
HEALING HAKU

Alleviating the suffering of people of HAKU hit by the tremors and landslides.



**A HELPING HAND
OF**

Trekking xperts

Introduction

In the ill fated afternoon of Saturday, 25th April 2015, a massive earthquake measuring 7.9 on the Richter scale followed by another devastating 6.9 M_w on Sunday 26th April 2015 and 7.4 M_w on 12 May 2015 struck Nepal, causing massive damages and loss of life.



The country has experienced hundreds of aftershocks with few exceeding 6.0 on the Richter scale combined with unseasonal rains, landslides and avalanches.

This apocalyptic moment turned the lives of Nepali to a chaotic mode. The earthquake has inflicted a never healing scar on the face of Nepal. Thousands have died and millions are left homeless. Ancient monuments of forgotten kings, mythical valleys with ancient intricate alleyways and multihued villages now lie under rubble.

The devastating earthquake triggered huge landslides in the district of Rasuwa where homes were flattened, fields with crops washed away.

The earthquake also triggered many avalanches on Mt. Everest, killing at least 19, making it the deadliest day on the mountain's History.

Abstract

The consequences of the April 25th earthquake are too widespread and too big for Nepal to handle properly. Hundreds of rural villages and urban neighborhoods were shattered, causing immense loss of human and animal life and agriculture. The damage is estimated to be roughly \$12B, which is over 20% of the country's GDP, valued at \$67B. As a result of the earthquake, residential housing, around 200,000 homes, has been severely damaged or destroyed. More than a million Nepalese remain displaced or homeless.



The estimates of the deaths and damages that have come out so far are still preliminary and the actual figures are likely to be substantially higher.

The cruelest wounds have been inflicted on our remote villages — those once picturesque and pristine with honest and hardworking people are converted into ruins. That very charm of remoteness has turned these hills into landscapes of misery.



Even before the devastating earthquakes, which crippled the country, Nepal's rural hill and mountain communities with the harsh terrain made it difficult to promote economic activity and deliver services - leaving this region physically isolated, with poor infrastructure and lack of state presence. Currently, buried under piles of rubbles and mud from landslide, these communities need immediate and long-term support, now more than ever before.

The Call

While Kathmandu is receiving most of the attention and help from countries and large NGOs, Nepal's less accessible rural and mountain communities were the hardest hit and are likely to receive much less aid.

Amongst the worst hits is the village of Haku. A small Tamang village perched on a hillside in Rasuwa with 77 families.



People of Haku will forever remember this day of nature's ire. On this day the earth heaved and left in its wake grieving families, fallen buildings and broken dreams. The village, which a day before was full of life, had been reduced to pile of rubble. All fields with crops swept away by landslides. Hundred died Govt. put the estimates at 57 but independent sources claim over 100. With whole families having vanished there is nobody to tell who is missing. Now people in these towns are realizing that they are missing some of the people that they used to see in their neighborhood before the quake.



Lending a helping hand

IMPLEMENTATION OF HEALING HAKU

The situation calls for a sustained support to prevent death from hunger, exposure and risk of epidemics of communicable diseases in weakened populations.

The team of TREKKING EXPERTS united with the mutual goal of providing support to their homeland. Collaborating through conference calls and social media platforms, Nepalese and friends of Nepal from all across the world shared live information from the ground to locate their loved ones, help coordinate immediate rescue operations in hardy-hit areas, and raise awareness.

Out of these coordinated efforts, HEALING HAKU was founded, with people from all walks of life expressing a shared concern for the social and economic revival of HAKU.



We are mobilizing our networks to offer meaningful contribution for rural Nepal. We have decided our best approach to assist Nepal is through the following phases of support:

Ist Phase – Rescue

Knowing that all the members of trekking Experts are safe and confiding that the most successful relief effort has to be done by Nepalese, we decided to react immediately.

A team comprising of well-experienced high altitude rescuer, first aid responders and volunteers were set and deployed immediately to the most affected area of Rasuwa.



Traveling on foot, the team reached the villages of Mailung, Gogane, Tiru, Thulo Haku, and Sano Haku. These villages were completely torn apart by landslides triggered by the earthquakes.

Our team was amongst the first team to reach these affected areas of Rasuwa.

Immediate rescue efforts included:

Working tirelessly, the team was able to conduct the following efforts successfully;

- ❖ Help people to clear rubble,
- ❖ Evacuate people from rubbles,
- ❖ Disposed dead bodies to avoid contamination,
- ❖ Setup safety zones and help build temporary shelters with whatever resources available at sites,
- ❖ Provide Post trauma stress consoling specially to children and women,
- ❖ Make assessment of immediate relief requirement.



2nd Phase – Relief

Upon returning to Kathmandu after the successful rescue and evacuation efforts, the team assessing the prime requirement to be food, shelter and clothing, immediately reacted to address the needs.

An immediate appeal for donation was made amongst the members of Trekking Experts. Consequential to the above, all members donated money as per their capability and set a fund to purchase relief materials. The Trekking Experts team generously donated and we were able to accumulate a sum of Rs. One million.

To make most effective of the limited fund, we decided to focus on Haku. Haku with 77 houses is amongst the worst hit. In Haku, all the houses are completely destroyed and the landslides washed away all fields with crops.



Food enough to last for 15 days, shelter and clothing were purchased and immediately taken to Haku for distribution.

The Key components in this phase included:

- ❖ Distributed foods enough to last for 15 days, tarpaulin for shelter and clothing,
- ❖ Launching awareness campaigns across social media networks and supporting members of the international media to highlight the plight of those affected by the earthquake,
- ❖ Advocating for humanitarian aid in meetings held with government officials and international relief organizations,
- ❖ Organized regionally and internationally to raise funds for more rescue and relief operations,
- ❖ Empowered physicians, engineers, and academics from the group to create guidelines for safe practices within inundated areas, and generate ideas about how to recover,
- ❖ Sourced medication and clinical supplies for displaced people in makeshift camp.

Relief distribution

Distributed to: 77 families (415 people) of Haku



The distributed relief consisting of:

FOOD	30 kg of Rice per family	8 Kg Beaten rice per family	4 packets of biscuits per person	3 packets of Instant Noodle per person
SHELTER	15' X 24' Tarpaulin per family	P foam mattresses as per family requirement		
CLOTHING	2 Sets (top to bottom) per person			
SANITATION	Sanitary Napkins for women	Mask for all	Dehydration solution for everyone	



Phase 3 – relief

Till date, the government relief has failed to provide people of Haku with sustainable solutions – many continue to live in picnic tents with limited food and sanitation.

Unless this acute food shortage is addressed soon, people of Haku are likely to fall severely ill or die this monsoon. The situation is dire. We need to respond before the physical, emotional, and psychological impacts of this disaster are irreparable.

With monsoon approaching, the threats of more landslides loom in the area of Haku. Possibilities of roads and trails being washed by landslides are high resulting in total isolation.



Aiding Nepal's rural poor must be top priority, because of the great vulnerability of all residents - especially of those 77 families of Sano Haku require enough food to sustain the monsoon.

The requirement

REQUIRED ITEM	QUOTA per day per person	NO. OF DAYS	NO. OF PEOPLE	TOTAL REQUIRED
Rice	415gm	90 DAYS	415 PAX	15500 KG
Nuetella	14gm	90 DAYS	415 PAX	523 KG
Salt	14gm	90 DAYS	415 PAX	523 KG
Oil	12ml	90 DAYS	415 PAX	448 LT
20lt. plastic bucket	1 per family		77 family	77 nos
Sawyer wate filter	1 per family		77 family	77 nos

During this phase leading up to the harsh monsoon, the focus on the ground shifted to addressing urgent needs rather than simply taking measures for long-term recovery. Consequently, Healing Haku worked promptly to deliver food enough last through the monsoon, while developing a long-term organizational strategy.

The Fund Required

REQUIRED ITEM	QUANTITY	RATE	AMOUNT	TRANSPORTATION	LOGISTIC COST	TOTAL
Rice	15500 KG	Rs. 42	RS. 651,000			
Nuetella	523 KG	Rs. 115	RS. 60,145			
Salt	523 KG	Rs. 18	RS. 9,414			
Oil	448 LT	Rs. 165	RS. 73,920			
Bucket	77 nos	Rs. 400	RS. 30,800			
water filter	Sawyer water filters from		Our concern	Nepal		
			RS.825,279	RS. 102,600	RS. 29,879	RS. 957,758

With the generous help of friends from other part of the world combined with little contribution from folks and friends, we once again successfully conducted an another relief on 29th May with enough food to last the monsoon .

Compassionate Contributors

DONERS	AMOUNT	
Focus Himalyan travel	Euro. 5597	Rs. 626,864
Britt Graepel & friends	Euro. 1540	Rs. 173,716
Ricard Moran & friends	Euro. 530	Rs. 59,360
Francisca Vladimir Marino	Euro. 1000	Rs. 103240
Total		Rs. 963,180

Fund utilization Details

FUND GENERATED	RELIEF EXPENSES	OTHERS(Bank transfer charges)	BALANCE (cash in Hand)
Rs. 960,440	Rs. 963,180	Rs. 1,530	Rs. 3,892

CRAFTING BETTER TOMORROW

While sending aid to remedy the immediate wounds, we also need to see the larger picture of how people rebuild and how to prioritize rebuilding. We need inclusive rebuilding. This is our time to collectively develop a model for relief and development in Nepal.

According to our investigation conducted with the help of professional personnel, the village of Haku is under potential threats of landslide, debris flow and other geologic hazards and is no longer suitable for inhabitation. And thus it is necessary to find a new site for relocation of the whole village.



Rehabilitation and Reconstruction Program to be initiated by trekking Experts will be working to assist all 77 families of Haku.

The program will help search a suitable location for relocation and build cost effective disaster-resistant houses and education centers.

Set up Community-managed drinking water supply systems. Water harvesting structures are reversing groundwater depletion.

Set up New clinics which will offer primary health care services to women and children. Initiate Savings and credit schemes to helping people regain their livelihoods. Conduct Disaster preparedness and management training for villagers.

Finding the right location for relocation:



Great importance is attached to the cultural values of a community and its continuity during post-disaster reconstruction or relocation. The relocation of communities depends on their will to move to a new environment, which depends on several factors related to political, socio-cultural and economic dimensions in society.

Better results are obtained when a holistic view is taken in post-disaster reconstruction, including incorporating people's points of view in planning and implementation. Engaging communities will be a vital element of relocation. Plans must integrate their needs and gain their support to ensure the optimal success.

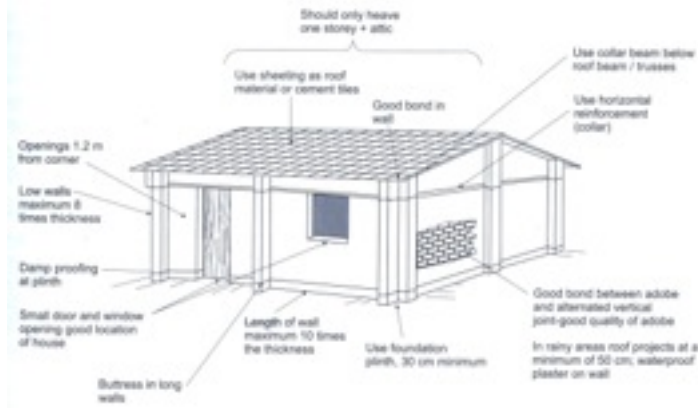
Meeting these challenges required creative solutions and, especially, a high degree of reliance on local knowledge and ingenuity. Drawing on initial field evaluations of our experts's self-help shelter program, we suggest one approach to maximizing local ingenuity to meet priority shelter needs.

The approach is based on the understanding that households could find appropriate, efficient and durable solutions to rebuilding their homes.

Where relocation is justifiable, we will conduct information campaigns and organize meaningful consultations with affected communities to develop durable relocation plans. Make livelihoods an integral part of relocation planning. This will include conducting socio economic studies in the early stages of planning, and developing livelihood opportunities for men and women before relocating people.

Empower affected communities to learn and invoke their rights concerning relocation. This should include information campaigns, awareness-raising activities, community organizing, advocacy capacity building, and supporting grievance mechanisms.

cost effective disaster-resistant houses



❖ Identify the most suitable earthquake-resistant shelter design which takes into account good local building practices, sociological constraints, costs, resource availability, and the appropriate design.

❖ Assess the availability of resources in the region in terms of skilled manpower and materials, with a special consideration of the scarcity of particular resources and the inflationary trends for certain building materials.

- ❖ Assign experts in earth construction and earthquake resistance, one on a short-term assignment to create the shelter design and construction methodology to be used in the project, and a second expert on a middle-term assignment to implement the project.
- ❖ Incorporate with local authorities to ensure that the final suggested design would not be inappropriate for the region.

Since structured construction training is not feasible in the short time available, technical assistance focused on sharing simple messages on the safety, adequacy and durability of the shelters. In a central location within the village, and with the various households in attendance, a demonstration shelter will be constructed by local carpenters to illustrate the key principles in practice.

The construction time per shelter will average approximately 13 days, and on average four people and sum of \$ 2000 will be involved per dwelling.



Through our Healing Haku program, we aim to bring basic stability and security to the most vulnerable communities – one family at a time. While current efforts aim to address the physical needs of affected families, over time we hope to fund programs that address the emotional and behavioral needs that often receive little attention following a disaster of this scale.

Livelihood restoration



Healing Haku aims to Restore livelihoods through the protection and management of local natural resources

- ❖ Livelihood and housing requirements will be addressed and planned simultaneously to safeguard against impoverishment. it will make livelihoods an integral part of relocation planning.
- ❖ Socio economic studies will be conducted in the early stages of planning, along with a census survey on the demographics of displaced households including livelihoods and skills, social needs, and vulnerable groups.
- ❖ It will also study market opportunities to identify suitable opportunities, verify feasibility and demand, and assess whether alternative or diversified livelihoods support is required.

Providing livelihoods opportunities will also strengthen resilience to disasters.

Strengthening health care

Strengthening healthcare systems to improve access and the range and quality of essential services



Given the present conditions, Healing Haku intends to help recuperate the healthcare system in Haku. Our goal is to empower medical facilities and personnel with the tools necessary to provide superior healthcare in the village.

In the preliminary stages of this program, we intend to focus on the following areas:

- ❖ Providing expertise and consultation to improve medical education and the healthcare delivery system

- ❖ Encouraging NGO participation and providing them with material support
- ❖ Educating the general public about good health care practices and preventive care through media campaigns
- ❖ Supporting immunization programs in general.

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GET INVOLVED

We cant go on believing that, someone somehow will soon make a change.
Its time to realize that a change can only come when WE ALL STAND TOGETHER AS ONE.



Share Expertise

Healing Haku seeks to promote long-term social and economic development in the village of Haku. Following a natural disaster of immense magnitude, a thorough investigation into its root causes is critical to the rebuilding effort. Expertise is required in various fields to promote a solid foundation for reconstruction.

Volunteers

Healing Haku is an initiation of Trekking Experts that seeks to promote long-term social and economic development in the village of Haku. Being a citizen-led entity, it relies on volunteer efforts to further its various goals. Join today to become a part of this virtuous path.

Travel for social cause

Trekking Experts will initiate tours and treks based on social cause. All the profit generated from such tours will directly go to Healing Haku. To learn more, please contact us at info@trekkingexperts.com

Contribute

We can't change yesterday but we sure can build a better tomorrow for the people of Haku. Right now they need a HELPING HAND. Lets JOIN hands and be the SOMEONE to help the people of HAKU to revive the lost smile. The estimated cost to revive a families is \$ 2000/-



To Involve

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