



PHUGMOCHE

A LITTLE MOUNTAIN SCHOOL

1.- Introduction

During a multi-week trek on foot through Nepal, between the Himalayan Mountains on the way to Everest Base Camp, I had my first encounter with the Buddhist world. I witnessed a procession of Buddhist monks marching towards the city of Bhandar to celebrate a religious gathering and to receive the blessing of the lamas.

I was struck by their faith, kindness, and simplicity towards life, in spite of the precarious and inhospitable conditions in which they lived. They were full of an overflowing spirituality.

They told me that to them, walking is synonymous with purification. I then decided to walk for the next three weeks. Upon my return, I was directed to the town of Jumbesi, where I was told about a small school in the mountains that housed a significant number of children.

The school was hidden in the outskirts of town. The founders, Anneliese Dietrich and Ngawang Jinpa Lama, had a small monastery nearby and invited me to participate in the activities. I then offered my best carpentry skills in exchange for their reception and teachings.

The next year, at the end of my trip, I went back to repay the debt from the spiritual revelation I experienced in my life from their teachings.

In April of 2015, Nepal suffered from a major earthquake and subsequent cultural cataclysm, as the difficult conditions made it hard to access numerous monasteries and ancient towns on the East side of the Himalayas.

The small monastery and school that I visited was completely disabled. Now, the 105 children and monks that make up their community continue their education and practice in makeshift tents.

2.- History

Phugmoche is a Sherpa village, located 400 kilometers to the northeast of Katmandu. The only way to get there is by walking on the path towards Mount Everest and Tibet.

It was founded by a small Buddhist monastery, created for the children of farmers of the local Sherpas and neighboring communities.

The boarding school is attended by around 105 children and is maintained by the association PHUGMOCHE-NEPAL.

The training offered by the boarding school is essential to the intellectual, emotional, and spiritual development of the students.

In addition to teaching Nepalese Sherpa curriculum, The Phugmoche boarding school also preserves traditions, based on the ancestral Buddhist religion from Tibet to the East. Children learn to speak and write in their native Sherpa language as well as Nepali, the national language of the multi-ethnic state of Nepal.

Only ten years ago, education for girls was not considered. Today, 50% of the students are girls.

3.- Situation

On 25 April 2015, Nepal was hit by an earthquake with a magnitude of 8.1 on the Richter scale. The epicenter was in the Lamjung district.

The original facilities covered basic shelter needs. Serious damage resulted from the earthquake. It is not possible to rebuild without proper land surveys.

In addition to the monastery and boarding school, the town's old stone houses remain inaccessible due to the damage from the earthquake.

Right now, the children live and study in tents adapted to be dining halls, dormitories, and classrooms.

4.- The Project

4.1. Objective

Long Term Objective: Rebuild and recuperate the Phugmoche school to with active student participation in order to allow the continuation of scholarly activities in adequate conditions.

Short Term Objective: Help and work with the students, delivering all necessary tools, materials, and knowledge to increase the efficiency of the reconstruction.

We place a strong focus on orienting the students towards sustainability. This includes teaching planning concepts grounded in permaculture principles while promoting self-sufficiency and local economy.

The former buildings were made of stone, mud, and in some cases supportive wood, and were worn out by the environment. This made them very vulnerable to terrestrial movements, and, in effect, caused grave harm.

The project will focus on maintaining the esthetic language of local construction in order to preserve the heritage and architectural style characteristic of this part of the Himalayas.

We believe it is very important to preserve the traditional techniques of wood and construction work that local builders and artisans are known for.

4.2. In practice

Duration

The workshop will be divided into two parts: Theory and Practice. Depending on the donations that we collect, the workshop will last between 3 and 6 months.

Beneficiaries

The project is intended for the community composed of young students, the school, and its surroundings. The workshop will be divided into two age groups.

First group : adolescents (11- 16 years) and adults (16+).

Second group : Children (5-10 years).

It is important to include children in the project in order for them to feel involved and valued, as well as to stimulate and engage them with the material presented.

Workshop Content

We consider it important to prepare the teachers and local carpenters through theory lessons and practice courses so that they can help facilitate the workshop, share new ideas, and transmit different traditional construction techniques.

Theory

With adolescents:

We will teach theory (materials and their characteristics, basic structures, history), sketching, plan interpretation, carpentry basics, incorporation of local wood techniques, tool use, and basic sustainable construction principles. Working in groups will help develop communication, reflection, planning, and organization skills.

With children:

We will work with their ability to follow simple instructions with drawing and painting exercises, stimulating their abilities to observe, imagine, reproduce, and capture an idea on paper. The objective is to creatively develop their abilities to reflect, organize, and manipulate.

Practice

With teenagers:

During the practical workshop the group will apply learned theories. The students will practice carpentry techniques, safe tool use, geometry, plan reading and elementary structures. They will construct in real scale, for example, a small room, greenhouses, furniture, geodesic structures, building a house, etc. This construction will have a direct relation in the process of rebuilding.

With the children:

We will select simple toys to build that have a practical application. After selecting toys from a list, they will be guided in developing the pattern on paper, and then drawing the plans on wood. Adults will be in charge of cutting. The children will then assemble, sand, and varnish. Finally, they will learn the rules and play the game.

Logistics

Depending on donations collected, we will be able to build a space dedicated to teaching and tool storage, or find a place in town that will serve the same function during the workshop.

Classes will be taught in English with Nepali translations by a teaching assistant.

All activities will be documented and made into a book. It will be used to show the project's evolution in order to evaluate possible diffusion across other sectors and locales.

Future working plan

After the workshop with the students, it will be necessary to implement a plan to continue the rebuilding process for the school and the Phugmoche monastery.

Donation

The project will be divided into various stages that will build off of each other depending on the amount of money raised.

-Everest Project: If we raise USD 15,000 or more, we can take the proposed plan to completion over 6 months, including theory classes and the construction of a small workshop to teach and practice carpentry. Additionally we will be able to cover costs to house the volunteer team.

-Lhotse Project: If we raise between USD 12,000 and 14,000 we can take the proposed plan to completion over 6 months, including theory classes and all necessary tasks to execute the workshop. Additionally we will be able to cover costs to house the volunteer team (without construction of the workshop).

-Ama Dablam Project: If we raise between USD 10,000 and 11,000, we can teach over 4 months, including theory classes and practice, and all necessary tasks to execute the workshop.

-Base Camp Project: If we raise between USD 5,000 and 9,000, we can teach over 3 months, including basic tasks and materials to complete the workshop.

For detailed information, see the associated costs under section 6. Donaciones can be made in the form of money or materials listed.

5.- Organisation

The project started as a personal initiative by the following directors :

Leonardo Vergara Trujillo (Chile) – Industrial Designer, Diploma of Strategy and Project Management, Specialisation in Sustainable Architecture.

Emmanuelle Bastian (France) – Occupational Therapist, International Solidarity Training Volunteer.

Anneliese Dietrich (Germany) – Co-founder of the Phugmoche school, director of the NGO Phugmoche-Nepal.

Along with the directors, a small number of technically skilled volunteers will aid the project with the help of local teachers and carpenters.

The project is also supported by the NGO Phugmoche-Nepal and the Phugmoche School.

6.- Breakdown of Needs

Contributions 1 USD = 690 CLP (Chilean pesos)

Contributions from the Organization

Detail	Quantity	Cost in USD
Return Flight Kathmandu	2	3200
GOPRO HERO 2 Camera	1	240
Canon EOS 650D Camera + Lenses	1	2460
Basic Tool Box	1	680
Manfrotto Tripod	2	435
TOTAL		7.014

Required Contributions and Necessary Resources

The purchase of the following materials will depend on the amount of donations.

Manual Tools	Quantity	Cost in USD
Hammer	5	35
Pliers	5	30
Chisels	15	90
Measuring Tape (3m)	10	90
Measuring Tape (25m)	1	35
Level	5	50
Chalk Line	2	10
Crow Bars	2	20
Sledge Hammer	3	30
Screw Drivers	10	35
Framing Squares	5	30
Scissors	5	15
Cutters	10	20
Philips points	xxx	70
Shovels	10	170
Picks	5	65
Nails	xxx	150
Screws	xxx	150
Pencils	50	20
Compass	5	18
Hand Saw	5	70
Compass Saw	5	50
Action Clamp	5	57
Carpenter Clamp	10	150
Rubber Hammer	2	13
Laser Level	1	80
Angle Measure	2	115
Files	5	35
Manual Scraper	2	45
Work Gloves	40	58
Eye Goggles	10	17
TOTAL		1823

Machines	Quantity	Cost in USD
Electric Drill Makita	2	452
Zig Zag Saw Makita	2	200
Cordless Zig Zag Saw Makita	2	360
Electric Planer Makita	2	225

Horizontal Milling Machine Makita	1	113
Table Saw Makita	1	282
ElectricBelt Sander Makita	2	180
Electric Orbital Sander Makita	2	146
Miter Saw Makita	1	282
Makita Combo Battery kit 18V		1695
Chain Saw	1	x
Electric Saw	1	x
Charger and bag	1	x
Drill	1	x
Electric Screwdriver	1	x
Flashlight	1	x
TOTAL		3935

Admin Equipment	Quantity	Cost in USD
Laptop Computer	1	770
Printer	1	154
Projector	1	230
TOTAL		1086

Class Marials	Quantity	Cost in USD
Pencils	500	x
Squares 90 deg	10	x
Squares 45 deg	10	x
Rulers 60 cm	10	x
T Rulers	10	x
Angle Measure	10	x
Compass	10	x
Paper	xxx	x
TOTAL		434

Operation Costs	Time	People	Cost USD
Material Transport to Kathmandu			290
Material Transport from Kathmandu to Jumbesi			145
Crew Food	6 months	2	870
Crew Insurance	6 months	2	290
Crew Housing	6 months	2	870
Visas		2	90
Crew transport Kathmandu - Jumbesi - Kathmandu			145
TOTAL			2700

Description classroom building	Quantity	Cost in USD
Classroom construction and carpentry. Materials and Transportation	1	5.000
TOTAL		5.000



Thanks a lot for your help and support.



Phugmoche School



Leonardo Vergara Trujillo
REACCIONA