



Durga Adhikari— *Dramatic Life Changes in Okhalepani, Nepal*

Learn more:

- What is a Biogas Digester?
- How can I give?
- What is a Lorena Stove?
- What is micro-enterprise?
- Why are water systems and hand pumps important?
- What is happening right now in each of the countries?

Find out more at:

choicehumanitarian.org



Durga Adhikari

An average day in Durga Adhikari's life before CHOICE:

- She hikes two hours through dense, steep forest with "hostile" animals to gather wood.
- Once home, she then would cut and dry the wood.
- Prepare meals over an open fire, made with

the gathered wood.

- She then cares for their three buffaloes and ox.
- Cleans and empties the cattle stalls.
- Begins the next meal.
- Cares for her two children, husband and mother-in-law.
- And before the day is over, she may have to hike another two hours for more fire-wood.

Enter CHOICE: A biogas digester is installed, producing energy for her home. This alone cuts her work time by 75%, freeing her to pursue education. In 2001, Durga completed a 3-month sewing training. She excelled and was given a sewing machine by the Department of Cottage

and Small Industries.

Now, she makes clothing for her family, has started a business and is the Village Sewing Trainer. As a result of Durga's success, her village has chosen her to be their representative in the community, meetings, agencies, etc. Durga comments, "CHOICE has brought a notable change in the lives of the villagers, especially the women, by installing biogas digesters in our homes and also by supporting sewing training as a skill development activity."

The dramatic changes in Okhalepani, Nepal are a direct result of your generous donations. Please help us by giving Durga and those like her the chance to improve their lives and villages.

Flowers in An Long, Vietnam

By Alycia Ferguson, age 13



"At one point during the day I was handed a little flower by a shy girl who seemed to have used up all her courage just to walk up to me – even though I didn't really care about the flower (it was crawling with ants) It was the thought that really mattered to me. To me it seemed to be a gesture of welcome. I was a stranger, she could have ignored me, but instead she welcomed me, making me feel like it was worth it coming down. It must have taken a lot of courage. I don't think I could have walked up to a complete stranger, a different race, and a person from a different world practically and give her a flower. To me, it made the world a better place."

Country Updates

All of this and more is possible with your help!

"It's always a joyful moment when we stop by some of our schools, seeing that the children are singing and playing or studying in those clean and comfortable classrooms."

—T. Linh
Vietnam Director

Bolivia—

In **2003**, the following projects were completed with your financial help:

- 9 School Rooms
- 1 Cafeteria
- 1 Kitchen
- 2 Health Clinics
- 6 Water Systems
- 6 Hand Pumps
- (assisting 225 families)
- 5 School Sports Courts
- 10 Greenhouses for production of food crops

In **2004**, with your help we would like to build:

- 16 School Rooms
- 6 Water Systems
- 37 Hand Pumps
- 5 Greenhouses
- 2 School Sports Courts

Nepal—

In **2003**, the following projects were completed with your financial help:

- Okhalepani Women Development Center: women are able to learn occupational skills and training to support their families
- 7 Water Systems (impacting 1500 people and 1100 school children)
- Dhuseni Health Post
- 3 Dental Clinics
- 14 Classrooms (education for 900 children)
- 20 Biogas Digesters
- 250 Lorena Stoves

In **2004**, with your help we would like to build:

- 4 New Adopted Villages
- Padampur Deep Tube Well (serving 2,789 people and 3,000 livestock)
- 300 Biogas Digesters
- 2-Room Addition to Secondary School
- Advance training for 25 women at the Okhalepani Center

The success of these projects depends on one thing—your generosity.

With your financial support, the results are amazing!

Upcoming Expeditions—*your adventure awaits...*

Dates	Country	Village	Status	Project	Share of Cost
Apr 24 – May 1	Mexico	Potrellois	open	Lorena Stoves & Medical Clinic	\$1592
Jun 20-22	Bolivia	Machu Picchu	open	TBA	\$650
Jun 22-28	Bolivia	Ingavi District	open	Water System	\$1329
Jun 22-30	Kenya	Myiani	closed	Classroom construction, Pit Latrines, desks	\$1995
Jul 11-21	Kenya	Vitzangalaweni	open	Classroom construction, Pit Latrines, desks	\$1995
Jul 25-Aug 1	Guatemala	TBA	open	Classroom construction	TBA
Aug 8-18	Kenya	Egu	open	Classroom construction, Health Action Day	\$1995
Nov 21-27	Vietnam	Mekong Delta Region	open	Classroom construction	\$1875
Nov 20-29	Nepal	Lamjung District	open	TBA	\$1837
Dec 26-Jan 2	Mexico	Guanajuato state	open	TBA	\$1592
Dec 26-Dec 28	Bolivia	Machu Picchu	open	TBA	\$650
Dec 26-Jan 2	Guatemala	TBA	open	Classroom construction	TBA
Dec 28-Jan 3	Bolivia	Ingavi District	open	Water system	\$1329