



Swyambhunath, one of the most famous Buddhist stupas and a World Heritage Site in Kathmandu glows during sunrise.

## CityNet-Plus Arts Center for Creative Partnerships

### 1. MAYORS VISIT MITRA DRR LEARNING CENTER IN LALITPUR

Hon. Mayor Santosh Lal Shrestha from Tansen municipality, a representative from Pokhara, and NSET visited Mitra Disaster Risk Reduction and Learning Center (MDRRLC) in Lalitpur to learn about how local level DRR knowledge hub can be utilized to raise awareness on DRR to the students and local residents.

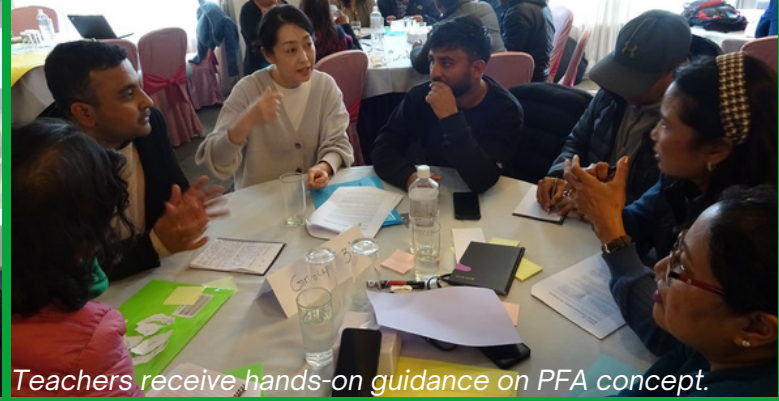


Supporting the visit was the principal of Bhassara Secondary School who explained the process of being involved in the making of the DRR educational tools which were on display at the center. The center offers customized training programs for municipalities, schools and communities to educate people on DRR strategies as well as practical methods of preparations at schools and households. Schools regularly bring their students to undergo a practical training at the center.

The center was established in December 2019 as a part of CityNet project to support the DRR education project in Nepal to act as the knowledge hub for schools and communities to raise their awareness on disasters and its preparedness. It has also received visitors from overseas including from Japanese universities as the concept behind its inception evolves from the Japanese DRR principle of self-help, mutual-help and public-help.



Ms. Miyuki Akasaka, expert from Save the Children Japan.



Teachers receive hands-on guidance on PFA concept.

## 2. FIRST PSYCHOLOGICAL FIRST AID (PFA) WORKSHOP CONDUCTED FOR NEPALESE TEACHERS

The 2015 Gorkha Earthquake left a mental and emotional scar among many children in Nepal. This is common after disasters or conflicts globally where children continue to suffer from trauma and very few know how to deal with them. Upon receiving request from the teachers in Nepal for the topic, workshop on Psychological First Aid (PFA) was conducted with the help from an expert from Save the Children Japan. The workshop shared the three action principles of PFA - ‘Look’, ‘Listen’, and ‘Link’ with practical application of how adults need to approach children who have experienced difficult times. The workshop highlighted what is and what is not PFA as the subject matter is commonly misunderstood by adults who wish to provide support. The three action principle is adapted from the WHO’s ‘Psychological First Aid: Guide for Field Workers’.

In the context of Nepal, talking about mental stress used to be a taboo and receiving counseling from professionals was almost non-existent as there was no reliable information on where such help could be obtained from and going to such counseling risked being isolated even from family members. Gradually with the advancement in literacy and proper awareness on such topics, people are now more willing to share their issues and seek help.

This project is being supported through grassroots technical cooperation project of JICA.



### LOOK



### LISTEN



### LINK

Teachers try developing tools related to ‘Look’, ‘Listen’, and ‘Link’ during the workshop to help disseminate the concept and proper approaches towards PFA. The strategy also involves ‘Preparation’ before the 3Ls to enable relief workers to anticipate numerous circumstances when commencing the PFA particularly in conflict zones or in areas after the disaster.

### 3. EHIME UNIVERSITY STUDENTS CONDUCT FIELD WORK IN NEPAL ON DRR EDUCATION

*Students from Ehime University in Japan participated in the field visit to Nepal as a part of the international exchange program with the local college students. They also developed and shared their activity on DRR with local elementary school students as a part of the project.*



*Nepalese students try identifying key locations on a map to understand risks and safe areas during disasters.*

# BOSAI TIP OF THE MONTH

'Slow slip' is a gradual sinking of tectonic plates which trigger frequent earthquakes. If your region is experiencing a 'slow slip', double check on your supplies including food, water and medicine, secure furniture and discuss among family where to convene should an earthquake happen when you are outside of home. Check news regularly.

## 4. MAYOR MAHARJAN OBSERVES COMMUNITY DRR EVENT LED BY A LOCAL SCHOOL

**School-Based Resilient Community Model Project** is now in its third and final phase in Lalitpur. The teachers of the schools who have been trained through the project supervises the DRR Education Clubs in respective schools. Some of the leading schools of the project is now taking the program into the communities to share the knowledge to the local residents. The activities are managed by the members of the DRR Education Clubs and hosted by the schools. One such school in Lalitpur has successfully conducted community programs several times. **Bhassara Secondary School** located in Ward 19 of Lalitpur has proactively organized DRR educational programs where people in the communities have welcomed the engagement.

At a program organized in February, Hon. Mayor Chiribabu Maharjan of Lalitpur was invited to observe and take part in tht program. He mentioned that these programs are highly important and the knowledge sharing process is very effective for the people in the community to learn about disasters and take preventive actions.



Students demonstrate DRR games to the mayor and the members of community.



Mayor Chiribabu Maharjan asks the impression of the event to attending school children.



Students interact with community members in their local dialect to engage them in the activities.



The members of the community were highly participatory and interested to learn about DRR.

# 5. MONITORING OF SCHOOLS PROVE EFFECTIVE AND SUSTAINABLE DRR EDUCATION

Activities of the School-Based Resilient Community Model Project have been ongoing in target schools since 2017 in Nepal. In order to measure its effectiveness and continuity, CityNet-Plus arts Center for Creative Partnerships conducted a field monitoring of the DRR education activities in the schools. Project representatives visited schools in Kathmandu, Lalitpur, Bhaktapur and Shankharapur to observe the types of DRR Education Club activities conducted at respective schools. Below are the highlights from each school:

## Saraswati Niketan Secondary School, Kathmandu



Senior students of the DRR Education Club engages in storytelling technique for raising awareness on disasters.



Students enjoy playing quiz games which are aimed at differentiating between right and wrong related to disasters.

## Prabhat Secondary School, Kathmandu



Prabhat Secondary School organizes a community event where DRR Education Club students facilitated various talks and interactive games on DRR.



Senior students of the DRR Education Club explains the correct way of constructing buildings to make it more resilient against earthquakes.

## Shree Bajrayogini Secondary English School, Shankharapur



Earthquake Awareness Game is a popular tool as it incorporates physical movement to mimic shaking of the earthquake. Students need to find safe passage to win.



Picture Story Show is an effective tool to explain about the hazards and risks after the earthquake when people need to evacuate to an open space.



Correct way to pass the bucket in the Bucket Relay game teaches children to efficiently transport water to extinguish fire.



Since fire extinguishers are not common in Nepal, students learn the effective and safe way to extinguish fire using buckets.

## Himalayan Glory Secondary School, Bhaktapur



Learning from stories are an effective method to captivate students to feel the risks associated with various disasters.



Disaster Life Cycle game allows students to think and make correct decisions on the various stages of the hazard.