

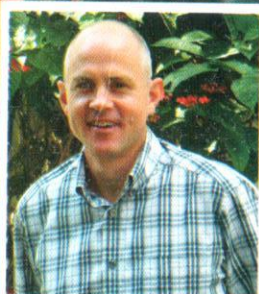
# UMN News

Issue 40 | September 2013



*Fullness of life for all, in a transformed Nepali society*





## Dear friends,

Welcome to this edition of **UMNews** in which our focus is "Building Together". The word "building" conjures up images of bricks and mortar, and UMN historically has contributed significantly over the years to buildings and infrastructure as part of its contribution to the development of Nepal. We do less physical building now, but building remains at the core of our work – whether it be building the confidence and competence of individuals such as our staff and interns, building cohesion at family and community level, or building the technical and organisational capacity of our partner organisations.

As with all our work, building in these areas is a joint venture with our partners here in Nepal and our many supporting organisations, churches and individuals worldwide. In all of this, we are conscious of the words of Psalm 127:1 "Unless the Lord builds the house, its builders labour in vain."

My hope and prayer as you read these stories is that you will be encouraged by the "building" that is taking place through UMN in the Lord's name and strength, and inspired to be a part of the process of building God's Kingdom in Nepal as well as in your own society and community.

**Mark Galpin**  
Executive Director



**3 Building Together**



**4 Building Capacity**



**6 Building the Future**



**8 Building Families**



**10 Training for Transformation**



**11 Breaking the Taboo**



**11 Harmonious Communities**



**12 News**

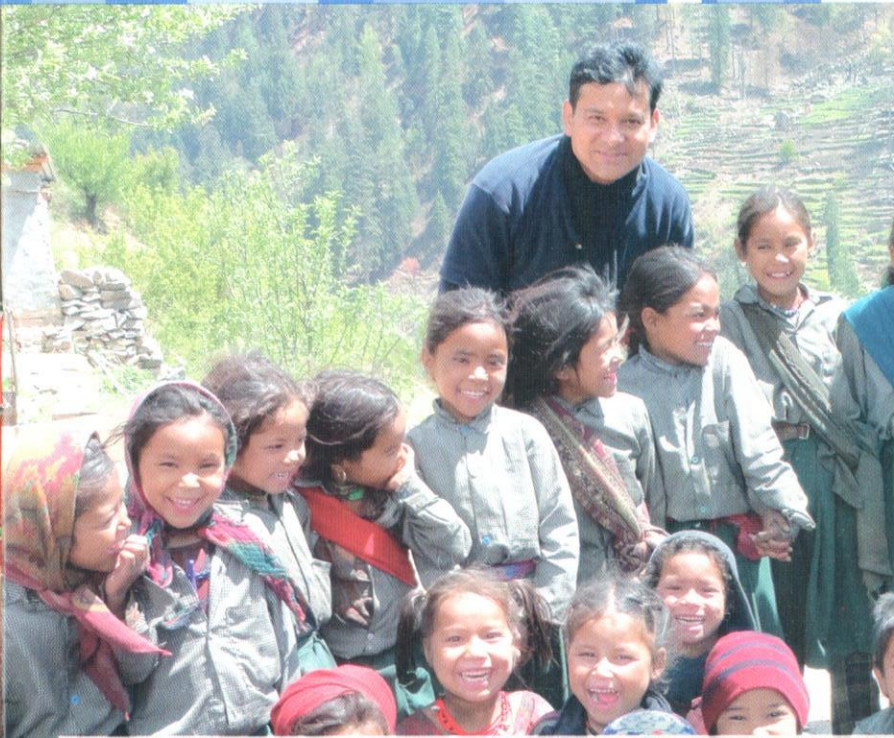


**13 Building Better Individuals**

**14/15 Respond**

Produced by the Communications Team, UMN  
Editorial Team: Vijeta Manaen and Lyn Jackson  
Design: Phil Rawlings and Ramesh Man Maharjan  
Cover Photo: Magne Vestøl  
© UMN 2013





# BUILDING Together

I enjoyed providing leadership, direction, coaching, and mentoring to the cluster team. In turn, the cluster team played an important role in working along with partner organisations, building the capacity of the community and transforming the lives of the poor and marginalised.

While working with local partners, UMN trains and coaches partners in organisational development, which includes strategy, policy, and human resource development. Our partners have gained much practical knowledge in running an effective organisation, resulting in well-implemented programmes in the community. Strong and positive relationships are built with line agencies and stakeholders. UMN's modelling of building the capacity of local partners has been appreciated by various district-level stakeholders for its sustainable approach to community growth.

UMN also works to encourage and train local churches and Christian fellowships to be active in their communities, sharing the Good News in deed as well as in word. As churches in Mugu are quite new, UMN has been involved in building their ability and confidence by promoting integral mission and providing encouragement and leadership support.

Through UMN's work, I am inspired to demonstrate the love and teachings of Jesus Christ, and to inspire team members to address the needs of poor and marginalised communities by building local partners, side by side (Sang-Sangai).

**Paul Chhetri**  
**Mugu Cluster Team Leader 2008-2013**  
**Currently HR Advisor, Thapathali**

**I had always enjoyed team work** and team building activities, so when UMN asked me to work as Cluster Team Leader in Mugu district, my long-time dream was realised. This was a once-in-a-life-time opportunity to build a cluster team and contribute to empowering poor communities in one of the remotest parts of Nepal. As Mugu is the least developed district in Nepal, I felt the leading of God to work and share His love among people who desperately need it.

But I needed to build my own skills first. UMN provided various opportunities for me to strengthen my leadership and community development skills and knowledge. As a learning organisation, UMN focuses on creating an environment for staff to learn and grow together. During Learning Reviews, cluster learnings are shared among cluster teams, developing our ability to do our job well. The expertise I gained in building an effective team was very valuable in setting up the new team in Mugu.



# BUILDING CAPACITY

## UMN'S CAPACITY BUILDING: A UNIQUE APPROACH

### WHY IS CAPACITY BUILDING NECESSARY?

The number of development organisations in Nepal has been increasing rapidly since the government decreed that all INGO-supported development work must be implemented by Nepali organisations. However, in poor or remote areas, most organisations representing communities lack the essential knowledge, skills and confidence to manage their organisation and do this job well. Similarly, community groups struggle to initiate and sustain improvements in their health, education, livelihoods and other basic needs. Therefore, building the capacity of individuals in the community and local organisations who work with them is absolutely essential. It is needed to create ownership and participation, to get the best use of resources for each situation, and to sustain interventions that are started with outside help.

### CAPACITY BUILDING DEFINED

There is no single definition that everyone accepts. Capacity building has a broad variety of meanings, sometimes being referred to as an *instrument* (tool), a *process* (means), an *objective* (ends) and a *general approach to development*.

UMN understands capacity building as "*an intentional process by which UMN facilitates the development of organisations, communities and individuals to better achieve their goals or desires in a sustainable way*".

This definition clarifies some critical questions about capacity building: **what** it is, **how** do we do it, **whose** capacity do we build, and **why** it is essential.

#### What?

Capacity building is "an intentional process". To make an intervention intentional, you need to know what the current situation is, and what areas need improving. In addition, being intentional means having a specific goal or target, a clear process and methods, and specific activities. Therefore, good capacity building always begins with a proper assessment. This should not only identify the problems and gaps, but

also what strengths and opportunities there are in communities or with partners. Capacity building is not a fault-finding process!

#### How?

UMN plays a *facilitative* role in building capacity so that partners and communities can decide from various choices what fits best for them. We are not in charge.

#### Whose, and Why?

The aim of UMN's capacity building work is to strengthen our partner organisations, so that they can deliver quality services to their target groups effectively, efficiently and sustainably; and to empower communities towards "fullness of life".

For UMN, capacity building refers to both the organisational and technical (health, education, livelihoods and peacebuilding) capacity building of UMN partners and community groups, so that they can effectively and efficiently work to fulfil their vision, mission and goals in assisting communities to meet their needs.

### A UNIQUE APPROACH

UMN's capacity building is unique in many ways. It is not "project oriented". It is holistic, intensive and long-term. It is two dimensional; it involves developing both the organisational and the technical capacity of partners and their target communities. UMN believes that both organisational and technical skills must be improved simultaneously to achieve the most impact in a community.

### WHO BUILDS WHOSE CAPACITY?

We may think UMN builds the capacity of partner organisations, which is true, but is not the whole truth. Capacity building is in fact a reciprocal process. We can learn from partners and communities to build our own capacity in many ways. We are often encouraged or challenged to keep on learning and sharpening our own knowledge and skills. We must be open to learning ourselves from our partners and communities in the capacity building process.

**Jeevan Karki**

**Capacity Building Lead Advisor**





## WHAT OUR PARTNERS SAY ABOUT CAPACITY BUILDING

"We learnt about empowerment and advocacy. We facilitated discussions about the government's budget allocation for the development of Dalits [socially and economically oppressed caste groups]. We conducted various programmes in the communities. Now there are more Dalit students in our schools and greater Dalit representation on the School Management Committee..."

**Shyam Magarati, Dalit Welfare Organisation, Dhading**

"We have had great opportunities to develop our organisation with UMN partnership. If we did not have this opportunity, we could not imagine whether our organisation would even exist..."

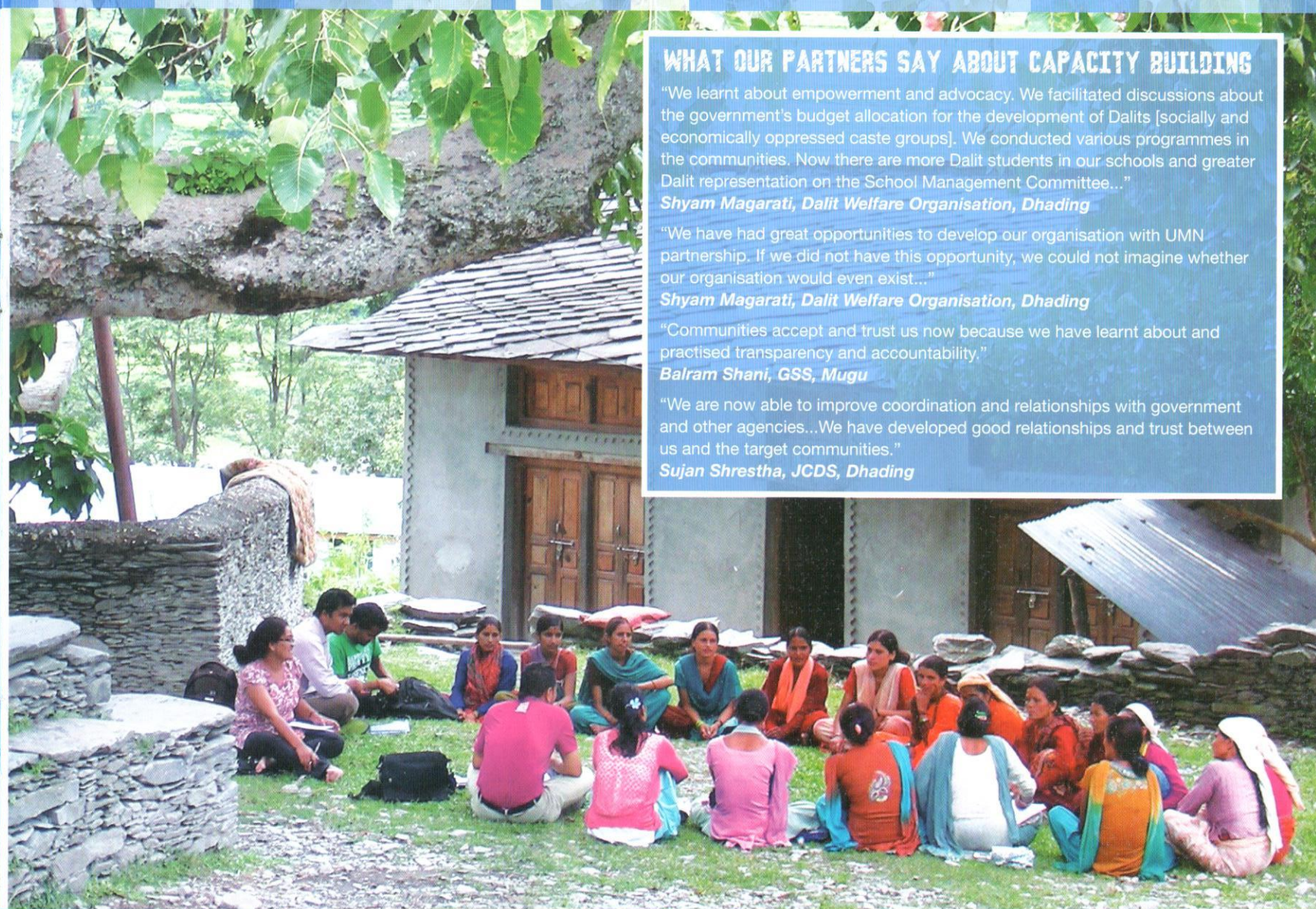
**Shyam Magarati, Dalit Welfare Organisation, Dhading**

"Communities accept and trust us now because we have learnt about and practised transparency and accountability."

**Balram Shani, GSS, Mugu**

"We are now able to improve coordination and relationships with government and other agencies...We have developed good relationships and trust between us and the target communities."

**Sujan Shrestha, JCDS, Dhading**





# BUILDING THE FUTURE

Building together is fun, especially when it comes to building confidence, character, and competency in young people. UMN's Internship Programme has been working towards building these qualities in young Christian men and women for the last six years. Over these years, almost 50 young people from more than 20 districts of Nepal, who come from various church backgrounds, have graduated from the programme. Thirty-eight of them are employed in various churches and development organisations, where they continue to promote integral mission through serving the people of Nepal.

The vision for equipping the younger generation for community development was born when UMN realised that there were very few applications from qualified Christians to fill vacant positions. So, the Internship Programme was designed to provide sound biblical understanding about mission, technical competencies on social issues and professional skills for community facilitation and mobilisation. Over a one-year period, the interns are taught integral mission theology, placed in UMN technical teams and taken to the field for grass-roots experience of community development work.

After completing the programme, they are ready to compete for jobs in a number of areas with competencies in:

- Integral mission
- Project planning and reporting
- Interpersonal and leadership skills
- Conflict management
- Community facilitation
- Mediation and counseling

Divya Khanal  
Integral Mission Team Leader



Hi, I am Bimala Shrestha, the 5th child of a middle-class family in Gorkha. My father was an uneducated farmer, but he always inspired us to study well and would exempt us from household chores. I joined UMN in 2007 as an Intern and was placed in the Peacebuilding Team. There I began to understand that peacebuilding was not a magic wand but a process that facilitates the establishment of durable justice and tries to prevent the recurrence of violence. It does this by addressing the root causes and effects of conflict through reconciliation, institution building, and political as well as economic transformation. Right after graduation, I started to work with UMN as Peacebuilding Officer in Bajhang.

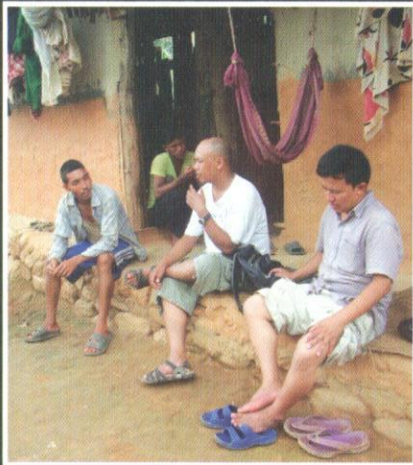
Now, I am working as a Senior Officer in the Peacebuilding programme in Sunsari Cluster. I am involved quite intensely with the Inter-faith Peace Network, helping communities to respect and actively participate in each other's faith and religious celebrations, thereby creating a peaceful community. The Trauma Healing Programme with Koshi Flood survivors gives me great satisfaction to see how families are healed from that horrifying trauma, and have restarted their lives after the devastating effect of the flood of 2008. They are being empowered and strengthened in their own knowledge and skills, so that they are able to create their own future in the wake of disaster! Cross-Border Security developments in the southern-east part of Nepal have enabled us to see significant reduction in cross-border crime. Ultimately, all of these positive changes fill my heart with joy and peace! I am humbled to see transformed lives in the communities, and I am inspired to do more in this field.

I really thank God for using me as a member of this movement of restoring people's lives, and am grateful to the UMN family for continuous prayer support and encouragement.

*Bimala Shrestha (front row right), UMN Intern, 2007*







My name is Tara H Tawa (*centre*). I am a happy man with my wife Aruna and son Tarak. I was looking for a career development opportunity so that I could serve disadvantaged communities of my own country. I got the chance to work in UMN as an intern, where I learned the basics of holistic development and was inspired to work in the rural areas.

After my graduation in 2012, I was ready to work in rural areas - out of my comfort zone. World Vision International Nepal employed me as development co-ordinator in Udaipur district. Now I co-ordinate a number of projects such as livelihoods, quality education, maternal and child health and nutrition, child protection and sponsorship, etc. I am working with different target groups and faith communities, and promoting the biblical concept of holistic development. I spend days with people in the villages where email and internet are never heard of, where you must walk miles to phone your dear ones as mobile phones are useless, and you walk for days to see motorable-roads. I facilitate villagers as a catalyst for their own development. I appreciate their immense contribution to my life, as I have been learning various life-changing lessons from these simple people.

I thank God and those in UMN who saw the potential in me and provided this opportunity by constant encouragement, guidance and practical exposure in the rural and disadvantaged areas.

*Tara H Tawa, UMN Intern 2011*

UMN Internship is one of the best platforms to sharpen my knowledge and to gain a meaningful experience in life through training, workshops and remote area posting. UMN's services in the community provided me with an excellent opportunity to learn more about people from remote areas and their needs. Serving those who live in poverty has been a great and fulfilling blessing in my life.

I have been posted in UMN Rupandehi Cluster for the last three months. Working with the Health Team has been a rewarding experience. UMN's work in community through community health, HIV and AIDS prevention and mental health services has been one of my most challenging and valuable learning experiences. My recent visit to Rukum added to my confidence and helped me to learn more about UMN's approaches to development. I am more knowledgeable on issues that affect people's life, health, education, politics and coping strategies in emergency. These experiences increase my patriotism and give me more confidence in serving the needy.

I can say that these experiences have been very valuable to me as I build up my professional as well as spiritual life! I am grateful to God Almighty for this opportunity. I thank my family, friends, praying partners and UMN family for their continuous prayer and support for this learning experience.

*Kripa Subedi, Health Intern 2013*





# building families

## rupandehi

**In most cultures**, families are the building blocks of strong, healthy communities. Parents want to see their children grow up into confident, productive adults, able to support their own families and contribute to society. They try to provide a safe, nurturing environment where children can reach their potential.

That's not easy in the bustling city of Butwal, close to the Indian border. Nepalis and Indians don't need visas to cross, and this creates opportunities for all kinds of mayhem. Human trafficking is rife; children lured away with the promise of money to work on farms and in factories in the south, girls offered restaurant and office jobs, only to end up in the brothels of Indian megacities. It is estimated that 10,000-15,000 women and girls are trafficked from Nepal to India each year, 20% of them under 16.

The Sundar Nagar Mothers' Group (*photo right*) is trying to protect the community's children and young people. This Anti-Human Trafficking Project, initiated by UMN and its local partner Lumbini Christian Society, seeks to address the issue at its source – it's preventative. Women's groups learn about women's and children's rights, issues of domestic violence and early marriage, and the risks and dangers of trafficking and seasonal migration. They raise awareness in the community, particularly with vulnerable families. Maya Tamang, the chairperson of the group, explains that their objective is to build strong, resilient families. "We want our children to have a better life than ours," she says. "Not endless labour."

The women around her nod emphatically. "We've made our own families strong," says another, "but we worry about the children of parents who don't know or don't care, or children who don't have parents or whose parents are away."

Many parents are "away". They sign up with employment agents for unskilled labouring or domestic work in the Gulf, Lebanon, Malaysia, Korea

or Japan. Sometimes, families have emptied savings accounts or sold land to give one of them the chance to make a fortune in "Bidesh" (a foreign country) and send money home. About 1000 Nepalis leave for foreign employment every single day.

For many, the dream becomes a nightmare. They find themselves housed in appalling conditions, their passports and papers taken from them, working long hours in difficult and dangerous conditions, their income taken to pay "debts" owed to the agents. An estimated 90% of Nepali migrant workers are employed in the informal sector, without any form of labour protection.

The Sundar Nagar women worry that their children will be tempted by the hope of employment "outside" – either in India or overseas. It's not surprising – unemployment in Nepal is around 42% and a third of Nepalis live in poverty. The women believe that education is the key, and make huge sacrifices to see that their teenagers stay in school.

They are determined to hold their families together. It won't be easy for them. Domestic violence, alcoholism, discrimination, poverty, the threat of trafficking and the lure of migration are all hazards to women who want to build strong families and raise principled, empowered young people. But they are united and determined. "We've learned many new things. We know our rights, and we can teach our husbands too," says Maya. "There is power in the group."







# Women's Peace Group *to the rescue*



**Sarita's (not her real name) family is very poor.** At 21 years of age, she is the oldest child, and as such has the responsibility of helping to look after the family and support them financially. So when her neighbour, Dhan Maya, offered her a chance to go to Kathmandu and work there, and promised she would be paid NRP 5,000 (USD 52) monthly, she leapt at the chance.

Fortunately, the local Women's Peace Group (part of UMN's Anti-human Trafficking Project) realised that Sarita was missing and started searching for her. They noticed that Dhan Maya was also missing. Someone said that they saw Sarita with Dhan Maya in the bazaar. So a big group from the community tracked Dhan Maya down and took her to the police station. There she admitted that she had given Sarita to an agent in Butwal. The police contacted Maiti Nepal<sup>1</sup> on the border, and Sarita and the agent were stopped. Sarita was safe.

With help from Maiti Nepal, a case was registered and the agent was sent to jail. Dhan Maya was also taken to the jail for further questioning.

Now Sarita is back at home with her family. Her parents are very thankful to the Women's Peace Group. If they hadn't been so alert and helpful, their daughter wouldn't have been with them now.

<sup>1</sup> Maiti Nepal is an NGO that works against human trafficking. It has a presence at many of the Indian border crossing points in order to identify at-risk women and girls and if possible prevent them being taken into India against their will.

**Sarita (front) with her mother and two of her brothers.**





## TRAINING FOR transformation

Back in the early 1990s, a young dental hygienist from UMN's Patan Hospital spent his holidays walking the narrow trails of rural Nepal. In his backpack he carried the tools of his trade and, wherever he stopped, he offered free dental checkups and care. He found villages without basic services, and people with many needs – physical, social and spiritual.

This experience fueled Ramesh Khadka's desire to work for change. He established Share and Care, a Christian Nepali development organisation, which took over management of UMN's Pharping Clinic in 1994. From that small beginning has grown an indigenous Nepali organisation, founded in a commitment to Christ and a desire to see holistic transformation, that has brought empowerment and hope to many communities.

Now Share and Care's experience and passion is reaching out even further. After years of planning, a Diploma course in Community Development Management has been launched. Twenty-five participants have just completed a two-month intensive at the Share and Care Transformational Development Centre, and are heading back to their communities to put into practice what they have learned, with the support and advice of their tutors.

Eight UMN partner staff members and one UMN Integral Mission Officer have been part of this first batch of community development trainees.

Congratulations to the students, and to Share and Care.  
UMN is proud to "Be part of the transformation!"



# BREAKING THE TABOO

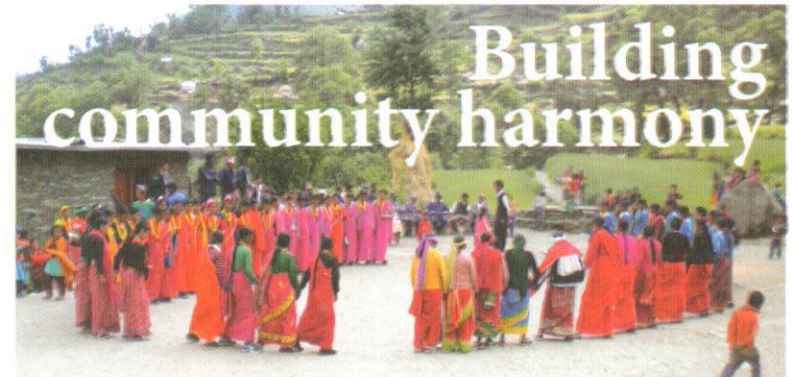
**Sex education remains under debate** in most schools in Nepal. However, in the villages, girls are married off as young as 13 or 14 years of age. By the time they are 20, they are mothers of two or more children. Early marriages of girls and early childbearing are often due to poverty, dowry pressures, parental concerns about premarital sex and pregnancy and other economic and cultural reasons. In semi-urban settings, it is becoming fashionable for girls to engage in unsafe sex that results in unintended pregnancy. So once a daughter nears her 20th birthday, parents start thinking about her marriage. Most young people learn about sexual and reproductive health through their peers, and this is sadly often very misleading.

CFLE (Christian Family Life Education) is a twelve-week programme conducted by local facilitators for church youth groups. This excellent material has been successful in breaking the taboos and engaging young people in interesting participatory activities, discussions and games.



So far UMN has taken the CFLE training to 115 churches across Nepal and has reached hundreds of young people. For some, the training has been a life changing experience; it has helped them to understand the real meaning of life and to understand the value of family.

*Nalome Rongong at the launch of the CFLE handbook, 2012*



**Building community harmony**  
In remote communities in Lekgaun, Bajhang, some groups didn't speak to each other, because they had been on different sides during communal conflict. Dalits (low caste people) were not included in any kind of communal activity.

One important community occasion is the traditional deuda song competitions, in which groups of men and women compete against each other. The deudiya (leader) asks a question in song, the group repeats the question; then the other group has to respond with witty lyrics. Whoever is unable to respond loses.

However, this community was so fractured that they had to make separate groups. Dalits made a Dalit group, because no-one else would join them. Two other conflicting groups, the Budhas and the Chalaunes, had to make their own groups too. The practice of social intermingling was almost lost.

Dalit Help Society (DHS), a local UMN peacebuilding partner, initiated mixed deuda song competitions to restore broken relationships and help people understand each other better. People got involved in this joint activity without caring about their previous bitter enmity, forming mixed groups. Dalits were accepted in other groups, and people of the Budha and Chalaune communities also mingled.

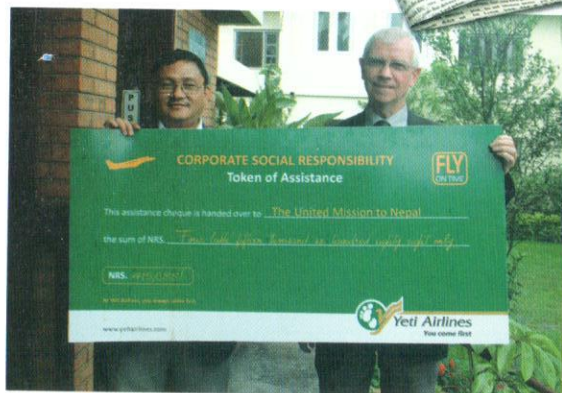
This activity gave the message that community reconciliation provides great happiness and harmony, which can help people forget the bad moments of life. Together, they sang songs about community reconciliation, gender violence, alcoholism and sanitation etc. Everyone thoroughly enjoyed themselves.

Now, people feel more comfortable communicating with each other. A sense of brother-and-sisterhood is slowly developing.



## NEWS

umn.org.np



## THANKS, YETI AIRLINES

**Yeti Airlines** operates more than 40 domestic flights a day in Nepal, serving many remote parts of the country with challenging take-offs and landings. This popular airline recently gave a cheque for NRP 400,000 (USD 4,444) to UMN as part of its Corporate Social Responsibility programme. Yeti gives NRP 1 per ticket to each of four organisations involved in development work in Nepal, including us. UMN will use the funds in projects with an environmental impact. David McConkey and Dewan Rai were delighted to receive the cheque on UMN's behalf.



facebook.com/umnnepal



@umnnepal #umn



youtube.com/umnepal



1,210

## NEW WEBSITE

On 22 July the new-look UMN website was launched! Visit at [umn.org.np](http://umn.org.np) to see stories and videos of our work.



## NO OTHER FOUNDATION

**Don't forget** the UK UMN and INF Conference, at The Hayes Conference Centre, Swanwick, 20-22 September. Go to [umn.org.np/nepalconference2013](http://umn.org.np/nepalconference2013) or contact the conference secretary on +44 1 121 472 2425.

**'NO OTHER FOUNDATION'**

20 - 22 SEPTEMBER 2013

FOR NO ONE CAN LAY  
ANY FOUNDATION  
OTHER THAN THE ONE  
ALREADY LAID WHICH  
IS JESUS CHRIST 1 COR 3:11

The Hayes Conference Centre,  
Swanwick, Derbyshire,  
DE55 1AU

A conference organised by:

## HEALING COMMUNITY TRAUMA

**After a lot of hard work**, testing and revision, UMN's Trauma Healing flipcharts were finally launched on 29 July, 2013 at the Greenwich Hotel in Kathmandu. This interactive group teaching material was developed by Charlotte Shristi, who worked as the Peacebuilding Advisor in UMN. Aimed at communities which have experienced very difficult situations, the materials have been developed and piloted with several groups. Rukhiya Mandal (*pictured*), a Koshi Flood survivor, reports that the materials have been very effective with women's groups in Sunsari.





## IF...

**IF food was distributed fairly** – THEN everyone would have enough to eat!

That was the thinking behind the “IF” campaign in the UK, where 100 agencies joined together to ask the world’s richest nations, the G8, to make sure everyone has the food they need.

UMN joined four of our UK-based supporting partners, by making “spinning flowers” and photographing ourselves in the



shape of a big IF. We had fun, but hunger is a serious thing. In Nepal, 4.5M people are undernourished – that’s a 5th of the population! Fifty children out of every 1000 die before their 5th birthday, with hunger being a major cause.

## SCUBA MAN!

**Darryl Jackson** models the old UMN t-shirt before taking the plunge at the Great Barrier Reef in Australia.

The **ALL NEW** UMN polo shirt is available now! Visit us in Communications or send us an email [communications@umn.org.np](mailto:communications@umn.org.np)



## BUILDING BETTER

**Nalome Rongong**  
Senior Programme  
Officer - Health

# Individuals

“Learning is everything.”

**I started with UMN in October 2007**, as an Intern in the Women and Children Team (*now known as the Health Team*). From January 2008, I was given the opportunity of learning in the same team for a year-long professional development traineeship. During that year, I worked full-time on developing Adolescent Sexual Reproductive Health (ASRH) training material for Christian young people, which UMN had just initiated.

Since I was young, I have been very passionate about working with children and young people. The ASRH programme was completely new for me, but we took baby steps in its implementation. There’s a saying: “Learning is everything and nobody can do anything to stop you from learning.” And I have learnt with many trials and errors. The initial struggling days were challenging for me, talking about the issues of sex and sexuality in front of young people like me, church leaders and elders. It still is not easy for me. From that starting point, UMN has been able to develop a Christian Family Life Education (CFLE) programme for young people, teaching about Sexual and Reproductive Health (SRH) and HIV and AIDS issues from a biblical perspective.

Part of my work involves capacity building, training and advocating for young people on SRH issues and life skills. I enjoy visiting communities in remote areas, where I have opportunities to interact and learn from young people. UMN’s environment has given me ample opportunities to grow and build my capacity. These five years of working with young people have been very beautiful. Everyone says UMN is a learning organisation. For me, it is not limited only to learning; it is investing in young people like me, building better individuals!







### Nepal has a long history of labour migration.

Nepali domestic workers in foreign countries in the Gulf (mostly women) are particularly vulnerable to sexual assault, and rape. Men migrating to India often return to their wives with HIV or AIDS. Please pray that the Nepali Government can make more job opportunities available for young people, so that more can be saved from hopelessness and frustration. (See pages 8-9)

**Pray for UMN's Organisational Development Team** led by Jeevan Karki. The team works hard and travels frequently to remote districts to train and encourage local organisations. Pray that, as they set up, mentor and build local organisations to serve the communities, they will be fulfilling UMN's mission. (See pages 4-5)

**Pray for UMN's internship programme** which has been running successfully for the last seven years. Divya Khanal has been newly appointed the team leader for Integral Mission. One of his important jobs is to teach integral mission theology to the young interns and build them up to be professionals in their specific areas while they are in UMN. (See pages 6-7)

**Pray for the UMN partner staff** who are participating in the Diploma of Community Development Management with Share and Care. At present, they are back in their communities, putting what they have learned into practice. (See page 10)



### DONATE ONLINE

[umn.org.np](http://umn.org.np)

Give via credit or debit card from anywhere in the world. *For UK donors, this site offers tax-efficient giving.*

### INTERNET BANKING & MONEY TRANSFER

Set up a payment or monthly standing order to transfer funds.

#### UK & EUROPEAN CURRENCIES

Pay to: **United Mission to Nepal**

Sort Code: **60-91-99**

Account Number: **10078177** (Sterling)  
**10615512** (Euro)

#### US & NEPAL CURRENCIES

Transfer or wire to:

**Standard Chartered Bank Nepal Ltd.**  
**PO Box 3990, Nayabaneswar,**  
**Kathmandu, Nepal**

Account Number:

Swift Code: **SCBLNPKA**

**01048879851** (USD account)

**18048879810** (NRS account)

### MAIL DONATIONS

#### POST DIRECTLY TO NEPAL

Make a cheque to **"United Mission to Nepal"** in Euros, Sterling, Australian, Canadian or USD

Mail to:

**Finance Team (40), UMN**  
**PO Box 126**  
**Kathmandu, Nepal**

### OTHER OPTIONS

Contact [finance@umn.org.np](mailto:finance@umn.org.np)

- To designate your gift for a certain cluster or area of work
- To find out about tax-efficient giving in the UK, USA and Australia





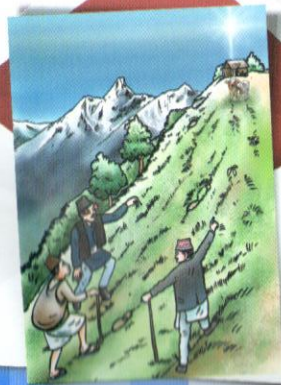
# tell others

GBP/EUR  
**3.50**

USD/AUD/CAD  
**5.50**



**What better way to tell others** about UMN and our work than to send them a UMN calendar or Christmas card? Both are available to buy from Communications. Email [communications@umn.org.np](mailto:communications@umn.org.np), write to us or visit and tell us how many you would like. The calendar features 12 eye-catching photographs showing UMN's work currently, accompanied by a picture from the past showing similar work in previous years. Nepali and Gregorian dates, festivals and special days are included. This year's Christmas cards feature another piece of unique artwork by Ratan Ale, showing three wise Nepalis from different ethnic groups, all seeking the King of Kings! They come in packs of 10 and include envelopes. Postage extra.



GBP/EUR  
**3.50**

USD/AUD/CAD  
**5.50**

Price within Nepal:  
NRP 150



# join us

UMN's cross-cultural teams provide opportunities for suitably skilled expatriates to work with Nepali colleagues, sharing technical skills and demonstrating God's loving concern for all people, particularly the poorest and most vulnerable.

Expatriate team members do not receive a salary or remuneration from UMN directly, but are self-supported volunteers, or supported by a sending mission or church in their home country. If you are interested in either of these positions, or if you would like to ask about other opportunities for service in UMN, please contact Valerie Lockwood at [expat.recruitment@umn.org.np](mailto:expat.recruitment@umn.org.np) to learn more. Send your CV or resumé with your email.

## PRIORITY NEEDS

### Graphic Designer – March-June 2014 – Kathmandu

A short-term opportunity to join the Communications Team, helping to design UMN publications and maintain UMN corporate visual identity. Must be highly proficient with Adobe CS5 Suite. Photography or videography skills would be an added benefit.

### Surgeon – United Mission Hospital Tansen

General Surgeon with full postgraduate qualifications, currently registered with his/her own national regulating body. Work involves dealing with both elective and emergency general surgical cases and also teaching and mentoring junior Nepali doctors.

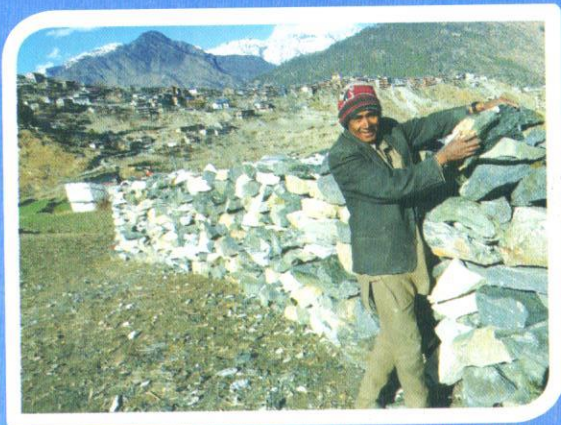
### Climate Change

#### Advisor – Kathmandu, with frequent travel to regional and remote areas

A person willing to work flexibly to explore, research, plan, implement and monitor interventions for clean energy and/or climate change.







“UNLESS THE LORD BUILDS THE HOUSE,  
THE BUILDERS LABOUR IN VAIN.”

Psalm 127:1



*Fullness of life for all, in a transformed Nepali society*

UNITED MISSION TO NEPAL

PO Box 126, Kathmandu, Nepal

Phone: +977 1 4228118, 4268900

Fax: +977 1 4225559

communications@umn.org.np

umn.org.np