

सफा ढोलाखटाट – **Clean Dolalghat**
सफा संसार – **Clean World**
environmental campaign
in Dolalghat, Nepal



by Isabelle Katharina Blum



सफा ढोलालघाट – **Clean Dolalghat**
सफा संसार – **Clean World**

environmental education campaign in Dolalghat, Nepal

by Isabelle Katharina Blum

सफा ढोलालघाट
Clean Dolalghat



Clean World
सफा संसार

In March 2014 I initiated the campaign Saphaa Dolalghat - Clean Dolalghat – Saphaa Sansaar - Clean World in Dolalghat, Nepal. My local cooperation partners were Kali Ma, Quasan Shrestha and the Social Club of Dolalghat.

During two weeks we inspired ecological awareness in the villagers of Dolalghat, conducted workshops and orientation about waste and initiated a waste management on community level.

How it all began. In 2011 I did the Annapurna Circuit Trek, a very popular trek in the heart of the Himalayas, in Nepal. I was totally enchanted by the stunning beautiful landscapes, the lovely people and the magical Himalayas. But the all over littered waste made me very pensively. As an environmental scientist I wanted to do something, sharing my knowledge about environmental protection and waste management. So I followed the leadings of my heart and found Kali Ma, living and working in Dolalghat, Nepal. In 2013 I visited her the first time in her ashram in Dolalghat. We soon agreed to act upon the littering in Dolalghat. One year later we started our campaign.

A big cordial Dhanyabaad to:
Kali Ma & all lovely people working for her
Quasan Shrestha & his family
Social Club of Dolalghat
all garbage collectors
all committed villagers of Dolalghat
all schoolchildren of Dolalghat
Prina Raj Joshi, Kathmandu

INDEX

Dolalghat - The place of action	page 4
Campaign for the people and with the people	page 8
Cooperation and Information	page 10
Workshop with the schoolchildren - Draw your clean Dolalghat!	page 12
Workshop - How do I separate waste?	page 16
Demonstration - Shouting out the message!	page 18
Clean Up Days - Get the litter out of Dolalghat	page 20
The garbage collectors - Be on hand!	page 26
Waste management - Just hand over your garbage!	page 30



Dolalghat - The place of action

Dolalghat is about 60 km northeast of the capital city Kathmandu. It's on the route of the Arniko Highway that connects Kathmandu with Kodari on the Nepalese-Chinese border. The village is accessible by bus or car. The village is split by two rivers. The Indrawati river has its source about 40 km from Dolalghat and the Sun Koshi river originates in Tibet. Dolalghat counts about 1000 inhabitants from different castes and religions living peacefully together.

In the last four years the waste in Dolalghat has very much increased. The Nepalese lifestyle adapts more and more to the western throw-away society. In the past, people used degradable wrapping, plates and dishes for food but nowadays it is all plastic. In general, there are more and more plastic products in daily life. Furthermore, some Nepalese can afford more and also want to consume more. On the weekend, they visit Dolalghat because of its natural beauty and litter their waste all over the place and especially on the riverside.

In Dolalghat, as usual in Nepal, waste is stored mainly outside the houses. The people throw it also under the bridge crossing the Indrawati river. Consequently, it ends up in the water. This is problematic because people use the river as a source of drinking water, for fishing as well as for washing and personal hygiene.









Campaign for the people and with the people

Our driving motivation for this campaign is the love for Nepal, the people of Dolalghat and nature. We wanted to stimulate ecological awareness, active environmental protection, help people help themselves and support the people from the lowest castes in their work for the society. We are convinced, that environmental education is central for a change in behavior. Environmental education enables to develop skills, competence, valuable priorities and knowledge.

It's important for us, that development comes from inside the community. Development in this context means to qualify the villagers of Dolalghat for taking responsibility and matters in their own hands. The people shall be aware of the need for a waste management.

From the beginning on, we integrated the people in the campaign. They could use their different abilities and put them into action.

The campaign team acted as a bridge-builder between the abilities and needs of the Nepalese community and the western know-how of practicing waste management.





Cooperation and Information

We organized our campaign in cooperation with the local Social Club of Dolalghat. The club works towards social and environmental issues. They were very happy to have someone from clean Switzerland showing them how to manage waste.

The Social Club informed the people about our campaign by megaphone, word of mouth and a banner on the local bus park.

As kickoff of our campaign we showed the villagers movies about littering and waste management. We installed a screen, a beamer, a laptop and a car battery on the bus park and ready was our open air cinema.

"Haamro Dolalghat - Raamro Dolalghat - Saphaa Dolalghat - Saphaa Sansaar"
(Our Dolalghat - Nice Dolalghat - Clean Dolalghat - Clean World)





Workshop with the schoolchildren - Draw your clean Dolalghat!

We conducted our Kids Workshop on the area of the Shree Dulaleshwor Higher Secondary School in Dolalghat. Kids of three different schools in an around Dolalghat joined us.

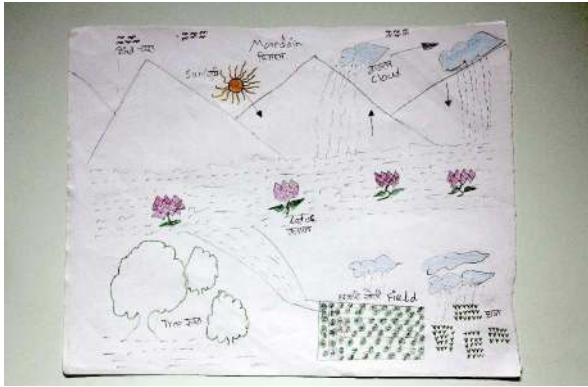
We equipped a nice dark room with beamer and laptop, our cinema was ready! Soon the room was filled with curious Nepalese children. Pink Panther and The Animals Save The Planet gave the message NO LITTERING! The bigger ones saw additionally a short documentary illustrating the way of litter in the Sunkoshi river, made by the Nepalese film-maker Prina Raj Joshi.

Inspired by the movies the kids draw their Saphaa Dolalghat - Clean Dolalghat. Some of them are pretty skilled. A bunch of older kids created additionally drawings for an environmental book.

Many different views of one message. We want have a clean village!









Workshop - How do I separate waste?

We organized two workshops about separating waste. We showed the people that waste is not alike waste and that some waste can be recycled. Separating waste and recycling are new concepts for most Nepalese. Until this day they just disposed of all their garbage outside their houses.

In the beginning it was very hard to understand for some people that waste is not alike waste. But with constant repetition they got the message. Especially the kids understood pretty fast that glass is not alike paper and plastic is not alike card.

Separating waste is easy if you put waste under the microscope!





Demonstration - Shouting out the message!

We demonstrated for Saphaa Dolalghat - Clean Dolalghat. The kids hold a big banner with the message to keep the village clean. Some of them carried also small panels, made by a local shopkeeper. Card, print, some glue, a wooden stick and some metal, there it was.

We started on the bridge and walked through one part of the village, shouting out the message "Haamro Dolalghat - Raamro Dolalghat, Haamro Dolalghat - Saphaa Dolalghat!" (Our Dolalghat - Nice Dolalghat, Our Dolalghat - Clean Dolalghat). Then we cleaned up all together the roadsides and one riverbank.

The people were like ants searching for food. But in this case searching for waste! What a wonderful social event!





Clean Up Days - Get the litter out of Dolalghat!

On three days we cleaned up the riverbanks of Dolalghat. The campaign team, the villagers, garbage collectors and Social Club members worked all together. A lot of waste had to be collected.

Armed with bags, masks and gloves we picked up piece for piece. Bowing down, again and again. Plastic in one bag, glass/metals in another bag. To minimize the collected waste we burned paper and card right on spot.

Some kids were really committed. You felt their energy to keep their beloved Dolalghat clean. They were like a storm blowing away all the dirt. It was heartwarming to see!













The garbage collectors - Be on hand!

These people made a really tough job. Collecting waste, hidden between stones, stinging nettles, on rough slopes, in stinky puddles. But they were so thankful. They got a job to do. They worked for the community. They felt a kind of estimation.

Especially Govinda and his wife touched my heart. They were the heart bumping the cleaning beat of Dolalghat.









Waste management - Just hand over your garbage!

Together with the Social Club we initiated a waste management on community level in Dolalghat. The Social Club members visited the households and informed the people about collecting waste at home and separating it properly. For some people separating waste was hard to understand. But they were happy to hand over their garbage!

The waste collectors were on the road with a nice rickshaw and grabbed the garbage from the households. One guy announced the visit with a whistle.

Now the people of Dolalghat have a hand in keeping their village clean!















2014 © Isabelle Katharina Blum

Environmental Scientist ETH, Switzerland
contact: ikblum@gmx.ch



The Blurb-provided layout designs and graphic elements are copyright Blurb Inc. This book was created using the Blurb creative publishing service. The book author retains sole copyright to his or her contributions to this book.





Lays
Save Rs. 30

Lays
Save Rs. 30

USE ME

VAT 69

ABSOLUT
VODKA

SOLIST
FROM

PREMIER

Malayan Melan...





सफा ढोलालघाट – **Clean Dolalghat**
सफा संसार – **Clean World**
Get the litter out of Nepal and the world!