

**2015**

**TRAVEL BLOG**

**Stichting Helping Hands 4 Smiling Faces**



**Charging**

**Wednesday June 24, 2015, 19:24**

**@ Home**

**The evening before I leave**

Nice weather

The adventure has started...

<https://vimeo.com/album/3456806/video/131683124>

**Doerak**

First this.

<https://vimeo.com/album/3456806/video/131860055>

## Newsletter en route to Nepal

Thursday June 25, 2015, 10:24 @ Home

Day 1, just before I leave

Nice weather

Just to let the donors know what I am up to...

[Klik hier](#)

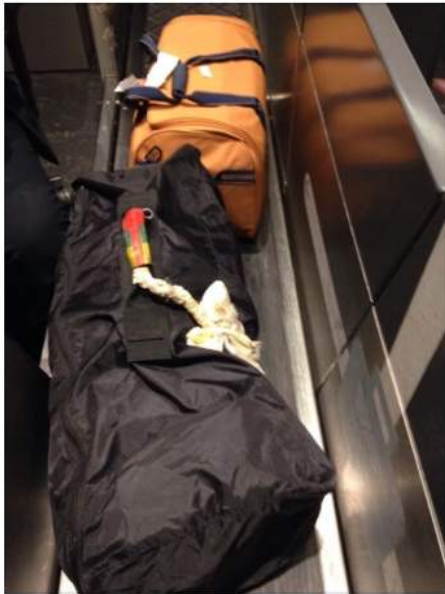
There they go...



**Helping Hands 4 Smiling Faces**

25 juni om 16:52 ·

Daar gaan ze: 1 voor mij en 1 vol spullen voor de kinderen  
There they go: 1 for me and full of goodies for the kids



213 bereikte personen

Bericht prom...

Vind ik leuk

Reactie

Delen

Esmeralda Duys en Luuk Heijnders vinden dit leuk. Populairste reacties



Schrijf een reactie...



**Luuk Heijnders** En blijf je volgen!

Vind ik niet meer leuk · Beantwoorden · 1 · 25 juni om 17:18



**Luuk Heijnders** Heel veel plezier succes lieve Tjitske, denk aan jou!

Vind ik niet meer leuk · Beantwoorden · 1 · 25 juni om 17:18



**Christine Bruijn** Goede reis, veel plezier en take care!

Vind ik leuk · Beantwoorden · 26 juni om 2:16

## Border patrol

Thursday, June 25, 2015, 13:30

@ Gate 03 @ Schiphol Airport, Amsterdam, Holland

## **Day 1**

### **Very nice weather**

Last year I had a strange experience at Amsterdam Airport: the self-scanning equipment from border patrol could not match my passport photo with the one taken at the airport. So a border patrol officer came to check it out and with the necessary persuasion on my part I was allowed to go through. It helped that I had a few photos of my personal metamorphosis in recent years. (For those who don't know: I lost a lot of weight)

On the advice of the border patrol officer I had new photos taken and applied for a new passport, which I received just in time for this trip. But not without some strife from the local authority granting it. They thought it strange that I applied for a new passport while the old one was still valid for another 2 years. After explaining my metamorphosis they still didn't really want to help me, but when they saw the pictures, they got the message.

So, this time no such problems with the self-scan border patrol. Nice!

### **Adventure**

**Thursday, June 25, 2015, 20:00**

**@ Gate 303 @ Ataturk International Airport, Istanbul, Turkey**

### **Day 1**

**±30°C**

The adventure has begun. Because it is going to be that. At exactly two months after the first severe earthquake and still daily several aftershocks you can hardly call a trip to Nepal anything else but an adventure.

All things considered, it is madness to go to Nepal at this time and stay right in the middle of the affected area. At this point in time earth is still shaking several times a day. Why am I still going? Because the children and my friends really wanted me to come and thanks to many donations to 4SmilingFaces I won't be standing there empty-handed. It is as if I am extending a helping hand on all your behalf.

No idea what to expect at all, except that it will be different from before. That much I know for sure. I once lived through a hurricane in Central America, so I am familiar with the wondrous ways of Mother Nature, but earthquakes are from an entirely different order. The ground beneath your feet not being as solid, sturdy and dependable as you would wish, that should be a special experience. Something you have to experience to really get it. Well, hopefully afterwards I can at least cross 'Surviving multiple aftershocks from an earthquake' of my bucket list ....

### **In flight to KTM**

**Thursday, June 25, 2015, 21:17**

**@ In flight TK 726 from Istanbul to KTM**

### **Day 1, just after dinner**

### **Outside its dark**

The flight from Amsterdam to Istanbul was so successful that we arrived half an hour early in Istanbul's airspace. The Turkish aviation authorities couldn't handle that, so the captain took us on a sightseeing trip above the Sea of Marmara. Don't really know if it was on my bucket list, but if so, is done now.

Luxury on the flight from Istanbul to KTM. 4 seats just for me, because the flight is not even half full. All on account of the earthquakes. I finally lost so much weight that traveling economy class for me just as (un)comfortable as for everyone else and that is the day I get to use 4 seats on an international flight. That is irony for you.

Well, I am going to enjoy it anyway. Because when I finish typing this piece I'm going for a long sleep. If successful, this is a first, because normally I am not a sleeper in an airplane. I can only sleep horizontally and that is usually not possible in a plane. But today it is. Lucky me.

Just received dinner. Not good. Just like last year, they did not understand my strict diet. But I was prepared and had some food with me just in case. So all's well that ends well.





## Just before KTM

Friday, June 26, 2015, 5:36

@ In flight TK 726 from Istanbul to KTM

Day 2, just before landing

Looking good

The flight from Istanbul to KTM went by unnoticed by me, thanks to the 4 seats that were available to me. Fel asleep above Turkey and woke up past Delhi, India, half an hour before landing in KTM.

<https://vimeo.com/album/3456806/video/131858789>

Arrived safely

Friday, June 26, 2015, 6:49

@ KTM airport, Nepal

Day 2

±30°C

 **Helping Hands 4 Smiling Faces**  
26 juni om 13:42 · 🌐

They cleared the airport just for my arrival... 😊



277 bereikte personen Bericht prom...

👍 Vind ik leuk 🗨️ Reactie ➦ Delen

Lotte Weersma, Binita Lama, Jacobijn Borrias en 6 anderen vinden dit leuk. Populairste reacties

 Schrijf een reactie... 📷 😊

 **Jacobijn Borrias** Zou willen dat ik daar ook was om een steentje bij te dragen ❤️  
Vind ik leuk · Beantwoorden · 26 juni om 16:53

 **Helping Hands 4 Smiling Faces** Je bent zeer welkom Jacobijn!  
Vind ik leuk · 26 juni om 17:31

 **Binita Lama** Welcome to nepal. .. 😊  
Vind ik leuk · Beantwoorden · 26 juni om 17:38

Always time for tea

Friday, June 26, 2015, 7:40

@ Aryal house, Jorpati, KTM, Nepal

Day 2

±30°C



**Tjitske Weersma**  
5 uur · 🌐

Now I know I back in Nepal: tea 😊

Foto taggen · Locatie toevoegen · Bewerken

Vind ik leuk · Reactie · Meldingen stopzetten · Delen

Eden Namuna Langford, Liesbeth van Galen, Pamela Potters en 16 anderen vinden dit leuk.

Nog 2 reacties weergeven

**Pashi Sherpa** Well come back Tjitske Weersma 😊😊  
Vind ik leuk · Beantwoorden · 2 uur

**Tjitske Weersma** thank you pashi. Hope to see you soon  
Vind ik leuk · 21 min.

Meer reacties weergeven

**Jolien van den Elsakker** good luck Tjitske!  
Vind ik leuk · Beantwoorden · 54 min.

**Tjitske Weersma** Thanks!  
Vind ik leuk · 21 min.

**Anne Marie Imbens** Mooie tijd daar! Geniet er van.  
Vind ik leuk · Beantwoorden · 42 min.

**Gerard Walters** Geniet er van  
Vind ik leuk · Beantwoorden · 39 min.

**Tjitske Weersma** ga ik doen!  
Vind ik leuk · Beantwoorden · 21 min.

**Kelly Davio** Tell the Aryals I send my best thoughts!  
Vind ik leuk · Beantwoorden · 21 min.

Schrijf een reactie... 📷 😊

**Bodyguard**

Friday, June 26, 2015, 13:34

@ DRC, Gokarna, KTM, Nepal

Day 2

±30°C

Because one picture says more than a thousand words...The children were all in school. I will meet them tomorrow. So only a small reunion with one kid and all the staff...

With my personal bodyguard Fudoma...

With the DRC's administrator and close friend Tsering...

Fudoma preparing a nice omelet just for me...

Met a cow on the way back to the Aryal house. She's going for a swim... Only in Nepal!



## Damage

Friday, June 26, 2015, 18:34

@ Aryal Home, Jorpati, KTM, Nepal

Dag 2

±30°C

Brought only a short visit to the CHC orphanage, because I am tired. May have some slept on the plane over here, but it's almost time to give in to my jetlag. More tomorrow. But here down a few pictures, which also say more than a thousand words ... (the are made by one of the children and not quite sharp, but you'll get the picture anyway)

All the walls of the kitchen on the ground floor were thoroughly cracked. That is now been corrected, but the work is not finished. Sameer is my guide ...



On the second floor all walls are also cracked badly. You can even see through to the outside. Really scary. When the ground floor is finished, the repair work continues here.

The older kids with damaged photo collages





Chatting with Kabila and Sameer. In the background Sristy is cleaning the cupboard.



This used to be a nice garden done by 4SmilingFaces years ago...guess we will have to do that again.



Getting organized

Saturday, June 27, 2015, 8:55

@ Aryal Home, Jorpati, KTM, Nepal

Dag 3

±30°C, cloudy, humid



**Helping Hands 4 Smiling Faces**

27 juni om 9:07 · 🌐

Even if I do say so myself, I clean up pretty well 😊



256 bereikte personen

Bericht prom...



👍 Vind ik leuk

💬 Reactie

➦ Delen

Karina Cox, Fudoma Sherpa en Asha Aryal vinden dit leuk.

First impressions



**Saturday June 27, 2015, 11:40**

**@ Aryal House, Jorpati, KTM, Nepal**

**Day 3**

**±30°C, cloudy, humid**

Okay, time for a first impression. At first glance the small part of KTM that I've seen so far looks fairly undamaged. But only at first glance. If you look a bit longer and sharper, you really see the traces left by the earthquakes everywhere. Cracks, collapsed houses, fallen trees, rubble, cracks in the roads and things like that. Much has already been cleaned up, but still much is left to do.

At the same time everywhere you can see repairs are being made. These are probably good times for the construction workers and contractors in this country. Although it must be noted that many repairs are only temporarily ones, because the real restoration and rebuilding will be done when earth is at peace again. And so far that isn't the case.

Well I'm not a builder, but on seeing some of the repair work, I wonder whether that is restoration or camouflaging things. Cramming a crack in a load-bearing wall with gunk and paint over it. Is that the one or the other? That is the question.

Everyone assures me that what I've seen now, is only a tiny tip of the iceberg and that it is way worse further away. I believe that. Later in the trip I'll go and see more of that, and so will you all. Am already impressed.

And I actually think the biggest damage is perhaps not so much material, at least in this apparently relatively lightly affected area. But you can feel the fear of people. They have been and are still really frightened by it all. And the fact that earth still hasn't calmed down completely is not helping to get them to really relax. Someone expressed the uncertainty as: "It's like we're living on water, but we can not swim and we haven't got boats ..."

**Bathing**

**Saturday June 27, 2015, 13:00**

**@ CHC, Jorpati, KTM, Nepal**

**Day 3**

**±30°C**

Arrived at the CHC orphanage at bathing time, or better wash with garden hose time. Just for the little ones.



And after that there was more fun with the little people...





**Drawing**

**Saturday June 27, 2015, 13:00**

**@ DRC, Gokarna, KTM, Nepal**

**Day 3**

**±30°C**





## Helping Hands 4 Smiling Faces

27 juni om 18:58 · 🌐

A Nepali lady living in America started an art therapy program in Nepal after the earthquakes. Today she brought an art competition to the DRC. Happy times. \*\*\* Een Nepalese mevrouw die in Amerika woont is na de aardbevingen een kunst/therapie programma gestart. Vandaag bracht zij een tekenwedstrijd naar naar de DRC. Vrolijke tijden!



264 bereikte personen

Bericht prom...

👍 Vind ik leuk

💬 Reactie

➦ Delen

Karina Cox, Jacobijn Borrias, Deanne Berarducci en 2 anderen vinden dit leuk.

Victory ceremony



and after that just chilling





**And than I saw this...**

**Saterday, June 27, 2015, 18:00**

**@ Aryal House, Jorpati, KTM, Nepal**

**Day 3**

**±30°C**

Was out shopping with Devendra and his foster daughters Sabina and Gheeta when I looked out of the window and saw this. Makes it clear immediately what happened after the earthquakes and continues to happen to this day. This kind of plastic villages are seen all over KTM. We wouldn't even park our bikes in huts like this and people are actually living in them. And its monsoon time with heavy rainfall....I know a picture says more than a thousand words, but seeing this in real life and smelling it is way more impressive. There are no words for this.







## Laptop

Sunday, June 28, 2015, 13:00

@ Aryal Home, Jorpati, KTM, Nepal

Day 4

±30°C, cloudy, humid

Many of the volunteers that worked in either the DRC or the CHC orphanage are connected on Facebook, even though they might not have had the pleasure yet of meeting in person. This is what happened with me and Christina from Singapore. We are both close friends of the Aryal family, our Nepali home.

So one day after the earthquake Christina asked me to connect with one of her friends Karina, who is a supporter of our combined fundraising effort. Of course I did.

Now fast forward to yesterday and me checking Facebook. Just at that moment Karina shared a post of her friend Nicky, who is leaving KTM after 4 years and wanted to donate her old laptop to a good cause. I immediately reacted that I would love to have that to give to some of the children starting college. And one day later it was all arranged. Nicky and I met up somewhere roadside in Patan and she handed me the laptop. It old, but still working so its perfect.

And what makes this story even more amazing, is that just before I came to Nepal, I asked a Dutch computer engineer friend of mine, if he maybe had an old laptop for me to donate just for this purpose. That didn't work out and now I know why....



Helping Hands 4 Smiling Faces

28 juni 2015 · 🌐

The amazing story behind this photo is on my blog now... Thanks to Karina Cox and Nicky Zammit <http://www.4smilingfaces.com/en-blog/2015/88.html> \*\*\* Het ongelooflijke verhaal achter deze foto staat nu op mijn blog. Met dank aan Karina Cox en Nicky Zammit <http://www.4smilingfaces.com/nl-blog/2015/laptop.html>



## Opvang

Daycare

Sunday, June 28, 2015, 17:45

@ Aryal House, Jorpati, KTM, Nepal



## Day 4

±30°C, cloudy, humid

Spend the afternoon at the CHC orphanage, or at least part of it. Because just after arriving there I was actually kidnapped by the little people who took me to their daycare centre. Imagine, me going with 12 little people (one on almost every finger) through the streets of KTM: that didn't go unnoticed.

Nice place, that daycare. The kids clearly enjoy being there. They go there every day after school to play. Made a few video...

<https://vimeo.com/album/3456806/video/132014641>

<https://vimeo.com/album/3456806/video/132016759>

<https://vimeo.com/album/3456806/video/132014643>

And after all that I went back to the home for a yarn with the older girls. Good times. We talked about - what else would it be - boys. But also about politics! and of course the earthquakes. Those were some impressive stories.



## **Aftershocks**

**Monday, June 29, 2015, 6:22**

**@ Aryal House, Jorpati, KTM, Nepal**

**Day 5**

**±30°C, sunny, some clouds, humid**

So to date every day there are several reasonably big aftershocks of the earthquakes. Last night one of 4.6 and this morning one of 5 on the Richter scale. Mother Earth is still not in the relax mode :(.

So far I haven't felt them, or at least didn't recognise them as such. But my 'my earthquake' app, the calls of the kids and faces of my host family speak volumes .

Why than have I missed them so far?

Well, the kids explained to me yesterday that many aftershocks feel like a very heavy truck drives just right past you... Perhaps I have confused that sensation. And here they are, of course, highly trained in and sensitive to every kind of movement from mother earth.

Furthermore, aftershocks last only a few seconds. Before you know it, they are gone already. On ground floor level you feel them more than in the first floor (where I was at the time). They are localised and in one place you feel them more than somewhere else. It also depends on what is in the way of the earthquake that can absorb the movement. The last 2 I probably missed because I was sleeping.

## **Blood pressure**

**Monday, June 29, 2015, 9:00**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 5**

**33°C+, little clouds, humid**

So today. It started with a visit from friends at the kitchen table. Fudoma (Who came with her father) is studying to become a nurse and demonstrates the electronic blood pressure meter that is mend to go somewhere else. Newsflash...I have a blood pressure ;) She really liked it. Must get her one, because she could really use one in her line of work...



**Just a little bit lower...**

**Monday, June 29, 2015, 11:45**

**@ Boudhanath Stupa, KTM, Nepal**

**Day 5**

**33°C+, little clouds, humid**

On the road in scorching KTM (melt) when I saw this. You should know that this stretch of road was always flanked by meter-high walls. And it seemed that every year they added a few layers. Not really appealing to look at and also not safe. The various earthquakes and aftershocks have killed people in KTM, because pieces from high walls like these fallen on their heads. Therefore the decision was taken that such walls should be lowered significantly. The upper half should be made of see-through material. Looking forward to seeing the result of this change.

That's one of the few benefits of the earthquakes: there seems - and I say seems on purpose - to be more attention to safety.



**Boudhanath stupa**

**Monday, June 29, 2015, 12:30**

**@ Boudhanath Stupa, KTM, Nepal**

**Day 5**

**33°C+, little clouds, humid**

Very smart to take a walk through the bustle of KTM at mid day on one of the hottest days to date. Because unlike previous days today it is very busy on the streets with walkers, cars, buses, motorcycles, scooters and all kinds of carts.

The knowledge that the endpoint of this endeavour is one of my favourite places in the world makes it all okay: Boudhanath Stupa. Today was an almost surreal experience to be there. Normally it is both busy and serene at the same time. Crowded with faithful Buddhists, whether or not with a prayer wheel or the Buddhist equivalent of the rosary in their hands walking around the stupa and muttering prayers. But also busy with tourists, who often right from the plane get to take in this wonderful spectacle with amazement.

Today nothing like that. There are next to no tourist due to the earthquakes, only a few types like me. Many of the locals are also gone out of the city to their villages in affected regions to help with the rebuild.

Separately, the stupa itself was injured in the earthquake and numerous aftershocks. Hence the bamboo scaffolding, because that is the way to build out here. Therefore, alongside a picture of how the stupa usually looks in all its radiant glory and below the pictures of today. Look for the differences ...







**Lichte kost**

**Maandag 29 juni 2015, 17:30**

**@ DRC, Gokarna, KTM, Nepal**

**Dag 5**

**±33°C, wolkjes, broeierig**

Was nog voor dat school uit was in de DRC. Tijd dus om te chillen met Tshering en haar dochter Tjoti. Tshering is de administrateur van de DRC en door de jaren heen inmiddels een dierbare vriendin geworden. Mooi moment dus voor een goede bijklets, die uiteraard begint met de vragen: 'Waar was jij toen het begon? Wat heb je allemaal meegemaakt? Is je familie in veiligheid? en dat soort dingen. Niet echt lichte kost, maar wel heel bijzonder om te horen.



En toen kwamen de kinderen uit school en werd mijn fotoestel onmiddellijk gekaapt. Naar nu blijkt richting de keuken, waar voor iedereen een portie noodles werd klaargemaakt.





Gelukkig mocht ik zelf ook nog even op de foto. Samen het Ali (links) en Ladaki.



## Doing research

Tuesday, June 30, 2015, 6:00

@ Aryal house, Jorpati, KTM, Nepal

Day 6

No idea about the weather, just woke up

So far I have written little about what is needed to help the DRC and the CHC get back on their feet after the earthquakes. That doesn't mean nothing is happening. I'm busy with talking to all concerned about what is needed. Because things are certainly needed. But these things take time, but later on in this trip I will elaborate more, I am sure of that.

Incidentally, I don't just talk with the adults, but also with the children. They are the ones living in the two homes and know better than anyone what they need and want. That knowledge will be taken into consideration if we have to make choices, because in the end all we want to do is to make their lives a little bit better, nicer and easier.

## Helmets

Tuesday, June 30 2015, 9:01

@ Aryal house, Jorpati, KTM, Nepal

Day 6

±30°C, sunny, clouds, humid

Anyone who has ever been in Nepal recognizes this picture: many people, whole families on a scooter or motorcycle and only

Helmen 1the driver wearing a helmet. I always thought this had something to do with men deemed more important in this society than women. Perhaps that was the case originally, but no more. In fact, several years ago the rule was introduced, that all passengers must wear helmets. A measure which was obviously intended to reduce the number of road casualties.

However, the measure appeared to have another effect nobody counted on. The amount of purse thefts per motorcycle / scooter went up tremendously .... Because both driver and passengers are now wearing helmets, they could strike much more anonymously. Especially female passengers were victims of these helmeted bandits. At traffic lights their bags and jewelry was snatched brutally. Because it only got worse, the requirement for passengers to wear helmets was abolished and almost immediately, the number of purse/ jewelry snatchings went down....



## Shoppen

Tuesday, June 30 2015, 15:00



**@ Aryal house, Jorpati, KTM, Nepal**

**Day 6**

**±30°C, sunny, clouds, humid**

Promises promises. Devendra and Asha's foster daughters Sweetie, Sabina and Gita were always top girls but in the aftermath of the earthquakes, they totally stepped up to the plate. Devendra and Asha had to leave for a few weeks to attend their daughters graduation in the USA. The girls completely took over their work supporting both the DRC and the CHC and did it perfectly.

So that deserves a huge compliment. And with young ladies this is best said in new clothes. So today I went shopping with Sabina and Gita. (Sweetie will undoubtedly follow later). So we took a micro (a tatty little blue van in which they tend to transport to many people) to Boudha and go from shop to shop to find the perfect outfit. It took a while, but the girls look great in their new outfit and are happy with it. Love it when a plan comes together.

Thank you dear girls, you are really fab!

**Mikado**

**Tuesday, June 30, 2015, 18:45**

**@ Aryal house, Jorpati, KTM, Nepal**

**Day 6**

**±30°C, sunny, clouds, humid, major rain after sunset**



Spent a wonderful afternoon at the CHC orphanage. Had a real nice chat with these two lovely young ladies, Kasjol and Ashmita. So much fun, happiness and good conversations about - naturally - the earthquakes, school, why I like Nepal and things like that.

And after that a large part of the afternoon was spent playing mikado with big and small people. Just with a handful of crayons. It was a big hit.



As a volunteer you really need to be a jack of all trades. This time, Parvati and Sani use me as a table.







## Helping Hands 4 Smiling Faces

30 juni om 19:32 · Bewerkt ·

Just chilling with Parvati, one of the little ones in the orphanage  
<http://www.4smilingfaces.com/en-blog/>\*\*\* Even chillen met Parvati,  
een van de kleintjes in het weeshuis  
<http://www.4smilingfaces.com/nl-blog/>



490 bereikte personen

Bericht prom...



Vind ik leuk

Reactie

Delen

Daniel Mottau, Karina Cox, Bea Beek-Toen  
en 10 anderen vinden dit leuk.

Populairste reacties



Schrijf een reactie...



**Luuk Heijnders** Onwijze kanjers!

Vind ik leuk · Beantwoorden · 30 juni om 21:26



**Helping Hands 4 Smiling Faces** 😊

Vind ik leuk · 30 juni om 21:29



**Jacobijn Borrias** Wat een schatje geef maar extra knuffel van coos 😊

Vind ik niet meer leuk · Beantwoorden · 1 · 30 juni om 22:20

## Repairwork

Tuesday, June 30, 2015, 21:00

@ Aryal house, Jorpati, KTM, Nepal

Day 6

±30°C, sunny, clouds, humid, major rain after sunset

The CHC building is hugely damaged by the many earthquakes. So much so that is used only during the day, but the kids still sleep in the adjoining school building. And on the first day here I saw part of the damage and that restoration work is being done. And that seems - seen with the eyes of an architectural layman - that all the problems are thoroughly addressed. For instance, the pillars get an extra layer of steel reinforcement around them and are much thicker.

All walls on the first and second floor of the building were cracked. One of the most severely damaged walls was the back wall on the first floor. I wondered how they would fix that. Well, today I got the answer to that question, because the wall was demolished. Over the next few days a more sturdier wall will be build back.

That is a good thing, but it still leaves me with questions about the fact that the work area isn't shielded of. The children still walk around this building site as if the wall was there. Fingers crossed they don't fall down, because that could just happen. There's really zero attention to safety at work. Scary!





Lia

Wednesday, July 1, 2015, 8:53

@ Aryal house, Jorpati, KTM, Nepal

Day 7

±30°C, sunny, clouds, humid, major rain after sunset

Last night another kindred spirit arrived in the Aryal household. It is Lia and she is from Los Angeles. Like me, she is a member of the exclusive community of repeat volunteers. This is her third time here in Nepal.

She could not wait to go see the kids at the CHC orphanage this morning. So we did a pre school visit. That means braiding hair, making ponytails, looking for shoes and adjusting school uniforms and then the school walk. One of the little people on each finger and up through the muddy alleyways we went. Muddy because last night it rained so hard...



Monsoon

Wednesday, July 1, 2015, 15:00

@ Aryal house, Jorpati, KTM, Nepal

Day 7

±30°C, sunny, clouds, more than major monsoon rain, humid

This afternoon Lia and I went to visit one of the former DRC kids at her work/training place: the orthopaedic hospital not far from our home base. When we left the house, we knew it was going to rain and it being monsoon time, that it would be major rain. But upon arriving at the hospital it was still dry so we could wait for Fudoma just outside the gate...

And then it started with just a few drops. We could deal with those. But then it really started: see this 30 second clip for an idea of how intense the monsoon can get.

<https://vimeo.com/album/3456806/video/132319721>

If you do not find yourself in a dry spot when the first few drops fall, taking shelter is useless because within a few seconds you'll have no dry thread on your body. Really nice. Well, I was taught I wasn't made of sugar and therefore I can handle rain. But there is rain and then there is rain. And this was the special kind.



And as if Nepal hasn't got enough trouble with daily multiple aftershocks (today to date 3 already), after today's rain add flooding and additional landslides to the mix. Also here in the city...

And the picture on the right is the route to the house ... Normally I have no problems walking through more than ankle-deep water, but in these parts I am a bit more careful with that. Chances are there are some unsavoury things in this water. It wasn't worth the risk. Thus we had to do a big walk around. Not completely dry, but doable. But upon returning home both myself, my clothes and my shoes were given a good wash.

And what about this visit to Fudoma at the hospital? In all consternation that never actually took place. Sure it will happen in the future though.....

**Mangoday**

**Wednesday, July 1, 2015, 18:00**

**@ Aryal house, Jorpati, KTM, Nepal**

**Day 7**

**±30°C, sunny, clouds, more than major monsoon rain, humid**

Wednesday, mango day. In the DRC at least. There is one for everybody. Yam! And of course it is not easy to choose one from a whole box full of mango's. But the result is good, sweet and healthy snacking.







After that it is homework time and that is hard work here, because they get a whole lot of it. And as ever, the big kids help the little when needed. Like Ali helps little Ladiki, because even the little people get a lot of homework.





## Backwall

Thursday, July 2, 2015, 12:00

@ Aryal house, Jorpati, KTM, Nepal

Day 8

±30°C, sunny, clouds, more than major monsoon rain, humid

Early start with a visit to the CHC orphanage. There is a pleasant surprise waiting: they actually started rebuilding the back wall on the first floor. Nice. Good thing to, of course, because with no wall is really dangerous.

While I take pictures, there is an aftershock and a violent one too: 5.0 on the Richter scale, only 5 km from here. No wonder we all felt it. Hard to describe how it feels. Seems like a cold shiver down your spine only coming from the ground up. Strange sensation. Before you know it, its over.

After the dust has settled, ordinary preschool affairs continue. Braiding hair, making ponytails, adjusting school uniforms and that sort of things. Because my braiding skills are not great, I confine myself to making ponytails and playing with a bouncing ball that lost its bounce a bit. Nevertheless, you can still have a lot of fun with it.

After the little people are brought to school Lia and I go out with Kabita (in the red) and Samjana. Goal is to buy a beautiful dress that Kabita can wear to her graduation on Sunday. She can't afford to buy a dress so Lia and I decided to give her one. She knows exactly what she wants, we only need to find it. After some wandering we succeed in a store at the stupa. So cute to see how happy she is with the dress. :)



## Mud

Thursday, July 2, 2015, 18:00

@ DRC, Gorkana, KTM, Nepal

Day 8

±30°C, sunny, clouds, more than major monsoon rain, humid

Normally the walk from the house to the DRC takes about 15/20 minutes. No problem even in this heat and with this humidity. Today, however, it was almost impossible to get there, because the monsoon made itself felt, just when I wanted to walk. Apart from the fact that you want make it their dry because no umbrella or raincoat can take that kind of abuse, it is mainly the mud pools which are a kind of insurmountable obstacles.

And these are not small ones; a herd of elephants would be very happy to play in them for a long time ...

Therefore, plan b: a taxi. Those, however, are waiting along the main street through Jorpati and by all this rain and mud pools not easily accessible. But thanks to a passing motorcycle rider, who is willing to give me a ride to the taxis, I do arrive there eventually. But no taxi. So I take a micro and the driver is so nice to drive me to the front door of the DRC because of the rain.....lucky girl.

A Nepalese businessman with a social streak organised a big festive meal for the DRC kids and staff in honour of his daughter's birthday. That went down really well with both kids and staff.



During all that, the little people borrowed my camera and the result is seen below. Looks like they have been fiddling with the exposure button though, but that should not spoil the fun.





**Fudoma & Tashi**

**Thursday, July 2, 2015, 21:00**

**@ Aryal house, Jorpati, KTM, Nepal**

**Day 8**

**±30°C, sunny, clouds, more than major monsoon rain, humid**

I end the day in Tashi's en Fudoma's place. Until recently they lived in the DRC. Their father still works there and there youngest sister still stays there. Tashi wants to become a cook. Well, he should, because that boy can cook. Happy times.

And after a great meal it time to digest. :)





**Asha**

**Friday, July 3, 2015, 21:00**

**@ Aryal house, Jorpati, KTM, Nepal**

**Day 9**

**±30°C, sunny, clouds, more than major monsoon rain, humid**

So far I haven't spoken about one of my very best friends in the world, Asha (with the dashed vest in the picture below), Devendra's wife. For 8 weeks she has been in the US with her daughter and today she came home again. I am so happy because without Asha, Nepal is not the same. Have missed her, but not anymore.



Finally! When I came to nepal the first time eight years ago, I wore shoes like this, known to me as 'portugeesjes'. Asha loved them and I promised her I would bring her a pair next time. We drew the size of her foot on a peace of paper specially, so I could find out her size.

Back in the Netherlands, I went looking for the shoes. They were nowhere to be found. The store where I bought them form went bankrupt, I had no brand name and the Internet search with 'portugeesjes' didn't work out either.

It took years until a shoe store in my hometown started selling them. But ... at that time I had lost the drawing of Asha's feet.....

Last year I forgot to draw a new picture of her foot and couldn't do anything. But a friend was still in Nepal and did it for me.

So I took the drawing to the shoe store where they looked at me very strangely. They had never seen anyone trying to buy a pair of shoes this way... When they got over that, I finally found out what size I needed for Asha, which - of course - wasn't in stock. Fortunately I now knew the official name and so I could order them online. Asha's size is actually the smallest one available...

Promises promises and after 8 years it was finally time to make good on this one. Good times!





## Visitors

**Saturday, July 4, 2015, 7:10**

**@ Aryal house, Jorpati, KTM, Nepal**

**Day 10**

**±30°C, cloudy, humid**

First things first: don't melt in the Netherlands and all those other places getting extremely hot weather today! 🍉🥥🍷🍺🍹 and specially for those who love the Tour de France: 🚴🚴🚴

It's only 10 past seven in the morning and the first visit is already behind us. Around a quarter past six Devendra's sister and brother in law came for morning tea. That is quite normal here. You would never dream of doing anything like that in the average Dutch household ...

Obviously the visit has everything to do with the return of Asha. There will be a lot of family visits made and received. After a cup of tea and a short talk the visitors leave and so do Asha and Devendra for their welcome home tour.

And I? I'm going on to be with the children. Its Saturday, their only day off, so I don't go to early, but...sleeping in is not something they do here. It doesn't really matter, we go to bed a lot earlier also. And I am one to get up early anyway.

## Rice

**Saturday, July 4, 2015, 9:33**

**@ Aryal house, Jorpati, KTM, Nepal**

**Day 10**

**±30°C, cloudy, humid**

Just wondering around in the area when I saw this scene. This week is rice planting week. When planting rice, you need water...well thanks to the monsoon there is plenty of that going around.



**Surprise!**

Saturday, July 4, 2015, 16:33

@ Aryal home, Jorpati, KTM, Nepal

Day 10

±30°C, cloudy, humid

At some point today at the DRC a few small people took my camera and went out with it. Upon coming home I saw the results and have made some photo collages. I say well done, little people!













## Documentary

Saturday, July 4, 2015, 16:45

@ Aryal home, Jorpati, KTM, Nepal

Day 10

±30°C, cloudy, humid

A Nepalese camera crew has been working on a documentary starring Gita for several weeks now. Gita is a long term resident of the DRC and has profound physical challenges: various skeletal abnormalities and she can't walk. As a result, she has had a very difficult start in life. Nevertheless, she is one of the most happy and charming personalities I ever had the pleasure of meeting.

The documentary will be shown internationally and the proceeds will go to the DRC. If it is possible to see on the internet somewhere, I will let you know. Today they were filming in the DRC itself so the children had to be in school uniform and doing homework. And all that on their only day off... Meanwhile it is more than 30° and over 90% humidity. I know it's super warm in the Netherlands these days. But here, it is this weather all summer long. PFFFFFFFFF.

Personally, I was used in the documentary as well or rather the promotional photos for it ... the things you do for charity ;)









### **Group pictures**

**Saturday, July 4, 2015, 17:00**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 10**

**±30°C, cloudy, humid**

In the heat of the day we fled inside for cooling off near a van. Time for making picture's together, because if there is one thing the kids like to do, it's taking pictures or being photographed. No wonder, because they are not only sweet, nice, super cute and very kind, but also mega photogenic. The dark photos were taken with my phone after someone messed with its settings...but that should not spoil the fun. That was a nice way to cool off!









## Heavy rain

Sunday, July 5, 2015, 6:10

@ Aryal home, Jorpati, KTM, Nepal

Day 11

±30°C, cloudy, heavy rain

That's a first. Today starts with heavy storm ... Was due to arrive all day yesterday but never came. Now here it is. Hopefully afterwards it will clear the air a bit in terms of the humidity, because the heat is doable, but the high humidity is quite heavy and quite debilitating.

But for all the displaced people here it is of course just another complicating factor in their life that aren't easy to begin with. Because last night there was another big aftershock .... I am staying in a safe, sound and solid house that has been proven to be able to handle multiple large earthquakes, but they have to live under plastic tarps in marshy fields and have no prospect of a rapid change in that situation ...

## Neighborhood shops

Sunday, July 5, 2015, 10:30

@ Aryal home, Jorpati, KTM, Nepal

Day 11

±30°C, cloudy, very humid

Visited a couple of neighbourhood shops with Asha. To settle the accounts and to catch up after her long absence Good times.



CHC

Sunday, July 5, 2015, 10:45

@ Aryal home, Jorpati, KTM, Nepal



## Day 11

±30°C, cloudy, very humid

On arriving at the CHC orphanage the rebuilding has gotten just a little bit further. It doesn't seem to go very quickly, but at least something is happening. In the coming days Asha and I will talk to the board members to finalise the plans for taking the rebuild to a new level. In short, I should have some more news from the recovery front soon.



The morning ritual is in full swing when we arrive. They help each other get ready for school. It all goes pretty smoothly.





And even in this terrible heat and high humidity, the girls must wear knee high socks and preferably even tights. Excruciating in my eyes.



## **Damage**

**Sunday, July 5, 2015, 18:45**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 11**

**±30°C, cloudy, raining all day**

So far I have avoided to take pictures of the damage caused by the earthquakes. Not because it is not visible, but because it doesn't feel right to take pictures of other people's misery. Because as a foreigner in KTM these days you stand out from the crowd anyway and than taking pictures of all that sadness ... I'm just not comfortable with it.

Anyway, today I couldn't really ignore the damage because we went through a heavily damaged part of the city.



Top right: Schoolhouse near my home base. Fortunately, the quakes started on a Saturday which is the only non-school day. On any other day, there would have been certain death.

Top left: This is how many people are still forced to live these days.

Bottom right: The damage is not always visible from the outside. From many houses, for example, the foundation is broken.

Bottom left: There is also a lot of collateral damage; buildings that have survived the big hits, but deteriorate further with each aftershock...





Top right: This building disintegrates before your eyes. It collapses floor by floor.

Top left: KTM is like a house of cards: if a building collapses, it will always take several neighbours down with it ...

Bottom right: A complex with expensive apartments was just finished before the big bang happened and made it completely uninhabitable: it sagged and was broken. The cracks can be seen from a distance.

Bottom left: In exceptional cases, people can afford to demolish their broken homes and start again. For most people this is absolutely impossible. They have worked hard, saved money and took out loans to build a house which is now collapsed or damaged beyond repair. But these loans still have to be paid of though. So they pay the rest of their lives for a ruined houses and there is no way the can change that situation...and so the circle of tragedies continues.



This was a row of 5/6 houses that all collapsed and were reduced to rubble. Only one remained but not very well...There were many death here and there still might be bodies in the rubble. Walking around there makes you acutely aware of the absolute primal force of earthquakes. Really scary.

### Shopping

Sunday, July 5, 2015, 18:59

@ Aryal home, Jorpati, KTM, Nepal

Day 11

±30°C, cloudy, raining all day

We were in the heavily damaged part of KTM for a reason. We were on our way to the Mother Shree orphanage in the northwest of the city. (see the following entries). We (Asha, Devendra, foster daughter Sweetie, Lia and myself) didn't want to arrive there empty handed, so we did some shopping first: fruit and vegetables, sugar, salt, beans, lentils, oil and things like that.





## **Mother Shree**

**Sunday, July 5, 2015, 19:10**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 11**

**±30°C, cloudy, raining all day**

Mother Shree orphanage is a home for 36 children just in the mountains on the northwest side of KTM. It is run by a family consisting of father, mother, son and daughter. They simply live among the children at the complex. The home has the atmosphere of a large family. If you ask the kids how many siblings they have, they invariably answer: 35!

The orphanage is built around a courtyard which is a large puddle on a day like today. Its simple, but it works. All that is needed is there. And the children give of a happy, optimistic vibe.





The children's rooms are simple but they seem fairly similar to the one in the CHC orphanage and the DRC. It is not what we would do in the Netherlands, but for Nepali standards this is fine.

Meanwhile, in the kitchen the are working on a meal with the ingredients we brought with us.



And their heart is full of expectations. Incidentally, this is the emergency room and kitchen. Because the actual dining room and kitchen collapsed during the earthquake...

**Damage @ Shree**

**Sunday, July 5, 2015, 20:00**

**@ Aryal home, Jorpati, KTM, Nepal**



## Day 11

±30°C, cloudy, raining all day

The Mother Shree orphanage was hit hard by the earthquakes, but it could have been so much worse. An hour before the big bang hit, they were eating in the dining room that completely collapsed shortly thereafter... (bottom left on the first and right on second picture). Part of that space is still there, but as you can see, it is irreparably damaged. Breaking it down completely and starting all over again is the only option. But for an organisation with little sponsors an almost impossible task.

Shree orphanage is fairly remote and not really on the tourist trail. It doesn't have many sponsors. In addition to further build and repair work in the DRC and the CHC orphanage 4SmilingFaces will also help Mother Shree get back on their feet. How we will do that is still under discussion. But somehow we will extend our helping hand to them.







**Just chilling with Fudoma**

**Monday, July 6, 2015, 18:36**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 12**

**±30°C, cloudy, lots of rain**

Today I went to the hospital. The Nepal Orthopaedic Hospital to be exact. Thankfully not as a patient, but to meet my friend: Fudoma (see the photo's), who is training there to become a nurse.

While I was there waiting I was able to observe the emergency field hospital of Médecins Sans Frontiers in great detail. These days there are many additional patients in Nepal. Firstly, due to the earthquakes and aftershocks, which give a lot of people all kinds of orthopaedic problems. But even during the demolition and rebuilding activities many are injured or worse, because something like health and safety regs doesn't exist in Nepal: scaffolding is made of bamboo, holes in roads and trails are not marked, demolition sites are not surrounded by fences and things like that. Accidents are not waiting to happen, they happen while waiting...

One of the MSF Nepali doctors spots me (not really a great accomplishment since I am the only foreigner there) and starts a conversation with me. First he wants to make sure that I'm not hurt. Once convinced of the fact that I am in perfect health, he gives a tour of the field hospital. Now there are only 28 beds, but they are currently building an even larger field hospital elsewhere on the property with space for a further 70 beds. Both are temporary, but very necessary these days in Nepal. I am impressed with the good work of this organisation!







When Fudoma has finished her morning shift we walk together to her room that she shares with her brother



near the DRC. There is time to chill and some food.

After that I visit the DRC, but the kids were so busy with homework that I only stayed for a short while.

Moreover, all this yumminess was coming my way and I wanted to get home dry. That failed miserably. 😭

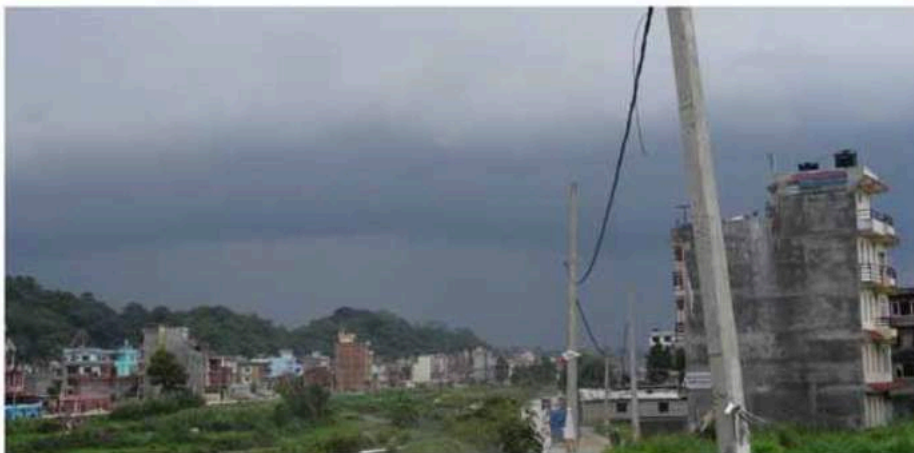


### Helping Hands 4 Smiling Faces

6 juli 2015 · 🌐

With all that lovely weather coming my way and resulting in impressive mud pools anywhere I go, I was just thinking of the challenges of surviving Nepal during the monsoon...

1. Staying dry or sort of anyway
2. Always having my umbrella with me when I really need it (that is a big one for me)
3. Always having my flipflops (or at least some kind of plastic footwear) with me at all times
4. Be prepared to always wash my dirty feet
4. Specially for girls: always bring a dry t-shirt in case some goes wrong with one or more of the above: you do not want to participate in a miss-wet-t-shirt contest out here!



## Schoolbus

Tuesday, July 7, 2015, 18:45

@ Aryal home, Jorpati, KTM, Nepal

Day 13

±30°C, cloudy, humid

Nearby the house there is one of the schools attended by many of the DRC Children. So when I get the chance, I hitch a ride when I can because it spares me from the muddy road. It's always a nice ride, even if the bus is completely overcrowded. So before you know it some little people are sitting in my lap. Fun times.

Arriving in DRC the little people start their homework straight away. The DRC kids are so disciplined: as soon as they come home from school they do their enormous amounts of homework without a murmur. And when needed, they help each other or get help from the teacher that is there every afternoon.



But of course there is always time for distractions. Prakash for instance, he made a special vehicle with lego.





And of course there's always time for my big moment with my little friend Ladiki. The question is: who is hugging whom?



And where there is room for two, there always room for one more: Pasang joins the party.





With birthday girl Sangita. It was another great day.



Went to the market in Jorpati when this calf decided to take a long walk in the middle of the busy road, then stood still of quit a while and eventually went to sleep there and than. One of the few benefits of the sacred status of cows is that people really watch out nog to injure or kill them. But believe me, [being holy is not all](#)

[it's cracked up to be...](#)





**Bamboo**

**Wednesday, July 8, 2015, 18:45**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 14**

**±30°C, cloudy, humid**

(Due to temporary no internet, this one is published later than usual)

Today I was @ the Stupa and for the first time ever its all seeing Buddha eyes were covered. Strange, because until now, you could see them always, all be it through the bamboo scaffolding. Now you can't and they can't see everything. It makes the atmosphere even more surrealistic that it already was after the quakes. That will only pass when the Stupa is restored to its full glory. No idea when that will happen, but it will be a great moment for all who love to be around this ancient monument.

In the meantime visitors have to make do with picture and thought of how things used to be and will be again....

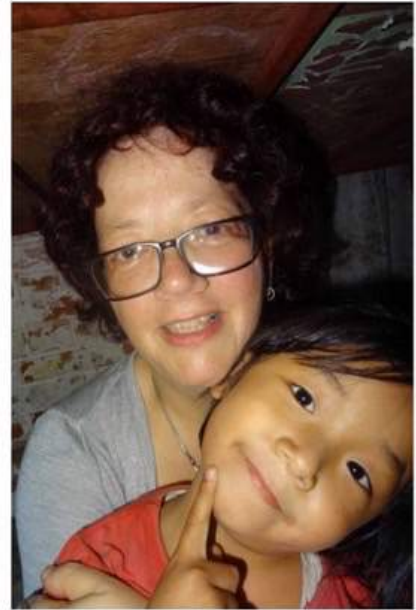


Little miss Ladiki not only like me but also my camera. She love to experiment with making selfies. A few examples.

We have our cuddly moment everyday and this small person will always find someone to take pictures of it.



Therefore, I never had so many pictures with me in them. NICE.



Today I also arranged a few appointments for the coming days. In the next few days I will visit the Hope Foundation, a small home for former street children run by my friends Iman and Bini. They get all the support from the Pennywhistle Project, which is an initiative from my (Dutch) friend Alice and her (British) husband Lez.

And I have a meeting planned with the Dutch director of Care Nepal, an international aid organisation that does great work here. Looking forward to that one to.

Tailor

Thursday, July 9, 2015, 18:55

@ Aryal home, Jorpati, KTM, Nepal

Day 15

±30°C, just a bit cloudy, humid

Today was [kurta](#) day. Kurta's are the traditional dress of women here. ... And given the fact that I need a completely new set of clothes due to my weightless I gave myself a permission to buy lots of beautiful fabric. I felt like a girl in a candy store. So many beautiful colours and patterns. Was already a happy person, but this was pure bliss. The kurta's are now being made to fit and will be ready for next week...so patience....



On the way to the tooktook (three wheel van/taxi) Asha, Lia and I walk along the main street in Jorpati. And before you know it you stumble across a calf along the way light ... .Only here :)





In Nepal you have many temples, many, many temples. Large and small, or just at the corner of the street, like this one...

After all that we visited Asha's family, had tea and than her mobile rang...





**Icecream**

**Thursday, July 9, 2015, 19:00**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 15**

**±30°C, just a bit cloudy, humid**

Just a few faces of DRC kids. This time the boys. They are there in all shapes and sizes, all pretty naughty but still very sweet if they want to be. Boys will be boys...



And because today was a really hot and dry day. It was the perfect day for ice cream. That meant a top day for the ice cream vendor, who sold 60 ice creams in one swoop, but also for the children. That was a great time for a cold surprise.





And all those extra calories have to be burned. So Dresma (in red) and a schoolfriend had fun with a vacant wheelchair....





Tsering's (DRC's administrator) daughter Tjoti pretends a pen box is her mobile...





## Ponytails

Friday, July 10, 2015, 19:00

@ CHC orphanage, Jorpati, KTM, Nepal

Day 16

±30°C, cloudy, humid

Started the day in the CHC orphanage. Always very busy times just before going to school. Slowly but surely I am getting better at making those little ponytails. I haven't tried to braid their hair yet, but I don't know how long I can avoid that challenge....

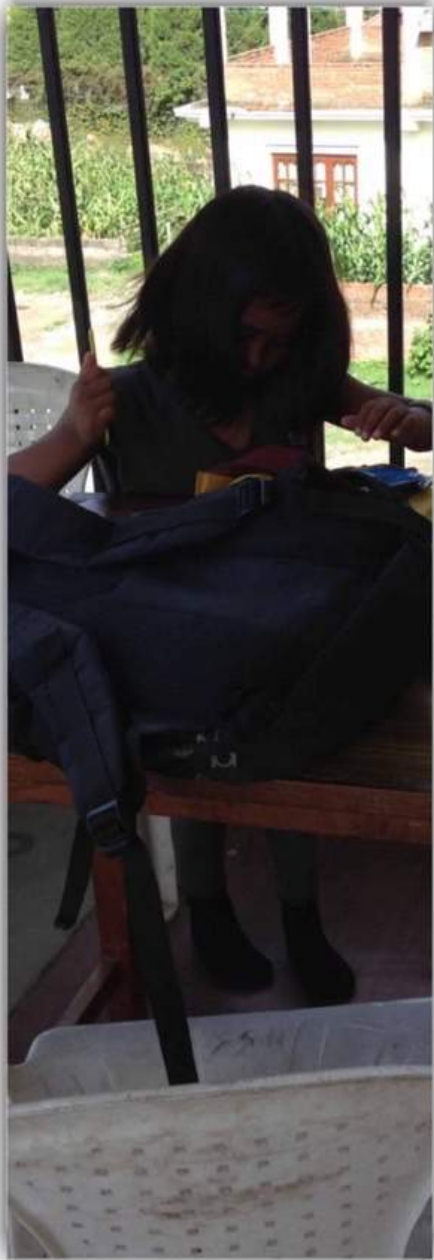
Fortunately, the boys need nothing more than a comb through their hair. I can do that. ;) Look at Aysan, doesn't he look fine after I groomed him, or did that happen in spite of my work...



When they are ready, but still have to wait for their didi and dai (sisters and brothers, used here more as an honorary title than in the literal sense), there is always time to play and some silliness and it is not difficult with a camera nearby.







Asha (on the right) inspects the store room at the orphanage together with Kabita (in pink) and Samjana. The orphanage got a lot of donations in kind, mostly sacks of rice. One thing is for sure, they have enough rice for the moment....



**Going accross KTM**

**Friday, July 10, 2015, 18:57**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 16**

**±30°C, just a bit cloudy, pffff**

Back at home base, there is plenty of activity in the kitchen. Most people here eat a cooked meal twice a day. I don't. Lucky for me the family knows my story and understand my very peculiar eating requirements. That's nice, because beyond the walls of this house it is sometimes difficult. The nuance of not being able to eat many things and eating very small amounts 5 times a day is often misunderstood. Many times it is interpreted as me not liking Nepali food. Well, nothing is further from the truth. I love Nepali food, just like Indian food, but with not being able to digest widely used ingredients like white flower and white rice, it's a challenge to find things I can eat.

Anyway, Asha and Sweety are peeling the cooked potatoes. They are still very hot and therefore steam covers the camera lens. I think they both have heat resistant fingers ...





After brunch Sweety and I leave for a location on the other side of town. Always a challenge in a city like KTM, which is not known for its well-oiled traffic structure... I have an appointment in a yellow building, opposite the DAV school and of course we are dropped off at the pink building next to the DAV college ... probably a colour blind taxi driver. Well, shit happens in KTM.

After some questions and a walk around the huge DAV campus we find the school and thus the yellow building. Sweety visits her sister, who lives in the neighbourhood and I met Lex Kassenberg, CARE International country director at CARE Nepal. He has been working and living in KTM for years. Super nice to speak to a compatriot who has made his career in the international relief effort. Instructive, too.

Lex, thank you so much for taking the time to meet me!

The Care-slogan says it all: 'Defending dignity. Fighting Poverty '. The organisation facilitates the empowerment of the poor, vulnerable and socially excluded people to meet their basic needs and achieve social justice. Care International/Nepal has been working in Nepal for many many years and of course on an entirely different scale than 4SmilingFaces ever could. I think that is a good thing. They can do things a small NGO can't and vice versa. Fortunately, there is place for both of us. For more information about Care Nepal, [see the website](#).

Following the meeting, Sweety and I go to the centre of the city to buy tea. That is easier said than done, because it is warmed up considerably and as it is Friday (the last working day of the week), it's extra busy in micro's and tooktooks. But that should not spoil the fun and is all part of the total Nepal experience. The best way to really get to know a country is doing what the locals do and that's exactly what we did, with all the

inconveniences of too many people in too small a space to it.





**TV**

**Saturday, July 11, 2015, 11:30**

**@ DRC, Gokarna, KTM, Nepal**

**Day 17**

**±30°C, just a bit cloudy, pffff**

The children of the DRC only watch tv on Saturday - their only free day in the week - assuming there is power of course. I totally forgotten about that when I arrived this morning and found them staring at the TV. All but a few probably did not even register that I was there... :)

Fortunately, not everyone loves watching TV and I was still able to have a chat with a few of the little people. When a bag of clothes was brought and distributed, it was obviously more important to see if there was something in there for them...oh well, better luck next time;)



**Hope Foundation**

**Saturday, July 11, 2015, 14:30**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 17**

**±30°C, cloudy, humid**

After my short visit to the DRC, I was picked up by Iman of the Hope Foundation, a small home for former street children that he runs with his wife Bini. Bini was unfortunately unable to attend today due to "something in the family." I know the Hope Foundation through my (Dutch) friend Alice, who has been supporting the organisation for years.

The building of the Hope Foundation was built by a German and is of excellent quality. So it came through all the earthquakes unsaved and that is always good news. Nevertheless, they still need help and 4SmilingFaces will of course do that.

During my visit I did not only get a lot of happy times, but also an impromptu performance of the children. Totally fun. It was a colourful mix of singing, rap, dance, acrobatics and telling jokes. So nice!













All this was followed by some shared songs, including the national anthem and group shots. What a beautiful home this is, run by people who care about the business and especially for the children. Cool!

<https://vimeo.com/album/3456806/video/133300562>



And before I knew I became friends with Ashmita, the 3-year daughter of the cook.





## Phone

Sunday, July 12, 2015, 14:30

@ Aryal home, Jorpati, KTM, Nepal

Day 18

33°C+, sunny, humid

This afternoon when I arrived in the DRC Ladiki immediately stripped me of my phone. She is a big fan and there is no escape her fascination with making photo's and video. 📷 The only problem is that she not only uses the camera, but also messes with the settings...😓 Just downloaded the Gmail app for the 3rd time.😓 From now on she only gets my blocked phone, so they can only use the camera. I am sure that will save me a lot of work...😄😄



<https://vimeo.com/album/3456806/video/133300565>

After my afternoon in the DRC I took a micro - this time thankfully not a crowded one - to the Stupa. There I meet Sweetie and Sabina to finish the shopping spree we had started earlier. This time it went smoothly. After half an hour both had there new outfits and are totally happy. A well-deserved reward for their hard work after the earthquakes and even before that. They always help when needed and that deserves a big compliment!

A bus ride through KTM always paints a good picture of life in the city. Therefore I just took a few photo's.

Some pictures are taken through the dirty windows of the micro and therefore somewhat vague. Nevertheless, they provide a nice, but not a complete picture of life on the streets in KTM.











## On the roof

Monday, July 13, 2015, 8:30

@ Aryal home, Jorpati, KTM, Nepal

Day 19

33°C+, sunny, humid

Started the day on the roof of the Aryal house. If you look at it straight back (top photo) you see the skeleton of a building. That used to be a school building that was badly damaged by the earthquakes and is now being demolished. How fortunate that the earthquakes began on Saturday, the only day off in Nepal. Otherwise, there would have been many many deaths and injuries at the school, because it had more than 300 scholars.....

The house on the bottom picture survived the earthquakes so far and that is saying something. Anyone who has ever been inside, will be surprised that it still standing. The scary thing is that the residents have all moved back in as if nothing has happened and without having done any repairs. Really scary considering that the load-bearing structure is full of cracks, and the aftershocks still happen daily.... I will never set foot in that house again if it is not repaired.

This is the cold hard reality for many people here. They simply have no way they can afford the necessary repair work and no space to build a temporary shelter elsewhere. The government does not really help either. If you believe the Nepali - and why wouldn't you - the government is more of obstruction than a blessing at this time of need. No wonder, and quite rightly so, that many NGO's want to keep their involvement with the government restricted to the absolute minimum.

Fortunately this is no problem for 4SmilingFaces, because we have nothing to do with the government and we are small and totally independent. In these times that is a blessing in disguise.



## Boudhanath Stupa

Monday, July 13, 2015, 14:30

@ DRC, Gokarna, KTM, Nepal

Day 19

33°C+, sunny, humid

Just chilling at the Stupa to buy some presents, have a drink, as today is extremely hot and humid. These are the days I'm even more content with my weight loss, because in my old life, a day like today would have been unbearable. 😓

Around the Stupa are many Buddhist gompa's (monasteries) that you can visit. Spend awhile in one of those gompa's during a service. Always a beautiful, zen-like sensation in a colourful environment.







## Family

Monday, July 13, 2015, 19:30

@ Aryal home, Jorpati, KTM, Nepal

Day 19

33°C+, sunny, humid

In the DRC everybody is feeling the heat and humidity of the present day. But the show must go on with doing homework, washing (by hand, of course) and preparing food.

The boy in the green shirt is Tenzing; he has lost his entire family in the earthquakes. 8 years old and all alone ... what a burden to bear. How fortunate that he is surrounded by all is DRC didi's and dai's (siblings) who support him through thick and thin.



## Helping Hands 4 Smiling Faces

13 juli 2015 · 🌐

Me and one of my best friends in the world: Asha Aryal. Without her, her husband Devendra and there (foster)children 4SmilingFaces would never ever be able to do what it does. We owe them all a great deal of gratitude. Thank you dear friends, love you all!!! <http://www.4smilingfaces.com/en-blog/> \*\*\* Met een van mijn beste vriendinnen in de wereld: Asha Aryal. Zonder haar, haar echtgenoot Devendra en hun (pleeg)kinderen zou 4SmilingFaces nooit kunnen doen wat het nu doet. We prijzen ons gelukkig met hun hulp en steun. Dank lieve vrienden, hou van jullie allemaal! <http://www.4smilingfaces.com/nl-blog/>





**Best friends**

**Monday, July 13, 2015, 19:45**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 19**

**33°C+, sunny, humid**

Nepali logic

Tuesday, July 14, 2015, 10:15

@ Aryal home, Jorpati, KTM, Nepal

Day 20

33°C+, sunny, humid



Tjitske Weersma

47 min. · iOS · Bewerkt ·

It says 'do not stack', so what do you do? You stack, of course. Nepali logic at its best \*\*\* Er staat 'niet stapelen' op, dus wat doe je dan? Je stapelt, natuurlijk. Nepalese logica op z'n best



Sita

Tuesday, July 14, 2015, 10:51

@ Aryal home, Jorpati, KTM, Nepal

Day 20

33°C+, sunny, humid

Sita, one of the older girls of the CHC orphanage has fallen down the stairs and obviously hurt her ankle. Question is, is it broken or sprained. Sita, Lia and myself went to the orthopaedic hospital to have it x-raided. As a result we now know it's a heavy sprain. When I am in the DRC this afternoon, I will borrow a pair of crutches for her because she can't use her foot for a week...





## Young Hearts

Tuesday, July 14, 2015, 16:00

@ DRC, Gokarna, KTM, Nepal

Day 20

33°C+, sunny, humid

Because it is so hot and humid these days I am making it easy for myself and ride along on the Young Hearts school bus to the DRC. The walk from the house to the DRC normally is quite easy, but in this weather it's difficult considering it hasn't rained for days (which is extraordinary for monsoon time) and therefore very dusty...

I am a bit early so I sit on a bench in front of the school to have a nice 'with hands and feet' conversation with waiting parents. Meanwhile, we watch the basketball game of year 6. Do not know who placed the baskets, but whoever it was did something wrong. Even the average NBA player would struggle to score here. The baskets are way too high. Especially considering that the average Nepali is at least a head shorter than the average Westerner...



## **Homework**

**Tuesday, July 14, 2015, 19:54**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 20**

**33°C+, sunny, humid**

Dilemma: one of the DRC girls asked me to help her with homework. But of course, as long as it's not Nepali or mathematics... The rest should be doable. Then she asked me this: for social studies she had to write an essay about the pros and cons of corporal punishment ....

Well, you should know that in Nepal it's still allowed and customary for example, that teachers beat children ... this is one of those things I can't handle. In my eyes there is never ever a pro to corporal punishment, especially involving children.

So I explained that I couldn't help with the pros, but would with the cons. That was a real eye opener for her. I found it difficult because I want to show respect for the culture. So I explained the respecting a culture doesn't mean that you accept all its aspects. She got that. So we build a few more bridges between two worlds.

Homework time...





♥ Mine daily Ladiki fix ♥



**Momo's**

**Tuesday, July 14, 2015, 21:13**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 20**

**33°C+, sunny, humid**

Upon arriving back at the house it was time for Asha, Devendra and my daily moment on the bench to talk about the day we just had. Always a good time.





Later this evening it's momo time! Asha and Devendra's momo's are legendary You don't eat something that tasty every day. ❤️❤️





## Cinder blocks

Wednesday, July 15, 2015, 11:00

@ Aryal home, Jorpati, KTM, Nepal

Day 21

33°C+, rainy, humid

[Read more on this project](#)

[See the photo's](#)

The DRC has a longstanding wish to build it own fully adapted school building so they don't have to attend schools that are not suited to there needs. Recently the conflict over the ownership of the building plot has been resolved and construction is about to begin.

4SmilingFaces will contribute in the form of 5000 cinder blocks, which we bought this morning. Hence these rather grey pictures with a lot of stones and building materials...

With big thanks to my fellow volunteers Christina, Daniel, Thierry, Paulo, Shawn, Izzy en Kelly, for their fundraising effort, help, support and much more. THANKS 🙏



**Sanu Maya**

**Wednesday, July 15, 2015, 11:40**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 21**

**33°C+, rainy, humid**

Sanu Maya is a 16 year old young lady that has been living in the DRC for years. She walks with great difficulty. Recently she had an operation on her foot and today the stitches have to come out. And of all the peoples she want it with her for that, she choose board member Susma and myself. So another hospital visit today. The stitches were removed by a few student nurses under supervision of a doctor. It took a few nail biting seconds, but it was over soon.



**Shopping list**

**Wednesday, July 15, 2015, 13:40**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 21**

**33°C+, rainy, humid**



[Read more on this project](#)

[See the photo's](#)

Made a shopping list for the CHC orphanage. The kids need all kinds of stuff and we are going to buy it all tomorrow. But not without a shopping list made by Lia today in cooperation with the kids. Money is in the pocket. We (Asha, Lia en moi) are ready for the challenge. Shopping in Nepal is an experience and always fun.

NEPAL MEDICAL COLLEGE PVT. LTD. TEACHING HOSPITAL	
Investigation Record	
2	laundry basin
	shampoo (all)
2	metal boxes + locks
10	ribbon (x 2)
12	vest (tank top) > all
4	shoe polish
5	bag
3	calculator
2	compass
5	school shoes
3	shoe laces (pair)
3	pen
9	house dress **
10	chapat (mainly small)
3	trouser

## Death

Wednesday, July 15, 2015, 18:30

@ Aryal home, Jorpati, KTM, Nepal

Day 21

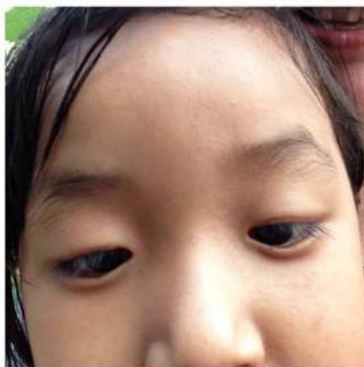
33°C+, rainy, humid

Had an interesting afternoon in the DRC. A good conversation with four girls from 14/5 years old about women's issues and - something light for a weekday afternoon - the death of a parent. For it turned out that they all - like me - have lost a parent, and that creates a bond. It was a good conversation which proved once again that despite differences in age and culture there is more that binds us than divides us.

Then I helped Ali with her English homework. Wasn't really necessary, because she just like to do stuff together even if it's only homework. Well, I glad let myself be used for that. 😊



And the day is never complete without Ladiki...



Lazy

Saturday, July 18, 2015, 19:40

@ Aryal home, Jorpati, KTM, Nepal

Day 24



33°C+, sunny, enormous rain end of afternoon, humid

Nice lazy Saturday afternoon in the DRC, the only day off for the kids and there only time for real relaxation. Like with Rubisha, who can chill like the best of them.



## Shopping spree

Thursday, July 16, 2015, 11:40

@ Aryal home, Jorpati, KTM, Nepal

Day 22

33°C+, rainy, humid

[Read more on this project](#)

[See the photo's](#)

Shopping spree for the CHC orphanage: three quarters have been done. The rest will do tomorrow of needs to be ordered at school.



## Talking

Thursday, July 16, 2015, 18:38

@ Aryal home, Jorpati, KTM, Nepal

Day 22

33°C+, rainy, humid



Just a regular nice afternoon in the DRC with lots of talking, games, homework, some more serious conversations and making pictures. \

With Ali



With Ali, Dyckcha and Rubsisha



Pritika and Dyckcha...





With Ladiki after she decorated me....



Pasang...





Sunita...



**Kurta**

**Thursday, July 16, 2015, 19:40**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 22**

**33°C+, rainy, humid**

Okay, I am neither a fashionista nor a model and I tried to show of my new kurta's, but you get the picture. I am happy with the kurta's even if I am not to happy bout the pictures 😊



**Henna**

**Thursday, July 16, 2015, 21:00**

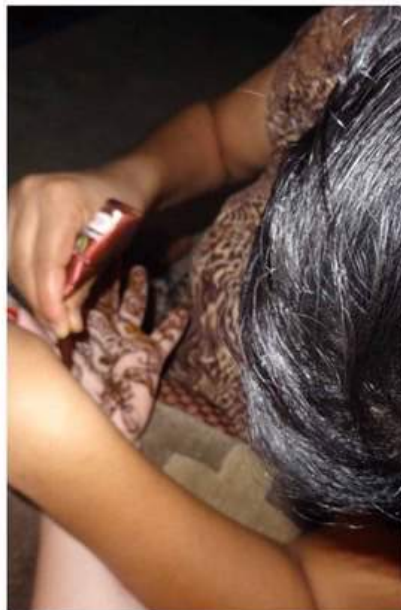


@ Aryal home, Jorpati, KTM, Nepal

Day 22

33°C+, rainy, humid

Today marks the start of the holy month of hindu god Shiva. Women were green and yellow bangles and have there hands decorated with henna. I was invited to join the party. Foster daughter Sweetie decorated me...



Result



**Helping Hands 4 Smiling Faces**

17 juli om 8:18 · Bewerkt ·

Today marks the start of the holy month of Shiva. Women wear green and yellow bangles and have their hands decorated with henna. I was invited to join the party \*\*\* Vandaag is de start van de heilige maand van Shiva. Vrouwen dragen groene en gele armbanden en versieren hun handen met henna. Ik werd uitgenodigd om mee te doen



Vind ik leuk

Reactie

Delen

Shawn Connolly vindt dit leuk.



**Errand**

**Friday, July 17, 2015, 8:45**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 23**

**33°C+, sunny, humid**

Short visit to the CHC orphanage for a small errand. Just in time to see the little people go to school...



**Shopping and more**

**Friday, July 17, 2015, 12:40**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 23**

**33°C+, sunny, humid**

[Read more on this project](#)

[See the photo's](#)

Done more shopping for the CHC orphanage: toiletries, brooms and more of those kind of things.

And since we were close by, just dropped in for a short visit at the pet shop that Tashi (one of the older boys of the DRC) works at during his holidays. Luckily he could spare the time. Boy, was he surprised...



**Do it yourself**

**Friday, July 17, 2015, 14:15**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 23**

**33°C+, sunny, humid**

Fellow volunteer and house mate Lia has decorated her own hand with henna and later that day she did many hands of the girls in the CHC orphanage. A rear talent! So much so that she will do my hand again later this trip...looking forward to it...



**Henna**

**Friday, July 17, 2015, 18:30**

**@ Aryal home, Jorpati, KTM, Nepal**



**Day 23**

**33°C+, cloudy, humid**

Henna, talking, playing, making homework and photo's...it was all on the program this afternoon in the DRC. Unlucky for some, not all the girls are aloud a henna hand, because school doesn't allow it...and its best to keep to those rules, because the punishment is nothing to joke about....

My henna hand is much appreciated...





Ladiki is being decorated by Rubisha, who is a true henna artist...





And today it is Sunita's (in pink) birthday and therefor we have cake. PARTY



**Temple**

**Friday, July 17, 2015, 19:40**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 23**

**33°C+, enormous rain, humid**

Back at the house I can hear the temple bells ringing...That can only mean one thing: somebody is doing something in the small house temple. Lets have a look...Asha





## Henna

Saturday, July 18, 2015, 11:00

@ Aryal home, Jorpati, KTM, Nepal

Day 24

33°C+, sunny, enormous rain end of afternoon, humid

Lia creates another peace of art. This time Asha's hand get the henna treatment...



## Distribution

Saturday, July 18, 2015, 12:15

@ Aryal home, Jorpati, KTM, Nepal

Day 24

33°C+, sunny, enormous rain end of afternoon, humid

[Read more on this project](#)

[See the photo's](#)



Lia and I brought all the stuff we (together with Asha) bought over to the CHC orphanage to distribute everything. Children and staff are all happy. More will follow, because school house clothes and shoes have to be ordered still...



Lazy

Saturday, July 18, 2015, 19:40

@ Aryal home, Jorpati, KTM, Nepal



**Day 24**

**33°C+, sunny, enormous rain end of afternoon, humid**

Nice lazy Saturday afternoon in the DRC, the only day off for the kids and there only time for real relaxation. Like with Rubisha, who can chill like the best of them.



And thanks to a Nepali donor there was delicious chow min for everyone this afternoon. Time to enjoy with Tshering, Lakpa, Rubischa and Lamu (from left to right).





[Read more on this project](#)

[See the photo's](#)

And after that I went out shopping for girl stuff with Fudoma near to the DRC. The female part of the DRC population needed all kinds of things. Normally, they have to arrange that all themselves, but this time 4SmilingFaces 😊 will provide it all. I have never bought so many bra's and panties in one go. The shopkeeper had a field day. Everybody happy!





## Choices

**Sunday, July 19, 2015, 8:40**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 25**

**33°C+, sunny, enormous rainstorms, humid**

Choices choices choices, what shall I wear today, Manisha is thinking. She is one off the little people of the CHC orphanage.



Meanwhile, on the field in front of the orphanage 4 gents are playing badminton on a fairly high level.



## Lunch

**Sunday, July 19, 2015, 13:30**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 25**

**33°C+, sunny, enormous rainstorms, humid**

Totally unexpected fun for lunch with the DRC's Tsering, her daughter Tjoti, Susma and French DRC donor

Emanuel. We just met by chance at Flavor's cafe around the Stupa. Nice.



**Girl stuff**

**Sunday, July 19, 2015, 18:20**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 25**

**33°C+, sunny, enormous rainstorms, humid**

[Read more on this project](#)

[See the photo's](#)

The DRC girls need girl stuff and this year that is all provided by 4SmilingFaces.





## Monsoon

Sunday, July 19, 2015, 19:00

@ Aryal home, Jorpati, KTM, Nepal

Day 25

33°C+, sunny, enormous rainstorms, humid

Today it was raining heavily and was I completely soaked for I - of course - forgot my umbrella. Luckily I was on my way home and could quickly shower and put on something dry.

The drains in KTM struggle in monsoon times, resulting in water features like this everywhere you go.

The children of the orphanage CHC were obviously better prepared for the rain as they walked to school...



### School building

Sunday, July 19, 2015, 20:40

@ Aryal home, Jorpati, KTM, Nepal

Day 25

33°C+, sunny, enormous rainstorms, humid

[Read more on this project](#)

[See the photo's](#)

Today they started clearing the site on which the new, fully adapted DRC school building will be build, for which 4SmilingFaces donated 5000 cinder blocks.





## Braiding

Monday, July 20, 2015, 20:40

@ Aryal home, Jorpati, KTM, Nepal

Day 26

33°C+, cloudy, enormous rainstorms, humid

Started at the Stupa, where obviously something is going to happen in the coming days, because they are building some kind of tent. We will see tomorrow....

Once we (Lia and me) arrived in our favourite cafe Flavor's it starts to rain. Not as heavy as yesterday, but ordinary rain. Fortunately, I have my umbrella with me today...

In the afternoon in the DRC I learn that some kids have today and tomorrow off. After years and years politicians have finally reached some kind of agreement on a new constitution (which was needed after the assassination of the royal family in 2006.) And part of the population celebrates that with a strike...Nepali logic...

So, some schools are closed, but not all. For the kids of the DRC it means that about half is free and the rest is not, and that arouses some resentment here and there...

Because it keeps raining we stay inside. Lamu braids Fudoma's hair....





Ali braids a bracelet (with Laxmi's helps) and made me an ankle bracelet...



And I share a bed with Tshering. Happy times.



## To the movies

Tuesday, July 21, 2015, 20:30

@ Aryal home, Jorpati, KTM, Nepal

Day 27

33°C+, cloudy, enormous rainstorms, humid

Okay, today I went to the movies with Lamu, Fudoma and Tshering of the DRC. That sounds simple enough, but something like that is a bit more tedious process than elsewhere in the world.

Initially we were supposed to go at nine o'clock in the morning, which is pretty normal in these parts. But it was sold out. Next opportunity was at 3 pm. Therefore, we arranged to meet at 1 pm in cafe Flavors at the Stupa to have lunch. But, they only arrived at quarter past two, because they left too late, traffic was crazy and it was generally very busy. Then we got lost in the backstreets around the Stupa....

Luckily we found a tooktook to take us to the cinema. Unfortunately, by then the 3 pm performance also sold out, but we managed - with the help of a friendly young man - to get tickets for 5:30 pm. In the mean time we ate chow min ice cream, did some shopping, had a chat and things like that. Good times.

The girls were really keen to see the Bollywood film Balubalu, The beginning and so we did. A huge adventure spectacle about the fight between good and evil. Many battles; not really my thing, I must say. But it was certainly spectacular.

It was especially nice because the girls were having so much fun. Afterwards in the taxi on the way home they said 'this afternoon is the fulfilment of a dream ...' Well, how often do you get the chance to fulfil the dream of three great girls ... that makes me so happy.





## Sakhu

Wednesday, July 22, 2015, 14:00

@ Aryal home, Jorpati, KTM, Nepal

Day 28

33°C+, cloudy, enormous rainstorms, humid

Asha and Devendra have taken Lia and myself on a trip to the nearby town of Sakhu, which was severely hit by the earthquakes. More than a hundred people died there and not all the bodies have been recovered.

The houses that are still standing are enormously damaged; they got separated from their foundation, they shifted, tilted, have broken pillars. You don't need to an expert to see that the town is in bad shape. Hopefully one can - with help from outside - do restoration work, because prior to April 25 this was a stunning town. You can still see that. Many beautiful, ancient buildings with inimitable carvings window frames, which are so typical for Nepal.

People have moved back in to there heavenly damage buildings, in which we wouldn't even park our bike.... They have no choice, no alternatives, no money. Really scary. You have to hope no major aftershock will hit in or close to this town, because many building couldn't possibly survive that.















**Good times**

**Wednesday, July 22, 2015, 21:00**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 28**

**33°C+, cloudy, enormous rainstorms, humid**

Good times in the DRC. Because pictures say more than a 1.000 words and I like to safe you some time, today only pictures.

Having a good conversation with Ali and of course Ladiki...



With Nani...





With Dahn and Ladiki...



Tshering tries to feed her daughter Tjoti, but there are so many distractions...





With Fudoma's help things progress faster....





With Ladiki





Triple trouble with Prakash and Ladiki



## **Aftershock**

**Wednesday, July 22, 2015, 23:00**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 28**

**33°C+, cloudy, enormous rainstorms, humid**

In recent weeks there have been aftershocks of the major earthquakes on April 25th and May 12th on a daily basis. Most of those were so short that they were over before you realised they were happening. Or, if you were dancing and frolicking you could have mist them completely because you're already in motion ....

Last night, however, I lay quietly in my bed and I was halfway to my destination in dreamland when a major aftershock occurred. And it took a long time (4/5 seconds), was fierce (4.6 on the Richter scale) and especially close (6 km from where I sleep). No wonder it felt as if we were on top of it...

Totally bizarre to see things move that are not supposed to move: the whole house went up and down, everyone in uproar (but not in a panic) and also outside on the street, there was commotion. Never knew how long 4/5 seconds last... Most aftershocks are now received with resignation. Yesterday afternoon one of the DRC girls said: "Earthquakes, I am so over them! "

But it was because of the duration and its proximity this is one we will talk about tomorrow. The sting of today was clearly in the tail!



## **Jimmy & Bishu**

**Thursday, July 23, 2015, 23:00**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 29**

**33°C+, cloudy, enormous rainstorms, humid**

During yesterday's aftershock, Jimmy the Aryal family dog fled to the roof. But even there he didn't feel safe enough and went for higher ground, the roof of the house temple...

Had a visit for from Bishnu and his brother Shiva. Bishnu stayed at the CHC orphanage for 13 years and Shiva is still there. After his SLC Bishnu now lives with an uncle in a village just outside of KTM, which was completely destroyed by the earthquakes. The family therefore is still living in tents.

Bishnu really wants to study hotel management, but his family has no way to finance that. I'll see if I can help him find one or more sponsors. My hope for him is that he can break the cycle of poverty. He really deserves that.





**Guitars @ Hope Foundation**

**Thursday, July 23, 2015, 13:10**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 29**

**33°C+, cloudy, enormous rainstorms, humid**

[Read more on this project](#)

[See the photo's](#)

After that, Iman of the Hope Foundation came to get me for a ride on the back of his scooter through KTM. That is always an experience, but on the back of a scooter is something else than going in a micro, tooktook or taxi. Fortunately Iman is a safe driver, because otherwise I would not do this.

The ride through the chaotic traffic of KTM brought us to the Kantipur district, near the former royal palace. There are a number of music shops in that area, because today is the day we are buying the 3 guitars for the children of the Hope Foundation. Iman himself also plays guitar and he is trying them all out. Ultimately the choice is made and everyone is happy. Going on the back of a scooter with three guitars is not really a good idea, I take the instruments in a taxi to the Hope Foundation. Fortunately Iman is riding his scooter just in front of the taxi, otherwise I never got there. The taxi driver had no idea where to go.....

Children of the Hope Foundation are still in school, so it is quiet in the house. Only the little Ashmita and



Dawa are there, so we still have fun. And it gives Iman the opportunity to test the guitars again. Sounds good. Photo's and video's follow.

After lunch Iman brings me he again brings me (on the back of his scooter) via the Stoepa to the DRC. That took us through the backstreets of KTM, where normal tourists don't come. In short, it is an adventure. Love it !!!



With Ashmita



**DRC**

**Thursday, July 23, 2015, 18:00**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 29**

**33°C+, cloudy, enormous rainstorms, humid**

It's always good in the DRC, with Ali, Dyckcha, Sunita and Pritika.





Little Dresma (in green) is playing with a schoolfriend with someones mobile.

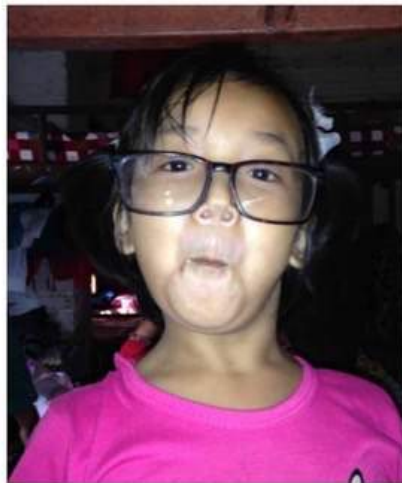


Susma is looking after Tshering's daughter Tjoti, who is always in for a banana.





And Ladiki looks so much better wearing my glasses....



All together now...from left to right Pritika, Ali, moi and Ladiki, Dyckcha Pemma and Nani.





**Wet**

**Thursday, July 23, 2015, 18:00**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 29**

**33°C+, cloudy, enormous rainstorms, humid**

I thought I would make it home before the rain started. Of course I forgot my umbrella, again. Well, it didn't work out that way, obviously....

Thank you monsoon. Everything was wet, even my underwear...If I had brought shampoo I could have washed my hair on the go...

But, after a shower and putting on dry clothes I feel much better.





**New build**

**Friday, July 24, 2015, 10:00**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 30**

**33°C+, sunny and cloudy, enormous rainstorms, humid**

[Read more on this project](#)

[See the photo's](#)

This morning I visited the construction site of the new fully customized school building that the DRC is building in Nayapati, a village just outside of KTM. And, despite a nationwide strike today a few laborers are actually working. And the first 600 of 5,000 cinder blocks donated by 4SmilingFaces have arrived at the location.



**Schoemaker**

Friday, July 24, 2015, 14:00

@ Aryal home, Jorpati, KTM, Nepal

Day 30

33°C+, sunny and cloudy, enormous rainstorms, humid

[Read more on this project](#)

[See the photo's](#)

Went school shoe shopping for the kids of the CHC orphanage today, together with Lia. The first pairs are for Kajol and Sunita. In Nepal school shoes are handmade, completely customised. But not before their feet are professionally 'measured' by tracking around them on a piece of paper.

The shoes are ready on Monday, by which time I am back in the Netherlands. Lia will finish this job and send photos. So, more will follow.







### **Arm- and anklebracelets**

**Friday, July 24, 2015, 18:00**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 30**

**33°C+, sunny and cloudy, enormous rainstorms, humid**

In the DRC this afternoon the kids are working hard on making arm- and ankle straps from coloured thread. Very precise work that requires a lot of skill.

Yesterday I brought a huge bag with the necessary thread in all colours and today everyone is fully involved using it. Makes me happy.



In between, there is always time for a tea and a haircut: Tashi should look smart when his new college starts on Sunday....

### **Durbar square**

**Friday, July 24, 2015, 21:00**

@ Aryal home, Jorpati, KTM, Nepal

Day 30

33°C+, sunny and cloudy, enormous rainstorms, humid



At dusk Asha, Devendra, Josh (a new volunteer from Canada), Lia and myself go out on a trip in to the centre of KTM. First stop is the bakery workshop where we order a cake for my 'see you later moment' in the DRC tomorrow. I do not say goodbye because, as I know I will return.

Then we go to Durbar Square, a world renowned square in the centre of KTM. It has the largest amount of World Heritage buildings on the square kilometre in the world. A must see for tourists but also for repeat Nepal travellers like me.



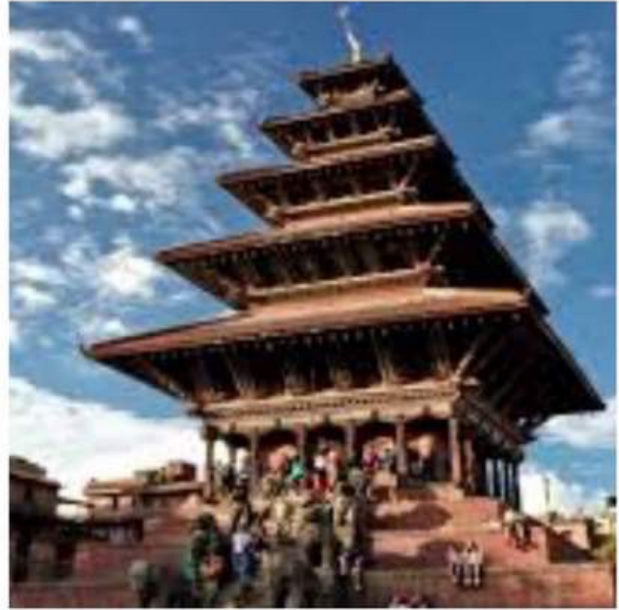
Durbar Square is one of the places in KTM where the earthquakes have caused enormous damage. Beautiful antique pagoda temples have collapsed, old royal palaces are severely damaged, many people are deceased or injured.

Before the earthquakes Durbar Square by night was a magical experience with beautifully lit temples and buildings. Now it's spooky shrouded in darkness. Nevertheless, you can still see how big the damage is.



For someone who knows the square from the time before the earthquakes, it's really sad to see all the damage. What a challenge for Nepal and organisations like UNESCO to restore the square to its full glory. Great to see that they already started the work.

Durbar Square before April 25 by day and night.



Durbar Square after April 25. The rubble had been cleared, but the emptiness remains.



For everyone who wants to see more of this beautiful area of ancient KTM, a few video's on YouTube.

[KTM Durbar Square before April 25](#)

[And afterwards, when the earthquakes hit](#)

[Luckily many temples have survived all the sadness](#)



## Saying goodbye to the children

Saturday, July 25, 2015, 13:30

@ Aryal home, Jorpati, KTM, Nepal

Day 31

33°C+, sunny and cloudy, enormous rainstorms, humid

Saying goodbye to the children is always difficult because they want me to stay. It never gets easier and in my heart it feels like I am abandoning them. My head knows that is not true, but still...

After all these years I still haven't found good formula to make leaving any easier. This year I try it with a huge cake with the text "See you next time" cause I'll be back. That I know for sure.

Get a lot of presents, but one is the best of all...a notebook full of sweet drawings, letters, poems of the children. Priceless!

In the CHC orphanage is more of the same. Tears, hugs, see-you-next-times and that sort of things. Fortunately Lia is there for two more weeks and next week two other repeat volunteers arrive. The knowledge that the children are not alone soothes the pain of parting.

Goodbye dear children. See you next time! I'm so proud of you. Always, but especially after what you have been through in recent months. My heart is with you forever. In the meantime, we keep in touch via Facebook, mail and Viber. I miss you when I'm at home and I'm your biggest fan. All my love, Tjitske 🥰🥰



## Preperations

Saturday, July 25, 2015, 17:00

@ Aryal home, Jorpati, KTM, Nepal

Day 31

33°C+, sunny and cloudy, enormous rainstorms, humid

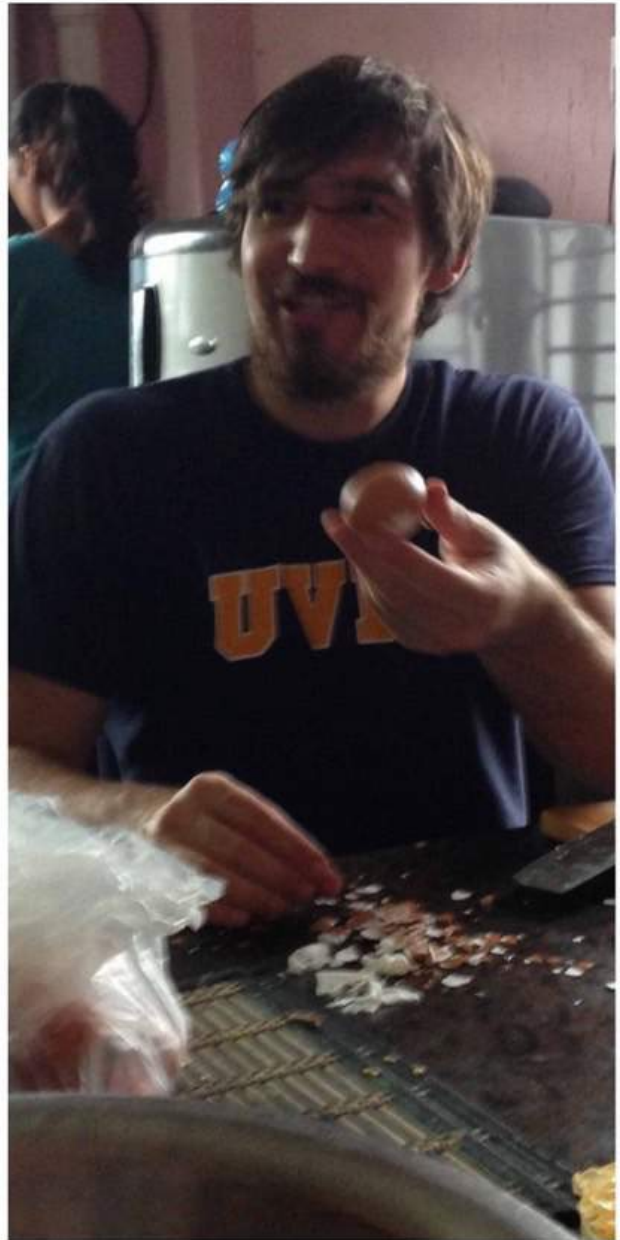
The rest of the afternoon there is a lot of activity in the Aryal household. Everyone is pitching in, chopping, cutting and that sort of things.







But there's always time for fun: Josh challenges Sabina for an egg peeling competition that he loses brilliantly....



And in the meantime Sweetie cooks all my favourite Nepali dishes. Sweet!





Oh and I pack my bags, because I must....



## **Party**

**Saturday, July 25, 2015, 22:00**

**@ Aryal home, Jorpati, KTM, Nepal**

**Day 31**

**33°C+, sunny and cloudy, enormous rainstorms, humid**

The guests were asked to come around 16:00 hours, but they arrived around 17:30/18:00 hours. That's the way it goes in Nepal... Everyone is there: Tshering, husband Jambu and daughter Tjoti, Susma and daughter Samyoka, Uncle and his children Fudoma, Tashi and Tshering (all DRC), Iman, his wife Bini and son Ewan (Hope Foundation), Bishnu (CHC orphanage) and neighbours Mama and his wife. And of course the whole Aryal family (Asha, Devendra, Sweetie, Sabina, Gita) and fellow volunteers Lia and Josh. A motley crew and therefore a guarantee for a great evening. There is life music from Iman and Josh, we jam, we sing, there is delicious food and a lot of warmth and happiness. A beautiful evening to round off an exciting and intense journey.

















## Returntrip

Sunday, July 26, 2015, 20:00 (Dutch time), 23:45 (Nepali time)

@ Home

Day 32

19°C, grey and rainy

Early in the morning (around 5:15 am Nepali time, 3.45 hours earlier than the Netherlands) left for the airport. Both Asha and Devendra are seeing me off. I'm going to miss them. We have had good times in recent weeks, talked a lot, laughed, teased and surprised each other and all those things friend do.

In Nepal, you are expected to say your goodbyes on the sidewalk in front of the departure hall, so that's what we do. 🥺🙏

Inside there is the departure ritual; luggage through the scanner, checking in (luckily I had booked window seats via the airlines app already), handover my luggage, fill out senseless customs forms, another security check and then waiting for things to come...boarding...



### < N/Nepal 2015

TK1958	25.Jun.2015 / 14:35 AMSTERDAM/Schiphol Airport
TK0726	25.Jun.2015 / 20:35 ISTANBUL/Ataturk Airport
TK0727	26.Jul.2015 / 07:45 KATHMANDU/Tribhuvan Intl. Airport
TK1953	26.Jul.2015 / 14:30 ISTANBUL/Ataturk Airport

On the way in I was fortunate enough to have 4 seats for myself. This time I have 2. Still great. 7.5 hours with a stranger in my aura is not what I call fun. So this is good. Like a present!

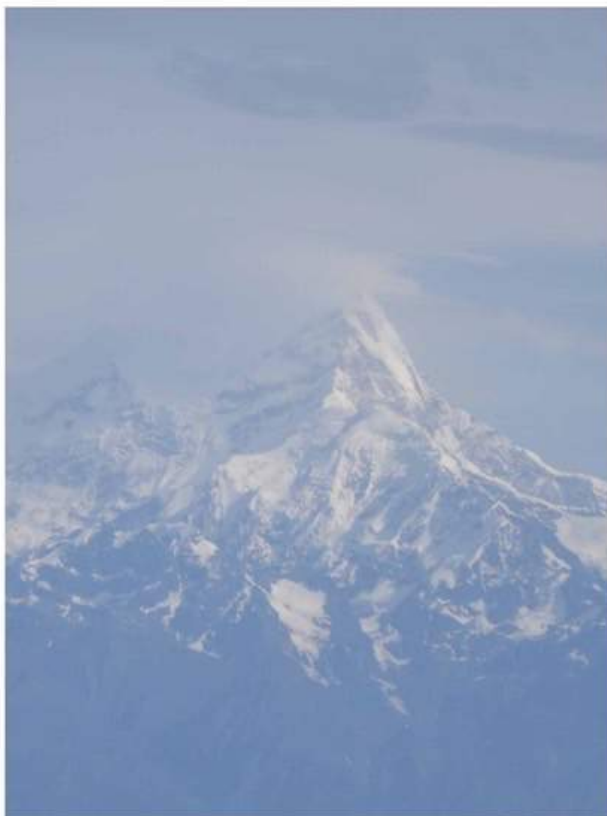




The departure is now real. I really started my return trip East West Home Is Best. My problem is that I have two homes both West and East. No matter what I do, it hurts leaving one for the other.



Straight after take off in KTM you can see the tops of the Himalaya above the clouds. That is if you are sitting on the right side of the airplane and I did. Always a magnificent view....



When the jet lag is over, the washing is done and normality returned, I shall take stock of this trip and report about it on this blog.

For now I say thank you for following my story over the last few weeks. I enjoyed keeping you informed and hope I didn't make too many mistakes with spelling and grammar. Thank you for all your questions, reactions and of course encouragement. 4SmilingFaces will go on supporting the kids of the DRC, CHC orphanage, Hope Foundation and Mother Schree orphanage.

Please keep supporting us so we can really make things happen, all and always for the children!

Warm regards,

Tjitske Weersma