



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
Telefon: +49 30 4 36 34 23
Fax und AB: +49 (0) 3212 101 92 34
E-Mail: himalaya.hilfe@gmx.net

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Dear Sponsors and Friends,

We are happy to be able to report to you again directly from the projects in India and Nepal.

In October 2022, after a three-year break, we were finally able to travel through India and Nepal again without any problems, visit the monastery schools, monasteries and the two schools in Ladakh and Sikkim, and meet your sponsored children and adults in person. The organizers prepared everything very well and everything worked out great - as if there had been no break at all. A big praise to the responsible persons in the individual projects. We already worked well together during the lockdown period, despite all the difficulties that this time has brought.

After many years of cooperation on site, the mutual trust is very high. We have noticed that clearly. Himalaya Hilfe now exists for 30 years. In 1992 Shamar Rinpoche asked us (Sabine and Ulli) if we wanted to start the association together with him. In the summer of 1993 we were able to present the association at the summer course in Kassel. Many of you have joined us since that summer.

Thank you very much.

And so many more have joined over the years. Together we were able to get a lot of things going. Starting with 20 sponsorships in three projects in the first year. In 2022 you supported the people in the Himalayan region via 1095 project- or individual bound sponsorships in 27 projects and donated a total of 326.418 euros for sponsorships, projects, and the emergency aid. A thousand thanks for this from us, the people in India and Nepal and of course from Gyalwa Karmapa Thaye Dorje who, after Shamar Rinpoche's passing in 2014, has taken over the presidency.

Many thanks also to all who support us with their knowledge and energy, be it through graphic design, editing texts, setting up a new laptop, representing us at the stand for a few days and much more. Also for all the special fundraising campaigns you have started - e.g. for birthdays, weddings and retirement, where you have asked for donations for Himalaya Hilfe instead of gifts. Due to the general donations from you, it is still possible for us to cover the costs incurred and to continue to pass on 100% of the sponsorship money and donations for specific purposes.

In last year's letter we had reported to you that the **Rigjung School in Ladakh** has received the recognition to now teach up to grade 12. In March, the first class will take the national exam for this. The students and teachers are all a bit excited, but also confident. Additional free tuition classes will be offered during the winter break. One of the 10th grade students won the art painting competition in Ladakh. Now he is nominated for the all India competition. Everyone is very proud



of him. For the little ones, the manager, Mrs. Yangchen, plans to build a playground, and for the older students, a smart classroom will be set up. So there is a lot going on in the school and they are looking forward to more sponsorships and/or donations.

Also, a lot has happened in the last years at **Karma Chagchen Jampaling Nunnery in Ladakh**. The new classrooms and accommodations for the nuns are ready. In 10 new rooms, two of the older nuns live together with one of the young nuns. In the last three years many very young nuns have been admitted to the nunnery. The youngest, a pair of twins, are only two and a half years old. All of them take very good care of the little ones and Lama Tsultrim Topden has bought many toys and bicycles. On Sundays the girls have free time and play in the yard in front of the monastery, as you can see in the photo. The monastery was given 10 cows, which were housed outside. At the moment, acquaintances of Lama Tsultrim Topden are taking care of the animals. However, in the medium term, 2 cowherds will be needed, who will of course also be paid a salary. The monastery would be happy about a "cowherd sponsorship" to be able to pay them.

The **Karma Dupgyud Choeling Monastery in Ladakh** is celebrating its 50th anniversary this year. Celebrations are planned for August 2023 and everyone hopes that Gyalwa Karmapa Thaye Dorje can also come to participate. Last October, the complicated procedures of the lama dances were already rehearsed. These dances are always performed at such celebrations. Besides these special classes, the normal monastery routine and teaching continues. The monastery was happy to receive a new stove, which was bought from a special donation. And in winter in Ladakh it can get up to - 40 degrees. After all, Leh is 3500 meters high.

At the **Dharma Chakra Center in Zimchung/Sikkim**, celebrations are also planned in 2023. The new monastery building is to be inaugurated in November. The main hall is finished except for the paintings inside. The accommodation for the monks was still under construction in October 2022, but should also be ready by November 2023. There are now 100 monks living in Zimchung, and there have been many young additions here as well.

In Dharma Chakra Center we also received **the children and old people from all over Sikkim** to pay them the sponsorship money. Tsueltrim Tengyal and Choetso, who took care of the organization, "trained" some of the young monks this time. The administrative work in India for non-profit associations has become much more extensive, the government requires many documents from the associations when money is disbursed from abroad. Tsueltrim Tengyal can no longer manage this on his own. He has been working with us on site for many years, we are happy that he now has helpers.

In the **Kayathang Monastery School in Zimchung/Sikkim** of Nedo Rinpoche everything runs its course. At the moment 29 boys live there. 20 of them have a sponsorship. The English teacher, Ugen, helped them write the letters to you. He is our contact person on site for the monastery students. With Tsueltrim Tengyal and Choetso we were invited to a leisurely lunch in the monastery garden on our last day in Sikkim.

A lot was, and is also, being built in the **Chokar Dechan Nunnery in Rumtek/Sikkim**. We took a look at the new dormitories and the retreat rooms that are still under construction. Four rooms will be available for the nuns and also for guests who want to meditate, undisturbed, in retreat for a longer time. The rooms even have a small kitchen so that one can be completely self-sufficient. At the beginning of December we received photos of construction and renovation work at the Nunnery. All the nuns pitched in, hauling materials and plastering walls.



Last stops in Sikkim were the **Ka-Ten Namgyalling Primary School in Rey/Sikkim and the Mindu Tempen Monastery in Rey/Sikkim**. The village of Rey is about half an hour's drive from Zimchung. At the school the children welcomed us. All of them are very happy that they can go to school regularly again and are no longer taught online. The school and the parents are very grateful for the sponsorships, which make it possible for the children from the village to go to school at all. You are already supporting 49 children there; we are still looking for sponsors for another 20 children and for two teachers. The donations are used to buy teaching materials and carry out minor repairs. In spring 2022, among other things, five white boards were purchased.

In **Mindu Tempen Monastery** you support 20 monks. They are happy about the sponsorship money, which is divided equally among all monks from the monastery, as in all monastery projects. The special purpose donations are used for necessary building measures and food, things for daily use, etc.

This is also the case in the **Diwakar Buddhist Academy (Shedra) in Kalimpong/Darjeeling**. The students use the sponsorship money for books, daily necessities and often they save it to be able to visit their parents during the vacations. After the final exams and the wishing prayer festival in mid-December (Monlam), there are winter vacations until mid-February, which many of the students use for this purpose.

In contrast, many of the young monastic students at the **Diwakar Buddhist School in Takdah/Darjeeling** stay at the monastery during the vacations. Since it is quite uncomfortable in Takdah in winter, foggy and cold, they can spend the vacations in the Shedra. The Shedra students who do not go home take care of them during that time. The new meditation room in Takdah is ready. A nice big Buddha statue for it is still missing, which is unfortunately very expensive. Gyurme Tsueltrim, the director, told us that it would cost about 12,000 Euros.

In both institutes we met **the children and the old people from Kalimpong, Darjeeling and Takdah**. We received their documents and letters to you and heard directly from them what has happened in the past years. We are very happy that many of the sponsored children have now completed their education. There is a fully trained Tibetan doctor, a teacher, a Master of Science in Cybersecurity among them, just to name a few. They are all very grateful that they were able to complete their studies with your support.

At the **New Nalanda Tilopa Institute in Trilokpur/Himachal Pradesh** the letters to you were super prepared. Lakpa Tsering and two other Shedra graduates are teaching the monastic students there and are also responsible for the organization. The director of the institute, Ani Pema Zangmo, is now over 80 years old and that would be too much for her. However, Ani still has everything else "fully under control". We have observed how she very strictly inspected newly delivered building material, for which she is even feared by the companies! Lakpa went to the cinema with the boys during the summer vacations. "Thor love and thunder" was on the program. Everyone was very enthusiastic about the movie and the pizza afterwards.

The monks of the **Raj Maha Vihar Monastery in Swayambu/Nepal** are unfortunately still waiting to be able to move back to the monastery in Swayambu. They are still staying at the Sharminub Institute. As in the New Nalanda Institute, two of the Shedra graduates are now in the monastery. They teach Philosophy, Tibetan and English.

The small monastic students at **Sharminub Institute in Raniban/Nepal** are also receiving instruction from Shedra graduates. After graduation, the graduates are sent to the different institutes



to gain experience. Tshultrim Chopel has already worked with us at Shedra and told us that it is a great challenge for the graduates to supervise and teach the many young boys. Many of the new arrivals come from difficult family backgrounds and were brought to the institute by their parents during the Corona period. There are currently more than 100 boys there, 47 of them you are already sponsoring. After the boys received their sponsorship money, they first besieged the small store, and then joyfully strolled around the courtyard with chips, chocolate and other goodies.

As in the other places, we also met **the children and old people in Nepal** at the institute. They either came themselves or sent someone to come if they could not. Some of the old people are not so mobile anymore. We learned from the people in charge that the mail to Europe could not be sent until December. Only then, the air traffic for it was resumed. We hope that in the meantime you have received the letters from your sponsored children and adults.

This brings us to the **mail to your godchildren**. Since we can be directly on site again, it is easier for us to hand-deliver your mail instead of sending it digitally, as we did in Corona times. That was a lot of effort. So please send the letters to your godchildren to our address in Berlin. They should arrive no later than 15th September of the year. We will then take them with us on the fall tour. Please remember to inform us in time about address changes etc., so that the donation receipts and the letters of your sponsored people will reach you.
Thank you very much.

We look forward to seeing you again in the summer, at one of our booths, during the courses. Until then we wish you all the best for the new year 2023.

Your Himalaya Hilfe Team