationalis Member Organization
CLPIU	Central Level Project implementation Unit
CN	Caritas Nepal
CSEB	Compressed Stabilized Earth Brick
DCC	District Co-ordination Committee
DLPIU	District Level Project implementation Unit
DUDBC	Department of Urban Development and Building Construction
ECARDS	Environment, Culture, Agriculture, Research and Development Society
ENPHO	Environment and Public Health Organization
FCHV	Female Community Health Volunteer
FCT	Ferro Cement Tank
Gaun Palika	Rural Municipality
HRRP	Housing recovery and reconstruction platform
kgs	Kilograms
ltrs	Litres
m	Metres
NERP	Nepal Earthquake Recovery Programme
NRA	National Reconstruction Authority
SJASK	Shanti Jana Adarsha Sewa Kendra
SWC	Social Welfare Council
VDC	Village Development Committee
VWASHCC	Village Water, Sanitation and Hygiene Co-ordination Committee
WASH	Water, Sanitation and Hygiene
WSS	Water Supply System
WUGC	Water User Group Committee

1 Ropani = 0.05087 Hectare (ha.)

1 Euro = NRS. 128.8

1 USD = NRS.104.6

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Publication date: **April, 2018**

Message of Fr. K.B Bogati,
Executive Director,
Caritas Nepal



Caritas Nepal

Growing together in solidarity

I am glad to present to you this publication on achievement, good practices and case studies of our Nepal Earthquake Recovery Programme (NERP). We are dedicating this publication to the earthquake affected Nepali people whose resilient spirit has enabled them to literally rise from the rubble of their houses to and move towards social and economic recovery. This publication is an attempt of Caritas Nepal to inform all our stakeholders on the '**people and community led approaches**' pursued by Caritas Nepal to implement NERP, and the benefits realized by the earthquake affected communities.

Caritas Nepal has implemented the Nepal Earthquake Recovery Programme following the policies and guidelines of the Government of Nepal as put forward by Social Welfare Council (SWC), National Reconstruction Authority (NRA), Ministry of Water Supply and Sanitation, and Department of Urban Development Building Construction (DUDBC) etc. Caritas Nepal has implemented the activities in good coordination with these agencies and with the local governments. We give our heartfelt thanks to these agencies for their active support and guidance provided to Caritas Nepal.

Caritas Nepal with the generous support of Caritas Internationalis, Caritas International member organizations, other catholic based institutions has been able to implement this significant programme to provide reconstruction and recovery support to 9409 households of fifteen villages (past VDCs) of Dolakha, Sindhupalchowk, Kavrepalanchowk and Sindhuli. We give our heartfelt thanks to all our international partners for their kind support and guidance.

The progress made by NERP is significant. 57% of the 4825 households targeted with full shelter package have completed house construction. 31 drinking water systems out of 56 units planned have been constructed. Livelihood recovery is being pursued by about 6000 households. Similarly, psychosocial referral support has been provided to people affected by psychosocial trauma.

We hope this publication prepared by our Nepal Earthquake Recovery Team will shed light on the good practices of social and technical facilitation we have applied to help the communities to realize a holistic recovery. The case studies provide a testament on how the earthquake affected people have worked together in families and communities to address their recovery needs and to improve human security, dignity and well-being.

Fr. Krishna Bdr. Bogati,
Executive Director,
Caritas Nepal
April 4, 2018



Message of Honorable Mr. Dilli Prasad Bhatta, Member Secretary, Social Welfare Council



To: Caritas Nepal Team

Subject: Congratulations for good earthquake recovery work being done

Dear Caritas Nepal Team:

I congratulate Caritas Nepal for doing effective work in earthquake recovery by promoting people and community led approaches. I myself have visited Kalika and Thokarpa of Sindhupalchowk, Balthali and Chandanimandan of Kavrepalanchowk. During my visits, I found that the recovery work done in highly earthquake devastated locations such as in Chandanimandan to be very commendable. I am very impressed with the recovery work done in an integrated manner by Caritas Nepal with support provided in shelter, WASH, livelihood, DRR, protection and psychosocial sectors.

Publication titled 'Achievement, Good Practices, and Case Studies of Nepal Earthquake Recovery Programme of Caritas Nepal' is a good initiative of this organization to share how it is addressing recovery work in Nepal. I am glad to provide my view for this publication.

I know that the Caritas Nepal team has applied effective people led approaches such as owner driven approach in shelter reconstruction, water user group led approach for improving drinking water systems, and farmer group led approach in livelihood. The approaches used have successfully empowered the rural people to build houses, drinking water systems and pursue livelihood recovery.

I am very glad that Caritas Nepal is also providing disaster risk reduction planning support to the targeted communities and also is providing psychosocial support to people affected by disability and psychosocial trauma.

The results achieved by the Caritas Nepal's Nepal Earthquake Recovery programme is notable. 57% of the total 4825 households supported for shelter reconstruction have already constructed earthquake resistant houses. 31 drinking water systems have been established providing water to 9000 people. Livelihood recovery is helping about 6000 households to address the economic impact of the great earthquakes. These are significant achievements realized by Caritas Nepal team by working in a sincere and dedicated manner.

I thank Caritas Nepal for the good earthquake recovery work done. I encourage the organization to continue to do effective recovery work in the future. I also thank all the international partners who have supported Caritas Nepal in this important endeavor of earthquake recovery in Nepal.

Yours sincerely,

**Dilli Prasad Bhatta,
Member Secretary,
Social Welfare Council,
Lainchour.**

April 1, 2018





Message of Honorable
Mr. Yuba Raj Bhusal,
Chief Executive Officer,
National Reconstruction Authority



Yuba Raj Bhusal
Chief Executive Officer

Government of Nepal
National Reconstruction Authority



Ref:-

Date: ..April 4, 2018..

I congratulate Caritas Nepal (CN) on the good work done for earthquake recovery in Nepal by effectively implementing the Nepal Earthquake Recovery Programme in good coordination with National Reconstruction Authority at the central, district and local levels.

I acknowledge that CN is supporting 4,825 households for shelter reconstruction with housing grants and technical support, and additional 3,000 households with technical support only. In this way, CN has made a notable endeavor to support 13 villages of Dolakha, Sindhupalchowk, and Kavrepalanchowk for shelter reconstruction.

The technical support package applied by CN follows the basic guidelines of National Reconstruction Authority and the progress made for housing reconstruction in the communities has been notable with 57% houses completed in the locations targeted with both technical support and housing grants.

I am glad to provide this congratulatory message to the Caritas Nepal Team for their effort to share achievement, good practices and case studies with Nepal Earthquake Recovery Programme through this publication. I wish Caritas Nepal's success in its endeavors in the days to come too.

Chief Executive Officer

Tel: 977-1-4211103, Fax: 977-1-4200601, Singha Durbar, Kathmandu, Nepal

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IV

Achievement and Good Practices of Nepal Earthquake Recovery Programme (NERP) of Caritas Nepal

IV. i. Overview of Achievement and Good Practices

a. Introduction

Nepal Earthquake Recovery Programme (NERP) is being implemented by Caritas Nepal to bring about a holistic recovery in 15 villages of Dolakha, Sindhupalchowk, Kavrepalanchowk and Sindhuli districts of Nepal that were extensively devastated by the major earthquakes of April 25 and May 12, 2015.

Caritas Nepal has a different story to tell in regards to earthquake recovery work in Nepal. It has effectively strengthened the resilient spirit of Nepali people to work together to address challenges and journey together towards social and economic recovery. This report is dedicated to these men and women who have virtually risen up from the rubble of their homes to care for themselves, their family members and for their communities.

b. Programme Location and Participants:

The program locations and participants of the program are presented in the following table.

Table: Participants of Nepal Earthquake Recovery Programme

s.no.	Sectors	Participants in initial 6-8 locations	Participants in later added 7 locations^	Total 15 locations of 4 districts
1	Shelter	4825 (with technical guidance package and housing grant in 6 location*)	At least 3000 households	7825 households
2	Water and Sanitation	4946 households	Being planned for 2018	4946 households
3	Livelihood	4946 households	3440 households	8386 Households
4	Protection mainstreaming	4946 households	3440 households	8386 Households
5	Psychosocial disability cases referral support	415 households		415 Households
	Total	5871 households	3538 households	9409 Households (HH)

The programme's total beneficiaries are 9409 households. Most (75%) of these households will receive support in two or more sectors as noted in the above tables. The total population who will receive benefits is about 46,640 people. Out of this 49% are male, 51% female and about 30% are children.

Reported by:

Manindra Malla, Programme Manager of NERP and NERP Team

Table: Targeted Households and Population

	Location	Households (HH)	Population	Intervention sector for the locations
Dolakha	Orang, Bigu-2*	565	2801	Shelter (full package), WASH, Livelihood, Protection and Psychosocial
	Bulung, Bigu-3*	759	3762	Shelter (full package), WASH, Livelihood, Protection & Psychosocial
	Sailung-6^	550	2726	Shelter Technical Support, Livelihood, Protection
	Sailung-7^	580	2875	Shelter Technical Support, Livelihood, Protection
Sindhupalchowk	Kalika, Sunkoshi-3*	656	3252	Shelter (full package), WASH, Livelihood, Protection & Psychosocial
	Thokarpa, Sunkoshi-1 and 2*	1178	5839	Shelter (full package), WASH, Livelihood, Protection & Psychosocial
	Sunkhani, Sunkoshi-5^	771	3822	Shelter Technical Support, Livelihood, Protection
	Yamunadanda, Sunkoshi-4^	473	2345	Shelter Technical Support, Livelihood, Protection
Kavrepalanchowk	Chandenimandan, Mandan Deupur-10*	1065	5279	Shelter (full package), WASH, Livelihood, Protection & Psychosocial
	Balthali, Panauti-11*	546	2706	Shelter (full package), WASH, Livelihood, Protection & Psychosocial
	Sanowanthali, Chaurideurali-1^	277	1373	Shelter Technical Support, Livelihood, Protection
	Nagregagarche, Chaurideurali-2^	389	1928	Shelter Technical Support, Livelihood, Protection
	Majhifeda, Chaurideurali-3^	498	2469	Shelter Technical Support, Livelihood, Protection
Sindhuli	Baseswar, Golanzer-6	510	2528	WASH, Livelihood, Protection and Psychosocial
	Hariharpur Gadhi, Hariharpur Gadhi-1	592	2935	WASH, Livelihood, Protection and Psychosocial
	Total	9409	46640	

Note: The above table shows the support provided in terms of intervention sectors. In locations with blue background the programme was initiated on April, 2016, and in locations with white background programmewas initiated by August, 2017. Locations marked with * is supported with full shelter package (housing grants, social mobilization, and technical guidance) and locations marked with ^ are provided only with shelter technical support.

c. Goal of NERP

Earthquake affected households have safer and dignified lives.

That is to enable people of Nepal who were most affected by the major earthquakes to rebuild their houses, restore access to safe water and sanitation facilities, restore livelihoods and enhance their resilience to future disasters.

d. Program Period

The program period is January, 2016 to June, 2019. Caritas Nepal has received approval to implement the programme from concerned Nepal Government Agencies mainly Social Welfare Council, National Reconstruction Authority, and Ministry of Water Supply and Sanitation, District Agriculture and Livestock Offices and local governments etc. The work in various sectors were started in spring and summer of 2016 upon receiving the required approvals.

e. Overall Summary of Implementation Status of the Programme

The program programme initiated in late spring of 2016 has made good progress and achieved desired outcome. Given below are objectives of the programme and the implementation status as per the objectives targets.

S.no.	Objective	Implementation status
1	Earthquake affected households in the target areas are living in safe and adequate earthquake resistant houses.	91% of targeted 4825 households have initiated house construction, and 57% are already living in safe shelter. Work has been started to provide 3000 additional households with shelter technical support. Capacity of 13 village communities was built to build back better and pursue earthquake resistant house construction.
2	Earthquake affected households in the target areas are using safe and appropriate WASH facilities.	9627 people have access to safe drinking water, 31 drinking water systems completed out of planned 56 units. 8 village communities mobilized for sanitation and hygiene improvement campaign. 5424 students involved in various sanitation and hygiene awareness campaign and many students have improved hygiene and sanitation behaviours. Toilets with girl and boy latrines constructed in 9 schools. 2300 households have improved their toilets.
3	Earthquake affected households in the target areas have increased livelihood security and increased resilience to disaster risks.	5946 rural households are moving towards full livelihood recovery and many have expanded their livelihoods. Additional 2440 households will be supported in 2018 as planned. Local cooperatives, marketing centres, village roads, and irrigation canals have been improved and are contributing to the economic recovery.
4	Earthquake affected communities obtain services in an accessible, safe, dignified manner and improve their physical and mental well-being.	Protection mainstreaming effectively pursued in all sectors by trained staff, volunteers, and local user groups and committees. 225 households already identified and provided psychosocial and disability referral fund support to access medication or registration in concerned offices of Nepal Government.

In this way, Caritas Nepal is doing its best to implement the programme effectively. In short, the gist of good strategies applied by Caritas Nepal is being presented as follows.

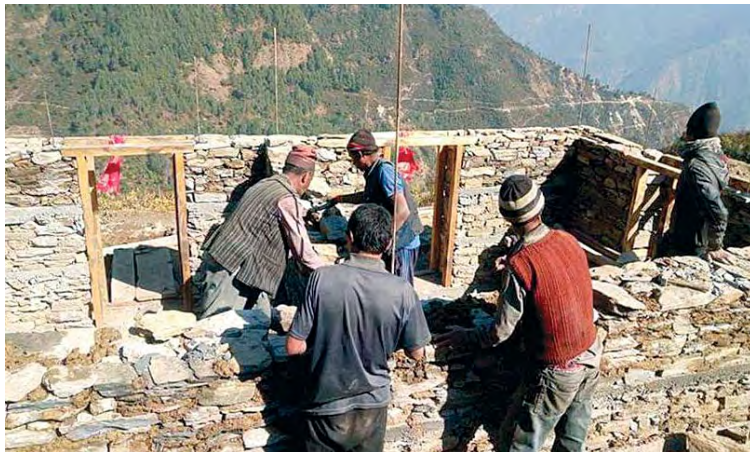
f. Summary of good strategies used by Caritas Nepal:

1. Application of sector specific people, household, and community led approaches through animation and social mobilization. For example: 'owner driven or managed approach' in shelter sector; 'Village Water, Sanitation, and Hygiene Coordination Committee' and 'Drinking Water User Group led approach' in WASH sector; farmer group, cooperative, dairy and vegetable marketing centre establishment in livelihood sector.
2. In all sectors a holistic technical packages have been applied to address local concerns for building back better, to address capacity building needs, and to ensure sustainability. All

technical human resources were provided specialised trainings on specific subject matters such as earthquake resistant construction so they could facilitate work more effectively in the villages.

3. Protection mainstreaming has been undertaken in all the intervention sectors to ensure that all people have accessible, safe and dignified service delivery. Disaster risk reduction mainstreaming is being done in shelter, WASH and livelihood sectors.
4. Implementation of the programme by forming Village Advisory Committees to address integrated recovery needs of the village and with good coordination with local government, line agencies and overseeing authorities. These are namely: Social Welfare Council; National Reconstruction Authority; related Ministries of Government Nepal; Central and District Level Planning Units of Department of Urban Development and Building Construction; District Office of Agriculture and Livestock; District Office of Women and Children; District Health Offices; and Municipal Government and Ward Government Offices.

The programme is approaching two years of active implementation. Despite the numerous challenges faced, Caritas Nepal is glad that the communities have worked together to realize significant socio-economic recovery in the past years. The resilient spirit of the people and communities has been not able. The families have risen from the rubble of their homes with hope towards a better life.





IV. ii. Shelter Sector Achievement and Good Practices

Objective one (Shelter sector): People live in safe and adequate shelter

The shelter support activities of Caritas Nepal have enabled the earthquake affected families to pursue house construction in an 'owner driven approach'. The campaign slogan of Caritas Nepal and the communities is 'Surkashit Awas Afain Banau'. This translated in English is 'let us construct safe houses ourselves'.

Good progress has been achieved due to the work done by the communities for shelter reconstruction work. The families and communities have worked together to access resources such as stone, bricks, wood, cement, iron rods, and water for construction of the houses. Many communities have done labor sharing to help each other construct houses. The results achieved are noted below.

The percentage of house constructed is very high in Orang and Bulung, above fifty percent mark in Kalika and Thokarpa, and progressing in Chandanimandan and Balthali (see table given below). All houses being reconstructed are following earthquake resistant technologies.

Table: House reconstruction status

S. no.	Village, Municipality (District)	House constructed units, enrolled households, and % of house constructed	S. no.	Particulars	House constructed units, enrolled households, and % of house constructed
1	Orang, Bigu-2 (Dolakha)	53 units out of 565 HH enrolled or 95%	4	Thokarpa, Sunkoshi-1 and 2 (Sindhupalchowk)	610 units out of 1171 HH enrolled and 52%
2	Bulung, Bigu-3 (Dolakha)	600 units out of 734 HH enrolled or 82%	5	Chandanimandan, Mandan Deupur-10 (Kavrepalanchowk)	410 units out of 1035 HH enrolled and or 40%
3	Kalika, Sunkoshi-3 (Sindhupalchowk)	435 units out of 655 HH enrolled or 66%	6	Balthali, Panauti-11 (Kavrepalanchowk)	183 units out of 520 HH enrolled or 35%

Note percentage of house constructed calculated in the above table is out of the total enrolled household number in each village. 4680 households already are enrolled and Caritas Nepal will still support additional 145 households if grievances are approved. In this way, Caritas Nepal will support a total of 4825 households.

Result one: People are living in safe shelter and adequate shelter

2773 households of 6 village locations (Orang, Bulung, Thokarpa, Kalika, Balthali and Chandanimandan) have already constructed earthquake resistant houses using local materials such as stone, mud, bricks, and wood. That is 57% of the targeted 4825 households are living in earthquake resistant houses. Additional, 1616 households are pursuing house construction. That is additional 41% of 4825 targeted households supported with full shelter package. The house construction status per location out of the total households enrolled is noted in the table above.



Additional top up for housing grant has been provided to 1214 households of Orang and Bulung. Greater individual attention given to most vulnerable households by local shelter teams has motivated these families to pursue house construction in a timely manner. Please see shelter fact sheet (table) presented to learn of single women led households and households with disabled members who have constructed houses.

Fr. K.B. Bogati inaugurating a model house in Chandanimandan. The house is given to Mrs Saraswati Nepal

The houses constructed by the villagers are mainly of stone cement masonry (46%), brick cement masonry (42%) and some houses constructed (12%) are using reinforced concrete technology.

Result two: Households have received technical guidance

5900 households have received individual level technical guidance (i.e. 5-8 visits by local shelter teams). From second half of 2017, additional 1501 households have been provided technical support in 7 new locations (Sailung 6 and 7, Sunkoshi 4 & 5, and Chaurideurali 1, 2, & 3). Caritas Nepal plans to provide technical support to at least 3000 households in these new locations. This effort to provide additional technical support was started in August of 2017 as per advisory of NRA to reach more households with technical guidance.

Result three: Earthquake affected communities have acquired knowledge and skills to pursue earthquake resistant house construction

The communities are aware of earthquake resistant construction and have capacity to pursue the same. 7300 households were oriented in pursuing earthquake resistant shelter construction using local materials such as stone, mud, wood, and bricks. 729 masons have been trained and they are leading in the reconstruction process. People have been mobilized to work as communities to help each other to construct houses by accessing jointly water for construction and materials for construction, and by sharing labour.

Result four: People have access to financial support

Caritas Nepal has provided housing grants to the earthquake affected households of six locations (Orang, Bulung, Kalika, Thokarpa, Chandanimandan, and Balthali). Tranches received by households till date: first tranche (Rs. 50,000 each) by 4667 households; second tranche (Rs. 150,000/-each) by 4197 households; third tranche (Rs. 100,000/-each) by 2566 households. Transport support top up provided to 1214 households of Orang and Bulung of Dolakha.

Table: Fact Sheet for Shelter Sector (some progress and achievement indicators)

s. no.	Particulars	Indicator (number)	s. no.	Particulars	Indicator (number)
1	Number of houses constructed already, and total houses initiated for construction.	2773 (57%)houses constructed. 4389 houses initiated in total out of 4825 households targeted with full shelter support.	8	Number of grievances approved and additional families receiving grants as compared to initial NRA list:	358 households
2	Type of house constructed(with concrete or wood bands and other earthquake resistant features)	46% stone mud masonry, 42% brick cement masonry, 12% with reinforced concrete pillars	9	Number of single women and disabled who have constructed houses	321 out of 402 single women and 69 out of 75 households with disability constructed houses
3	Number of shelter groups formed an oriented:	250 shelter groups in 13 locations (past VDCs)	10	Number of local masons trained in training (7 days) for earthquake resistant house construction using local materials	27 units of training. Out of the 729 masons trained, 25 are female.
4	Number oriented in earthquake resistant house construction	7300 households.	11	Percentage of Masons trained and working	86% of Masons trained are working full time.
6	Number of households provided technical guidance	5900 household (5-8 visits per household):	12	Types of additional resources supported by Caritas Nepal	Water tanks, pipes, water pumping machines, Caritas Nepal's trucks to transport construction materials.
7	Number of model house constructed and provided to most vulnerable family in the village	16 units of stone mud masonry and brick cement masonry houses	13	Number of households (HH) provided housing grant and transport top up Note: the target HH is 4825 and all enrolled HH have given first instalment. The status noted is as of March 23, 2018.	Grant tranches situation: 1 st (Rs. 50,000): 4667 HH 2 nd (Rs. 150,000): 4197 HH 3 rd (Rs. 100,000): 2566 HH Additional remote location transport support top up for Orang and Bulung of Dolakha: 1214 HH

Bulung, Dolakha. This location is supported by Caritas Nepal for shelter construction (technical support and housing grant, transportation support top up).

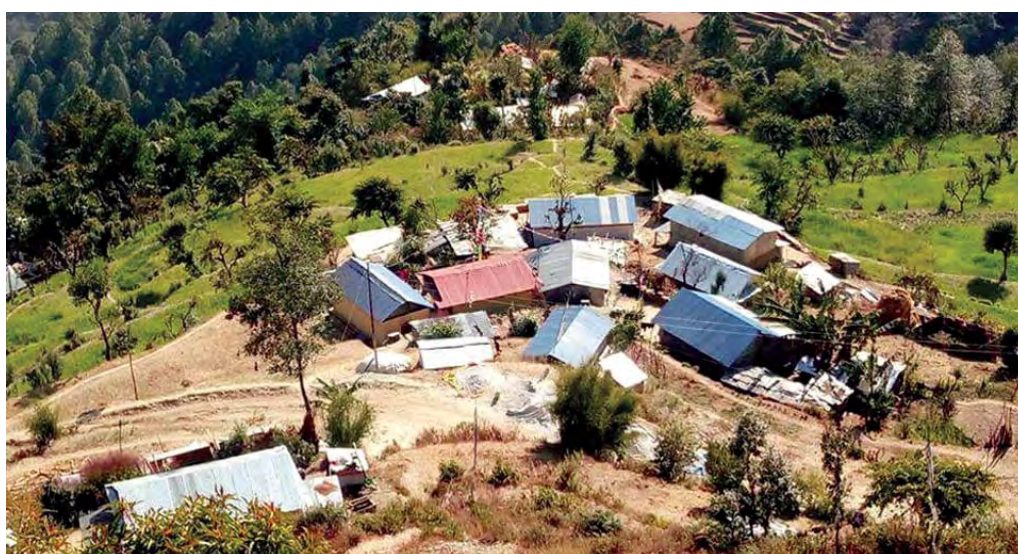


Table: Good Practices in Shelter Sector

s. no.	Intervention strategy	Description of practices
1	'Owner driven approach' promoted through social mobilization.	<ul style="list-style-type: none"> a) Guidelines and training provided to social mobilizers to facilitate households to construct housing as per owner drive approach. b) Awareness raising and support provided to each household by social mobilizers who know of the context and speak the local tongue. Special emphasis given to socio-economically vulnerable households to encourage them to construct houses by providing necessary advice and motivation. c) Support provided to households for enrolment and for pursuing grievances. d) Formation, orientation, and facilitation of shelter groups. Mobilizing households by organizing them into groups and local committees to work together to access materials, human resources, and to share labour etc.
2	Holistic technical package with individual level technical guidance.	<ul style="list-style-type: none"> a) Guidelines and training provided to technicians to facilitate households to construct earthquake resistant housing as per owner drive approach. b) Awareness and orientation on earthquake resistant designs (DUDBC catalogue). c) Awareness created by model houses constructed using local materials (stone, mud, wood, bricks), and model houses were constructed for 12 most vulnerable families of the 6 villages. d) Mason training based on seven day long DUDBC curriculum and including practical training opportunities. One day added to discuss the important role of Masons in reconstruction. e) Individual guidance to households by trained technicians on house designs, costs, lay out, construction supervision, and for filling application forms for shelter grant access etc. Each house visited 5 to 8 times by local shelter team (social mobilisers and technicians).
3	Support provided to access housing grants and additional top up provided.	<ul style="list-style-type: none"> a) Provision of housing grants through banks that are nearest to the villages. Individual electronic card provided in Orang and Bulung by one bank. b) Individual level support to ensure households are able to fill forms and access grants on timely manner by social mobilisers and technicians. This is to report to local government, NRA, DLPIU, DCC. c) Rs. 50,000/- per household top up provided to remote locations of Orang and Bulung of Dolakha. This was provided as remote location transport support.
4	Addressing other limiting factors	<ul style="list-style-type: none"> a) Improving village roads through cash for work helped villagers such as of Orang and Bulung to access materials for construction on timely manner and prevent delays. b) Water access improved through drinking water and irrigation system re-construction. Some most vulnerable people such as disabled and elderly were also provided transport facility to go to the banks to receive the housing grants.
5	Coordination and advocacy	<ul style="list-style-type: none"> a) Coordination with NRA, SWC, CLPIU, HRRP at central level and coordination with DDC, DLPIU, District NRA offices, village NRA officers, and local governments for shelter construction facilitation.

In this way, earthquake affected households including most vulnerable households have constructed earthquake resistant houses with the support of Caritas Nepal. The changes brought about are further described by the case studies presented later in this publication.



Guthgaun, Thokarpa. This location is supported by Caritas Nepal for shelter construction (technical support and housing grant).

IV. iii. WASH Sector Achievement and Good Practices

Objective two (WASH Sector): People have access to safe drinking water and hygiene and sanitation facilities.

Caritas Nepal has supported rural families, WASH committees, user groups and institutions to work together to improve safe drinking water access, personal hygiene, and household and community sanitation. Now, many of the rural families and communities have improved access to safe drinking water and are undertaking hygiene and sanitation improvement campaigns.

Result one: Earthquake affected households have increased access to safe drinking water

By March of 2018, 1789 earthquake affected households (9,627 population) had improved access to safe drinking water from 31 drinking water systems constructed by the programme. In near future, by June of 2018, additional 118 households will have drinking water access (see table given below). People are now able to access safe drinking water within 5 minutes of walking distance from their homes as against having to spend more than double this time to access water from polluted sources in the past.

In this way, 31 drinking water systems have already been established by local user groups with financial and technical support of Caritas Nepal. Caritas Nepal worked with the user group committees for developing the drinking water project plans (feasibility, system design, and cost estimation). The user groups committees managed the project implementation with the technical guidance of Caritas Nepal. The user groups were able to mobilize beneficiary households to contribute labour for transporting and laying drinking water pipes and for construction of reservoirs and tanks. In this way, the local in kind contribution of the projects have been about 30-40% of total cost.

Table: Drinking Water System Construction Status and Beneficiaries Households (HH)

Status of completion of drinking water systems as of March of 2018	No. of Systems Constructed by March 2018	Total households reached	Total population reached	HH reached in percentage out of targeted 4665 households
100% constructed	31	1789	9627	38
More than 50% constructed	10	735	4228	16
Less than 50% constructed	3	383	2000	8
Total	44	2663	14372	57

Result two: Earthquake affected households have increased access to sanitation facilities

Households and communities have been made aware and mobilized to construct toilets in order for the whole village to be open defecation free. More than 2300 households have improved their toilet facilities. One toilet (with girl and boy latrines) each in 9 schools have been constructed in Orang, Bulung, Kalika, Thokarpa, Baseswar, Hariharpur Gadhi respectively.

Result three: Earthquake affected households have knowledge and skills to improve hygiene and sanitation.

74 volunteers, 23 child clubs, 8 WASH committees are leading the WASH situation improvement campaign in their locations.

More than 5000 students have taken part in this campaign. Children and adults in eight village locations are working together as communities and are encouraging all to pursue safe hygiene and sanitation practices. Local communities' effort to strongly pursue 'open defecation free community status' have been supported by the campaign. With greater access to water from the newly built taps, children and adults are taking bath more regularly. People are following proper sanitation practices such as washing hands after going to the toilet or before eating.

Result four: Earthquake affected communities have increased capacity to manage water, sanitation and hygiene facilities.

Eight WASH committees (i. e. of Orang, Bulung, Kalika, Thokarpa, Chandanimandan, Balthali, Baseswar and Hariharpur Gadhi) have been strengthened to take forward in planned manner the concerns of their villages on water, sanitation, and hygiene. They are meeting in a regular basis and addressing WASH concerns. Committees are trying to ensure that 'open defecation rule' is met by each households. They are also guiding user groups to effectively manage drinking water systems. 44 user groups are managing drinking water systems. 25 drinking water user groups have prepared 'water safety and sustainability plan'.

Table: Fact Sheet for WASH Sector (some progress and achievement indicators)

S. no.	Particulars	Indicators	S. No.	Particulars	Indicators
1	Number of households with improved drinking water access	1789 households (9627 population)	7	Number of school toilets constructed with girl and boy latrines	9 latrines in 9 schools, 1132 (572 Girls) students benefited
2	Number of households who have improved toilets	2300 households	8	Number of model household toilets constructed and number of toilets improved by rural households	12 units of model toilet constructed More than 2000 households have improved toilets
3	Number of groups trained in drinking water safety and system management	25 user groups prepared water safety & sustainability plans for 25 systems	9	Number of awareness materials produced and distributed	8000 awareness materials & 4495 posters
5	Number of drinking water tests undertaken (at source, reservoir, taps)	446 samples taken and tested	10	Number of dramas hosted at school and community levels for awareness raising	15 units with 4660 people reached
6	Number of water tank disinfection actions undertaken	49 units of disinfection activity implemented	11	Additional number of village and district level awareness events held on hygiene and sanitation	37 units
7	Number of schools and child clubs supported for hygiene and sanitation campaign	23 schools and child clubs 5424 students involved	12	Additional number of village and district level awareness events held on WASH	37 units
8	Number of extracurricular activities supported to child clubs on WASH	141 units organized by child clubs			

Table: Good Practices of WASH Sector

s. no.	Intervention strategy	Description of practices
1	Local user group and community led approach promoted through social mobilization.	<ul style="list-style-type: none"> a) Strengthening of Village Water and Sanitation Coordination Committee (VWASHCC) for WASH sector planning, implementation, and review by orientations and regular guidance. Coordination with district WASH Committees and District Water and Sanitation offices to develop and implement WASH plans. b) Mobilizing 'Drinking Water User Groups' to construct, manage and sustain drinking water systems through orientation, and regular guidance on group organization, sustainable management, and for social audit. c) Creating awareness on sanitation and hygiene using awareness materials, information boards, and FM radio episodes. d) Training and guidance to child clubs of schools and local WASH committees for undertaking hygiene and sanitation improvement campaign. e) Training of community health volunteers on effectively undertaking sanitation and health extension in coordination with specialist organizations.
2	Holistic technical support provided as per Nepal Standards.	<ul style="list-style-type: none"> a) Feasibility of drinking water systems prepared with participation of local user group members. b) Technical guidance for drinking water system construction. Drinking water systems based on gravity flow, pumping system with electricity and solar power promoted as suitable to the local context. c) Systems constructed by reducing disaster risk (laying pipeline 60 inches deep, and constructing reservoir in landslide safe locations, and applying technologies such as Ferro-cement tanks. d) Training and facilitation on 'water safety planning' and field based plumbing training. e) Construction supervision and guidance provided as per Nepal Standard for construction of drinking water systems and school toilets. f) Child clubs oriented and mobilized to take up awareness raising activities on sanitation and hygiene

The program has enabled local people and communities to improve their WASH facilities. The changes brought about are further described by the WASH sector case studies presented later in this publication.





iv. iv. Livelihood Sector Achievement and Good Practices

Objective three: Earthquake affected households have increased livelihood security.

Result One: Vulnerable earthquake affected households earn cash income to meet immediate household needs.

3,681 vulnerable household took part in cash for work activities. The average working days was 7 person days per household. The cash earned was used by the families to meet their basic needs such as food and clothes. Interestingly, some households have utilized the cash for the reconstruction of their house as well physical infrastructure such as irrigation canal (17 units), motorable roads (10 units), community buildings (2 units), bridges, walls of classrooms, resting place near the road have been constructed with cash for work.

Infrastructure improved or constructed through cash for work has contributed to socio-economic recovery of the locations. For example roads improved in Bulung, Orang, Thokarpa, Kalika, Balthali and Chandanimandan helped the local people to access basic materials (i.e. food, agriculture inputs) and re-construction materials (i.e. iron rods, cement, and wood) on a timelier manner in 2016 and 2017. In this way, due to timely repair of the roads many villagers noted that they saved money due to decrease in price of goods and also saved time.

Result Two: Earthquake affected communities have restored access to community infrastructure

11 units of irrigation canals have been repaired irrigating 188 ha of land. This has helped hundreds of farmers to pursue farming of main crops in a timely manner. 5 units of milk collection centers and 4 units of vegetable collection centers have been constructed. These infrastructures have benefitted more than 2000 farming households to improve agriculture production and market their produce.

Result Three: Earthquake affected households have restored and expanded their livelihood activities.

Seed support was provided in the first year to 5,449 households given many had lost seeds when their houses collapsed due to the earthquake. With access to seeds the small farmer households were able to continue farming main crops such as rice, maize and wheat. There has been yield increases realized by the farmers due to seeds introduced. 5,946 small farmers of the target areas are pursuing livelihood recovery effectively by improving agriculture and/or livestock raising activities. Many of the supported 3,549 farmers are now pursuing sustainable agricultural practices. Many of the 2397 people supported are pursuing livestock raising for income generation more effectively. These farmers were provided three days training on sustainable agriculture or livestock management concerns and were provided grants or material inputs worth about Rs. 27000. They have been able to improve household food security, nutrition, and incomes by improving and/or expanding farming and livestock raising practices. Additional 2440 households, living in later added programme locations, will be provided support in 2018 for livelihood concerns.

Result Four: Earthquake affected households have increased access to community-based financial services

The administration or management capacity of eight local cooperatives have been strengthened. The cooperatives are providing micro-finance services to the communities from the resources they have raised themselves. In addition to this, they have been provided grants by Caritas Nepal to provide soft loan (low interest loans) to vulnerable households. 549 households have received soft loan and are improving their rural livelihoods. The cooperatives have also helped in implementing various activities such as cash for work activities.

Table: Fact Sheet for Livelihood (some progress and achievement indicators)

S.N	Particulars	Indicators	S.N	Particulars	Indicators
1	Cash for work	3,681 HHs engaged in cash for work activities for 7 days on average per HH	6	Non-farming training to vulnerable HHs	2-units completed (1 training for soap making and 1 for Lapsi candy processing) total 54 people participated
2.	Basic Agriculture training and support	Agriculture training and input support provided to 3,549 farmers through 112-unit training.	7	Repair and reconstruction of physical infrastructure such as irrigation canal and marketing infrastructure.	18-unit irrigation canal has been repair/restored with irrigation outreach added to 188 ha of land. Similarly, 5 unit of milk collection center and 4 unit of vegetable collection center has been constructed in the program location.
3	Livestock training and support	2397 households have been trained on livestock management through 92 units of training	8	DRR committee formation, and mitigation measure adopted	8-unit local Disaster Risk Management Committee formed and orientated. Six types of DRR mitigation measure have been applied at local level.
4	Integrated pest management	11-unit season long IPM FFS training provided to 323 farmers. IPM practice has resulted in decrease in chemical pesticides used in the villages.	9	Micro-credit loan mobilization	549 HHs received soft loan from 8 partner cooperatives
5	Kitchen Garden training and input support	1890 farmers are trained on kitchen garden (includes the trainee of agriculture and livestock group) from 70 units of kitchen garden training undertaken.	10	Farmer groups formation and review planning meeting in quarterly basis	In total 144 farmer groups have been formed (72-unit agriculture sector groups and 72-unit livestock sector groups) and organizing quarterly basis review and planning in participatory manner as well.

Table: Good Practices in Livelihood Sector

S.N	Intervention strategy	Description of practices
1	Cash for work activity facilitated to be implemented by local committee as per local needs for infrastructure development	<ul style="list-style-type: none"> a. Cash for work implementation guidelines developed in Nepali language and local people and stakeholders oriented on the same. b. Infrastructure improvement or livelihood sector development need identified through meetings held with local stakeholders. Emphasis given to marketing infrastructure development. c. Participatory planning and implementation pursued by formation of local committees to manage the tasks
2	Livelihood training and extension and grant support package	<ul style="list-style-type: none"> a. Short term training in kitchen gardening, vegetable farming, and livestock raising and follow up meeting held given time limitation of families pursuing recovery. Seasonal follow up meetings held. Field level extension undertaken by village based agriculture and livestock technicians. Off farm enterprise trainings also held as suitable by working with local cooperatives. b. Provision of suitable material and/or grant support (amounting to Rs. 35,000/- in total per household)
3	Cooperative strengthened to provide micro-finance service delivery	<ul style="list-style-type: none"> a. Leaders and Members trained to manage cooperatives in an accountable, transparent and financially sound and sustainable manner b. Cooperatives involved in suitable recovery work such as to provide soft loans to vulnerable households affected by earthquakes. Cooperatives involved to implement livelihood activities such as cash for work and enterprise trainings etc.

The earthquake affected households including many vulnerable households have been able to pursue livelihood recovery. The changes brought about are further described by case studies presented later in this publication.



IV. v Protection and Psychosocial Sector Achievement and Good Practices

Objective four: Earthquake affected communities obtain services in an accessible, safe, dignified manner and improve their physical and mental well-being.

Caritas Nepal is implementing NERP with emphasis on protection mainstreaming. The protection team is working with other sectoral teams to ensure that the recovery services are delivered in a socially accountable manner.

Result one: Protection mainstreaming is pursued by Caritas Nepal's Team and Partners

All program and administration personnel have been trained on protection mainstreaming concerns, and services have been delivered by ensuring there is good information flow to the communities, and that all the targeted households have good access to the services provided. 400 people, programme personnel and volunteers, have been trained on the issue.

Table: Examples of protection mainstreaming work done by various sectors with support of protection team

s. no.	Example of protection mainstreaming done in various sectors
1	Shelter: Families organized in groups and encouraged to share labor for house construction, and to help each other to access resources for house construction. Support provided to vulnerable households to put forward grievance to receive housing grant approvals from NRA. Transport facility provided to disabled and elderly households to fetch housing grants from the bank in nearest city.
2	WASH: Drinking water taps constructed near the houses of disabled, elderly people and single women led families. Child friendly taps constructed by mobilizing user groups on the issue. Technical and financial support provided to vulnerable households to construct or improve their toilets.
3	Livelihood: Provided cash for work opportunities to 3681 poor households so they could address their basic needs. Formation of groups (agriculture, livestock, or general livelihood groups) including vulnerable small farmers' families and other vulnerable households in the locations. Total participants are 5516 households, and more households will be involved in newly expanded locations in near future. Support provided to eight village based democratically organized cooperatives to provide micro-finance services to poorest households and to promote rural enterprises.

Result two: Earthquake affected communities have mechanisms in place to address protection concerns

Mainstreaming of protection has been done effectively in all sectors by orienting and empowering local organizations (drinking water user groups, livelihood sector groups, cooperatives, and protection committees) to address protection issues. The local groups and communities are addressing protection concerns by discussing protection issues on a regular basis. Feed-back boxes have been kept in the programme locations and all NERP offices. People are providing their feed-back by writing notes or letter in the boxes, through the installed toll free phone lines, and mainly through interactions at issue based meetings or during meetings with staff.

Result three: Earthquake affected communities have systems in place to address psychosocial needs

72 local volunteers have been trained to identify and provide basic support to psychosocial cases. They have visited households in their neighborhoods and provided advisory to people affected by depression and trauma. About 164 psychosocial cases have been provided funds to access medication support. About 61 disabled people have also been provided funds to register at local government or to access medication support.

Table: Fact Sheet for Protection and Psychosocial Sector (some progress and achievement indicators)

s. no.	Particulars	Output	s. no.	Particulars	Output
1	Number of volunteers trained placed in protection concerns:	72 local volunteers	6	Number of written feed-back received in feed-back boxes and answered:	151 units
2	Number of household visits undertaken by volunteers for ensuring protection mainstreaming and to identify psychosocial and disability cases:	6307 units	7	Number of special psychosocial referral support funds provided to psychosocial cases:	225 people
3	Number of protection mainstreaming orientations and trainings, and number of local committee members / people trained to facilitate protection concerns at local level:	28 orientation and trainings 500 people trained	8	Number of disability registration camps held in coordination with District Women and Children Office and Village Health Centers and number of disabled registered to receive recognition of their status and benefits as per Nepal Government's policy.	6 camps 96 disabled people registered with Nepal Government
4	Number of protection mainstreaming committees formed and functioning on protection concerns:	8 units at village wide level	9	Number of child clubs of schools undertaking awareness in protection concerns (children's rights, women's rights, gender violence, safe migration and trafficking) with the support of the programme:	14 child clubs of 14 schools
5	Number of feedback mechanism training, people trained, feed-back boxes installed	26 units to staff and stakeholders 1000 people trained 98 feed-back boxes and toll free phone line			

Table: Good practices in protection and psychosocial service delivery

Intervention strategy	Description of practices
1. Protection mainstreaming and feed-back mechanism installed by training staff, volunteers and other community members	<ul style="list-style-type: none"> a. Staff members of Caritas Nepal and partners were provided four days long protection mainstreaming training, and additional one day training on feed-back mechanism held. b. Community members oriented on protection mainstreaming and on feed-back mechanism. Regular review of protection concerns in all sectors done together with related households and community groups, neighbourhood committees and village level committees. c. Local programme teams, user groups, agriculture and livestock groups, cooperatives mobilized to address equal access, inclusion, accountability, transparency, and effective participation concerns during activity planning, implementation and reviews in their teams, groups and communities. d. Feedback boxes and toll free phone lines installed and answered to.
2. Capacity of local volunteers to support psychosocial and disability concerns improved through training and coordination with related stakeholders	<ul style="list-style-type: none"> a. Psychosocial case identification and basic guidance (counseling) training provided to local volunteers, and volunteers mobilized to visit each household to map the support needed. b. Disabled people supported to register with local government by hosting disability identification camps held in coordination with Districts Health Offices, District Women and Children Office etc. c. Referral fund support provided to help psychosocial and disabled people to register at local government and/or to access medications etc.

IV. Vi. Addressing Disaster Risk Reduction

Objective five: Earthquake affected communities have increased resilience to disaster risks.

Result One: Earthquake affected communities have implemented disaster risk mitigation measures through disaster mainstreaming.

Disaster mainstreaming has been effectively done. Examples are as follows: All houses being reconstructed with Caritas Nepal's support is earthquake resistant; drinking water systems infrastructures such as reservoir tank is built on safe ground (from landslides or flashflood) and necessary protection such as with gabions are placed in various locations; water quality testing done in water supply systems and corrective measures taken if contamination is seen; widespread plantation activities have been undertaken to develop community forests; insurance for livestock promoted to reduce economic risk to farmers; vaccination of livestock undertaken to prevent diseases; irrigation canal re-constructed and alternative irrigation practices promoted to address drought; and integrated pest management practices promoted to avoid pest upsurges etc. Many of the household have effectively pursued livelihood recovery and are now in a better capacity to address wider hazards.

Result two: Local communities are pursuing disaster risk reduction plans

Local Disaster Risk Management Committee in eight locations have been formed and oriented on disaster risk reduction planning in coordination with local government and stakeholders. 8 of these village committees are now being facilitated to prepare their village's disaster risk reduction management plans (LDRMP). There are 127 members in these committees. Two units of LDRMP have been developed in Kalika and Thokarpa (Sunkoshi -1, 2, 3).

Disaster Management Committees have been helped to pursue disaster preparedness plans. They have now prepared and distributed a list of phone numbers of emergency service providers to the households of their villages. Caritas Nepal has provided search and rescue kits as well.

The good practices implemented for disaster risk reduction has namely been in terms of disaster mainstreaming as described above. In regards to building capacity of local communities for comprehensive disaster risk reduction planning and implementation concerns, more work will be done in the future. ▲



SHELTER CASE STUDIES

Table: Masons Trained by Caritas Nepal

Location	No. of trained Mason		Total masons trained
	Full Shelter support location	Technical support locations	
Orang	24		
Bulung	24		
Dolakha	48	52	100
Balthali	54		
Chandeni	94		
Kavreplanchowk	148	195	343
Kalika	84		
Thokarpa	131		
Sindhupalchowk	215	71	286
Total	411	318	729



Table: House Construction Status

Location	Total NRA listed HHs	Total Enrolled HHs	Housing grant provided households (HHs)			Initiated Reconstruction	
			1st Tranche Recipient HHs	2nd Tranche Recipient HHs	3rd Tranche Recipient HHs	Construction initiated	Fully constructed house
Orang	565	565	563	550	526	557	535
Bulung	759	734	732	658	479	700	600
Dolakha	1324	1299	1295	1208	1005	1257	1135
Balthali	546	520	518	396	172	425	183
Chandeni	1065	1035	1035	870	422	920	410
Kavreplanchowk	1611	1555	1553	1266	594	1345	593
Kalika	656	655	649	628	397	640	435
Thokarpa	1178	1171	1170	1095	570	1147	610
Sindhupalchowk	1834	1826	1819	1723	967	1787	1045
Total	4769	4680	4667	4197	2566	4389	2773

1.

C A S E S T U D Y



Master Sanjay Tamang, a 12 years old child, has a new earthquake resistant house



Master Sanjay Tamang's stone mud masonry house with wooden bands.

Assurance of security through construction of Earthquake resistant house

The devastating earthquake April 25 and May 12 of 2015 took many lives. Among those who had to bear the grief of losing family members was a young person, Master Sanjay Tamang, a 12 years old boy. Sanjay is a resident of Banspanitole, Orang (Bigu-2, Dolakha) who was orphaned by the earthquake. In his young age he had to bear the grief of losing father, mother and a two year old sister. He was 9 years old when his parents and his younger sister were travelling to nearby market of Singati when they lost their lives due to the second

major earthquake on 12th May of 2015.

He now lives with his grandmother in his newly built Earthquake resistant house. Caritas Nepal supported Sanjay to construct his house for his earlier home had been demolished by the quake. He has received all the three installments amounting to Rs. 300,000/- to build his house from Caritas Nepal. Caritas Nepal has provided additional fund of Rs. 50,000/- as remote location transportation support.

His grandmother, aunt and other relatives were able to help him build his house. Caritas Nepal's village shelter team composed of social mobiliser and engineering technicians visited him, and helped his family to undertake house construction using earthquake resistant techniques such as wooden bands. He says that the fund provided by Caritas Nepal helped him meet the monetary costs of constructing the house. His family had stone and wood in their field, and in the debris of his old fallen house. These were used for construction of the new house. The small house has two rooms and an attic. There is a small toilet constructed nearby the house.

Sanjay is studying in grade 4 at Gaurishankar School. He has to walk for one hour to reach his school. He says, "I have many friends at school and I want join the army when I grow up". His remaining family members are glad that Sanjay has been able to face the loss and move on towards hope. They say he is concentrating in his studies and this keeps him busy and helps him cope with the loss.

His grandmother says, "We have a new house with the support of Caritas Nepal and Sanjay has been in good health and though obviously traumatized he has been able to cope with the situation".

The family's economic situation has also been affected due to the demise of the leading couple of the household. His grandmother and aunts are small farmers who raise livestock and sell the same for income. When he is not in school, Sanjay tries to help his grandmother in farming potatoes, maize and vegetable crops in a small plot (0.3 ha) of land and to raise goats. Caritas Nepal has provided livelihood support to the family through one of Sanjay's aunts, who is a member of the agriculture group of NERP. ▲



12 years old Sanjay Tamang

2.

C A S E S T U D Y



Mr. Chankhey Tamang and his family have a new, safe shelter

Among the first ones to reconstruct shelter and re-establish livelihood after the earthquake in the village of Bulung is Mr. Chankhey Tamang!



The monstrous earthquake of 2015 literally shook the lives of thousands of people. Chankhey Tamang, aged 48, resident of Bulung (Bigu-3, Dolakha), is one of them. A disabled man with a family of six to look after, initially he was scared and worried. His house was demolished by the earthquake and he was faced with the challenge of building a new one.

Mr. Tamang says, “I can’t sleep on my back because I have a hunch-back, I can’t carry anything on my back, and I can’t walk long distances. Some people of other caste groups look down upon me because of my disability, and because I am just an ethnic person. But I was among the first ones in the village to reconstruct shelter, and I am extremely thankful to Caritas Nepal for all the support they provided me to accomplish this task”.

Looking at his new three room house, Mr. Tamang adds, “Now there is no fear of the wind taking away our roof because we have a proper roof. I am really glad that I constructed this earthquake resistant house on timely manner”. He says he is using the temporary shelter constructed earlier to store things.

The technicians and social mobilizers of Caritas Nepal visited him 7 times to help him to construct a new house. Initially, they helped him to get enrolled in the NRA’s list. Then they supported him and his construction team to undertake layout of the house, and to monitor construction work. The team also prepared and provided reports to NRA and local government on the progress made by Mr. Chankey Tamang in house construction. This helped him to get the remaining housing grant tranches on timely manner. Stones for the house was brought from Kami Khola (a stream located a kilometer away). Wood was bought from the nearby community forest and from some neighbors. He spent about Rs. 650,000/- to construct his three room house, and Caritas Nepal provided Rs. 350,000/- or 53% of the cost. That is Rs. 300,000/- housing grant and Rs. 50,000/- as remote location transport support.

Tamang and his children in his new shelter

Mr. Tamang's wife cultivates wheat, maize and millet in the 3 Ropanis (0.15 ha) of the family's farming land. The produce from their land provides food grains for their family for 3-4 months. Mr. Tamang works as a carpenter and at times as a mason. He earns Rs. 1000-1200 on daily basis. He also keeps local bees in a traditional bee hive and sells honey earning Rs. 9,000 annually.

Mr. Tamang is a member of the livestock group formed in the location by NERP. He has obtained training on raising livestock and has received livestock grant fund as well. He had five goats earlier, and with the support of the livestock grant provided by Caritas Nepal he has added four more goats. Now the goats have given kids and there are 15 goats in total. He has 2 cows, two oxen and a few chicken.

Mr. Tamang says, "After the training I now know how to take care of livestock better. My livestock number has been multiplying (growing). I shall sell some of my goats and the kids after few months". He notes that livestock raising is an alternate occupation for him now. ▲

3.

C A S E S T U D Y



Mrs. Sita Bhandari of Thokarpa is a proud owner of an earthquake resistant house

Mr. Sita Bhandari says, "we have safe shelter and my children have improved their performance in studies!"



Mrs. Bhandari being interviewed by M&E officer

Among the many lives that the Earthquake of 2015 affected in Thokarpa (Sunkoshi-1, Sindhupalchowk), Mrs. Sita Bhandari's was one. Thirty nine year old Mrs. Bhandari became a widow 6 years ago. She has a son and a daughter studying in grade 6 and 10 respectively. Mrs. Bhandari is educated up to secondary level. Earlier her main occupation was farming in her small plot of land (6 Ropanis or 0.3 ha of land), and later she joined the local government as an Office Helper. Her total annual income is NRs. 60,000 or 552 Euros.

The earthquake totally destroyed her house and rubble was all that was left. Mrs. Sita was devastated. She then made a shack of corrugated iron sheets but the small space was very un-comfortable. She says, 'Monsoon water trickled inside our rooms, my children

couldn't study well. Their mattresses would dampen with the falling of water from the cracks in the roof and they couldn't sleep peacefully. I can't forget how my children used to become afraid and scream with the howling of the wind'. Hence, she started construction of her permanent house as soon as possible.

Mrs. Bhandari has constructed a house of stone and mud masonry having two rooms and a small attic, she is a proud owner who now has a house and is providing good shelter to her children. She is also able to provide good living space to her elderly mother in law when she visits her. Caritas Nepal's technicians visited her five times and helped her to decide on house design, layout, and supervising construction process. The total cost of the stone mud masonry house is Rs. 550,000/-. The room size is about 12 by 12 feet. Caritas Nepal has provided all the three tranches of housing grant to her amounting to Rs. 300,000/-. The remaining funds she has arranged herself and part of it is by getting a loan.

Mrs. Bhandari's family started living in their new house eight months back and says that its very comfortable now.

Her daughter, who is in grade 10, is thankful to be living in the new house because she can study well in this improved environment. They are proud that they have built an earthquake resistant stone mud masonry house upon learning about the important issue from Caritas Nepal's village team and awareness materials.

She continues to do some farming activity. She has 2 buffaloes and 5 goats. 2 of the goats were purchased after she received livestock grant from Caritas Nepal. She is hopeful of selling goat kids in the future. "Caritas Nepal's approach of intervention has been very helpful and I'm thankful for all the support provided to a single woman like me," expressed Mrs. Bhandari. ▲



Mrs. Bhandari's temporary shelter is used as storing space now



Mrs. Bhandari collecting utensils and her elderly mother in law sleeping in the sun in veranda of her new house

4.

C A S E S T U D Y



Mrs. Swostika Khatri leads in reconstructing houses in Orang



A woman mason, Swostika Khatri has put her community into awe!

“I have put the whole community into awe. People are surprised that women can work as a mason to build walls and structures. I am very glad to have received the Mason training. I am an independent woman now and do not have to ask for money from my husband. You’ll gladly be surprised to note that I have become healthier after I started working as a mason”, said Khatri.

Swostika Khatri, a 33 year old lady, was one of the 25 Masons trained in Orang (Bigu-2, Dolakha) by Caritas Nepal in a seven day long Mason training. After the training she worked with the team and was glad to support in the reconstruction of houses in her village. “People have been requesting for masons in the nearby villages,” says Mrs. Khatri. She says she and her team members plan to go to nearby villages to provide construction services once the work is completed in near future

in Orang village. She says she is happy with her earning of Rs. 1000 to 1800 (euro 9 to 16) per day as a Mason.

The enthusiasm with which trained masons like Khatri have provided reconstruction services is one of the reasons why all the earthquake damaged houses in orang will be constructed in very near future (by April of 2018). Caritas Nepal’s team has helped the rural households and the trained Masons by providing technical guidance during the re-construction effort in the village and is glad to promote women to take up new roles such as of the mason in the villages.

“We are now well equipped with knowledge and skills to utilize locally available resources like stones and wood to construct earthquake resistant structures and we will always practice this even after Caritas Nepal is gone,” added Mrs. Khatri. ▲



Swostika Khatri constructing a house in Orang (Bigu-2)

5.

C A S E S T U D Y



Paharis of Kalika reconstruct safe shelters

Paharis help each other to construct houses as per their traditional 'parma' or labor sharing tradition



A Pahari couple posing for camera in front of their house



Pahari children playing in front of a newly built house



Mr. Sundar Pahari busy constructing shelter in Pahari settlement

Kalika-9 has 56 Pahari households out of which 50 households were listed to receive housing grant support. The Paharis have very small land holding and most of them are tenant farmers and wage laborers. Some are skilled workers such as Masons and Carpenters.

The Paharis are close knit community. Paharis have their own customs and traditions, one of which is Parma system. Parma is a social practice of interchanging or sharing labor for one another's farming and other needs. The Paharis have helped each other to build their houses after earthquake by doing 'parma'.

The 'parma' practiced by the Paharis of Kalika (Sunkoshi-3, Sindhupalchowk) is one of the reasons why 90 percent of house reconstruction in the settlement is in the process of completion. Caritas Nepal has provided technical guidance and housing grants on timely manner. Each household is receiving total of Rs. 300,000/- for house construction. All the households have received first tranche housing grant. 49 of the households have already completed till damp proof level have received second tranche housing grant, and 13 houses who have already constructed till wall level have received the final housing grant tranche.

The Paharis have also worked together to access construction materials. They were able to access some wood from their community forest. They have accessed sand, cement and roofing sheets. They have also vouched for each other to take loans to meet some of the cost of the houses from local cooperative or citizens. Caritas Nepal has provided them livestock such as goats for income generation, and they are hopeful they will earn money from the goats in near future and can sell them and obtain much needed cash income.

Prabhu Ram Pahari notes that they have built mainly brick cement masonry houses and only few who could afford have built houses with reinforced concrete pillars. However, the brick cement masonry houses also has earthquake resistant features and is a safe building. He thanks Caritas Nepal for the generous support provided to build the house. ▲

6.

C A S E S T U D Y



Good quality bricks are being made cheaply with the use of a machine by the people of Dandagaun

Dalit Community Work Together to Produce Compressed Stabilized Earth Bricks for House Construction

Dalits households members in Thokarpa producing CSEB



There are 20 Dalit households in Dandagaun at Thokarpa, Sindhupalchok. The Dalits are marginalized group of people in Nepal, discriminated largely because of their caste and economic status. The Dalits of Dandagaun lost the little they had in the earthquake. Three of them lost their lives while many of them got injured.

Caritas Nepal intervened to provide safe shelter for these vulnerable people. It provided NRs. 300,000 per household as per the agreement done with NRA. Also, as a means of cost minimization, it provided the community with Interlocking Compressed Stabilized Earth Brick Machine (CSEB) to produce bricks. A 2 days' training was provided to them before handing over the machine.



The Dalit household members have been working to produce these good quality bricks that are cost effective to produce, and that have a more eco-friendly production process. One person from each household work in two to three shifts per day. One CSEB brick is almost three times in size of that of a normal brick. One sack of cement mixed with mud and sand can produce about 65 bricks. These bricks upon taking out of the machine are cured (or kept in shade and watered) for 22 days.

The local people noted that a small house (with two rooms, a kitchen and a small balcony) needs about 1800- 2000 CSEB bricks as against 6000-7000 pieces of regular bricks

“These bricks will help us to minimize the cost to reconstruct our houses. We have therefore been working hard to produce these.” said

Compressed Stabilized Earth Bricks

Maiya Nepali, a resident of the settlement who was busy contributing labor for the construction of the bricks. The community members are trying to produce the bricks together first and then pursue construction of their houses later. Soon enough, bricks for every household in the location will be produced.

CSEB brick construction can be a possible means of income for the Dalits who are economically vulnerable. “Once we finish constructing our houses, we shall produce and sell the bricks to other villages. This shall be our new occupation.” expressed Ram Bahadur Damai, the Chairperson of Reconstruction Committee of Dalit settlement in Thokarpa. ▲

7.

C A S E S T U D Y



Mr. Tilak Bahadur Budhathoki of Thokarpa pursues socio-economic recovery

A couple with a resilient spirit enjoys the fruits of patience and hard-work!

Mr. Tilak Bahadur Budhathoki, a 49 years old permanent resident of *Ghartigaun*, Thokarpa (Sunkoshi-2, Sindhupalchowk) exemplifies the resilient spirit of the people affected by the earthquake. He and his wife have built their earthquake resistant houses and are pursuing farming livelihood and labor work actively. Recovery has been possible for them because of their patience and hard work.

Mr. Tilak Bahadur Budhathoki, a 49 years old permanent resident of *Ghartigaun* and his wife have hearing problems and also have speech disorder. They have three sons and a daughter. Two of their sons are working, and their third son is pursuing his studies. Their youngest daughter is still small and will pursue schooling later. Mr. Budhathoki says his cash income is about Rs.30,000 (euro 261) per year only and this he earns from doing labor work. Recently he has been able to earn some money by doing vegetable farming as well.

After the earthquake, the family had built a small tin shack where they lived. It was very uncomfortable to live inside the temporary shelter during winter and rainy season.

He notes that his stone mud masonry house cost about Rs. 450,000/- out of which Caritas Nepal provided him Rs. 300,000/-. He was among the first people in his village to finish house construction and he has been living in it for about one year now. He thanks Caritas Nepal team for providing much needed support for house construction. Caritas Nepal's technicians and social mobilizers guided him to construct a new earthquake resistant house through regular visits during the planning and during the whole construction period. He is now living in this stone mud masonry earthquake resistant house with two rooms. He has also constructed a toilet outside his house.

He has received a three day agriculture training and farming materials (plastic, water pipe, sprinkler, 100ltrs. tank etc.) from the NERP programme. He gladly shares that he grew tomatoes in the plastic green-house he constructed and earned NRs. 6,000 from selling tomatoes. He irrigates his vegetables by using excess water of the community tap nearby.

He says, "I am grateful towards Caritas Nepal for doing recovery work in this village."

Mr. Khatri is a good example of the resilient spirit present in the hardy rural people supported by the NERP program. This spirit present in him and his family members have helped them to move on with their lives toward hope. He says he is confident now that he can fully recover from the earthquake's impacts by pursuing livelihood opportunities such as farming and labor work in the future. ▲



Mr. Tilak Bahadur standing outside his house



Mr. Tilak washing his hands and his daughter helping him pour water



Anita Majhi, a resident of Chandanimandan, constructs earthquake resistant shelter

Safe shelter reduces the frequency of illnesses



Mrs. Anita Majhi and her father in law in front of her new house

The census of Nepal of 2011 reports Majhi's population to be 0.32 percent of the total population. The educational level of Majhis is low and only few have completed higher education. In Chandanimandan (Mandan Deupur- 10, Kavrepalanchowk), *Majhi Gaun* has 90 Majhi households who live by the Indrawati river. This particular settlement was one of the worst affected areas in terms of destruction by the earthquake of 2015. Ten people lost their lives due to the earthquake. Among the 90 households, 88 households were approved to receive housing grant. Till date, Caritas Nepal has provided 53 households first and second tranche housing grants because they have already completed housing construction till the wall level. 18 households who have fully constructed houses

were provided all three housing grants. All the 88 households are planning to complete house construction as soon as possible.

One of the Majhi households, Mrs. Anita Majhi, a 27 year old woman, and her husband have constructed their new house already. They have two daughters. She moved in to their new home in September 2017. It took the Majhis around 3 months to complete the construction of this two roomed house. Each room is 10 feet by 12 feet in size.

The Majhis are a close knit community and the households in the location provided labor to construct houses for each other. In other words, the households used labor sharing methods to construct their houses. Labor sharing is a good community practice among Majhis and other rural communities, it is known as 'parma'.

"This house is much more comfortable to live in as compared to our temporary shelter a tin shed. My daughters suffered from common cold and cough many times during our stay in the tin shed. In this house, we have not become sick as earlier." expressed Mrs. Majhi.

Mrs. Majhi noted with a grin in her face, "Engineers from Caritas Nepal visited us 6 times to supervise our construction, I therefore believe ours is a strong earthquake resistant house".

Mrs. Majhi and her husband have a small plot of land in which they grow vegetables and rice. Her husband also works as a mason from time to time. ▲

9.

C A S E S T U D Y



Bhami Majhi provides shelter to his big family in Chandeni mandan (Madan Deupur-10)

Earthquake resistant house in which children feel more comfortable



Mr. Bhami Majhi in front of his house being constructed



Fully constructed house of Mr. Majhi

Bhami Majhi, aged 50, is a permanent resident of Chandanimandan -9, Kavrepalanchowk who resides with his eight family members including his wife, three sons, two daughter in laws and two grand-daughters. He and his sons work as agriculture labourers.

Despite all their hard work they have difficult time providing for their big family. His only shelter made with stone and mud was demolished by earthquake killing one buffalo and two goats.

During the emergency period, Caritas Nepal supported him with food and non-food items, WASH kits, and corrugated roofing iron sheets to prepare a temporary shelter.

He notes that he was able to re-build a house with the financial and technical support of Caritas Nepal. Caritas Nepal's shelter team helped him to select house design, undertake lay out of the house, and supervise construction. They also helped him to fill necessary forms to receive the housing grant tranches. He has received the full housing grant amount of NRs. 300,000 from Caritas Nepal.

His house is made of cement and bricks and has two rooms. The roofing is done by corrugated roofing iron sheets. It's been 4 months since his family moved into the new home.

He exclaims, "My family members feel safe and my grand-daughters can sleep peacefully in our new home. We are happy and grateful towards Caritas Nepal for supporting my family and the villagers." He notes that although it is a small house (about 260 square feet) it is providing a much needed shelter for his family. ▲

10.

C A S E S T U D Y



Mr. Sarkiman Tamang is a proud owner of a model house in the village!

Mr. Tamang and his son have 357 square feet of living space!



Mr. Tamang's house in Kavrepalanchowk

Mr. Sarkiman Tamang with his son in front of his new house

Sarkiman Tamang of Chandanimandan (Mandan Deupur-10, Kavrepalanchowk) is a 51 year old mentally challenged person living with his 14 year old son. His house was demolished by the earthquake of 2015, augmenting his vulnerability. A poor man with disability, he was unaware about the provisions of government to support the people affected with the earthquake. Unfortunately, his name was missing in the NRA's list of eligible beneficiaries to receive shelter support.

Caritas Nepal undertook a vulnerability assessment together with local stakeholders and selected Tamang to provide a demo or model house. This provision would provide him with an earthquake resistant house whilst disseminating knowledge and skills in regard to earthquake resistant structures to the people of Chandanimandan.

The shelter team of Caritas Nepal then designed and constructed the house using locally produced bricks and local masons and labor. Tamang now has a brick cement masonry house with two rooms and a small porch. This house is in compliance with the standards of the Nepal government in regards to earthquake resistance construction. The house provides Tamang and his son with 357 square feet of living space.

This brick house with ground floor only cost a total of NRs. 600,000. Considering Tamang's mental condition, his son was oriented about earthquake resistant shelters and informed of the construction of a two roomed house to support his family.

Tamang, along with his son are grateful to Caritas Nepal for reconstructing their shelter. "We believe that this house will not collapse like the older ones in the event of an earthquake. We are really happy to live in this safe house." expressed Tamang's son with a shy smile. ▲



Mrs. Maya Kanchi Tamang of Chaap has a new safe shelter

Proud and happy to have a new home!



Mrs. Maya Kanchi Tamang, a 43 years old lady, lives in Chaap (Panauti-11 of Kavrepalanchwok). Some time ago her husband left her and married another woman. Now she has to take care of herself and two children - one son and a daughter. Her elder daughter is already married and is living with her husband. Her main source of livelihood is farming in her limited land (0.15 ha). Recently her son, now a youth, has gone to Malaysia to work as a migrant worker.

After the earthquake she was living in a tin shed and now she has a safe earthquake resistant stone mud masonry house with two rooms and an attic. She has received the full amount of Rs. 300,000/- from Caritas Nepal. She says with the family members doing labor work she could complete the house in a reasonable price (Rs. 350,000/)

She thanks Caritas Nepal for taking care of families like herself and providing funds and technical guidance for constructing a safe shelter. She is happy that she and her children now have a nicer environment, a safe home to live in. ▲



VI

WASH CASE STUDIES





Puranagau Khetpuchhar Water Supply System

Pahari Community constructs a drinking water system in three months!

Background

Geographic location: Khetpuchhar Village lies in Kalika of Sunkoshi Rural Municipality. The location is situated in the middle of hills in Sindhupalchowk district in Nepal. The ridge of the hill faces towards the north and west. In the north lie the higher mountains and the Himalayas. In the immediate west flows the Sunkoshi River and next to it is Araniko Highway. Khetpuchhar is about an hour's drive from Sukute, a market place at Araniko highway.



A view of Sunkoshi River from Khetpuchhar

Social and economic context: 56 of the 78 households belong to 'Pahari' indigenous group in the location. The census of 2011 reports Paharis as one of the smallest indigenous groups of Nepal contributing 0.05 percent to the total population. They have their own language and own set of customs and traditions. But, having lived with Brahmin and Chhetris, more of the youth are speaking Nepali language. They have limited land holding and most are tenant farmers and wage laborers. Some of them are skilled workers such as Masons and Carpenters. Women are largely confined to in doing household chores and farming activities. The men and women have completed only primary or secondary school education. Most of the households belong to poverty level and some belong to low income economic status.

A Pahari woman from Khetpuchhar

The Paharis are close knit society and they have been working in numerous committees and groups for various purposes. Other members of the community belong to Nepali "Pahadi" caste groups, namely Brahmin and Chhetri. There is also a primary school in the location named Saraswoti Primary School.

Drinking water situation before the intervention:

The community had only two taps which was linked to a small tank and a limited water source. Water was not available regularly. Many of the households went to a stream called "Bhitte Khola" to collect water. The

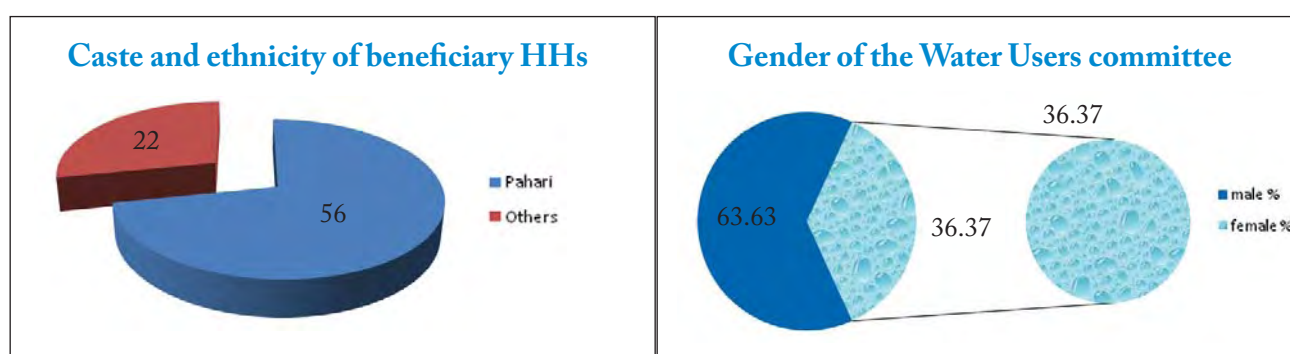


water of the stream was not safe to drink. Also, it was not sufficient during dry seasons. Moreover, the villagers had to walk for fifteen minutes and more to obtain water from this source. Many of the families noted that they had significant difficulty in obtaining water in dry season (at least 3 months) with the nearby water sources drying out. Collecting drinking water itself was challenging, let alone accessing water for bathing, washing and farming activities. These conditions resulted in community people being affected by water borne diseases such as diarrhea, cholera, typhoid etc.

Table: Beneficiary information

S.N.	Particulars	Number
1	Total number of households	78
2	Total Population	460
3	Total number of members in “Purana Gaun Khet Puchhar Water User Committee”	11 4 female, 7 male

Source: Field Survey



Description of Intervention undertaken

- a. **Village Water, Sanitation & Hygiene Coordination Committee (VWASHCC) and Caritas Nepal jointly identify the project:** Caritas Nepal had undertaken post-earthquake need assessment in the location. Then the location was given priority upon discussion with Kalika's

Village Water, Sanitation & Hygiene Coordination Committee (VWASHCC). This Committee that comprises of 25 local people emphasized the need for supporting the economically poor Puranagaun Khet Puchhar households for accessing water. They also agreed to coordinate to entitle any suitable water source to the needy community.

Water User Group Committee Board			
S.N	Name	Gender	Designation
1	Dhawal Bahadur Khadka	Male	Chairperson
2	Dil Kumari Pahari	Female	Secretary
3	Dikshya Pahari	Female	Treasurer
4	Tara Devi Khadka	Female	Member
5	Dev Bahadur Karki	Male	Member
6	Khaga Bahadur Pahari	Male	Member
7	Prem Kumari Pahari	Female	Member
8	Bhakta Bahadur Pahari	Male	Member
9	Krishna Bahadur Pahari	Male	Member
10	Ram Bahadur Pahari	Male	Member
11	Kumar Khadka	Male	Member

b. **Participatory feasibility study:** Feasibility study was undertaken in about 5 days, with active participation of the community members. Caritas Nepal's technical team comprising of three engineers and sub engineers along with 4 local community members identified a perennial water source 2.2 kilometers upstream of the community. This source was approved to provide water to the community by VWASHCC, village government and District Water Sanitation Office.

c. Water user group led approach applied for construction of the system: Nepalese communities are known to work together effectively on common concerns such as accessing water and developing community forestry. Given this scenario, Caritas Nepal applied the ‘water user group led approach’ for construction, management and mobilization of local contribution for the construction of the system. ‘Water user group committee’ was formed in a democratic manner with members selected on a consensus basis. This committee was responsible for the management of the construction. The committee was sub divided into sub committees such as construction facilitation committee and monitoring committee. The construction committee learned of the technical design from Caritas Nepal after which they disseminated the knowledge to the other of community members. They worked in close coordination with Caritas Nepal to obtain quality construction materials (pipes, cement, iron rods) from the local market. The committee members mobilized local families to transport materials to construction sites, to clear sites of bushes and trees, to dig in pipe lines and to support in the construction of tap stands. Each household contributed labor for 15 days. With remarkable enthusiasm from the community to contribute, the construction that was estimated to be completed in four months was actually completed in three months (23rd November 2016- 19th Feb 2017).

The depth of the trench dug for transmission line was at least 60 cms to prevent it from being affected by agricultural or other digging and/or plowing activities later. Both men and women led the effort to construct the system.

d. Technical support and overall guidance: Caritas Nepal teams have been trained on undertaking feasibility of rural drinking water systems and preparing design for the same. The teams were very diligent in working with the local people to identify suitable perennial water source, and to provide technical and management guidance to the water user groups’ leading committees. They held regular meetings to review and plan the construction activities.

e. Addressing sustainability: Upon the completion of the construction of the drinking water system, the committee members held a social audit wherein representatives of the benefitting households were present. Here the committee members put forward transparently the design, cost, local contribution, Caritas Nepal’s contribution for the construction of the drinking water. They also requested the beneficiary households to look into their proposal for future sustainability of the project. This includes establishing a fund for operation and maintenance with annual user fee collection. This fund would then cover the cost for a technician with plumbing skills who would solve any minor repair problems. Caritas Nepal is also undertaking further training and workshops with the user groups’ committee to enable them to develop a ‘water safety plan’ that would address sustainability concerns. Caritas Nepal is also providing plumbing skills’ training to the local plumbers.

DW System Information Table

Constructed Structure	Total No.	Description and Function
Intake type I	1	From source to tap and protect source
5,000 Ltrs Ferro-Cement Tank	1	Storage of water
10,000 Ltrs Ferro-Cement Tank	1	Storage of water
Stone Masonry BPT	1	To break the hydraulic pressure at distribution
Tap stand (Type III)	16	Outlet at settlement including attached tap
Transmission Line	1690	Length from intake to reservoir tank
Distribution Line	5168	Length from reservoir to tap stands
Total Pipeline	6858	

Khetpuchar Water Supply System in Pictures



Source of the Water Supply System



Women and men digging trench to place transmission pipe line



Reservoir tank



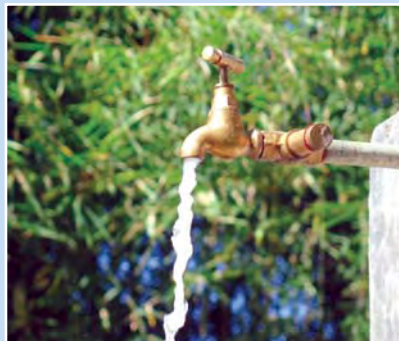
Locals digging a trench to put in water distribution pipe line



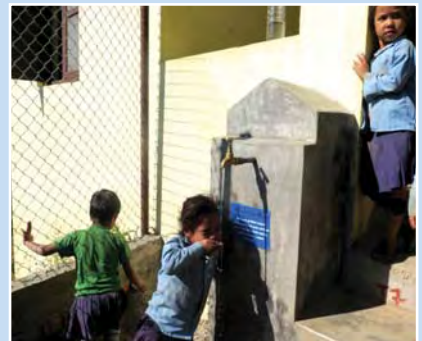
A structure to break water pressure being constructed



Community members constructing tap stand



Water running through the tap



Children drinking water at one of the taps

Result in terms of safe water access

The 78 households are now accessing safe water for drinking and this has improved their health. The user group members note that they and their family members are not becoming ill from water borne diseases now. They use surplus water for livestock and farming purposes. Many of the families noted that they use 100-150 liters of water per day. This is largely to meet drinking water, cooking, and basic sanitation needs. Water is then also collected from the taps to provide for livestock. Households are also using their waste water for kitchen gardening. Excess water from the taps is also collected by nearby households for irrigating their vegetable gardens. In addition to the above, families usually go to the taps to bathe on Saturdays. Bathing has become relatively comfortable due to adequate amount of water and with the appropriate height of the tap stand. Both adults and children are seen bathing regularly now.



A school child filling water bottle



Water being used for shelter construction



Water used for kitchen gardening

Families do not have to walk for more than five minutes to the nearest tap stand to fetch water. As noted by 78 year old Mr. Maan Bahadur that the nearby access to water has been a boon to him and his wife. The elderly couple earlier had to walk for about an hour to fetch water from a nearby stream. Now they fetch water within five minutes' walking distance.

Mrs. Sita Pahari, who lives by herself, is glad there is a tap stand near her house. She is happy to learn that many children and disabled people are accessing drinking and bathing water from the taps. People stated that they saved both time and energy from the nearby access to water.

Water quality tests were undertaken before the construction of the system. Water quality was tested in the source (intake), in the reservoir, and in tap stands. There has been no problem in the quality of water till date. Caritas Nepal has trained the local Female Community Health Volunteers (FCHV) to collect water samples, especially during Monsoon when water is highly likely to be polluted. The FCHVs collect samples to check the water quality. In this way, the user group is proud that it could work with Caritas Nepal and establish a permanent source of water for their community. The user committee has made plans to manage the system in a sustainable manner in the long run.

Table: Good practices noted on PuranagaunKhetPuchhar drinking water construction in the location

S.N	Particulars
1.	Strong technical team that was able to support local user group for feasibility, system design (as per Nepal standards), construction management, construction quality concerns, and sustainability planning.
2	Joint decision making facilitated at the village level to identify and select project and to approve water source etc. This was done with coordination with the VWASHCC, Village Government Secretary and District Water and Sanitation Office.
3	Leadership and participation of the Pahari and other households of the community for construction management and mobilization of local contribution (namely labor contribution). The benefitting households showed strong ownership of the project by working together to construct the system. Project agreed to be done in three months took no more than two months with the enthusiasm of the community. They were led by a Water User Group Committee with men and women leaders such as Mr. Prabhu Ram Pahari and Ms. Dikshya Pahari. The management by the User Group Committee helped the system to be constructed with unexpected local contribution, thereby, completing the work in time less than expected (three months in place of four).
4	Transparency and Sustainability: The social audit event held ensured accountability by the User Group Committee towards the community and Caritas Nepal. It provided a general guideline on how to operate and maintain the system in the long run. Besides, the Water User Group gathers for monthly meetings to discuss operation and management of the system.

Quoting People



“I’m glad that we could work with Caritas Nepal to construct the Drinking Water Supply Scheme. Now the people of our village don’t have to walk for half an hour to collect water. It has been a special boon to the elderly who would otherwise be gasping for breath while walking long distance to collect water.”

- Mr. Prabhu Ram Pahari, Coordinator, Construction Committee



“Having been the Treasurer of the Water Users’ Committee of Khetpuchhar WSS, I feel that I’m a more empowered woman now. I did labor work for the construction of the system and provided advice as the treasurer. I feel thankful to Caritas Nepal for making it mandatory to have a woman to in the committee and especially in the post of a treasurer. It helped me realize that I can lead as men in the society.”

- Ms. Dikshya Pahari, Treasurer, Water User Group Committee

2.

C A S E S T U D Y



Mr. Bishnu Pahari of Kalika, Sindhupalchok

Mr. Bishnu Pahari collecting water from the tap stand constructed in Kalika by Caritas Nepal

Mr. Bishnu Pahari finds it easier to take bath in the new tap stand!



Mr. Bishnu Pahari is a 22 year old man disabled in right hand. He is categorized under ‘category C- Moderate Disability’ by the District Women and Children’s Office. He is literate with basic schooling and is unmarried as of yet. He “dislikes staying idle and likes to farm. Of course it would have been easier if both my hands worked”, says Pahari upon being inquired about the struggle he faces. “But I can still work and earn my living,” he adds.

The Tap stand constructed two minutes from his house, under Puranagaun Khetpuchhar Water Supply Scheme has helped in making his life easier. “It’s now way easier to take baths”, says Pahari indicating to the fact that the tap stand is now tall enough for any average adult to take a shower underneath it. “I now don’t have to ask anybody to put water over me while bathing, and I am very pleased that I can take a shower by myself at the tap”, adds Pahari.

“I want to thank Caritas Nepal for helping us to construct the drinking water supply system in our village. I’m really grateful to the organization for making my everyday life easier”. ▲



Ghokshila Drinking Water Supply System

Mixed community work together in user group to develop and sustainably manage drinking water system

Background

Geographic location: Ghokshila Village lies in ward number 7 of Basheshwor VDC, Sindhuli district. It is located 60 kilometers North East of SindhuliMadhi, the headquarters of Sindhuli district. The nearest road head Khurkot is 20 kilometers from Ghokshila, which is 35 Kms from SindhuliMadhi. A walk to Ghokshila from the highway would take approximately two hours. **Social and economic context:** Ghokshila houses a variety of caste and ethnic groups. Out of the 116 households, 63 belong to ethnic groups (i. e. 'Janajatis' in Nepali), 12 are Dalits, and 44 belong to Brahmin and Chhetri caste groups. 55.3 percent of the total population belong to female gender while 44.7 percent belong to male. Most people in the village have low levels of education or are illiterate. Some people have migrated to the cities for work and to get a better taste of life than what Ghokshila offers.

Ghokshila has a Secondary School named Mangala Madhyamik Vidyalaya that hosts 226 students.

Drinking water situation before the intervention:

Ghokshila's water sources had dried after the earthquake of 2015, thereby increasing vulnerability of the rural people. They had to walk about half an hour to collect water from the nearest stream. This included elderly people, men, women, children and people with



Ghokshila at a glance

A Dalit family in Ghokshila

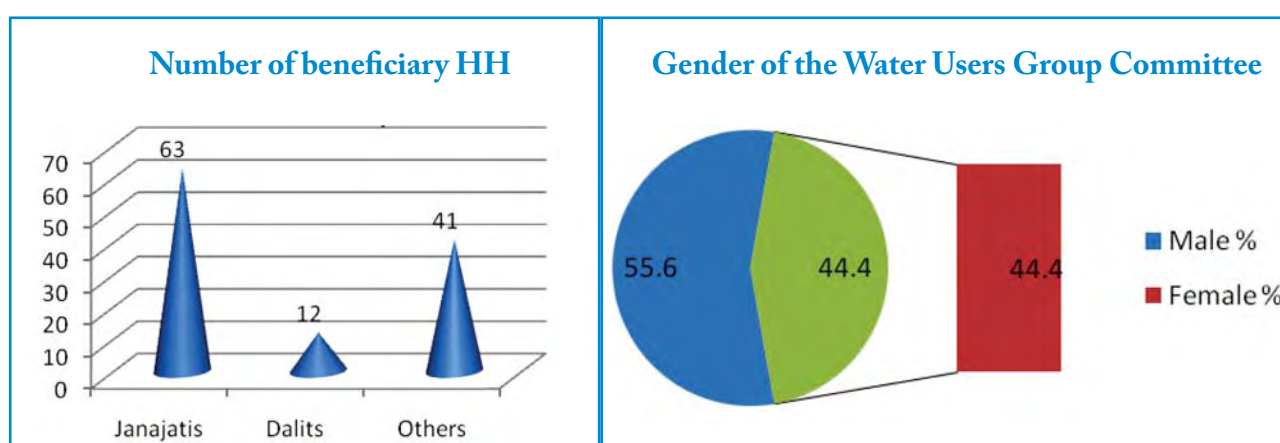


disabilities. The stream would dry during the summer season which would then oblige them to walk for more than an hour to obtain drinking water. Water brought with such hardship was used address drinking water needs the most, keeping at bay hygiene and sanitation needs. Because of the poor quality of water and limited water access, the community was more prone to health problems such as cholera, diarrhea and skin diseases.

Table: Beneficiary information

S.N.	Particulars	Number
1	Total number of households	116
2	Total Population	690
3	Total number of members in Ghokshila Water User Group Committee	9 4 female, 5 male

Source: Field Survey



Source: Field Survey

Description of Intervention undertaken

- Village Water and Sanitation & Hygiene Coordination Committee (VWASHCC) and Caritas Nepal jointly identified the households and community with problem of water access:**

A post-earthquake need assessment was carried out by Caritas Nepal after the earthquake of 2015 which helped to identify the needs of the area. A thorough discussion with Ghokshila's VWASHCC comprising of around 25 people helped CN to identify drinking water needs of the people there. Accessing enough water for drinking and sanitation purposes was pretty much a Herculean task to the community. In this way, the community was selected to be supported for drinking water access.

- Participatory feasibility study:** A feasibility study was carried out with active participation of the community members. The study lasted for about a week. It was carried out by Caritas Nepal's technical team of one engineer and two junior engineers along with 6 local community members. The team identified a water source 7 kilometers uphill from the village. The isolated water source situated away from direct human contact was approved by the VWASHCC, the District Water and Sanitation Office and the village government.

c. Water user group led approach applied for construction of the system:

S.N	Name	Gender	Designation
1	Kumar Baral	Chairperson	Male
2	Manju Bayalkoti	Treasurer	Female
3	Gopal Achami	Secretary	Male
4	Pampha Ramtel	Vice-Chairperson	Female
5	Nanu Maya Shrestha	Member	Female
6	Krishna Bahadur Baral	Member	Male
7	Dinesh Pokharel	Member	Male
8	Janardan Pokharel	Member	Male
9	Kalmali Achami	Member	Female

Caritas Nepal applied ‘water user group led’ approach for the construction of the drinking water system. This approach recognizes the fact that rural Nepalese people like to contribute to efforts that address common concerns. A Water User Group Committee was formed by the community members, which would be responsible for the construction and management of the system. Other sub-committees such as Construction Committee and Monitoring Committee were formed specifically to facilitate construction and monitoring of construction process.

Caritas Nepal oriented the various committee members of the possible technical design. The committee then shared the same with other community members. They worked in close coordination with Caritas Nepal to obtain quality construction materials (pipes, cement, iron rods) from the local market.

Water User Group’s members then transported the construction materials and prepared the construction by removing trees, bushes, and debris. They dug trenches to lay pipelines. The depth of the trench dug for transmission line was at least 60cms to prevent it from being affected by agricultural activity such as plowing. The locals also supported in the construction of tap stands. The total labor contribution amounted to 2552 days. That is each household contributed around 22 days each.

d. Technical support and overall guidance: Caritas Nepal teams have been trained on rural drinking water system feasibility and design concerns along with social mobilization for participatory drinking water construction activities. The teams were very diligent in working with the local people to identify a suitable perennial water source. They provided technical and management guidance to the Water User Group Committees. The Drinking Water System construction is done as per required Nepal’s standard and on timely manner.

e. Addressing sustainability: Upon the completion of the construction of the drinking water system, the committee members held a social audit wherein representatives of the benefitting households were present. In the meeting, the User Group Committee members presented the technical design, budget and expenditure including fund received from Caritas and local contribution from the community. They obtained feedback and advice of community members to make a wider plan for the sustainability of the project. This included establishing a fund for operation and maintenance with monthly user fee collection. They have been collecting a monthly fee of NRs. 20 per month from each household. Some funds collected from few households not willing to provide labor contribution was also kept aside as fund for future sustainability. A plumber has been employed at NRs. 1500 per month for smooth

functioning of the system. Similarly, the WUGCs have been holding monthly meetings on the first Saturday of every Nepali month and those who do not attend the meeting will be charged Rs. 50/- as a fine. The Water Users Group Committee in Ghokshila is a good example of good leadership, cooperative action, and ownership and leading to plans for sustainable management of the system.

Caritas Nepal is undertaking further training and workshops with the Water User Group Committee to enable them to develop a 'water safety plan' that would address drinking water system management and sustainability concerns. Besides, Caritas Nepal is providing plumbing skills' training to the local plumbers.

Drinking Water System Information Table

Structures constructed	Units	Function
Intake type I	1	Collect water
9,000 Ltrs Ferro-Cement Tank	1	Storage of water
10,000 Ltrs Ferro-Cement Tank (New)	1	Storage of water
Interruption Chamber	1	To break the hydraulic pressure in the transmission line
Suspended Cable Crossing 60 m	1	To cross the pipe line over the springs
Transmission Line	7150 m	Length of pipe line from intake to reservoir tank
Distribution Line	5135 m	Length of pipeline from reservoir tank to tap stands
Total Pipeline	12285 m	Total of transmission and distribution pipe line
Tap stand (Type III)	17	These are the taps for community to use

Ghokshila water supply system



Undertaking feasibility Survey



Locals constructing reservoir tanks



Construction of Interruption Chamber



A tap stand constructed



A Dalit woman filling Drinking Water



A Dalit girl waiting for her vessel to fill water

Result in terms of safe water access

The 116 households located in Ghokshila Village are now accessing safe water from a reliable source. Water flows two hours in the morning and two in the evening in the taps constructed and/ or repaired. This timing placed for water distribution ensures that the water does not go to waste from any open taps.

The people in the village are happy that water is available within five minutes' walk now. Earlier, they walked for around half an hour or more to collect water. "It's very easy now. I can fetch water much quickly within 15 minutes now." says Ms. Ganga Damai, a 50 year old single woman living in B.K settlement.

The families of Ghokshila have now increased the quantity of water used from 50 liters to 120 liters per day on average. This covers drinking, cooking, basic sanitation and livestock needs. The leftover and waste water is used for kitchen gardening, which has helped the people to produce their own pesticide free vegetables and fruits. Similarly, the frequency of bathing has increased. Children are bathed by parents at least once a week. "Anita's mother used to bathe Anita once a month earlier. Now Anita takes bath on weekly basis in the nearby tap", says Jagat Ram Nepali, referring to her 20 year old mentally disabled daughter. The tap was constructed near the house of the mentally disabled girl and a single woman residing in the area as per suggestion of the protection team of Caritas Nepal.



Beneficiaries filling water



Beneficiaries grew vegetables by irrigating from the water system

In regard to water quality, tests were undertaken before the construction of the system. Water tests have been undertaken at the source (intake), the reservoir and tap stands. No water quality problem is seen till date. Caritas Nepal has trained the local Female Community Health Volunteers (FCHV) to collect water samples, especially during Monsoon when water is highly likely to be polluted. The FCHVs collect samples on a regular basis as a checking mechanism to ensure people are accessing potable water. The community people have been remarkably accountable not just in terms of construction of the water supply system, but also in terms of keeping water in the source and reservoirs free of contamination.

Table: Good practices noted on Ghokshila Drinking Water System’s Construction and Operation

S.N	Particulars
1	<p>Participatory need assessment before the intervention</p> <p>The VWASHCC, village government secretary and District Water and Sanitation Office helped assess the needs of the people of Ghokshila in regard to drinking water. They selected the project and approved the water source for Caritas Nepal to support.</p>
2	<p>Community / Water User Group Led Approach</p> <p>The Water Users Group Committee (WUGC) led approach for the establishment of the water supply system led to noteworthy community ownership and contribution. The WUGC with technical assistance from Caritas Nepal constructed the system which led to timely completion of the system. Different sub committees like Construction Committee, Procurement Committee and Monitoring Committee were formed for the accomplishment. This approach not just developed ownership, but also capacitated the community people.</p>
3	<p>Women Leadership</p> <p>44.4 percent of the total Water Users Group Committee members are women. The WUGC has women in leading roles as Treasurer and Vice Chairperson. There was notable contribution of female members from the Water Users Group in digging and laying pipelines and establishing the overall structure of the system.</p>
4	<p>Local Contribution/ Participation</p> <p>Local contribution and participation in the construction and sustainable management of the water supply system was commendable. The members of the Water Users Group showed strong ownership. They contributed 2552 days of labor altogether. The families who could not contribute labor paid NRs. 6500. The Water Users Group Committee of Ghokshila is the most vibrant of its kind, and has responsibilities and rules for their members to follow. There are penalties for the households who do not abide by the rules to contribute for the operation and sustainability of the system.</p>
5	<p>Strong Technical Team</p> <p>There was a strong technical team that was able to support the water user group for feasibility, system design (as per Nepal standards), construction management, and sustainability planning.</p>
6	<p>Transparency and Sustainability Management Mechanism</p> <p>The process of establishment of the water supply system, having been led by the WUGC upheld transparency. Social or public Audit meeting held made the construction and future plans clear to all and this was a significant event in terms of ensuring transparency and accountability to all stakeholders. A Water Safety Plan was formulated for operation and maintenance of the system while reducing the risks of disasters in the long run. Monthly fee of NRs. 20 is collected from each household and a plumber is employed with monthly salary of NRs 1500. The source of water is in the process of being registered in the new local government as per standard process.</p>
7	<p>Exemption of user fee for the most vulnerable</p> <p>The poorest or the most vulnerable people in the village are exempted of the monthly fee of NRs. 20 for accessing drinking water.</p>



Reservoir tank at Ghokshila

Quoting People

“I’m very thankful for the Water Supply System brought about to Ghokshila. Life here has become a lot more comfortable than it was before. People don’t have to walk for half an hour or more to fetch water now. Water is available in a walking distance of 2-5 minutes. I’m glad that I could be a significant part of this pious work initiated by Caritas Nepal.”

- **Kumar Baral, Chairperson, Water Users Committee**



“It’s a nice feeling to be in a position of Treasurer of the Water Users Group Committee and contribute for the establishment of the drinking water system. It has made me confident and made me strong to be able to contribute. As a Dalit woman, I also want to work and bring support for Dalit girls’ education. Thanks to Caritas Nepal and the Water Users Group Committee for helping me unfold these things.”

- **Manju Bayalkoti, Treasurer, Water Users Group Committee**

4.

C A S E S T U D Y



Rupse: A sustainable water supply system!

Access to safe water has improved health and increased productivity of local farmers



A woman collecting water before the construction of Rupse WSS



Mr. Sundar Nepal collecting water at a tap stand constructed by Caritas Nepal



A girl collecting water in CN constructed tap stand

The earthquake of 2015 not just destroyed the taps existing in Rupse, but dried water sources too. The 60 households of Rupse, Chandanimandan (Mandan Deupur 10, Kavrepalanchok) that were reliant on 4 existing taps were now obliged to walk half an hour to collect water. Amount of water consumed on a daily basis was reduced. The level of hygiene was degraded. Farmers' productivity had gone down too.

Caritas Nepal in collaboration with SJASK (partner organization) and the community constructed 10 new taps and repaired the 4 old ones of Rupse to ensure that people have access to safe drinking water. 4-5 households now share one tap. Taps are located at distance that doesn't take more than 5 minutes to walk. Water is available at any hour of the day in the taps constructed.

“Most of the people in this area are engaged in farming and animal husbandry. When the earthquake took away our water supplies, our productivity went down. Meeting drinking water needs itself was a challenge for us, let alone irrigating our farms or feeding our livestock.” says Sundar Nepal, a beneficiary of Rupse Water Supply System. Mr. Nepal was one of the active members of the water user group who contributed meaningful labour for the construction of the system. Rupse's community contribution for the construction of the system was noteworthy. The people contributed in laying the total pipeline of 2409m that accounted to 40 percent of the total cost of construction. “Community contribution has increased the capacity of water user's group and developed the feeling of ownership towards the system. Ownership eventually helps in sustainably managing the system and we are glad about it.” added Nepal.

“We can now access water in less than a minute. It saves our time and effort that we can utilize for farming or livestock raising. This has in fact helped raise productivity. Also, the number of conflicts regarding water has been reduced. So these tap stands have been a real boon for the people here. We are really thankful to Caritas Nepal for the support they provided us to construct Rupse WSS. And I would gladly support other of villages nearby in the construction of water supply systems. After all, there is nothing that can replace water.” expressed Nepal with a smile on his face. ▲

5.

C A S E S T U D Y



Lekhatole Water Supply System

Lekhatole community constructed water system simultaneously with their Homes!

Situated in the North Eastern part of Dolakha in Bulung (Bigu-3), Lekhatole village suffered a scarcity of water. The village that comprises of 49 households with a total population of 229 had four taps to cater to its needs of water. The flow of water in these taps was irregular and many of these households collected water from a stream called 'Barkbekhola' located around 15 minutes from the village. The water from the stream was neither safe to drink, nor sufficient during dry seasons. Collecting water to drink itself was challenging, let alone accessing water for bathing, washing and farming activities. These conditions resulted in community people being affected by water borne diseases such as diarrhea, cholera, typhoid etc. Lack of water left the hills of Lekhatole dry and unproductive.



Water being used for kitchen garden

Caritas Nepal along with partner ECARDS supported the community to construct a Water Supply system. The community contributed in digging pipelines and laying pipes as unskilled laborers. 17 taps were for 2-4 houses to share one tap.



Tap stand constructed by CN with soaps

The 49 households are now accessing safe drinking water and have better health conditions. The water user groups noticed that family members and community are not becoming sick from water borne diseases after starting to access water from this system. Most of the family members consume 150 liters of water per day for drinking, cleaning and washing clothes, according to Jagat Bahadur Khatri, the Secretary of Water User Group Committee of Lekhatole. Lekhatole is a medium scale water supply system to cater to drinking and sanitation needs of the people of the location. But the needs of domesticated animals as cows, buffalos, goats are also catered with the water. Waste water is used in kitchen gardens and farms nearby to grow vegetables.

Families now do not have to walk for more than five minutes to the nearest tap to obtain water. 65 year old Mrs. Bishnu Kumari Khatri expressed that the tap stand nearby her house has made collecting water really easy for her and her neighbours. Tap stands in the village were reported to have soaps, an indicating factor of behavioral change of the people of Lekhatole who didn't practice washing hands earlier.

"We are very happy to have gotten such regular technical support in the community to construct the water supply system. We wouldn't have been able to estimate the cost, design the system

and work, if not for Caritas Nepal. The technical and financial support provided to us by Caritas Nepal is very much to be commended.” said the Secretary of Water User Group Committee of Lekhatole.

The system that has Water User Group Committee formed with more than 33 percent of women participation also boosts confidence of women while supporting the reconstruction of shelters. “A woman, I was indulged only in fetching water. Indulgence in the construction and management of a water supply scheme was out of imagination. I am very happy to be standing as the treasurer, to have worked to make water accessible to the people of my village. Caritas Nepal is no less than God, that it helped bring water to our village. The construction of our house along with the restoration of our livelihood have been supported with the coming of water here.” expressed Ms. Man Kumari Khatri , Treasurer of the Water User Group Committee of Lekhatole. ▲

6.

C A S E S T U D Y



Building back better to provide drinking water - Sauryabhanjyang Khanepani Aayojana



Monitoring visit by WASH team of Caritas Nepal. Solar panels seen on top

Solar powered system to lift water

After the major earthquakes in April and May of 2015, the people of Hariharpurgadhi faced water scarcity. They had to walk up to one hour just to fetch water. This is because whatever little water supply infrastructure was present was destroyed by the massive earthquakes. Several water sources nearby had also dried up.

People walked far to fetch drinking water from springs or other sources. They could manage to take bath once in about two weeks and similarly washed their clothes after long intervals due to difficulty in accessing water. The locations that had water scarcity were namely 5, 6, 9 of Hariharpur Gadhi (as per the earlier political map of the village). Now all these locations fall

within Hariharpur Gadhi – 1 Rural Municipality (as per new political mapping of the location)

Caritas Nepal, local partner Relief Nepal, and the community looked at the challenge of accessing water for the village as a new opportunity to build back better.

This time the community could be provided water only from a spring source lying below the community in terms of altitude. The technical team of the programme measured water discharge and quality. Upon finding it suitable, the team supported the local water user group to construct the system providing necessary technical guidance, support in procurement of quality materials, and funds for the construction of the system. The community contributed by transporting materials, digging trenches to lay pipeline, and by providing labor for construction.

The main challenge was to see that the community is able to lift water from the source below, to the higher location on a sustainable manner. The village has no regular supply of electricity and also there is no access to high electric power (3 phase) lines. This was when the build back better idea was further materialized. The programme team decided to do research on solar powered lifting machine and was able to ensure that the user group was able to procure the same. The drinking water is pumped to the reservoir using the solar powered pump. This energy supply is green and sustainable.



*WASH Coordinator
monitoring
Sauryabhanjyang WSS*

Infrastructures established are as follows:

Name of structure	Total number
Intake	1
Reservoir Tanks	3
Tap stands constructed	6
Tap stands repaired	12
Pipeline laid	2159 m

The total beneficiaries of the drinking water system of this sparsely populated village are 38 households with 76 males, 81 females, 1 person with disability and 1 single woman. These people now have access to at least 65 liters of water on a daily basis.

One of the beneficiaries, Mr. Som Bahadur Bholan expressed that they can now utilize the time taken to fetch water in other of household work. His wife added “We are obviously very happy to have this easy access to safe drinking water. I am now able to send my children to school on time. Also, there is water for my livestock and to irrigate my kitchen garden.” The user group members like Mr. Som Bahadur expressed heartfelt thanks to Caritas Nepal and partner Relief Nepal for building a sustainable (solar powered) drinking water system. They concluded that their health and hygiene have much improved now.

Caritas Nepal is constructing three solar powered systems through the earthquake recovery programme, 2 of which are in Hariharpurgadhi, Sindhuli and one of which is in Thokarpa, Sindhupalchok. ▲

VII

LIVELIHOOD CASE STUDIES



1.

C A S E S T U D Y



Mr. Somlal Tamang

An enterprising farmer of Balthali Village!

Mr. Somlal Tamang in his Tomato Farm and Picking Tomato by Mr. Somlal Tamang's wife



Mr. Somlal Tamang is a resident of Balthali (ward no.5). There are five members in his family: himself, his wife, one son, one daughter-in-law and one grandson. Mr. Somlal Tamang belongs to the Tamang ethnic group. He is an enterprising farmer.

He and his family members are working together cultivating off season vegetables. He undertook training for wider vegetable farming from Caritas Nepal's agriculture technicians. He is pursuing sustainable agriculture practices. He uses farm yard manure and compost to fertilize the soil of his farm. Sometimes he even has to buy the farm yard manure from his neighbors given the large scale of his activity.

Given the need for irrigation for his farm he had constructed one rain water harvesting pond earlier by himself. Now there is a second water harvesting pond he has established with the support of Caritas Nepal. Caritas Nepal provided the plastic lining for the pond. Besides the ponds, he has also dug a canal in-between the green-houses to collect water. In this way, he is able to provide much needed irrigation to his vegetable plants under the 22 plastic green houses.

All his family members pitch in to support in the commercial vegetable farming activity. At times he even hires laborers. His main commercial crop is tomatoes. He says he can harvest tomatoes for 5 months once they are grown in the green house. The tomatoes are supported with proper staking and this provides each plant space to provide more fruit.

He sold about Rs. 200,000/- of tomatoes last year, he notes with a smile. He takes the items himself to the nearest market places. He happily notes that he made a net profit of about Rs. 100,000/- in the past year. ▲



Mr. Somlal and his wife are glad to show their tomato harvest to Mr. Manindra Malla, Programme Manager of NERP, Caritas Nepal

2.

C A S E S T U D Y



Mr Ram Bahadur Pahari and his family are self-sufficient

Mr. Ram says, “I will now continue farming in the future!”



Mr. Ram's tomato tunnel farm

Mr. Ram observes his off season vegetable farming plot covered by plastic sheet to protect from rain and hailstorm



Mr. Ram Bahadur Pahari, belongs to an indigenous and marginalized community. He lives in Kalika (Sunkoshi-3 of Sindhupalchowk) with his wife and his eldest daughter. He used to do some work in Kathmandu but he came back after the major earthquake to be closer to his family and started to pursue mainly farming work.

In the following year, he got an opportunity to learn about improving vegetable farming when he was selected to be a participant of Caritas Nepal's training on agriculture provided to small farmers affected by earthquake. He

learned of sustainable vegetable farming practices and off season vegetable farming methods. After the training he built two plastic green houses and started off season vegetable farming - primarily tomatoes which he could sell for a good price. Along with tomatoes, he planted various vegetables like peas, eggplant, onion, garlic, coriander etc.

He realized much improved yield of vegetables as compared to the past. He says he was able to sell vegetables worth 1,50,000/- in the past year. Hence, he was able to recover the cost of farming and also made a handsome profit. He says that he has used the earning from his vegetable farming activity to pay for his house construction and for his household expenditure.

He expresses, “I am privileged to get an opportunity to be trained in vegetable farming, and I am able to improve yield and produce vegetables in large scale. This has helped me to realize a good profit. Thank you so much Caritas Nepal. I will continue to do farming in the future’.

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3.

C A S E S T U D Y



Mrs. Chameli Maya Tamang, a small farmer, is able to provide for her family

From traditional farming to small scale commercial farming

Three quarters of a million Nepali people lost their houses and livelihood assets due to the earthquake. The per capita loss of assets was about Rs.119200/- from the earthquake in the district of Kavrepalanchwok (PDNA done by UNDP / Nepal Government).

Mrs. Chameli Maya Tamang, a 35 years old lady of Mandandeupur Ward No-10, Chandanimandan, Kavrepalanchwok lives with her son, daughter and husband. She and her family members are engaged in farming for livelihood.



Chameli Maya Tamang working in her kitchen garden

Right after the earthquake, she received various food and non-food relief items and corrugated roofing iron sheets for temporary shelter construction.

Later, she became part of Caritas Nepal's agriculture group and received vegetable farming training. In the training she learned about sustainable and eco-friendly methods of vegetable farming such as preparation of bio-fertilizers and bio-pesticides. She learned how to mix cow urine and various plants and ferment them to prepare a bio-fertilizer liquid. She now uses this new learning to provide nutrition to her vegetable plants and to control pests.

Being a part of Caritas Nepal supported farming group, she received various materials such as 100ltrs water tank, pipe, and sprinkler for irrigation purposes and plastic for preparing a greenhouse etc. She also received various vegetable seeds.

She says that she was farming earlier but with the training and input support of Caritas Nepal she has been able to pursue farming more effectively and is earning about Rs. 90,000/- on annual basis. She has produced cauliflower, radish, spinach, tomato, onion, and chilies in her farm with her husband's support.

She also cultivated off season tomatoes in plastic green house. Agriculture technicians of Caritas Nepal provided regular technical support for constructing a plastic greenhouse, for setting up tomato plant plots and pest control.

She notes that she is also doing small scale mushroom production and earns about Rs. 5000/- from the enterprise.

“Caritas Nepal's team have worked very hard for all of us in the village. Now, I can earn money for myself and it gives me confidence that even I can do well for myself without having to depend on others”, says Chameli Maya Tamang. She says she is using her farming income to pay for basic needs such as children's education and clothes etc. ▲



Mrs. Laxmi Budhathoki, an agriculture group member of Bulung Village



Mrs. Laxmi working in her field.

Family's nutritional status improved by Mrs. Laxmi!

Laxmi Budhathoki, a 45 years old resident of Gole Tole, Bulung (Bigu-3, Dolakha) lives with her husband and her mother in law. They do not have children. Like others in her village, she received a lot of assistance from Caritas Nepal during the emergency phase after the earthquake. The materials she received included CGI sheets, WASH kits, and food materials.

Mrs. Laxmi and her husband are engaged in farming and animal husbandry. The social mobilizers and volunteers of Caritas Nepal talked to her and then enlisted her for the three days agriculture training on sustainable and improved farming practices.

She says she learned good practices of agriculture in the training and these were: growing off season vegetable crops in plastic green house, using organic fertilizers such as compost, use of organic or botanical sprays for pest control, collecting rain water for irrigation of vegetable fields etc. She notes that once she started using organic compost widely she had less of a problem with ants in her field that used to damage her crops. She confidently notes that she has already grown a lot of tomatoes in plastic green house and also other vegetables such as radish, peas, cauliflower, turmeric, and chilies. This has improved her family's nutrition status and she has also been able to sell about Rs. 9,500 worth of tomatoes and turmeric in the past year. The cash income has helped her to address some of the basic needs of her households.

Mrs. Laxmi besides the rainwater harvesting plastic pond used to collect water for vegetable farming.

She says, "I am very happy for extensive support received from Caritas Nepal. It has changed our lives. Many people in this village like me now have improved food security and are making some earning by improving our farming practices".



She has also agreed to be a demonstration farmer to test the usefulness of plastic water tank for farming purposes and plans to continue vegetable farming in the future in her small plot (0.06 ha) of land. She is hopeful that she can continue to provide diverse vegetables for her family and also sell some to her neighbors for income generation. ▲



Mr. Kancho Nepali's family improves livelihood security

A tailor by occupation pursues an alternative livelihood option successfully

Mr. Kancho Nepali is a 42 year old Dalit man living in Balthali, Kavrepalanchok. He, his wife, two daughters, a son, a daughter in law, and a grandchild make his family of seven. Kanchho and his wife were engaged in their traditional caste based occupation of tailoring before Caritas Nepal supported his family to expand their livelihood. Kancho's family's economic situation was quite poor earlier. The earthquake of 2015 further worsened the family's economic status and well-being.

Kanchho Nepali, a member of the Livestock group formed by Caritas Nepal's Earthquake Recovery Programme team underwent a three day long Basic Livestock Training organized by the team.

He is being provided with a grant fund amounting to a total of Rs. 35,000. Out of this, he has received Rs. 27,000 already. He will receive the remaining as final installment in 2018. He utilized the fund received to initiate poultry raising.

He was also able to receive a low interest loan (at 5 percent interest) amounting to Rs. 25,000 from Balthali Saving and Credit Cooperative. The cooperative had earlier received a sizable grant from Caritas Nepal's recovery programme to provide soft or low interest loans to individuals in the earthquake affected community.

Kancho Nepali's wife feeding poultry

"The training and grant support by Caritas Nepal helped me change my profession for the better. Tailors like me thought we could only sew clothes. Caritas Nepal helped me to change this perspective. It lit a fire of hope in me," says Nepali. He and his wife working together have made a good profit from poultry raising. They have successfully sold two lots of poultry with a profit of NRs. 30,000.

"The profit gained helped me to clear my debts. I now plan to save money in the Cooperative for future use," expressed Nepali. He added that he is also using some of the earnings to address his family's basic needs, and this has improved his basic well-being. He concluded, "Many thanks to Caritas Nepal for boosting my confidence and helping me to find an alternative occupation." ▲





Motor Road with Cash for Work



Road before CN's intervention



CN's technicians undertaking a survey of the road



A vehicle in the motor road constructed

Onset of motor road speeds reconstruction of shelter and expands livelihood

The monstrous earthquake of 2015 damaged most of the houses of Neupane village. Neupane is a small village located in the far end of Balthali VDC (Panauti-11 Kavrepalanchok). All 195 households located in Neupane belong to Tamang ethnicity. The level of education of these people is low and most of them are engaged in subsistence agriculture. A survey done by the government of Nepal listed 177 of the 195 houses as fully damaged by the earthquake of 2015 and therefore liable to receive grant and technical support to reconstruct their houses.

Remote Neupane village had no access to transportation which resulted in a very slow process of reconstruction. Lack of motor road linkage to the village not just slowed the reconstruction of the village, but also hampered the expansion of livelihood of the villagers. "With such narrow a pathway, we couldn't bring in construction materials to reconstruct shelters. We couldn't take our buffaloes to the market to sell," said Maan Bahadur Tamang, a social worker of Neupane village.

Addressing the requests of the people of Neupane village, Caritas Nepal decided to construct a motor road connecting Todke and Chhap. A survey was undertaken by the technical team and a 1.5 km road was constructed with NRs. 606,356 under Cash for Work. Local people were mobilized for around two months.

The road was welcomed with notable enthusiasm to reconstruct shelters. 60 households started construction with the onset of the road. 74 percent of the total beneficiaries are in the process of completion as of now. With technical guidance from Caritas Nepal, all the houses are able to pursue Nepal Building Code. Similarly, the road has helped expand livelihood of the people. People can now buy and sell their agricultural products and livestock. "Nobody bought the buffaloes of our village with the fear that they would meet accident in the small pathways we had. With this motor road, there are people coming to buy one buffalo at NRs. 80,000 when the same wouldn't be bought even at NRs. 30,000 earlier," expressed Maan Bahadur Tamang. Around a 100 people of Neupane directly benefit with the road. ▲



Kanchi Maya Boju of Hariharpurgadi pursues vegetable farming as an enterprise

The first successful season of a new vegetable farming entrepreneur

Kanchhi Maya Boju, 22, lives in Hariharpurgadhi village of Sindhuli district. This is one of the remotest locations of Sindhuli and here majority of the households are of Tamang ethnic group. Most of the residents of the village are not educated (i. e. have not completed formal school education) and Kanchhi Maya Boju is one of them. She was married at a very young age and has two kids. She can only write her name and is not able to read or write properly.

Earlier Kanchhi was engaged in agriculture in a small plot of land her family owns. But the income wasn't satisfactory.

Kanchhi Maya is a member of an agriculture group formed by NERP recovery programme. She received a three days 'Basic Agriculture Training' and a grant amount of NRs. 27,000. From the grant she received, she bought pipes worth NRs. 16,000 for drip irrigation, owing to the fact that her village suffers a scarcity of water. She has been putting the knowledge and skills received in the training into practice. The traditional tools and techniques she applied previously are replaced with modern ones such as a plastic greenhouse, drip irrigation system, and organic farming practices. She earned NRs. 19,000 by selling 150 kgs. of tomatoes, 150 kgs. of cauliflower and 50 kgs. of cucumber that she produced in the last season. In addition, she has potatoes and cabbages that are ready to be harvested and sold.

Agriculture technicians of Caritas Nepal visit her regularly to provide the technical guidance for intensifying her vegetable farming enterprise. She very much appreciates Caritas Nepal's work. "I would have been struggling in agriculture confined by traditional techniques, if Caritas Nepal had not shown the way of widening my vegetable farming. Now that I have the knowledge and skills required, I feel confident in myself. I feel a different kind of gladness because I am able to contribute to the income of my family." She added further, "I am planning to invest more on my vegetable enterprise so I can earn more in the future". ▲



Kanchi Maya Boju weeding her drip irrigated cauliflower field.

8.

C A S E S T U D Y



Mr. Rajendra Shrestha of Basheshwor improves his farming livelihood

Vegetable Farming improves economic condition of a farmer



Rajendra Shrestha is a 33 year old permanent resident of Basheshwor, Sindhuli. He has a family of six and owns 7 Ropanis of land. His main source of income is agriculture. But earlier agriculture for him was limited to cereal based farming of rice, wheat, maize etc. His farm's produce was not enough to feed his family for the whole year, let alone help him make money. He grew vegetables in a small area. His knowledge regarding farming vegetables for greater income generation was limited.

Caritas Nepal supported the earthquake affected location with livelihood sector support and formed agriculture and livelihood groups. "Since I have some land and I have always liked to do kitchen gardening, I chose to stay in agriculture group," said Shrestha. He received a three days Basic Agriculture Training along from Caritas Nepal and materials such as Sprinkler, Bio Fertilizer, Knapsack sprayer, Plastic drum, tunnel, seeds etc. He also received grant support of Rs. 27,000.

The training helped him enhance his knowledge and skills regarding commercial vegetable farming. He constructed plastic sheds or green houses, and has been growing off season tomato and cauliflower. He notes that due to farming in off season with improved techniques (i. e. greenhouse, improved staking, timely irrigation, organic fertilizer and organic spray), he was able to produce 4.5 quintals of tomatoes and 80 kilograms of cauliflower. He sold his produce in nearby market and earned Rs. 29,000. He still has potatoes in 2 Ropanis (0.1 ha) of his land ready to be harvested and sold.

"I prepare organic sprays myself and use it to prevent and treat plant diseases. Also, I have started intercropping the vegetable crops with marigold, onion and garlic crops to control pests," said Shrestha referring to the practices he is using to reduce the use of chemical pesticides in farming.

"My family now has varieties of vegetables to eat. Besides this, I have improved my farming livelihood and I am able to save money for the future. I am grateful to Caritas Nepal for the livelihood recovery support I have received," expressed Shrestha. He added that he wishes to construct more of plastic greenhouses to expand his vegetable farming enterprise in the future. ▲

VIII

PROTECTION AND PSYCHOSOCIAL CASE STUDIES

Note: Due to sensitive nature of the cases, names are changed and photos are blurred.

Ms. Sita overcomes depression with the help of psycho-social support from Caritas Nepal

Ms. Sita, 31-year old woman lives with her husband and four children in Bigu Rural Municipality of Dolakha district. She is from a low income family. She had a very happy family until the massive earthquake of 2015. She lost all her household belongings and rubble was all that was left of her house. She and her family then started living under a temporary tin shelter constructed with the CGI sheets provided by Caritas Nepal.



Her family later received housing grant worth NRs. 300,000 from Caritas Nepal to build a house. Traumatized by the monstrous earthquake, she fell into a depressive state. She says, “I did

not feel like talking, eating, and I had fears and irritation without any reason and sleeping disorder as well. I hid this problem for six months until a social volunteer from Caritas Nepal visited my house. The volunteer’s visit and counseling helped me find out that mental problems are treatable.”

Sita being checked at PHC by a Psychiatrist

She went to the Public Health Community and received counseling from a certified psychiatrist. She was prescribed medicines after the intake of which she has been feeling better. She now does her daily tasks happily. She lives in an earthquake resistant house her family built with the support of Caritas Nepal. She is also a member of Livestock group and has received cash support to expand her livelihood. *“I am very happy now and would like to express my gratitude towards Caritas Nepal for supporting me and increasing my income. I have overcome depression and it would not have been possible without the support of Caritas Nepal.”* She expressed with a smile in her face. ▲

Mrs. Parvati addresses domestic violence!

Parvati, 55, comes from Sunkoshi Gaunpalika of Sindupalchowk District. She got married at the age of 20. She says, “After the birth of my first child, my husband started beating me. I accepted this treatment for 35 years without telling others because I thought it would adversely affect my family’s reputation. I gave him so many chances to get sober, not to drink and become violent, however, it only got worse day by day.”

She was identified by Protection Social Volunteer while visiting houses in the ward. She, at first, hesitated to share her problems and later opened up and noted that it was very difficult for her to live with her abusive husband. She was one of the participants of Protection and Feedback Mechanism Orientation held in the location. The orientation motivated her to open up about the abuse she had been facing. Later, with the support of a psychosocial volunteer of Caritas Nepal’s programme, she developed courage and filed a case against her husband in local government office. “The government officials have warned my husband to be careful. He has not been abusive since then. I owe thanks to Caritas Nepal for encouraging me to speak up against the wrong that had been going on with me.” ▲

Mr. Ram's disability stipend helps him buy medicines

Ram, 50, farmer by profession, is a resident of Balthali (Panauti-11, Kavrepalanchowk) and lives with his wife and a daughter. He is partly paralyzed after having fallen off a tree two years ago. He was hospitalized for Spinal injury treatment. He was on physiotherapy and counseling treatment while in the hospital.

He says, "I spent almost all my savings for the treatment. My wife and daughter worked and supported me in paying the hospital bills. The cost of the medicine was very expensive. I couldn't afford the medicines prescribed for me, so I stopped taking them. Thus, I requested Caritas Nepal for disability referral support."

After Caritas Nepal Protection team identified his case, they provided him small referral support. This helped him to access stipend given to disabled people from the government (category B disability). "Although the stipend is small it helps, I use the money to buy medicines," he added. His family has also received funds to raise livestock from Caritas Nepal's programme. ▲



Shyam receives Citizenship and Disability Cards

Shyam Shrestha, 18 year old boy from Baseshwor (Golanjar-6, Sindhuli) is a mentally challenged boy. He is an introvert and prefers talking only with his family members. He was noticed by the Protection Social Mobilizer playing outside his house. They found that he has been ill since he was 9 years old. His parents added, "He was sent to school but could not grasp much and eventually became forgetful. Therefore, we were worried about him and took him for a check-up."

His parents depend on agriculture for livelihood. Therefore, they thought that acquiring citizenship for him would not be so important in his life. His parents explained, "When we brought him to the Health camp for check-up, we came to learn that having a citizenship is very important. Even making a Disability Card is dependent on citizenship." So, with the support of Social Mobiliser of Caritas Nepal they took him to the district office to acquire a Citizenship Card. After acquiring a citizenship card, he was able to receive a Red category card from the Social Welfare Office. He now receives a small monthly disability stipend. "We are very thankful towards Caritas Nepal for the support. Our son would not be receiving the government's allowance for the disabled if not for Caritas Nepal. Caritas Nepal's staffs who are selflessly working to help the poor and needy like us are to be commended." added his parents. ▲



Caritas Nepal

It is a non-profit organization solely devoted to the service of the poor, most disadvantaged and marginalized people irrespective of, caste, creed, ethnicity, and nationality.

Registered as a Non-Governmental Organization under Nepal's District Administration Office, Lalitpur, with the registration no: 85/047/48, and in accordance with the Society Registration Act 2034 B.S, Caritas is the social service arm of the Catholic Church in Nepal and member of the Caritas Internationalis confederation and Caritas Asia.

It is also affiliated with Nepal's Social Welfare Council (SWC) under registration no: 248-356.

Caritas Nepal applies animation approach and sector-specific participatory approaches to empower the poor, marginalized, and disadvantaged class of people to reduce poverty, hunger, secure humanitarian assistance in the situation of man-made and natural emergency and therefore to realize social justice and peace.

With the vision of creating peaceful, equitable and just society, where there is solidarity among people and respect for human dignity, Caritas Nepal works on the sectors of social justice and community development, disaster risk management, sustainable livelihoods, migrants, refugee and anti-trafficking, emergency and recovery supports as well as advocacy on social concerns.

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New earthquake resistant house built with the support of Caritas Nepal at Bigu, Dolakha.



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