

**Protocol**  
on meeting between  
**Mopung Women and Himalayan Project**  
about **Adult Education**  
**4. November 2001**

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There does not exist established cooperation between women in Junbesi and in Mopung. And women in Mopung has never organised before. But taught by experiences from Beni Women Group we saw no reason to form a women group in Mopung Valley before we and the local women have seen the success of a program. Therefore these 3 Adult Educational Programmes is run under the responsibility of Upper Solu Development Committee. If the programmes show some extend of success the local women should organize to run more programmes in future.

The decisions below is based on informations gathered in Mopung Valley by Ang Kanchi Maya and Lhakpa Diki Lama. It is hereafter decided that Himalayan Project will support three educational programmes:

- ☞ Cook Training
  - ☞ Nepali Language Training
  - ☞ Basic English Training
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**☞ Cook Training:**

- Cook: Darmar Magar, Loding  
Kitchen: Lhakpa Sherpa, Mopung  
Period: Forgun - Baisak (February - Marts)  
6 days a week for **4 weeks**  
4 - 6 p.m.  
Curriculum: 1. day: Theory  
2. day: Teacher show  
3. day: Students do  
This is repeated 8 times  
Two times students can invite their family for fiest  
Participants: Women and men from Mopung Valley and Junbesi  
15 persons have expressed to be interested  
Minimum Participants: **10 (ten) students**  
Subject: Training in cooking primarily in local style with local items - but also in western style with items from outside.  
Items: Darmar order and find or buy items during Sunday and Wednesday for the two cooking days before the theoretical education.  
Payment of Food Items: The students will bring the local items from their own households.  
Students should in good time before the training programme save vegetables and other items, as the training program is off season. The items which has to be bought from outside, shall be paid by the student fee. When this amount is not enough, the students shall collect more money among themselves for further buying of items.  
Student Fee: **200 Rs**  
Submission: At least two months before, students shall submit the training program by paying the fee.  
If less than 10 students submit, the whole program is cancelled and the fee shall be

repaid. The amount from Himalayan Project will then be saved for other purposes.  
If more than 10 students submit, the teacher will be informed about when to start, and the program will run. After this there will be no repayment of fee.

Kitchen Charge: Lhakpa Sherpa will from Himalayan Project receive 2.000 Rs. From this amount she will provide firewood and kitchengear.

Teacher Charge: 6.000 Rs for four weeks (1.500 Rs each week)

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### **☞ Nepali Language Training:**

Participants: 15-20 women and men from Mopung Valley

Minimum Participants: **12 (twelve) students**

Place: Mopung School

When: Months will be discussed by students

Every morning - 6 days a week - 1½ hours

Duration: 4 months

If less than 12 students pay, the rest of the program is cancelled, and unused funds will stay for other purposes by Himalayan Project.

Student Fee: **50 Rs per month** paid in advance

Teacher: Tenzing Sherpa

Teacher Salary: **2.000 Rs** per month

Payment: Students fee will pay the teacher. The rest up to 2.000 Rs will be paid by Himalayan Project.

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### **☞ Basic English Training:**

Participants: 35 women, men and youngsters.

Minimum Participants: **20 (twenty) students**

Place: Mopung School

When: Marts-May for two months and August-October for two months.

Every second evening 7 - 9 p.m. - means 3 days a week

If less than 20 students pay, the rest of the program is cancelled and money will be used for other purposes by Himalayan Project.

Student Fee: **75 Rs** per month paid in advance.

Teacher: Namgyal Furwa Sherpa

Teacher Salary: **3.000 Rs** per month.

Payment: Like above.

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The training programs can be extended as the students wish if many students participate or if students raise the student fee.

Extension of each course will not be supported by Himalayan Project unless this is agreed directly by Himalayan Project.

Money not used because of cancellation will not later be used for purposes in Mopung Valley.

Money saved because of high students payment will later be used for purposes in Mopung Valley.

Unused money shall be used in cooperation with Himalayan Project.

This programme shall be administered by Upper Solu Development Committee.

For local activity a woman group should be formed in Mopung Valley.

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**Report 30. September 2002 from Namgyal Furwa Sherpa:**

Although the time is uneasy, our cook training and Nepali language training were over with good result. Participants are very satisfied with those programmes. My English language course is postponed to next time. If it is not success the remain money will go to USDC. But I will try. Here is the money description for you to remember.

**Account for Mopung Women Group 2002****Cook Training and Nepali Language Training**

<b>Particulars</b>	<b>Income</b>	<b>Expenses</b>
<b>COOK TRAINING:</b>		
From Himalayan Project - USDC .....	20.000	
First time student fee Rs 200 for each, and number of students 26 total .....	5.200	
Second time student fee Rs 100 for each, number of students are 23 total .....	2.300	
Teacher salary for Dharma .....		6.000
Kitchen charge for Mrs Lhakpa .....		2.000
Food items has purchased .....		7.509
<b>NEPALI LANGUAGE TRAINING:</b>		
First time student fee for Rs 50 for each, and number of students are 12 .....	600	
Second time student fee Rs 50 for each, and number of students are 12 .....	600	
Third time student fee Rs 50 for each, and number of students are 12 .....	600	
Fourth time student fee Rs 50 for each, and number of students are 12 .....	600	
Teacher Salary for Tenjing for four months per month Rs 2.000 .....		8.000
<b>Total .....</b>	<b>29.900</b>	<b>23.509</b>
<b>Balance .....</b>	<b>6.391</b>	

## **Mopung Women Group**

### **COOK TRAINING PROGRAM**

#### **Participants:**

<b>Name</b>	<b>Address</b>
01. Pemba Doma Lama	Chotebuk Beni 5
02. Doma Sherpa	Shumber Beni 5
03. Lhakpa Doma Sherpa	Dorungbuk
04. Tenzin Sherpa	Mopung
05. Tashi Namgyal Sherpa	Edingma
06. Pemba Lama	Jombuk
07. Mrs. Lhakpa Sherpa	Mopung
08. Ang Pasang Sherpa	Sumjema
09. Ang Gelu Sherpa	Pangkarma
10. Jangbu Sherpa	Pangkarma
11. Dali Sherpa	Chatang
12. Ang Gelu Sherpa	Edingma
13. Lhakpa Rinzi Lama	Ukpa
14. Phurwa Doma sherpa	Dorungbuk
15. Lhaten Lama	Phungmurcha
16. Rikchen Sherpa	Pangkarma
17. Ang Lhamu Sherpa	Dakchok Bakanje
18. Wangchuk Lama	Ukpa
19. Dawa Zangbu Lama	Ukpa
20. Ang Chherring Sherpa	Mopung
21. Tashi Tharke	Durungbuk
22. Ang Dawa Sherpa	Loding Tamakhani
23. Ang Doma Sherpa	Pangkarma
24. Sonam Sherpa	Sumjengma
25. Doma Sherpa	Chatang
26. Lhakpa Sherpa	Sumber

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#### **GROUP LEADER OR PART DAY CLASS MONITOR:**

Timing (2 pm-5 pm) 6 days a week

##### **I. Pema Doma Lama :**

01. Doma Sherpa
02. Pemba Lama
03. Lhakpa Sherpa
04. Lhamu Sherpa

##### **II. Tashi Namgyal Sherpa:**

01. Dawan Zangbu Lama
02. Rikchen Sherpa
03. Wangchuk Lama
04. Dawa Sherpa

##### **III. Zangbu Sherpa:**

01. Ang Gelu Sherpa
02. Gelu Sherpa
03. Pasang Sherpa
04. Lhakpa Rinzi Lama

##### **IV. Dali Sherpa:**

01. Lhaten Lama
02. Tshering Sherpa
03. Doma Sherpa
04. Phurwa doma Sherpa

##### **V. Ms. Lhakpa Sherpa:**

01. Lhakpa Doma Sherpa
02. Sonam Sherpa
03. Doma sherpa
04. Tashi Tharke Sherpa

Fees charge for the above trainee as follows.

First time student fee Rs.200/- per person

Second time student fee Rs.100/- per person

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FOOD ITEM PURCHASE FOR TRAINING:

<u>Particular</u>	<u>Rate</u>	<u>Total Amount</u>		<u>Rate</u>	<u>Total Amount</u>
Cheese	235	470.00	Baking powder	15	15.00
Mashroom soup	50	100.00	Chow chow	8	32.00
Milk powder	240	240.00	Vegetable soup	50	50.00
Tomato dish soup	60	60.00	Tomato sauce	60	60.00
Oil	80	80.00	meat bulf	120	120.00
Muesli	60	120.00	Soup	15	15.00
Takura Lemon	60	60.00	Steel roll	20	20.00
Banana	3	42.00	Milk powder	250	250.00
Onion	40	40.00	Chicken soup	25	25.00
Baking powder	30	30.00	Rice		60.00
Meat masala	30	30.00	Onion	40	40.00
Ginger	15	15.00	Salt	25	25.00
Jira masala	55	55.00	Tea	40	40.00
Butter	250	250.00	Marketing expense	100	100.00
Souben sauce	160	160.00	Charge for pot		100.00
Maida(flour)	100	100.00	Coffee	90	90.00
Sugar	30	120.00	Noodle	70	70.00
Gram masala	15	15.00	Coconut		80.00
Chilly powder	25	50.00	Ginger	10	10.00
Black paper	25	25.00	Maida	100	200.00
Venila	25	25.00	Onion	40	80.00
Salt	25	25.00	Meat masala	25	25.00
Rice	125	125.00	Minus	125	125.00
Lowan Sukmel	25	25.00	Konika flim	130	130.00
Colors powder	20	20.00	Baking powder	50	50.00
Corn flask	60	60.00	Gram masala	10	10.00
Egg	150	150.00	Red Dal	70	70.00
Minus	60	60.00	Coconut	30	30.00
Jam	80	80.00	Tomaoto	70	70.00
Kis mis	25	25.00	Basen	35	35.00
Coconut	50	50.00	Jira	12	12.00
Confen		180.00	Rice	65	65.00
peanut butter	125	125.00	Oil	80	80.00
Honey	90	90.00	Sugar	120	120.00
Coffee	50	50.00	Camara battery	25	25.00
Vineger	50	50.00	Egg	70	170.00
Onion	40	80.00	Meat buff	120	120.00
White flour	100	300.00	Chinamon	60	60.00
Sugar	25	50.00	Tomato	65	65.00
pepar	95	95.00	Cauliflower	35	35.00
green garlic	5	5.00	Banana	60	60.00
Macroni	95	95.00	Corinder seed	10	10.00
Salten(Tuna)	52	52.00	Market expense		50.00
Dal black	50	50.00	Chese	270	270.00
Momo masala	25	25.00	Biscuit	90	90.00
Tomato green	30	30.00			
Yest for cake	50	50.00			
Masla	20	20.00			
			Total Rupees		7.509.00

## NEPALI LANGUAGE LEARNING

(TIMING 6 AM - 9AM) 5 DAYS A WEEK.

( From 16 Dec 2001 - 12 Apr 2002

Participant :

01. Ms. Nima Sherpa
02. Lhakpa Sherpa
03. Chemi Sherpa
04. Phurba Doma Sherpa
05. Da jangmu Sherpa
06. Dali Sherpa
07. Pemba Doma Lama
08. Jangmu Sherpa
09. Mrs. Chiki Sherpa
10. Ang Furi Sherpa
11. Jangmu Sherpa
12. Kunga Sherpa
13. Nawang Chomo Sherpa
14. Mrs. Lhakpa Sherpa
15. Ang Tshering Sherpa
16. Nawang Namdin Sherpa
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