



HIMALAYA HILFE e.V.

Bank für Sozialwirtschaft Account: 3394500 RTN: 10020500
BIC: BFSWDE33BER IBAN: DE85100205000003394500

Himalaya Hilfe e.V. c/o Sabine Wollmann u. Ulli Göbel
Wisentweg 20, 13503 Berlin

c/o Sabine Wollmann und Ulli Göbel
Wisentweg 20
13503 Berlin, Germany
Phone: +49 30 4 36 34 23
Fax und voice: +49 (0) 3212 101 92 34
E-Mail: himalaya.hilfe@gmx.net
Internet: www.himalayahilfe.org

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Dear sponsors and friends,

We are happy to report back to you about the developments of Himalaya Hilfe and our projects.

In 2018, you donated a total of 263.108,90 euros for projects, personal sponsorships and emergency aid. For that, thank you very much from us and especially from all who received these funds. People are very grateful for your help – we hear that again and again when we see them on our tours. We hope you all received mail from your sponsored children and adults from India and Nepal. Meanwhile there are 965 personal and regular project sponsorships, and the mail is sent directly to you by the people responsible for the individual groups; we can no longer take these quantities with us to Europe.

Thank you also for the general donations, which cover costs incurred and ensure that we can still distribute 100% of all the sponsorship funds and appropriated donations, even after 25 years. Finally, thanks to all who help with their energy and ideas – like the class 9c from the Ida Ehre School in Hamburg. They are currently supporting one of the young monastic students in the Sharminub Institute in Nepal with proceeds from a bread roll sale at the teacher conference. And now, they plan to collect money for the small elementary school in Rey through the Fundraising platform GoFundMe. (www.gofundme.com/bildung-fur-kinder-im-himalaya)

Here is the news from the projects, starting with the school:

We already managed to find sponsors for 22 of the 29 students at the **Ka-Ten-Namgyalling School in Rey/Sikkim**. Everyone was very happy about that. The children are taught until 6th grade. Eight of the students are now in secondary school and are still supported by the sponsorships. Theoretically, if there was enough money for additional teachers and equipment, up to 60 students could attend this school. To give you an idea: 400 euros/month are needed all together for the 5 teachers currently on staff, and approximately 270 euros/year for the students' stationery, etc.

At our second stop, the **Mindu Tempen Monastery in Rey/Sikkim**, 12 of the 44 monks already have a sponsorship. A stupa is being built there right now. Rey Lama showed us the foundation and the plans. The stupa will be completed in March. There is ongoing construction in Rey and also at most of the other projects we support.

In the **Chokar Dechen Nunnery in Rumtek/Sikkim**, the structural work for new additional accommodation for the nuns was completed. Once they have the new building, the nuns won't need to live in such a cramped space anymore. They will also be able to accept new nuns into the monastery.

The new meditation hall of the **Dharma Chakra Center in Zimchung/Sikkim** is also nearly finished. With the new arrivals, there are now 90 monks, 61 of whom have a sponsorship. When we were there in the fall, masks were being painted for the lama dances ordered by the monastery in Leh. On that occasion, we learned that the Dharma Chakra Center has always been responsible for making the masks, and the other monasteries order from them.

The guest house is now ready at Nedo Rinpoche's **Kayathang Monastic School in Zimchung/Sikkim**, and you are welcome to visit. They are also about to build a bigger meditation room. We did not meet Nedo Rinpoche in the fall due to his teaching tour in Europe and America, so we distributed the sponsorship money to the 23 boys together with their English teacher. 13 of the boys have already received sponsorships.

The new classrooms at the **Diwakar Buddhist School in Takdah/Darjeeling** are finished. The next step is to renovate the old building, which was damaged by the earthquake a few years ago. It is to be converted into a guest house.



As in the **Diwakar Buddhist Academy (Shedra/monastic university) in Kalimpong/Darjeeling**, people are trying to create their own sources of income so that they no longer have to rely completely on donations. They are also building a guest house near the institute. New funds are needed for these activities as well as new sponsorships.

Another form of support was provided by Sebastian from Germany – the students of the Shedra were able to attend an event-management course for several days with him. Everyone was very excited.

Also in the **Karma Duggyud Choeling monastery in Ladakh**, the monastic students no longer have to live in such confined circumstances. The new accommodations were finished in the fall, and they even have a basketball court, which they enjoy extensively during the breaks. We were delighted to find a small museum there that one of the lamas had set up and will open to tourists in the near future. He collected very old and in part very valuable things from everywhere: ancient Buddhist texts, scroll paintings, ritual objects and historical necessities from Tibet and other areas.

As always, it was cold in Ladakh. Lama Woezer, whom you see in the photo, was very happy about the half-fingered gloves that we happened to have with us, even though the people in Ladakh are not as sensitive to the cold as we are.

That's also what we thought when we visited the **Rigjung school in Ladakh**, where all of the children sat in the sun on cushions in the yard to write the final exams.

For the nuns of the **Karma Chagchen Jampa Ling Nunnery in Leh/Ladakh**, thanks to a generous extra donation for a good heater and fuel, the winters will be a bit more comfortable. We were shown the heater straight away. It is possible to also heat a kettle of water with it. In winter, all the nuns move into the room with the heater. In Ladakh, it often gets very cold, down to -30° C.

Then we returned to the **Sharminub Institute in Raniban, Nepal**. 120 little monastic students are taught in 3 grades, and they all live there. The noise level is considerable, especially during breaks or when they loudly recite the texts they have to memorise. Khenpo Gyaltzen, the main monk in charge, told us everything is going very well. 30 of the boys have a sponsorship, and we are still actively looking for sponsors for the others.

The monks of **Raj Maha Vihar** still live at the institute. They (and we) are waiting for news on reconstructing the Swayambu Monastery, which was completely destroyed during the 2015 earthquake.

As always, in Leh, Kalimpong, Takdah, Rumtek and Delhi, we met the **children and the elderly** who don't live in the monastery and for whom you have provided personal sponsorships. They always come to the institutes/monasteries, where we usually spend the night, to bring us the letters for you, and the children also bring their school report cards. For the elderly who do not speak English, your letters are translated by our local staff.

Some of the young people have completed their training, which made us very happy. In such cases, we will inform you as soon as possible, also, if any other changes regarding a sponsorship(s) have been made.

Please let us know if you have not received any mail from the people you sponsor or if you have any additional questions. And please also let us know if there have been any changes to your name, address, etc. so that we can ensure you receive the mail and donation receipts. **You can send letters for your sponsored children to our address in Berlin until September 15, 2019**, which we will take with us on our autumn tour. Unfortunately, due to travel weight restrictions, we can only take letters with us (preferably with photos of you). If you want to give something extra in the form of money, we can distribute that as a personal gift.

Happy New Year to all of you! We look forward to meeting many of you in person at one of the Himalaya Hilfe booths throughout 2019.

Your Himalaya Hilfe Team