



Project Description

Date: 14. November 2010

Submitted to:

Padborg-Kruså Rotary Klub, Club No. 10184, District 1460, Denmark
and

Rotary Club of Kathmandu, District 3290, Nepal

Project: Official Residence for Health Worker at Sagar-Bakanje Health Post

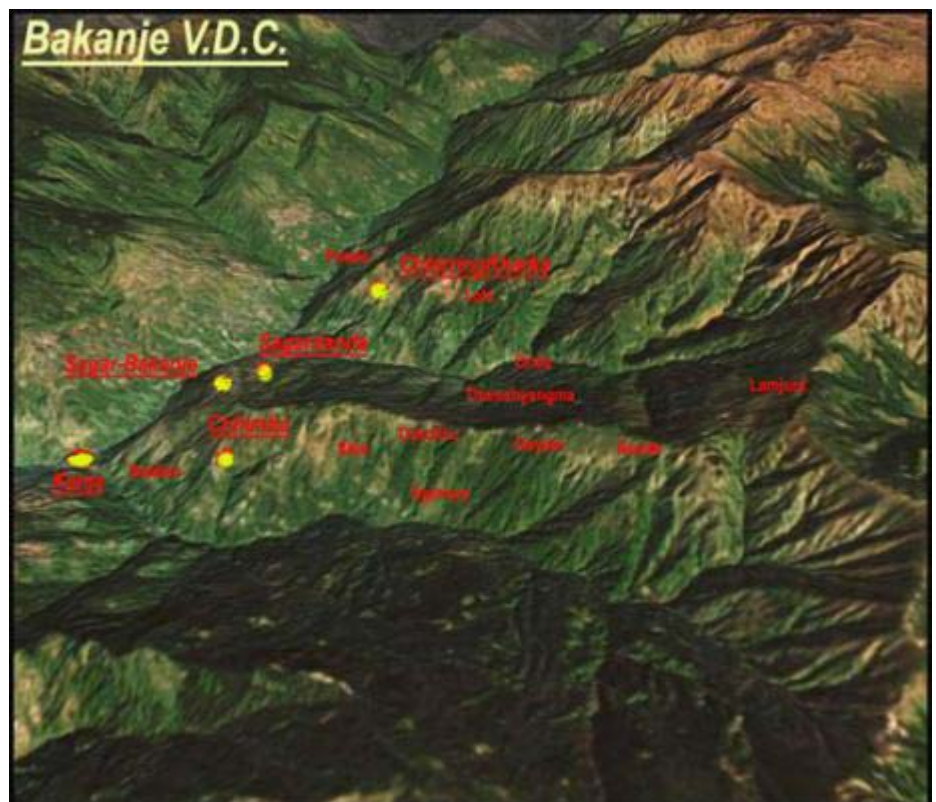
Location: Sagar-Bakanje, Bakanje ward 4, Solu-Khumbu District, Nepal

by Kurt Lomborg, Skivehus Rotary Klub and Himalayan Project

The municipality of Bakanje V.C.D. has a population of 1.400 people in 260 households. The whole VDC is considered backward and remote, and the economic conditions of the population are predominantly low to very low. The general awareness about health, hygiene and nutrition is low because of lack of knowledge. This is basically because the educational system has been of a low standard until now, and especially the health facilities do almost not exist.

In the village of Kenja a "Hospital" was built around 12 years ago, a Medical Doctor was employed and medicine and medical equipment was delivered regularly. But because of several very cheap construction solutions, because of lack of cooperation among the villagers and following lack of commitment, the buildings started to degrade, medicines became scarce and the doctor was more absent than present. Today the buildings have received some repair, the medicine stock has been resupplied to some extent and a Health Worker has been employed. This "Hospital" was supposed to give the extensive health care for all the VDC, and to give prophylactic and acute treatment to a population of 375 persons of 75 households.

At the same time a small Sub Health Post was build in Sagar-Bakanje, and 4 years ago it was replaced by a very nice Health Post. A Health Assistant, a Health Worker and a Peon were employed. The Health Assistant, Rewati Thapa, had been on leave almost from the beginning to complete his education and has now come back in action. The Health Worker is usually there once every 1-2 weeks, but she is much occupied with other works and isn't healthy herself. Anyhow this Health Post was supposed to give basic and prophylactic health



service to the rest of the population of the VDC, which is 1.000 people, but now this service is almost absent.

In 2008 Himalayan Project ran a “Health Survey” in the VDC for the purpose of testing the sustainability of a clinic in the very remote village of Chhiringkharka. As a result this clinic is by autumn 2010 completed, and began it’s operation a Community Medical Assistant. And furthermore this survey resulted in a decision to run a “Women Empowerment Project” in the VDC, which will have health, hygiene and nutrition as one of its main issues. This project was successfully run in October-November 2010.

At women meeting in Sagar-Bakanje on 31th October 2009 the situation of the Health Post was discussed extensively. Especially Health Worker Sushma Sherpa expressed the basic problems of the Health Post. The Health Assistant who is on leave doesn’t want to come back, and a new applicant for the seat rejected to go there when being introduced to the place. The main and actually the only problem is that Sagar-Bakanje most of the year is a cold place where the weather is quite hostile, and the whole village have no facilities, which could make life bearable for an educated person coming from outside to take up residence at the Health Post. When Chhiringkharka Clinic is in full operation it will probably cover the basic health needs for 45 households and 350 persons, but it will be staffed by personel of a lesser education, so still Sagar-Bakanje Health Post shall cover basic needs of 650 persons and to a medium level for 1.000 persons.

Unfortunately it was told, that the constructor of the Health Post “misunderstood” the drawing and construction description of “Rural Reconstruction Nepal”. In the drawing the first floor of the building was supposed to contain rooms for several staffs, but it wasn’t build high enough to give such facility. Of some reason it seems like it is a kind of habit in Sagar-Bakanje to misunderstand the task to be done. But now we are aware of that, we will take precautions to make sure that this will not happen again, when Himalayan project is involved.

Therefore Himalayan Project decided to supply the Health Post with a Residence of a Health Assistant attached to the very Post. The owner of the neighboring land, teacher and lodge owner Ang Domi Sarki Sherpa, agreed to sell the necessary land for the purpose, in one condition, that he will also be the contractor of the construction process.



Forming Committee's and their work:

Health Post Committee (HPC) is responsible for the function of the Health Post. For the construction they shall do following:

- 1) HPC shall approach the **DHO** to inform about this project.
- 2) HPC shall **mobilize** the population of Sagar-Bakanje to secure that they understand the future of the Health Post and their personal involvement to make it sustainable. But also to involve the population and inform them about the work and monitoring of the construction process.
- 3) Chairperson of HPC shall approve this Project Proposal with his signature.

Contractor Domi Sherpa, Sagar-Bakanje shall be responsible for the constructing process in a durable and quality way by following this Project Description. Construction Committee shall exist until the construction is approved by the Donor and they can hand over the result to HPC. The work of this committee shall be:

- 1) Mr. Domi Sherpa is the owner of the land where the construction will take place and he shall, before construction starts, officially hand over the ownership to Sagar-Bakanje Health Post.
- 2) Contractor shall read and understand all details of the "**Project Proposal**". The Budget Details shall be checked and scrutinized very carefully and in case of disagreement or suggestion in any point it shall be commented, and amendments shall be proposed to Himalayan Project. The details shall be discussed with **Constructor**. And finally the Contractor and Constructor shall approve the Project Proposal with their signature.
- 3) When final "**Project Description**" is forwarded from Himalayan Project, it is the final working paper, and the committee shall follow the description carefully and seriously. If the committee later finds changes in the description necessary, it shall seek approval for their suggestion by Himalayan Project.
- 4) The Contractor shall observe the **Budget** carefully and no budget excess will be approved later on by the Donor, but has to be born solely by the Contractor. If unforeseen budget excess seems to come up, the Contractor can try to approach the Donor for approval.
- 5) The Contractor shall **overview** the Constructor and Workers, that they are doing the demanded quality of work within the agreed timeframe and that they are observing the demands on dimensions. The Contractor shall also see to that materials are used conscientious without careless and purposely waste or concealing.
- 6) The Contractor shall purchase **materials**, from the jungle, stone quarry and shops, that they are meeting the number and standard which are necessary to do a quality and long lasting construction.
- 7) Payment will be transferred for Contractor only after approval of each phase of the construction. HP is not liable to pay for the work which cannot be approved by HIPRON Monitor.
- 8) When the whole construction is approved the Contractor shall hand over the completed project to Sagar-Bakanje Health Post.
- 9) The Contractor shall be responsible for **two years** after handing over for the Health Post, for any damages on the construction which can be proved to occur due to defective work.

Monitoring will be by **HIPRON-Manager Namgyal Jangbu Sherpa** shall be responsible for monitoring and checking the ongoing project, and for this purpose he can entrust the responsibility to supervise the project in his absence.

- 1) In periods with a high level of activities on project site this **monitoring** shall happen **several times a week**.
- 2) Monitor shall **check** the quality and quantity of purchased materials are meeting the demand of a quality construction. Monitor shall **check** the quality of work by the constructor that it is meeting the highest standard.
- 3) Monitor shall give comment, approval/non-approval "**Monitoring Record Book**". In case of non-approval the Monitor shall **demand** Contractor to hold a meeting to take decision and write Record on the issue.
- 4) The construction shall be divided into phases according to below mentioned, and each completed phase shall be approved by Namgyal Jangbu Sherpa personally before next phase can proceed.

The PURPOSE of this project:

This Health Post Quarter is build to give accommodation to the highest educated health person who is posted at the Health Post in Sagar-Bakanje, when this person is taking long term employment at the health post. In case of longer period of absence the quarter can be given to the next health person in rank according to the decision of the Health Post Committee. When a health person of higher education wishes to take longer term serving at the health post, this person shall have the right to take over the quarter.

BUDGET details:

It shall be emphasized that the Budget details in this proposal are approved by the signature of Contractor, HPC, HIPRON and HP and will not be exceeded, but if unforeseen details come up it shall be applied to and approved by Himalayan Project.

The construction shall be done in 4 Phases:

Phase 1: Fundament

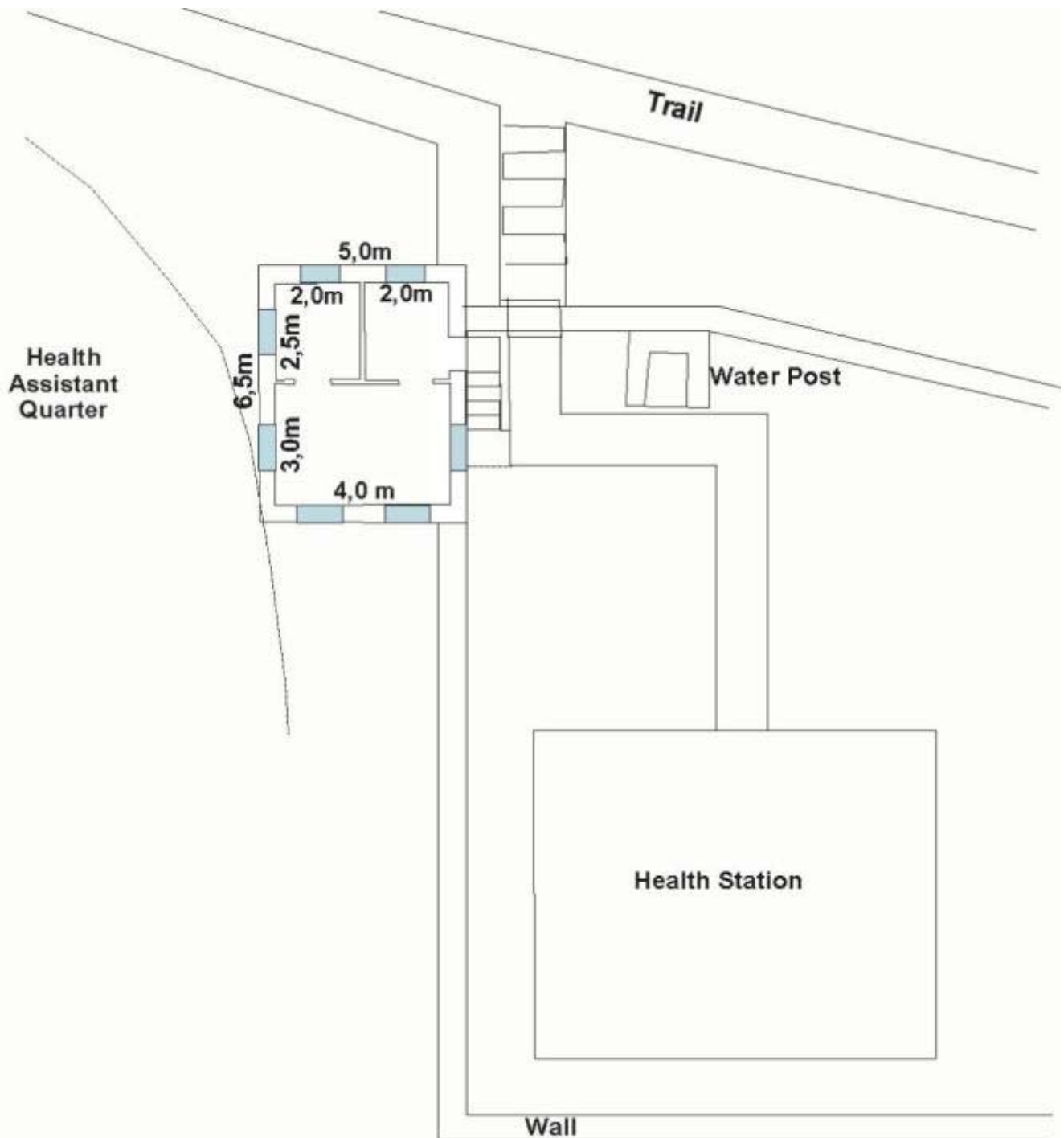
Phase 2: RCC, Walls, Windows, Door and Roof

Phase 3: Peti, Stair, Floor and Ceiling

Phase 4: Kitchen and Furniture

Contractor shall by own resource complete the construction phase wise. He is not allowed to proceed with next phase before the previous phase is approved by HIPRON Monitor. Himalayan Project will transfer the fund for each phase to the Contractor's bank account after the approval is reported to HP.





Overview on the Project:

A) Purchasing land:

Domi Sherpa owns the land adjacent to the Health Post, where the quarter of a Health Assistant shall be build. It will be nearby when service is needed. In emergency situations it will be convenient. During the day the house will be in the sun most of the time. The land needed will only be 5,5 x 8,5 meter = 46,75 m² which is equal to 1/10 ropani. The price of one ropani in Sagar-Bakanje will never exceed 35.000 NRS.

But HP offer though 20.000 NRS. The expenses for registering at Napi Office will be included in that price. And nothing will be constructed before the land ownership is officially transferred to the name of the Health Post.

B) Constructing the House:

The house shall be big enough to give shelter for a family, but not too big for a single person. A kitchen room and a bedroom of similar size and a quite big living room should cover most needs. The inside partitions between the rooms shall be by heavy wooden planks (2"). The entrance shall be through kitchen at the northeast corner, where it will be exposed to the

morning sun. The living room should have 2 windows towards south and one towards east and west to make the room bright and friendly and warm during the day. And the bedroom at the northwest corner, where it can receive a little of the evening sun with one window towards west and one towards north. All rooms shall be covered by wooden ceiling (1") along all walls and under the roof for insulation and a pleasant feeling.

6 meter of the northwest corner of the Health Post Compound Wall, shall be replaced by the house. Stairs shall lead the 60 cm up to the path inside the Health Post garden and a water drain between stairs and house shall lead water out. On the south-west side of the house a very high and strong fundamental wall shall be build at least 2½ feet wide. RCC 12 cm shall be made between new surface and doorstep.

The floor shall be a wooden floor for better insulation. But the very floor shall be situated at least 40 cm above the surface, and the beams shall be build into the fundament. There shall be holes for ventilation from the crawl space under the floor with strong net to prevent rats to move in. Along the plinth all around the house shall be a peti of stone slates laid in cement with a little inclination outwards.

The masonry walls of the house shall be built exactly the same as the walls of the Health Post, and the tin roof shall be the same red colour. Doors and windows shall also be built in the same style.

The kitchen room shall have a proper build kitchen stove with a proper chimney and space enough to support an electric stove.

C) Furniture for all Rooms:

In the kitchen there shall be a bench along the wall, and a small table to prepare the food. On the wall several shelves shall be set up.

In the sherpa style living room with benches along the 3 walls with 3 sherpa style tables.

In the bedroom two beds, one armchair and one cupboard.

D) Administration and Monitoring by Himalayan Project.

There will be expenses for administration, distribution of construction funds and also for a survey team visiting the project site to monitor and to report the project. Himalayan Project, Nepal (HIPRON) has a Regular Runner Service visiting Sagar-Bakanje every 3 months, which will provide this professional monitoring work. There will be charged 15% of the total project budget for those expenses.

All construction work shall be done in a proper and complete way. Any improper or insufficient work will be demanded to be redone on the expenses of the Contractor.

Abbreviations and explanations for Budget Details:

Linear Measures:

feet = f inch = "
length = L: height = H: width = W: thick = T:
1 foot = 12" = 30,48 cm 1 inch = 2,54 cm
1 meter = 3,28 feet = 39,4"
1 hat = 45,7 cm

Square Measures:

1 foot² = 144 inch² = 929,03 cm² = 0,0929 m² 1 m² = 10,76 ft²
1 hat = 9 x 18 feet = 162 inch² = including 12% loss 1 hat = 1 foot²

Cubic Measures:

cubic feet = f³ 1 pile = 5 f * 5 f * 5 f = 125 f³ = 3,54 m³
1 m³ = 35,32 feet³ = 55 tin 1 tin = 18 litre

Calculations:

addition = + subtraction = ÷ multiplication = * division = /
percent of utilization = ut: %

Abbreviations:

IT = Inclusive Transportation IWS = Including Wood and Salary
MD = Man Day Labour incl. Ration
SMD = Skilled Man Day Labour (350 NRS/day incl. ration)
SCMD = Skilled Carpenter Man Day (450 NRS/day incl. ration)
UMD = Unskilled Man Day Labour (300 NRS/day incl. ration)

BUDGET to construct SAGAR-BAKANJE HEALTH ASSISTANT QUARTER			Currency Rate NRS/DKR		12,50
A) Purchasing Land:			Rate	NRS	DKR
1.	The land to be purchased for the house	5,5 x 8,5 meter		20.000	1.600
	Travel costs to Salleri and back		included		
	Registration fee at NAPI Office		included		
TOTAL for A):				20.000	1.600
B) Foundation:					
2.	Taking down 6 meter compound wall		3 MD	300	900
3.	West side:6,5m long*0,75m wide*2,0m high=10m ³ =345f ³				
	½ South side:2,5m long*0,7m wide*2m high=1,9m ³ =66f ³				
	N-E-½S side:13,5m long*0,5m wide*0,9m high=6,1m ³ =215f ³				
÷	Stone from wall:6m long*0,6m wide*2,0m high=7,2m ³ =255f ³	371f ³ *1,35(25% loss)=500f ³ /125f ³ =	4 pile	3.500	14.000
	Digging soil for foundation	15m ³ *0,8MD/m ³ =	12 MD	300	3.600
	Building Fundament:	12,2m ³ *(2USMD+1SMD)/m ³ =	37 MD	320	11.840
TOTAL for B):				30.340	2.427
C) Construction of House:					
4.	RCC at highest ground level:	RCC 12cm: 21m*0,45m*0,12m=1,1m ³ *5MD/m ³ =	6 MD	350	2.100
	Concrete: 1c:2s:4g + double 10mm iron rod: 25m*2=50m:	Lumb sum IT:			13.000
		Cement for RCC: 5 sack/m ³ =	6 sack	1.500	9.000
5.	Wall size: 5,6m*2,5m high*0,45m*2+5,0m*3,5m high*0,45m*2=	29,0m ³ =1.000f ³			
÷	Door: 6,5f*4,5f*1,5f=44f ³ =1,2m ³				
÷	7 windows: 4,0f*3,0f*1,5f=18f ³ *7=126f ³ =3,6m ³	Stone: 24,2m ³ =830f ³ *2(50% loss)=1.660f ³ /125f ³ =	13,5 pile	3.500	47.250
	Walls with well cut stones (2,8 USMD + 1 SMD)/m ³ :	24,2m ³ *3,8MD =	92 MD	320	29.440
	Flush rule cement pointing (tipping) between stones:	6,5m*2,5m*2+5,0m*3,5m*2=67m ²			
		67m ² *(1,4 USMD + 1 SMD)/10m ² =	16 MD	350	5.600
		Cement:	10 sacks	1.500	15.000
		Sand for tipping:			3.500
6.	Roof size: 12,5f*25,0f=312f ² *2=625f ² =58m ² :	Wood for beams and battens incl royalty & IT =			8.000
	CGI roof tin, 26G, heavy:	3f*7f: 9 plates*2*2 IT:	36 plates	1.200	43.200
	Ridge cover, 26G, heavy:	1f*6f IT:	6 plates	400	2.400
		Cap nail IT:	4 kg	170	680
		B Vasher IT:	5 packs	40	200
		Chimney IT:		2.000	0
		Carpenter to fix roof beam construction	12 MD	350	4.200
		Roof laying:58m ² *2MD/10m ² =	12 MD	320	3.840
		Fixing roof ridge and setting up chimney=	1 MD	320	320
Part result for C):				187.730	15.018

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7.	Doors and Windows:	Wood for 1 door and 7 windows:			24.000	1.920
		Carpenter to make 7 windows and 1 door frame:	25 MD	400	10.000	800
		Carpenter to make 7 windows and 1 door in good quality:	15 MD	400	6.000	480
		Hinges and nails lumb sum:			5.000	400
		Glass for windows IT:			7.000	560
		Paint for door and windows:			5.000	400
		Painting doors and windows:	4 MD	350	1.400	112
		TOTAL for B):			246.130	19.690
<u>D) Internal decoration, Stairs and Peti:</u>						
8.	Floor: $4,0m \times 5,5m = 22m^2 = 240f^2$:	Beams lumb sum:			10.000	800
		Wood for floor $1,5'' \times 8'' \times 5f$:	75 piece	180	13.500	1.080
		Labor: $7MD/10m^2 \times 22m^2$:	15 MD	350	5.250	420
9.	Wooden ceiling: $22m^2 = 240f^2$:	Wood for ceiling: $1'' \times 8'' \times 5f$:	75 piece	160	12.000	960
	Wall covering: $5,5m \times 2,2m \times 2 + 4,0m \times 2,2m \times 2 = 42m^2 = 450f^2 \div 90f^2$:	Wood: $7,5f \times 8'' \times 1''$:	80 planks	175	14.000	1.120
	Room partition: $2,5m \times 2,2m + 4,0m \times 2,2 \div 1,8m^2 \times 2 = 11m^2 = 115f^2$:	Wood: $7,5f \times 8'' \times 1,5''$:	22 planks	175	3.850	308
		Labor: $7MD/10m^2 \times 75m^2$:	50 MD	350	17.500	1.400
		2 doors with frame and labor:			2.000	160
10.	Peti around the house laid in cement:	85f/1,5f slates $1\frac{1}{2}'' - 2''$ IT:	125 f2	60	7.500	600
		Cement: 1 sack/5m:	5 sack	1.500	7.500	600
		Sand:			1.000	80
		Labor for laying peti and make stairs:	15 MD	350	5.250	420
		TOTAL for D):			99.350	7.948
<u>E) Kitchen and furniture:</u>						
11.	Kitchen:	Building kitchen stove:	15 MD	350	5.250	420
		One Bench fixed to partition wall, 1 table and shelves:			2.500	200
		3 Benches and 3 sherpa style tables in Living Room:			15.000	1.200
		2 Beds, 1 Armchair and 1 Cupboard in Bed Room:			13.000	1.040
		1 small table and 3 racks for books:			6.000	480
		Varnish for all wooden surfaces:			7.000	560
		TOTAL for E):			48.750	3.900
		TOTAL CONSTRUCTION BUDGET:			581.960	46.557
		Administration and Monitoring of Himalayan Project	15 %			6.984
		GRAND TOTAL:				53.540

The project will be managed by:

Contractor Domi Sarki Sherpa

Sagar-Bakanje, Bakanje ward 4, Solu-Khumbu District, Nepal

Tel: 00977 9741 109 716

The project will be monitored and reported by

Runner Service of Himalayan Project, Nepal (HIPRON)

By Namgyal Jangbu Sherpa

P.O.Box: 8974 EPC 168, Kathmandu, Nepal

Email: hipron@wlink.com.np

Tel.: 00977-9841 344 690

The project will be supervised by:

rtn. Kurt Lomborg

Himalayan Project, Denmark (www.nepalhelp.dk)

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DK-7800 Skive

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Tel.: 0045-97 54 53 08

The Donor is:

Padborg-Krusaa Rotary Klub

C/O Hans Magnus Winther Juhl

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juhl@juhl-kollund.dk

Tel: 0045-74 67 85 86

Funds to be transferred to:

Current Account # _____

Rastriya Banijya Bank - Solu-Khumbu Salleri Branch

C/O Rastriya Banijya Bank - Main Branch Office

Super Market Building, New Road, Kathmandu, Nepal

Tel.No. 00977-4230590 - Fax No. 00977-4228337

Telex no.: 2247NP / 2354NP - SWIFT: no code

Via: Citibank NA., New York

Chips No. CP 0008 – SWIFT

in Sagar-Bakanje on Date : 14. November 2010

Lhakpa Sherpa
Chairman of Health Post Committee

Sushma Sherpa
Secretary of Health Post Committee

Namgyal Jangbu Sherpa
HIPRON Monitor

Assistant Monitor

Mr Domi Sarki Sherpa
Contractor

Mr Dawa Sherpa
proposed Constructor

Kurt Lomborg
Chairman of Himalayan Project