

## Report PAKISTAN-Trip September, 19 – October 11, 2014

A trip to PAKISTAN in the period September 19 to October 11, 2014 aimed mainly at installing a solar system for a school in the very remote village SHIMSHAL / KARAKORUM, that was constructed and funded by the German NGO "*Kinder- und Jugendhilfe Shimshal eV*" and the *German Federal Ministry for Economic Cooperation and Development*. We could use the trip to help to

- improve the infrastructure of '*Dar ul-Karishma / House of Miracles*', a house for mentally handicapped people in LAHORE (PROVINCE OF PUNJAB),
- visit *SAYA SCHOOL MEER KOH* that is supported by our charity since long,
- meet with *Commandant Armed Forces Institute for Rehabilitation Medicines* in order to prepare the delivery of medical equipment donated by *ORTHOPAEDICUM KIEL/ GERMANY*,
- meet with *Brig ® Akram Khan* to prepare the transfer of 40 solar systems donated by the *Wischnewski Family* in context with our charity's *Aid Program Joél Wischnewski*
- and finally conduct a fact finding in SHIMSHAL /KARAKORUM for our new *Aid Program 'Ovens for Shimshal'*.

Below some information and photos:

### 1. Project Solar System SHIMSHAL School

We were able to in cooperation with *pm-energy GmbH (REESORF, GERMANY)* and *solar pvt ltd vision (LAHORE / PAKISTAN)* help the German NGO "*Kinder- und Jugendhilfe Shimshal e.V.*" by installing a Solar System, funded by the *German Federal Ministry for Economic Cooperation and Development* in the very remote mountainous village SHIMSHAL/KARAKORUM.



The project was not at all a 'simple solution' – the shipping of all the equipment from GERMANY to SHIMSHAL, a container transport from GERMANY to KARACHI, a land transport over 1,600 km, while 700 km on the KARAKORUM HIGHWAY, then 'a lake cruise' of 2 hours with a fishing boat on the ATTABAD LAKE (an artificial lake that was created in 2010 by a landslide), the transport of the robust material with jeeps on a 50 km long Jeep Road and last but not least the air transport of solar modules with a helicopter of the PAKISTAN ARMY to SHIMSHAL had to be organized.

As already stated - everything not at all so simple - but with the help of good old Pakistani friends, we finally made it.



So far electricity has been available in SHIMSHAL only out of the frost-free period – and when the small water generator 'now and then' was working. Now the Shimshalis, teachers and students are excited about the new era of power supply, which has come through the help from GERMANY.



**Installation Team**

## 2. Aid Program 'Dar ul-Karishma / House of Miracles' LAHORE



**Mother Superior Hend**



**Kitchen for 115 people**



**Urgent Action required**



*Mother Superior Hend of the Sisters of Charity of St. Jeanne Antide* and seven sisters take care of about 100 disabled people in an exemplary manner, with love and affection. They are supported by the German Charity *Omid-e Punjab e.V.* founded by two students from MUNICH/GERMANY. The young people from MUNICH asked us to identify and to fix problems in the infrastructure of the house. We were able to quickly find and solve technical shortcomings in the existing solar system, to identify a serious problem with a hazardous gas line and to remove it and finally to give advice for the improvement of sanitation.

## 3. Aid Program YAMIN's SAYA SCHOOL MEER KOH



Since our last visit in May 2014 a lot was done in MEER KOH.

A new school building with eight classrooms, a staff room and a small teacher's apartment was completed.

Now our friends Brig ® Dr. Thugral Yamin and his wife Asma, the teachers and students are waiting that the classrooms will be equipped with the blackboards, school furniture which is stored in BORDESHOLM/GERMANY. All the classrooms will look like the one already equipped with furniture from GERMANY.

We are planning to ship a container end of November 2014.

#### 4. Aid Program Support Armed Forces Institute for Rehabilitation Medicines

Major General Waheed Akhtar, a dedicated physician, who has decisively improved the rehabilitation of badly wounded soldiers, is pleased to get an extension bed and the High Tone Therapy Device donated by **ORTHOPAEDICUM KIEL**.



#### 5. Aid Program Joél Wischnewski



With Brigadier® Akram Khan, who in 2013 organized the recovery and burial of Joél Wischnewski, who died climbing NANAGA PARBAT in 2012, we have discussed, when and how to bring 40 Solar Home Systems donated by the Wischnewski Family to the village RUPAL at the eastern side of NANGA PARBAT. The plan is to do it together with him in NOVEMBER 2014.

#### 6. Aid Program Ovens for SHIMSHAL



When visiting SHIMSHAL - the village at an altitude of 3.200 m in the very North of PAKISTAN - three weeks ago we learned that the one-room houses in the village have only open fireplaces. They are used for cooking and heating.

In the cold winters, with this 'heat source' a maximum temperature of - 5 ° C can be reached.

Despite the use of stovepipes, soot blackens ceilings and walls and harm peoples' health. Wood is scarce and time-consuming to obtain.

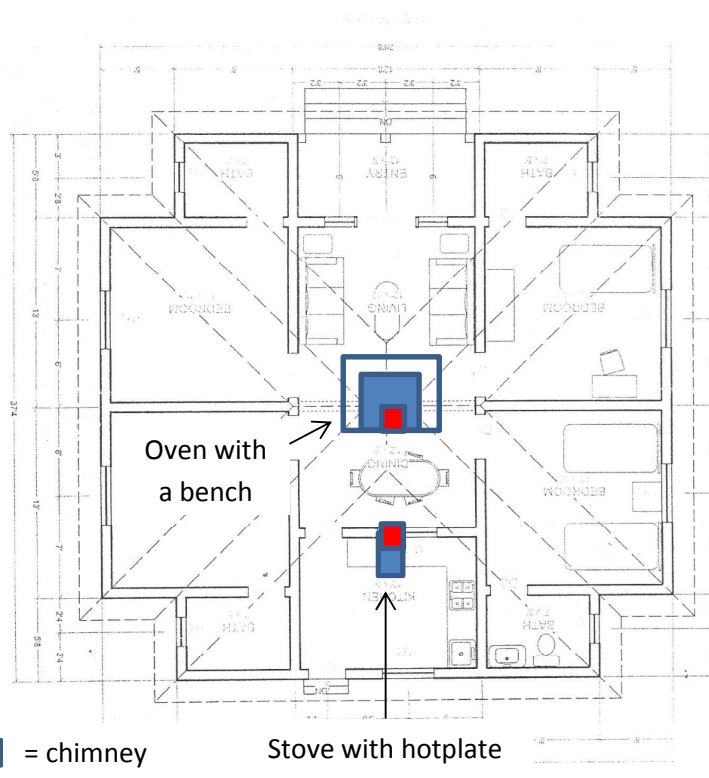


**Fireplace in a house  
constructed in October 2014**

The Shimshalis listened with great interest, as we described them the relatively easy to be built stone ovens, which are found in the mountains in the Alps.

The good experience we had made when the Shimshalis with their excellent craftsmanship did the preparatory construction work for the solar system, encourage us to tackle with them the Aid Program Ovens for SHIMSHAL.

In SCHLESWIG-HOLSTEIN / GERMANY we could now win the Deputy Master of the Guild of Chimney Sweeps, Mr Andreas Dorschel to realize the project together with us.



A first concept is already developed.

The idea is, that this winter the Shimshalis will prepare the stones, required for the construction of two ovens for the Lady Teachers' House in Spring 2015.

Following our charity's motto, *help for selfhelp*, we intend to train some villagers and thus offer them a chance, that they – in addition to their uncertain income source as mountain guides and porters – get a chance to make their family's living by being a specialist in constructing ovens.

At this point, once again a big thank and God bless all donors  
that help us to realize our aid programs



**Shimshali Children – after school lessons, responsibility for the brother**

**Their mother spends the summer herding yaks, sheep and goats on the high pastures.**

Even if sometimes we are facing hurdles and setbacks, the results of our aid programs, the gratitude of the people we help and their willingness to improve their living conditions through active and hardworking cooperation, encourage us to keep going again and again.

**Stay with us and help us to continue our work for the sake of  
young people like the two on the above photo!**

**Thanks – Schukria!**

**PAKISTAN-Hilfe zur Selbsthilfe e.V.**

Donation Account: BORDESHOLMER SPARKASSE

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