

Background:

After the devastating earthquake of magnitude 7.9 on April 25th, the whole nation shook. Nepalese living abroad were in grief and worried how to help instantly. Hundreds of Nepali in Helsinki region gathered and expressed condolences to victims of earthquake. Meanwhile, a group was formed to go Nepal and deploy on rescue mission. After few days of homework, the team was able to fly Nepal on May 2nd.

The team:

1. Bhuwan Pokharel (team lead)
2. Rajani Maharjan [registered nurse]
3. Kiran Pokharel [registered nurse]
4. Sita Rayamajhi [registered nurse]
5. Shreeram Adhikari [volunteer]
6. Nabin Ghimire [volunteer]
7. Archana Gurung [registered nurse]
8. Anil Dhakal [volunteer]
9. Subash Gurung [volunteer]
10. Sanjeev Pathak [volunteer]
11. Jyoti Ghising [nurse]
12. Dr. Suman Thapaliya (*Trisuli Hospital, Nuwakot*)

** He joined us in Nepal*

Working area:

- We initially targeted 2 most affected districts **Gorkha** and **Sindhupalchok**. But with all added energy and spirit of volunteerism in group members, we succeeded to work on two more districts, **Lalitpur** and **Nuwakot**. All of our working areas were most remote areas of that district, devastated and lacking proper aid. Selection of volunteering areas was determined with the help of journalists, local administrative officers, news on social media, volunteering organization, etc.
- Gorkha: Saurpani and Dhodeni VDCs were covered. (just 2 KM away from the epicentre Barpak)
- Nuwakot: Fikuri VDC
- Sindhupalchok: Thulo Sirubari VDC
- Lalitpur: Gimdi VDC

What we did?

- Medical camps set up. Conduct health check up and provide primary medical services. (Around 1000 people were served)
- Medicine distribution.
- Food packages distribution (rice, grain, etc)
- Tent distribution (around 300 houses)
- Mobile charging facilities for villagers (with a portable petrol generator) in Gorkha.
- Trauma-relief campaign and practical training for teachers (*Gorkha*: 80 teachers from 10 schools, *Makwanpur*: 100 teachers from 20 schools).
- Financial support on building old care home in Bhaktapur.
- Financial support on building a primary school. (*Shree Janajyoti Prathamik Bidhyalaya, Chhoprak*)

Financial details:

- The total sum of **8250 Euros + (4000 NRs)** was collected in Finland before flying.
- The expenditure : (amount in Euros)

1	Medical equipments+ medicines	1290
2	Tent	3216
3	Food	1145
4	Transport	700
5	Grocery	400
6	Old care home building	365
7	Primary school construction	460
8	Miscellaneous (telephone, equipments, porters, local expenses, trainings + stationeries, etc)	710
	Total	8286

Sincere thanks to:

1. *NRN Finland*: (especially Byoma Tamrakar, Premraj Adhikari, Gautam raj Moktan) for air tickets and all other members for various support.
2. *Suomi Nepal Seuraa*: for money, tents, shoes and other gears.
3. *Cafe Paluwa*: for providing space for meetings and organizing tea party to collect money.
4. *Gerina Rana*: painter, whose paintings were auctioned to help our team.
5. *Finn Air*: for free tickets to HEL-DEL-HEL.
6. All our friends and well wishers from Finland, who provided financial and moral supports to our team.
7. *Teach for Nepal (TFN)*, Kupondol, Ktm: for providing us lodging facilities and helping us to reach in ground via their talented fellows.
8. *Gopal Gurung* (NRN district coordinator): for support and management in Gorkha.
9. *Dr. Suman Thapaliya* (Trisuli Hospital, Nuwakot): for joining us in Gorkha and Nuwakot camps.
10. *Dr. Nadia Rabah*: psychologist from Lebanon, who helped us to organize 'trauma relief workshop'.

Special thanks to all the villagers in Gorkha, Sindhupalchok, Nuwakot and Lalitpur, who helped us in many ways despite of their grieving moment.

Glimpses:







