

Roots for Life



Newsletter February 2020

Namaste!

The new year is not old yet, but there is already so much new to report. We continue to devote ourselves to the topic of menstruation and the supply of sanitary pads, and something very special is planned in Ghunsa. Find out in the February Newsletter!

- In this newsletter you can still read news from the last project trip, but the next one is already scheduled. There is just so much going on that it is hard for us to keep up to report everything! ;-) **We will start on April 6th.**
- The production of **reusable sanitary pads made of fabric** has started. Women of the cooperative have attended a training and are already sewing eagerly. There are even plans to cooperate with the local government. They want to distribute the

- In Ghunsa there is already eagerly planning to have a training hall like the one in Chyangsar. The fields are developing well and the greenhouses are also being used busily. This is a **cooperation project with Chay Ya Austria and Chay Ya Nepal**, with the main financial support from the province of Vorarlberg.
 - pads to schools in the area.
 - Two important days of action still took place in 2019: The [25 days against violence against women](#) and with it the action "Orange the World" and [Human Rights Day](#).
 - The **scholarship holders will continue to be provided with everything**. Many thanks at this point to Lena Kremser, who put together packages for the girls and presented our projects.

Our initiatives change the lives of these people in a sustainable way. We thank all our sponsors and supporters who make this possible. Find out all the details about our projects in this newsletter and on our [website!](#)

Would you also like to support us? Just click [here](#) or make a direct bank transfer:

Roots for Life

"Project name" (if specifically requested)

IBAN: AT59 5800 0205 9986 9019

BIC: HYPVAT2B

Hypo Vorarlberg



Information

Nepal Projecttrip 6th of April - 8th of May 2020

The annual Nepal project trip in spring is coming up again soon. We are looking forward to it!



From Our Projects

Village Development Ghunsa & Chyangsar



A training hall for Ghunsa

The position is fixed, the first measurements made and the designs commissioned.



In Ghunsa a training hall like the one in Chyangsar will soon be built. Then the cooperative can meet and work together in Ghunsa. [More...](#)



Sanitary pad project started!

The first sewing machines, fabrics and materials have already been purchased. The women in Chyangsar and Ghunsa have learned to [make menstrual pads from fabric](#) in training sessions.

These are to be sold and distributed to schools in [cooperation with the local government](#). Menstruation is also discussed in educational workshops for women and the stigma is gradually being loosened. [More...](#)





Farm develops well

[Since spring 2019](#) a lot has happened on the farm in Ghunsa. The vegetables are growing and growing. The women can take more and more vegetables home with them. [More...](#)

Apple garden fit for spring

The new apple trees were well taken care of in winter, we are looking forward to the first blossoms in spring! [More...](#)

A greenhouse for every woman

In a study, progress in the villages of Chyangsar and Ghunsa has now been determined for the first time. The greenhouses have potential! [More...](#)

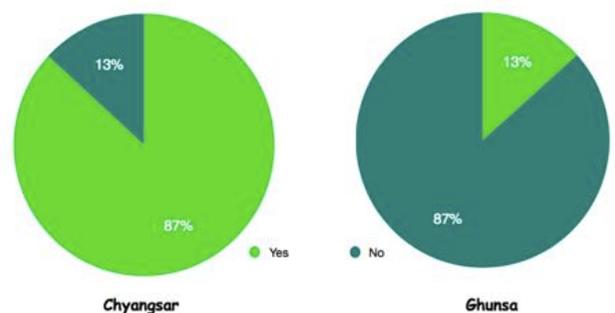
In Chyangsar, on the training farm



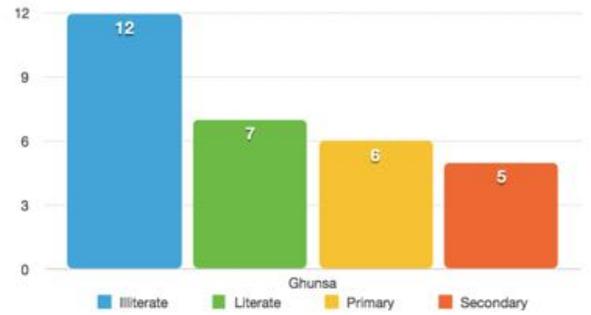
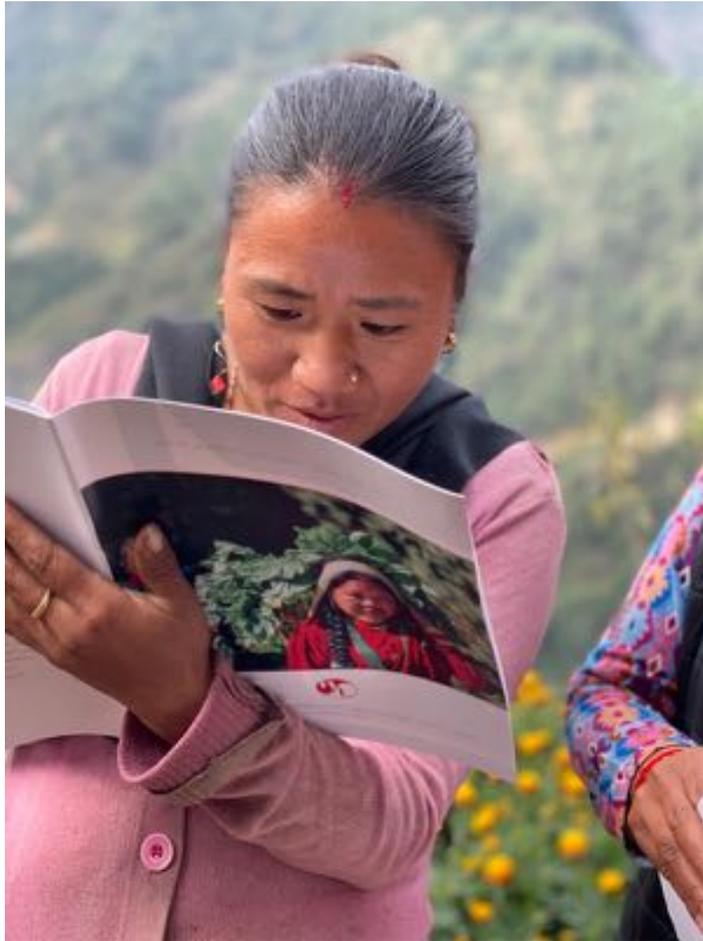
The [pest infestation](#) was also well contained.



5. Distribution based on presence of Green House:



now also sturdy greenhouses are being built with windows that open automatically depending on the temperature. Wind and weather can thus have less influence on the success of the planting. [More...](#)



Literacy rate continues to rise

The pictures in the project report are still mainly looked at, but through constant training more and more women are able to read and write. The status quo was determined in a scientific study. [More...](#)



Celebrating together

In order to appreciate the work of



The children in Chyangsar even organized their very own party as a

the women in the two villages, we have organised a [food festival](#) for the second time and announced a competition for the most beautiful vegetables. [More...](#)

welcome surprise during the last project trip in autumn 2019. [More...](#)

Scholarship holders from [Thade](#), [Chyangsar](#) & [Ghunsa](#)

Good grades

In spring our scholarship holder could not yet pass the exams after changing from the village school, in autumn she was the second best in her class.

Carola Gosch talked to the teachers on site and as a reward there was a trip to Kathmandu.

[More...](#)





Parcels for the girls

Lena Kremser bought clothes for the scholarship holders and lovingly packed them. The joy at the distribution was great, as a thank you Lena received a personalized letter. [More...](#)





Visiting Raksha

Although the official cooperation with Raksha Nepal has already ended, we still [support the children's house](#) where it is absolutely necessary.



For example, the girls were given warm jackets so that they would not be so cold in the unheated house. [More...](#)

Roots for Life - Inside



Christmas cards as support for Nepal

The company TOOLBOX has supported us again this Christmas with the [Christmas card campaign](#). We say thanks!

Commitment to Roots for Life

Lena Kremser was on the road again and collected donations. This time on a photo presentation of the circumnavigation of the mountain Manaslu. [More...](#)





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Information on the new EU-DSGVO can be found [here](#).

We can be reached at:

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