

THIS IS WHO WE ARE

Nepal is very famous for its mountains. More than one third of Nepal lies above 3000 metres. For this reason, people call Nepal the “roof of the world”. A large part of the Himalaya, the highest mountain range on earth, covers the North of the country. Actually, 8 of the 10 highest mountains in the world are located in Nepal.



The highest mountain on earth is called **Mount Everest**. Its peak with 8.848 m is considered the highest point on earth. Nowhere else can you get closer to the sky! Mount Everest was named after the British surveyor Sir George Everest in the 19th century. In Nepali the mountain is called “Sagarmatha”, which means “Forehead of the Sky”. Many people have tried to climb Mount Everest. It’s a very difficult task though, and a many climbers were forced to give up before reaching the peak. Some even died. In 1953, two men from New Zealand and Nepal reached the peak. This was the first successful ascent of Mount Everest, king of the mountains.



Mount Everest
(Picture: wikipedia/che)



Kathmandu Valley
(Picture: wikipedia/till niemann)



Activity: “Find Nepal on a map!”

Take a world map and see if you can find Nepal and the Himalaya!

THIS IS HOW WE LIVE

Most of the people in Nepal are Hindus. In Nepal there are many celebrations in order to honour the gods. “Holi” for example is a celebration in honour of the god Krishna. At “Holi”, Hindus spray themselves with coloured water and red paint.



Followers of **Hinduism**, one of the big world religions, are called Hindus. Most Hindus live in Asia. They believe in many different gods. Brahma, Vishnu and Shiva are the most important gods in Hinduism. Hindus also believe in rebirth, so-called reincarnation.

The Pashupatinath Temple in Kathmandu is the most sacred temple of the Hindu god Shiva in Nepal. Non-Hindus are not allowed to enter the temple.



Pashupatinath Temple in Kathmandu
(Picture: flickr / fernando zarur)



Nepalese children during the Holi Festival
(Picture: flickr/TimBrighton)

THIS IS OUR SCHOOL

Public schools have to cope with a lack of well-trained teachers and with children leaving school years earlier than they are supposed to. Because of that, private schools gain importance in Nepal. However, private schools are very expensive and only few people can afford to send their children there.

About half of the 14 year-olds in Nepal are illiterate, which means they cannot write or read.



Discussion: „What do you think it would be like if you couldn't write or read? Which possible difficulties would you have to face?“



Activity: "Design your own flag!"

Did you notice the special shape of the Nepalese flag? Take a piece of paper, some crayons or markers and design and draw your own special flag! It can be any shape and any colour you want it to be!



THIS IS OUR FAVOURITE DISH

On the webpage, children from Nepal present their favourite dishes. Here are some recipes along with information on the cultural background of the dish:



Sel Roti.

Sel Roti is a sweet dish loved by children. Mix rice flour with water until it's a semi solid mixture. Add sugar for taste. Heat ghee (clarified butter) in a pan. Form a ring of the semi solid mixture and deep fry it in ghee.



Sel Roti
(Photo: Flickr/iv20)



Momo

Momo is a very popular snack in urban and semi urban areas. Children as well as adults love it so much that they even eat this dish as their main course for lunch or dinner.

Mix the flour properly with water to make dough. Roll small pieces of the dough into flat circles. The circle is stuffed with minced meat which is mixed with salt,

chopped onion, ginger garlic paste and momo masala. Form everything into dumplings. These dumplings are steamed for 15 to 20 minutes. You can enjoy momo with pickles and momo soup.



Momo
(Foto: Flickr/helpinghand)



Yo mari

This is a sweet dish which originated from the Newar community in Nepal. The Newa are the indigenous people of Kathmandu Valley.

Mix flour properly with water to make dough. Take small pieces of the dough and make small holes. Stuff them with a mixture of chaku and sesame powder. The hole is properly closed. Steam the dough until it's cooked!

THIS IS OUR FAVOURITE GAME

Cat and Mouse

You can play this game with many children; there is no limited number of participants. The children form a big circle by holding hands. Then, a "cat" and "mouse" are selected within the group. Blindfold the cat by tying a piece of cloth around its head.

The child who plays the mouse makes a noise like "chi chi chi" to give the cat a clue where the mouse is located. The cat has to catch the mouse. If the cat catches the mouse, another couple has to be chosen and the game can start again. If the cat cannot find the mouse in that round, the next couple of cat and mouse are both blindfolded!

Playing Stones

This game is popular on the Nepalese countryside. It needs at least a minimum of two people. Build two teams dividing the amount of players and get nine pieces of small stones for each team. The children play one by one. All nine stones from a team are scattered on the ground. First round: The first player throws one stone in the air, catches one stone from the ground, followed by catching the stone coming down from the air. The goal is to pick up all eight stones in this way. The second round is even trickier: the player has to pick up two stones from the ground while the first one is still in the air. In the next round the player has to pick up three stones and then four, etc. The group which completes all rounds first wins. If a player fails by letting a stone fall down, it is the turn of the opposing team.

Another popular game in Nepal is **Cricket**. It is a bat-and-ball team sport that was first played in England in the 16th century. The expansion of the British Empire led to cricket being played overseas. Today, the sport is played in more than 100 countries!



Cricket Players in Nepal
(Picture: flickr/ Fair Chance Nepal)



THIS IS OUR FAVOURITE SONG

My adorable mother

My adorable mother, I have returned from school.

Today I have learnt skills of how to clean myself and have washed my hands and legs.

My adorable mother, La La La.....

Provide me the delicious food that encourages me to be fresh enough to do my lessons.

I have already taken off my dress and arranged for tomorrow.

My adorable mother, I have returned from school.

My adorable mother, I have returned from school.

Today I have learnt skills of how to clean myself and have washed my hands and legs.

My adorable mother, La La La.....

I love my book and they are kept in the proper place.

Dear brother do not cry here, I have to read lots of lessons.

My adorable mother.....

Shiva is one of the most important gods in Hinduism. He is also called „God of the dance“. Several other gods accompany his dance. Vishnu plays the drum, Brahma the cymbal, and Laxmi does the singing.

There are many typical dances in Nepal:

Jhyaure-dance:

An energetic, wild dance with people jumping high and stomping with their feet.

Jhankri-dance:

Shamans dance this dance to banish evil spirits.

Mask and animal dances:

These dances are very popular in Kathmandu. The dancers tell legends and myths with their dance moves and wear big masks and animal costumes.



Typical Nepalese Dances

(Picture: flickr / stephen nah)



(Picture: flickr / Rejselyst)