



HIMALAYA HILFE e.V.

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Dear Sponsors and Friends,

A big thank you to all of you for your generous support of the people and projects in the Himalayan region over the past year. You are now helping the people in India and Nepal through 1.204 personal and project-related regular sponsorships. A thousand thanks from us and all the sponsored children and adults and the institutes and schools.

Including the one-off and irregular donations for individual projects and/or emergency aid, you donated a total of 344.582,50 euros in 2024. Thank you very much for this and for the general donations, which, as you know, cover the costs incurred. This still enables us to pass on 100% of the sponsorship money and earmarked donations.

To ensure that your donations really reach us in 2025, here is a reminder that the IBAN of the association's account at the Sozialbank has changed. In the meantime, the grace period of the Sozialbank is over, during which funds were still accepted with the old IBAN. So, please make sure you change it if you have not already done so. It would be a pity if there are returns.

Here is the new IBAN again: **DE89 3702 0500 0003 3945 00**

Many of the new sponsorships were taken on by you at one of our information stands, e.g. at the big summer course in the Allgäu. It's great to talk to new interested parties and sponsors, tell the story of Himalaya Hilfe and explain how we work. And we are always very happy to meet all our 'old' friends and exchange news about the sponsored children and other information. On this occasion, many of you have given us letters for your sponsored children. This is one possibility, but if we do not meet, you can send your letters to us in Berlin by post by 10 September at the latest. After consultation with our local people in charge, this is also the easiest method for them.

Umze (the one who leads the recitations) Tsueltrim Tengyal, who was travelling together with Gyalwa Karmapa Thaye Dorje in the summer, is one of the main persons responsible for Sikkim. You can see him in the photo with us at the stand in the Allgäu. Sarah, who already travelled with us in 2010 after graduating from high school, spontaneously decided to join us again in autumn 2024. She, Daniela and Maya accompanied us in autumn. In spring, Ursula joined us for the Darjeeling and Sikkim part of the tour.

As always, we first travelled from Bagdogra airport to.....

Darjeeling, a journey of almost 3 hours by taxi. Fortunately, there were no floods in spring - but in autumn the roads were partially closed again due to heavy monsoon rains and the subsequent landslides. But all went well; they were clear again when we arrived and at least one lane was



passable. In Darjeeling, we always meet Tenzing Wangpo, who is responsible for all projects in the region, for Takdah, Kalimpong and the children/old people in the area. We discuss what needs to be done and also meet some of the few sponsored, children who live in Darjeeling. Then they don't have to travel to Takdah or Kalimpong to meet us. One of the children is Sukden. He is deaf and dumb and thanks to the sponsorship, he has been able to attend a special school, already for over a year. Sukden is making good progress and feels very comfortable with his classmates and teachers. And he was very happy to receive a letter from his godparents.

The next day we travelled on to **Takdah**, to the **Diwakar Buddhist School**. Once again, Phuntsok Tashi and Gyurme, the director, did a great job there. They let the children and old people know when we are coming and even collect the letters and documents for you in advance. This enables us to work very quickly. In the autumn, Tashi Phuntsok had photos taken of all the monastery students and was busy cutting them up and putting them in your return letters from the boys. Everything is going well at the school. The ritual training in the monastery also includes making the so-called tormas (ritual cakes), which are used for various ceremonies.

From Takdah we travelled to the **Diwakar Buddhist Institute (Shedra / university for monks) in Kalimpong/Darjeeling**. Everything was well prepared there too. Karma Tsundu collected the letters from the Shedra students in advance so that we could have a quick look at them. There are now 123 sponsorships that you have taken on at the Shedra. Thank you very much for that. The students are delighted with their share of the sponsorship money, which is urgently needed for many of them to buy books, teaching materials and other things. The sponsorship money has been distributed among more than 170 students, and new students are joining every year. They often come from the Diwakar Buddhist School, the New Nalanda Tilopa Institute and the Sharminub Institute in Nepal, where they receive the basic training for their further studies. Lessons, accommodation and catering are provided by the institute. This incurs high costs. Your donations for the Shedra help to cover some of these costs.

This is an issue in all institutes, monasteries and monastic schools, including the **Dharma Chakra Centre in Zimchung/Sikkim**. We learnt from the abbot and Umze Tsueltrim Tengyal that around 2,800 euros a month are needed just for food for the 110 monks in the monastery.

In our last letter, we told you that there are many new arrivals and that some of the boys are very young. This year, even more boys have been admitted to the monastery and it has now employed two English teachers who also teach the boys other basic subjects such as maths. In addition, they are given lessons, e.g. Tibetan, so that they can read the meditation texts and philosophical treatises in lessons for the older ones. Apart from the interior paintings, the new monastery is finished and so is the new accommodation. In spring, after the winter holidays, some of the monks will be able to move in. As always, Umze Tsueltrim Tengyal and Choetso have organised our meetings with your **sponsored children and the elderly people** you support very well. They were very happy about the new sponsorships. The families often came along and we were able to send many of you up-to-date photos via Signal Messenger. We also offered this new option in last year's letter. The number of our Signal account is +49 1525 3574708.

Ursula met her two godchildren in Zimchung in March and went straight away with them to the café run by former godchild Rinchen. It is still going very well and is extremely popular, even outside Rumtek.

We were again invited to breakfast with the nuns from the **Chokar Dechan Nunnery in Rumtek/Sikkim** and then handed over your sponsorship money and donations. The new rooms there are almost finished. The new meditation hall will take some time to be completed. But progress is being made and the nuns are doing a good job in the nunnery. The mother of one of the



nuns has just stayed in the nunnery to recover from a broken arm. She normally lives in a remote area and has no one else to look after her. The nuns would like to thank you for your sponsorship and donations.

Many thanks also from Nedo Rinpoche to all of you who support his **Kayathang Monastery School in Zimchung/Sikkim** with sponsorships and donations. There are currently 31 monks in the monastery school and 15 of them have a sponsorship. Ugen, who used to teach English, now mainly takes care of the administration. A new English teacher has been hired. Our fellow travellers stayed in the guesthouse again. The 'alarm clock' in the morning was the boys who vociferously learnt their meditation texts by heart opposite the rooms early in the morning.

Finally, we visited the last stops in Sikkim, the **Ka-Ten Namgyalling primary school and the Mindu Tempen monastery in Rey**. First we always meet the children at the school who come with their parents. As you know, the school receives half of the sponsorship money and the other half is divided equally among all the children at the school, regardless of whether they already have sponsors or not. We have taken photos of the new sponsored children and, as we have already heard from some of you, the post arrived relatively quickly this time. The school would like to thank you very much for the donations. The headmaster and school management were particularly touched by a donation of 5 euros that we received from the children of Berlin friends on the summer course in the Allgäu. They 'sold' things they had made themselves and then donated part of the money. The director told the children about this at school and then everyone enjoyed the chocolate that was bought from the donated money.

Unfortunately, there were two unexpected deaths at **Mindu Tempen Monastery**. Lama Choggyal was 45 years old, and had a brain tumour. Passang Lepcha was only 39 years old, and died of heart failure. The appropriate rituals were held for both of them. Otherwise everything is going well in the monastery. The entrance gate to the monastery grounds has been completed. We were again treated to delicious food and the monks were very happy about the sponsorship money. As in the other monasteries, they used some of it to travel to Bodhgaya for the annual wishful prayer festival (Monlam) with Gyalwa Karmapa Thaye Dorje.

The monks of the **Karma Dupgyud Choeling Monastery in Choglamsar/Leh** were also looking forward to travelling to Bodhgaya. We were unable to visit Ladakh in March. It was very cold for a long time and the weather was so bad that the flights to Leh were cancelled for several days. But the children were happy about the snow and organised snowball fights in the monastery courtyard and built a monk snowman. In autumn, on the other hand, it was unusually warm; in all these years we have never experienced days with 17 degrees at the end of September. Of course it was great for Dani, Maya and Sarah. Apart from visiting the projects, they were able to see Leh and the surrounding area. Karma Jigme and the Khenpo of the monastery looked after them very nicely and arranged everything. Karma Kunga, who had a serious car accident last year, thanks you for the extra donations. He is back home in Ladakh and his mother is looking after him. Unfortunately, his legs are still paralysed and he needs care. The treatment is continuing. We spoke to his mother and she was very sad about his condition. We met her and the other **elderly people and children** at the monastery as usual and received the letters and documents for you. Karma Jigme collected everything and sent it to Europe.

Dani and Maya were able to meet their sponsored child Rinchen Wangmo at the **Ladakh Rigjung Public School in Choglamsar/Leh** - Rinchen showed them and Sarah the school and explained everything. In the meantime, we (Sabine and Ulli) discussed with the new school secretary in the office how the pocket money, which some of the children receive from their sponsors from time to time, was and is managed. They went shopping with the children and showed us the receipts and



lists of the remaining money. The school is delighted with the new sponsorships you have taken on and the pavilions that could be built with the donations. Many thanks to all of you from Ms Yangchen, the manager.

At the **Karma Chagchen Jampaling Nunnery in Choglamsar/Leh**, Ani Tsokyi (the main nun in charge) and Lama Tsueltrim Topden Rinpoche told us that the nuns were unable to go out for seven days in March because it was so cold. And there has been a great development - the monastery has managed to become affiliated to the Central Institute of Buddhist Studies. For now, teaching continues in the nunnery. More teachers have been hired for the nuns under the age of 14. Once they have completed Year 5, they will be able to continue at the institute, which is about 5 kilometres away from the nunnery. For the older nuns, the nunnery was able to recruit two more teachers from Nepal. They are nuns who have studied and completed the three-year retreat. They teach the older nuns philosophy, history etc. free of charge. Everything is going well in the nunnery and the nuns are also very much looking forward to the trip to Bodhgaya.

Ani Pema Zangmo, the director of the **New Nalanda Tilopa Institute in Trilokpur/Himachal Pradesh**, told us that it is very difficult to recruit new children for the institute. At the moment there are only nine boys left. Some of the boys have transferred to the Shedra in Kalimpong to continue their studies after five years of basic education at the Tilopa Institute. The institute is hoping for new arrivals in the spring. We also met the **children and adults** at the institute, where they brought us the letters and their documents. We managed everything in one day.

Finally, we were in **Nepal**.

Just like at the Tilopa Institute, Dani and Maya were able to meet another sponsored child at the **Sharminub Institute in Raniban**. It is always a bit exciting for the children to meet their sponsors. They are often very shy at first, like Tenzin Dhondup, who came with his mother. We saw the other **children and old people** on different days at the Sharminub Institute and the little monastery students were paid their pocket money. Unfortunately, the turnover at the Sharminub Institute is very high; it often happens that the children are brought to the institute by their parents or relatives, but are then picked up again after a short time to help out at home. In the past, this has led to some confusion regarding sponsorships. We have clarified this with Khenpo Gyaltzen and Tshultrim Chopel is trying to give us a sponsorship application in future only for those children whom he thinks the families will not take them out of the institute again after a short time. He and the other Shedra graduates who teach there take very good care of the little ones.

The monks of the **Raj Maha Vihar monastery** were also looking forward to travelling to Bodhgaya again. The end-of-year exams are at the beginning of December and then the big winter holidays begin. Everyone will then return to the monastery at the end of February/beginning of March. The monks have still not been able to move back to Swayambu. The new monastery is ready so far, but apparently some 'bureaucracy' is still necessary before the move can take place. There are also some new, very young monks in the monastery. The youngest ones can't write yet, so Lama Tenam has helped them to 'acknowledge' receipt of the sponsorship money.

That's all the news from the projects for you.

A thousand thanks to everyone who once again sought for donations for Himalaya Hilfe with special campaigns on birthdays and other occasions. A special thank you for the advertising you did, e.g. via Instagram and other social media. This has enabled us to award more sponsorships and reach people who would probably not have 'discovered' us otherwise or would not have been interested without your personal recommendation. Finally, many thanks to all those who have



supported us on a voluntary basis with their professional knowledge and energy, often for decades. Like Sabine, who has been compiling the photo page for us since 2006, Christian and Kurt, who take care of everything to do with the laptop and Doris, who looks after the website.

We are delighted to be able to achieve so much with you all.

We wish you a great new year 2025, good health, success, happiness and joy.

Your Himalaya Hilfe Team