

Himalayan Aid 2003

Results

Overview

- All 150 latrines scheduled for construction have been completed.
- Survey results from 2001 latrine program have been collected and assessed.
- Educational materials have been distributed and new methodologies developed.
- Press conference was held in Kathmandu resulting in nation-wide interest for the program.

Details from Sanitation Project

As mentioned in our initial proposal, 50 families had already signed up for latrines immediately after our 2001 project had been completed. Some of the 50 holes were dug months ago in anticipation of the next wave of our project. Happily, there were no accidents involving these holes; however, some had begun to refill due to weather forces and neglect. Materials were purchased and delivered as promised to these 50 families. All latrines were completed within a one-month period of the delivery of materials. Our representative distributed our education sheet entitled: "For Good Health" to all participants and interested villagers.

During this period a survey was taken from the 17 initial participants in the latrine program of 2001. It has been almost two years since the construction of these initial latrines near the village of Barna in Jethal sector. We were eager to hear of any changes in village health during the last few years. Our team seems to have surveyed both villagers with and without new latrines, resulting in a wider range of responses. Aside from this sampling error, it appears that the villagers were realizing some improvements in overall village health; they attributed this not only to the new latrines but also to the sanitation education campaign.

The presence of the 17 completed latrines from 2001 along with the waiting list of 50 other families from that time made it quite easy for us to obtain another 100 candidates for latrine construction to be funded under Himalayan Aid 2003. Word spread quickly among neighboring villages. Our Nepal coordinator, Deepak Bhandari had been receiving a steady stream of inquiries since 2001 and mentioned that we could have easily found 500 local candidates for this project. With this sort of demand present, we derived simple criteria that would result in the maximum public benefit from these 100 new latrines. Simply, we gave latrines to families that had a history of gastrointestinal problems, had many children, lived near the village water source, or lived the farthest upstream from their village. The presence of any combination of these criteria helped to prioritize site selection.

At this point in the process new facts emerged. First, since we were beginning this project in mid-spring in the middle hills of Nepal, we were experiencing frequent pre-monsoon showers which threatened the integrity of any hole being dug. To compensate, we issued to each villager two square meters of plastic, as a rain barrier to cover their newly excavated holes. This added a significant expense to the project, but it was decided to keep the plastic barrier idea for future projects because the plastic can eventually be sunk to the bottom of the hole and assist as a sewage barrier. Secondly, as our project expanded, it was becoming increasingly difficult for our field supervisor to visit and oversee construction of each and every latrine. Along with this, local villagers would often be uncooperative, if not resentful, to outside supervision from even a nearby neighbor. It was decided then to reduce the 1000-rupee stipend, given to each villager upon latrine completion, down to 500 rupees. The money saved would be used to hire one village leader or committee to supervise the construction in their respective villages. We would pay them half of a promised amount in advance and the other half upon completion of all latrines and satisfactory final inspection by our field supervisor. Each leader from the chosen two villages was bussed in turn to Kathmandu. They were briefed individually on proper construction and the desired timetable for completion. Each was given a large roll of plastic for the proposed rain barriers, half salary (around 8000 rupees) and a disposable camera. The representative was given a camera and orders to photo document the construction of as many latrines as possible. Samples of these photos are enclosed.

The leader from the first village was named Man Bahadur. He was enthusiastic about the opportunity. "We are ready to work. We will show you what we can do," he said on our first meeting. A Japanese project in his village failed recently, so he was understandably skeptical about new projects, mentioning that much foreign aid had come through his area and none of it was any good. We began our basic training and showed him our education sheet: "For Good Health" that outlines basic hygienic practices. "We are ashamed that we cannot do even these basic things," was his response.

From the second village came the Village Development Chairman, Ganga Bahadur. He was considered somewhat of a chief. He was representing a village of 200 people where three children died last year. He came with his own list of 112 candidates but we told him we could only allow funding for 50. He said that people were always sick and went to the bathroom everywhere. Also, there was a bit of a security issue in his village. "Village is mostly ok, 60-70 Maoists walk through in the night time but so far don't bother people."

As is typical of an operation transiting from small scale to moderate, we encountered various unforeseen difficulties and made unplanned adjustments. Aside from the previously mentioned distribution of plastic and the delegation of construction supervision duties to local authorities, other changes were noteworthy. Transportation expenses increased due to an unexpected condition. Previously, we would hire one or two large trucks and transport all materials and supplies, en masse, to a pre-determined storage facility near the latrine construction sites. This was no longer possible. Maoist insurgents had a very recent history of destroying such facilities in the area, so we decided not to store materials "on-site." Instead, we would make incremental deliveries to pre-arranged points along the main road nearest to the construction area. These

deliveries would consist only of those materials that were ready for immediate installation and would always be a combination of concrete, pans, roofing material, and trap pipes. This resulted in eight truck trips rather than one or two trips.

It was also learned from reports and photographs that our allowance of two sheets of corrugated metal roofing was entirely inadequate. It was decided to increase this allowance to three sheets for this year's 150 latrines. We also returned to the sites of our first 17 latrines and retrofitted each one with an extra sheet of roofing material.

Road travel in Nepal is difficult and insurance is non-existent. We lost more than a few toilet pans in transit from Kathmandu to the villages and damaged concrete bags and roofing as well. Some credit was given to Deepak Bhandari, by the supplier, for broken merchandise, but even with this we were forced to replace roughly four percent of our toilet pans, concrete bags and roofing. Even though allowances will be made for this in the future, Nepal travel is such that the loss of an entire truck full of equipment is not uncommon.

Problems aside, the Latrine Project was completed well within the allotted two month time period. Villagers were quite pleased with a project that actually worked and was sustainable. District leaders from other areas of central Nepal were hearing of our successes and were making inquiries and requests for our program. There was momentum building for this project that was exceeding our capacity, so we decided to hold a press conference.

On May 5, 2003, journalists from all major south-Asian publications were invited to a luncheon and press conference at the Hotel Marshyangdi in Kathmandu. The motivation was not only to introduce our program to the whole of Nepal, but also to express our frustration at the fact that such a simple program was proving successful where thousands of similar programs introduced in Nepal since the 1950's had failed. Even our introduction letter had an element of challenge to it that was meant to get the attention of the foreign aid community at large. Representatives from Kantipur Publications, The Himalayan, The Annapurna Post and others, amounting to the bulk of periodical circulation in Nepal, were present. Results from this conference and the subsequent articles generated were immediate. The Kathmandu Post alone fielded over 2000 inquiries from villagers interested in the project.

Budget

Summary and Extra-Budget Expenses

Reducing the 1000-rupee stipend to 500 rupees covered many of the new and unforeseen expenses. Village overseer salaries and plastic sheeting were covered by this reduction. Giving one extra sheet of metal to each latrine owner used up any remaining funds from this approach.

500 rupee savings x 150 latrines

Rs 75,000

Less:		
Village overseer salaries	Rs 15,200	
Plastic Sheeting	8,000	
Metal sheet Rs 350 x 167 latrines	<u>58,450</u>	
Sub-total extra expenses	Rs 81,650	
Total extra-budget latrine expenses		(Rs 6,650)
Rs 6,650 = \$88.00		

Expenses for the press conference were \$120.00

For banking safety, funds were transferred incrementally from the United States to Nepal. Extra bank wire fees were \$120.00.

Budget Expenditures

The actual materials costs for 150 latrines (listed below) include a roughly four percent increase for breakage and damage in transit.

Transportation overages reflect the need to hire more trucks to make more trips with materials due to safety concerns over on-site storage.

	Budgeted	Actual	Net
Airfare: Mr. James Rinaldi	\$ 1,500	\$ 1,500	0
Sanitation project			
Materials for 150 latrines	\$ 9,740	\$10,130	(\$ 390)
Salary for overseer	234	234	0
Transportation of materials	208	1,092	(\$ 884)
Food, lodge, transportation for 2 people	1,559	1,559	0
Sub-Total Sanitation project	\$11,741	\$13,015	(\$1,274)
Administration fee to 501 (c) (3) sponsor	331	331	0
Total amounts for this project	\$13,572	\$14,846	(\$1,274)

Observations

We need to increase our efforts in a few areas. As we strive to make Himalayan Aid projects entirely based on local input and supervision, we must do a better job in communicating the exact aims of the program. During the Sanitation Project we failed to tell our surveyors to not influence results by offering suggestions to poll respondents.

Our press conference was an important tool in spreading news of our Sanitation Project to a wider public. We need to increase the quality and organization of this press conference. Our outline was written in English and would have been clearer to the local journalists if it were in Nepali.

Village enthusiasm for our Sanitation Project was high. Due to the continuing response to our field projects and press conference, we estimate that demand for our latrine program will surpass the 8,000-unit mark by the fall of 2004. It makes no sense to continue to fund a large-scale latrine construction project from the United States when there exists enough governmental and international resources in Nepal to do this job nation-wide. Our program should shift focus towards meeting and pressuring these sources of funding for future, permanent funds while continuing to maintain a smaller active construction presence for purposes of public awareness and program credibility.

Himalayan Aid 2004

Our Sanitation Project will build only 100 latrines in 2004 for reasons mentioned above. We will concentrate on presenting our program to the widest group possible by expanding our press conference presentation and bringing television and print journalists out to our building sites. We will be meeting with the Asia Development Bank, UNICEF, the Nepal ministers of health and development, and representatives of the Royal Family to discuss the adoption of our program as a Nepal-wide standard.

Conclusion

We are extremely grateful for the support given by the Wm. H. Donner Foundation. It is with this gratitude that we feel a sense of fiscal responsibility towards the future. It would be the easy and obvious choice to continue to ask the Foundation for funding for our ever-increasing list of latrine candidates. But where would this end? Experience tells us that we risk falling into the same trap that has snared thousands of charitable organizations in Nepal: the endless cycle of pouring money into a project without the necessary corresponding commitment of the people being served. Our focus in 2004 will be to find that commitment.

Enclosures

Sample of actual completed latrine survey and educational sheet: "For Good Health."

Compiled latrine survey results

Photos of Latrine materials transport and delivery, latrine construction, 2003; and latrines from 2001.

Photos of press conference and subsequent published articles.

Completed Latrine Survey

Jethal v. D. C.

SURVEY FOR LATRINE OWNER

KUMAR Shrestha, Kalopani

- 01.] DO YOU USE AND MAINTAIN YOUR LATRINE?
के तपाईंले आफ्नो चर्पिको प्रयोग र सरसफाई गर्नु हुन्छ ?
- पहिले हामीले चर्पिको ठाउँको कारण प्रयोग गरेका थियौं।
अहिले यो चर्पिको ठाउँको प्रयोग र सरसफाई गर्ने गर्छौं।
- 02.] DO YOU FOLLOW THE LIST OF IDEAS FOR GOOD HEALTH?
स्वस्थ जीवनको लागि चाहिने कुराहरूको पालना गर्ने गर्नु भएको छ ?
- स्वस्थ जीवनको लागि आवश्यक पर्ने कुराहरूको पालना गर्ने
गरेका छौं।
- 03.] DO YOU HAVE MORE OR LESS DIARRHEA IN YOU HOME NOW?
तपाईंको घरमा अहिले भाडा पखालाले कतिको सताउने गरेको छ ?
- अहिले कुनै घरमा भाडापखालाले कति सताउने गरेको
छैन।
- 04.] DO YOU NOTICE ANY CHANGE IN THE HEALTH OF THE VILLAGE BECAUSE OF THE
LATRINES?
तपाईंको गाउँमा चर्पिको बनेपछि स्वास्थ्यमा केहि परिवर्तन आएको पाउनु हुन्छ ?
- गाउँमा चर्पिको बनेपछि स्वास्थ्यमा राम्रो परिवर्तन आएको छ। पहिले
जस्तो सताउने थोरै हुँदैन, भाडापखालो, पेटको रोगको
कति लाग्छा हुँदैन।
- 05.] HOW MANY CHILDREN DIED FROM DIARRHEA AND STOMACH SICKNESS IN YOUR VILLAGE
LAST YEAR? HOW MANY THIS YEAR?
तपाईंको गाउँमा यस वर्ष र गत वर्ष भाडापखालाले कति जना जति बच्चाहरू मरे
र कति जति पेटको विरामी भए ?
- यस वर्ष र गत वर्ष भाडापखालाले कुनै पनि बच्चाहरू
मरेका छैनन्। पेटको विरामी 95% जति हुने गरेको छ।
- 06.] DO YOU HAVE ANY PROBLEMS WITH THE LATRINE? DO YOU HAVE ANY HELPFUL IDEAS?
चर्पिको सम्बन्धमा तपाईंसँग केहि समस्याहरू छन् ? अनि यसलाई अझ बढी
प्रभावकारी बनाउनको लागि तपाईंको सुझावहरू के होला ?
- स्टाईल भन्ने पर्दा चर्पिको सम्बन्धमा कुनै समस्या छैन। चर्पिको
स्थापना गर्ने र झोचथी चर्पिको ठाउँको ठोका टोला।

FOR GOOD HEALTH

तपाईंको स्वस्थ जीवनको लागि

- 01.] ALWAYS USE THE LATRINE.
सधै चर्पिको प्रयोग गर्ने गरौ ।
- 02.] DO NOT DEFECCATE OR URINATE IN OR NEAR ANY
STREAM OR WATER SOURCE.
नदी नाला अथवा पानीको मुहान वरिपरी दिशा
पिसाब नगरौ ।
- 03.] WASH YOUR HANDS WITH CLEAN WATER BEFORE
PREPARING FOOD.
खाना बनाउनु भन्दा अगाडी सफा पानीले हात
धुने गरौ ।
- 04.] KEEP ANIMALS AWAY FROM WATER SOURCE.
गाई वस्तु लाई पानीको मुहान वरिपरी नछाडौ ।
- 05.] DO NOT USE WATER THAT IS NEAR ANIMALS OR OPEN
TOILET.
गाई वस्तुको र चर्पि नजिक भएको पानी कहिल्यै
प्रयोग नगरौ ।

Responses From Latrine Owner Survey

Do you use and maintain your latrine?

“We had problems before because we didn’t have toilet and there was possibilities of disease, but now we have toilet and also people are aware of it and cleaning and maintaining it.” (4 like this)

“We didn’t have toilet before and people were also uneducated but they got lesson now and aware of it, so now we are using and maintaining it.”

“I don’t have toilet in my home so I can’t use it or maintain it.” (3 like this)

“We don’t have toilet in our village that’s why we are using the riverside and jungle for toilet.”

“We didn’t have toilet before, so we also don’t know about it, but now we have it, so now onwards we will maintain it and clean as well.”

“No one using latrine because we don’t have latrine in our village, but someone has built a latrine recently, so we also trying to build it but what to do? We can’t afford it.”

“...I can’t build it because of my poor income...”

Do you follow the list of ideas “For Good Health?”

“Yes, we are following the list...” (9 like this)

“Yes, we follow the list of ideas for good health, but we don’t get materials for latrine.”

“Yes, we follow the list of ideas for good health. We have used bath every week and we are cleaning our nearest environment.”

“Health is wealth, so we are following the list.”

“We don’t have that much idea about good health.”

“We are keeping it clean always and aren’t defecate in around water source.”

Do you have more or less diarrhea in your home now?

“Now a days, we don’t have problem of diarrhea.” (8 like this)

“Before two, three years ago, diarrhea is more but now the parents are educated so diarrhea is less.”

Do you have more or less diarrhea in your home now? (cont'd)

“Most of the people are educated so that in our home, no any more diarrhea.”

“Because of wastage we had a lot of problems of diarrhea before and there was possibilities, too, but now people are aware and getting lesson on it so we don't have problem now and also less chances of diarrhea.”

“Now I have problem at my home of diarrhea because of this season.” (2 like this)

“Not much effected but sometimes getting problem like seasonally.”

Do you notice any change in the health of the village because of the latrines?

“We have got good change in our village, now we don't have problems of dirty and no one getting cold and cough plus diarrhea problems.”

“We will notice more change in the health of the village, because in this village latrines is the big problem before, now latrine is made so we noticed more change in the health.”

“When the health post and toilets are prepared, our village health will change.”

“In my village there is a lot of changes come in different women committee plus Maoist are awaring people.”

“I don't know any changes because not having toilet in my village.” (7 like this)

“We don't have toilet in our village so I don't know the change but I should know these people who have got toilet.”

“Yes, getting change because people are conscious now because they are getting facility. Toilet now, but before they were making dirty wherever they like.”

“We have a lot of change in our village. We don't have problem of dirty wastage in our village and can see clean village.”

**How many children died from diarrhea and stomach sickness in your village last year?
How many this year?**

“None last year and this year.”

“Our village had no sickness.”

“No one children died this year and previous year but about 12% children were getting stomach sickness.”

(Cont'd)

“In my village, according to the V.D.C. chairman, there were 20-25 children got stomach sickness.”

“No died but got stomach sickness.”

“Ten to twelve children got stomach sickness.”

“My village not a big one so no die by diarrhea but getting stomach sickness.” (6 like this)

“Eighteen children got stomach sickness.”

Do you have any problems with the latrine? do you have any helpful ideas?

“Yes, we have water problems with the latrine. To solve this we must make a tap.”

“We need a health post.”

“To be straight forward, we don’t have problem of latrine now and would be nice to clean it by using medicine.”

“Latrine has vital role in society. It is most important plus it brings change in health. so, we have to bring a change. We have to aware people for health education.”

“We have problem with toilet, please build it!”

“We have problems because there is no latrine and we use the river and the jungle.”

“We don’t have toilet in our village so people are using river side and jungle for toilet. That’s why in around our atmosphere there blow the bad smell and people are getting sick sometime.” (6 like this)

“ Yes, (no) latrine is causing insect problem.”

“In my opinion, we have to provide latrine in all villages and home and need to aware people for use latrine and need to organize in all villages for cleaning development program.”

“We don’t have toilet so need to go far from home. We get trouble in night time, even problem in rainy season.”

“We haven’t such problem but getting problem in summer by fly and mosquito. For the improve on it we need to clean the toilet and need to use medicine.”

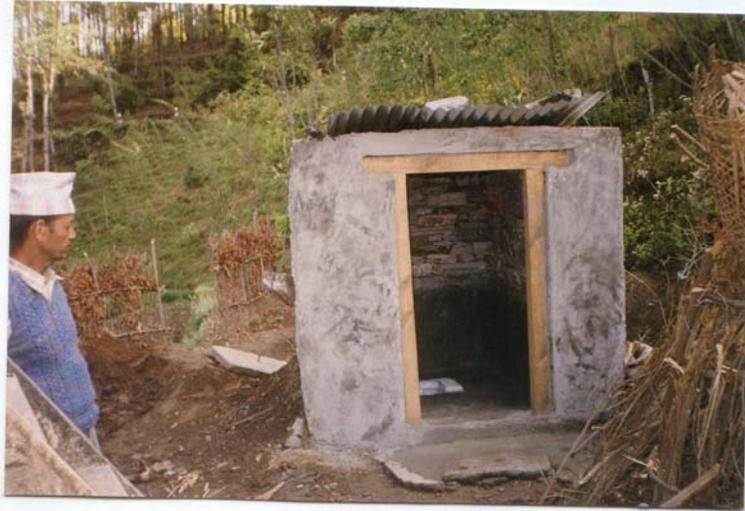
Materials Transport and Delivery



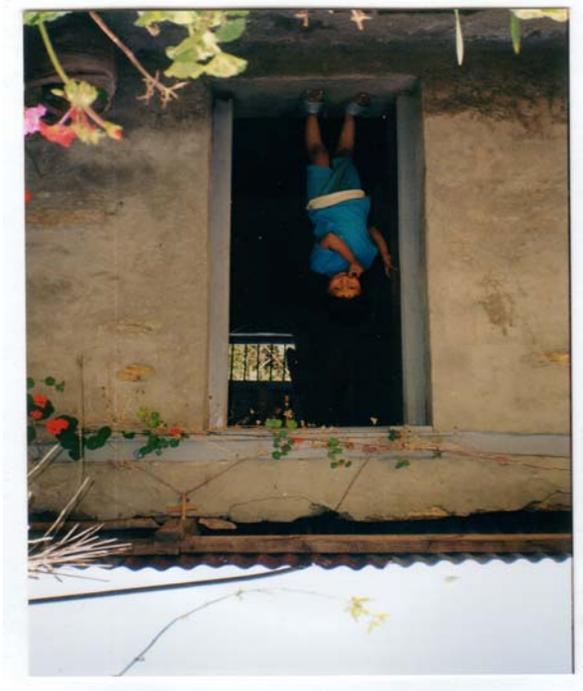
Latrine Construction



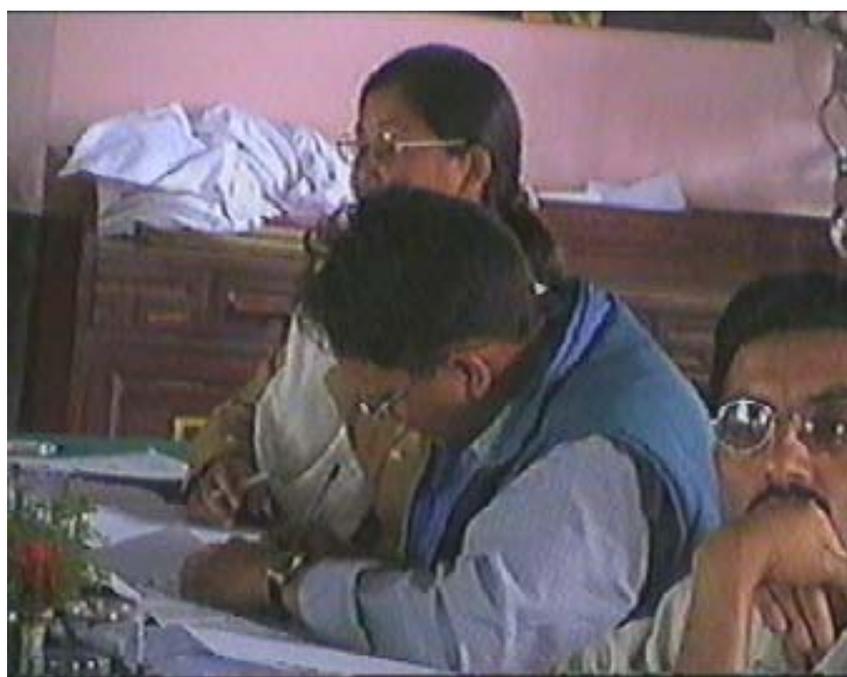
Original Latrines from 2001



Project field supervisor with latrine showing the inadequacy of two roofing panels



Press Conference



विद्यार्थीहरूले गाउँमा शौचालय आन्दोलन चलाए

रास जोशी
ठमाली, २४ वैशाख : राजधानीबाट नजिकैको काभ्रेपलाञ्चोक जिल्लामा गत हेनादेशि दुवर्षी दिसकामैहरूकोअभाव जना भएको छ । जिल्लाको जेथल र अतर उमा देखिएको कामदारको अभावले स्थानीय सिन्दा अग्रको घरमा शौचालय बनाउने पालो ठेक्का भन्दैपछिरेका छन् ।
दुई वर्षअघिसम्म शौचालय फल्लो हुन्छ भन्दै मसङ्ग भई चर्चा हेर्न जाने स्थानीय सिन्दाहरूमा खुले विद्यार्थीले गर्दा रातारात एको चेतना नै भएको हो । जेथलनिवासी गबहादुर भण्डारी भन्नुहुन्छ- हाम्रो गाउँमा रातारात देखिएको परिष्कृतन स्कुले छात्राहरूले गरेर हो ।
साभर्षे भने हो भने दुई वर्षअगाडि गाउँको म्यदा प्राविमा बिन्दुहरूले बनाइएको चर्चा हेर्न हो गाउँले नै उठेर गयो । त्यसपछिका दिनमा ले छात्राहरूले नै दिसापिसाव जबाभारी गर्न थाले, यसले रोग साह्रै भन्दै अभिभावकहरूलाई थालेपछि गाउँमा चर्पी आन्दोलन सुरु को हो ।
शौचालय आन्दोलनबारे जानकारी दिँदै डारीले भन्नुभयो- सम्मदा प्राविमा चर्पी एपछि स्कुले छात्राहरूले व्यापक रूपले लिए । हामी पनि स्वास्थ्यका लागि चर्पी प्रत्येक रहेको महसुस गर्न पुग्यो ।
यातु स्वले जैम्स रिनाल्डोलाई सिंगो तले नै बिन्दाइ भने गरेको उल्लेख गाँरीले जबाभारी फोहर गर्ने हाम्रो अबस्था दाइले आफ्नै पैसा खर्चेर चर्पी बनाउन न दिएपछि गाउँमा शौचालय बनाउनेको जी नै चलेको बताउनुभयो ।
डारीले धनुभयो- बिन्दाइले चर्पी

बनाउनेहरूलाई ५ सय रुपैयाँका दरले पुरस्कार दिएपछि चर्पीसमेत बनाउन नसक्ने निरास दुले सक्तीबको सास धेरे र रातारात एक महिनामा २ सय ५० चर्पी बनायो । यस वर्ष एक हजार चर्पी बनाई यो आन्दोलनलाई गति दिनेछौ ।
सफाह अपरिहार्य हो भन्दै छेडेको विकास आन्दोलनको सकालत गर्दै विद्यालयमा चर्पी बनाई सफाह आन्दोलनको घोषणा गर्नुहुने जैम्स रिनाल्डोले आफ्नो सहयोग कुनै ठूलो गरेको बताउनुहुन्छ ।
उहाँ भन्नुहुन्छ- यो सहयोग भनेको केही होइन । यो भ्रष्टाचारबाट मुक्त आन्दोलन हो । मैले गाउँलेहरूको परिस्थिति बुझेर शौचालयलाई अपरिहार्य ठानी चर्पी बनाउन दिए ।
गाउँलेहरूले निकै उत्साह देखाएकोले नै सानो सहयोगले नै चर्पी आन्दोलन हुनपुगेको हो । आफ्नो अभियान नितान्त व्यक्तिगत हो भन्दै रिनाल्डोले ठूला कुरा गर्न राष्ट्रिय तथा अन्तर्राष्ट्रिय गैरसरकारी संस्थाहरूलाई चुनौती दिँदै भन्नुभयो- काम गर्नेले जहाँ पनि गर्न सक्छ ।
यहाँ जति पैसा आए पनि केही हुन नसकेको कारण नै बढीभन्दा बढी सुविधा खोज्नु र भ्रष्टाचार गर्नु हो । नेपालमा विदेशी संस्थाको निदेशकले खाने तलबभत्तामात्र चर्पी बनाउन दियो भने दुई-तीन हजार चर्पी बनाउन सक्छौ । बसतर्फ कसैले ध्यान दिएन- उहाँले आरोप लगाउनुभयो ।
स्थानीय बासिन्दाले फोहोरबाट हैजाजस्तो संक्रामक रोग फैलिन्छ भने चेतनाले स्थानीय ढुंगा, माटे, ईटाको प्रयोग गरी ठूलो संख्यामा चर्पी बनाए । यसले मलाई ठूलो आनन्द मिलेको छ । त्यसमाथि गाउँलेहरूले यतै वर्ष थप एक



चेतना आयो तर सिक्की आएन : काभ्रेपलाञ्चोक जिल्लाका जेथल र अतर गाउँका स्थानीय बासिन्दाहरूमा चेतना आए पनि हकामै तथा सिक्कीको अभाव हुँदा शौचालय निर्माण कार्य पूरा गर्न सम्भव परेन बसिरेका छन् ।

हजार शौचालय बनाउन सहयोग गर्न भनेका छन् । यति ठूलो सहयोग गर्ने मेरो मात्र पक्षले नसक्ने भएकोले मैले पैसा सहयोग गर्नहरू खोजिहालेको छु तर पनि यतै वर्ष मेरो व्यक्तिगत सम्पत्तिले भए पनि ३ सयवटा चर्पी बनाउनेछु- चर्पी आन्दोलनबारे रिनाल्डोले भन्नुभयो ।
समस्याग्रस्त गाउँले जीवनमा सहयोग गर्न हिमालयन एड कार्यक्रम सञ्चालन गरेको

बताउनुहुने एडका राष्ट्रिय सहनिर्देशक दीपक भण्डारीले सानो सहयोगले ठूलो काम गर्न सक्छौ भने देखाउन सफल भएको बताउनुहुन्छ ।
राजधानीमा आयोजित एक कार्यक्रममा सहनिर्देशक भण्डारीले भ्रष्टाचारविहीन अभियान थालेको दाबी गर्दै स्थानीय बासिन्दाहरूलाई नै कार्यक्रममा सहभागी

गराएकोले एक पैसा पनि भ्रष्टाचारको अर्थमा नआएको बताउनुभयो ।
उहाँले व्यक्तिगत प्रयासबाट प्राप्त भएको हिमालयन एडले आगामी दिनमा पनि सहयोग जारी राख्ने उल्लेख गर्दै आउँदो वर्षमा काभ्रेपलाञ्चोकका अन्य गाउँमागत स्थितिको लाइलाइ र गोरखामा कार्यक्रम विस्तार गर्न जानकारी दिनुभयो ।