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I have now been back in Germany for a week. It hurt me to say goodbye. I found it difficult to leave my loved ones behind. However – there is a lot to do and a great deal can be done from Germany.

I will start by continuing the report on our stay in the Langtang region:

During the night of 30.05.2015 there was an aftershock. It was the first time that I felt and experienced it. This was because we slept in the tent and were lying directly on the ground. It was as if someone had shaken me. I had a nightmarish feeling in my stomach. Then everything was quiet - but only for a moment. A trickling sound then followed on the opposite side of the mountain – it was a landslide... Temba had not noticed anything and was in a deep sleep.

On Saturday, 31.05.2015, we set off in the tremendous heat with blankets and soaps to Thulo Shafru (2,250 m). We had already sent the tent tarpaulins with the mules in advance on the previous day. As already mentioned, the many cracks in the ground on the route from Brabal to Thulo Shafru worried us. Until now, no Nepalese geologists had yet tried to travel to the Rasuwa district. The Swiss geologist, Lea, was at least able to reassure us somewhat as regards the situation in the village of Brabal. We received a detailed documentation on the landslide monitoring in the Langtang region with different possibilities for taking measures and monitoring. Once again, many thanks for this.

When we reached the village of Thulo Shafru, the next shock awaited us. The houses here, too, were completely devastated. All the others were so badly damaged that they will have to be demolished. The locality itself was as if deserted and the dwellers were mourning the loss of 4 people who had lost their lives in the earthquake. The temporary tent accommodation has been moved to the right-hand part of the village. A few provisional toilet huts could be found. We could see the large differences in the building construction of the shelters. They were partly nailed together very simply and covered with tent tarpaulins that did not even reach the ground. There were no entrance doors as in Brabal. Some of the people were able to salvage quite a lot of their household articles from the ruins; others were less fortunate, and some of them were unable to salvage anything at all. Before distributing the aid supplies, we went to look at the homes of our guides and porters who live in Thulo Shafru. This revealed a sad truth – all 5 homes were uninhabitable and completely destroyed. A heap of stones with wooden slats, burst asunder. We documented everything in detail and took photographs.

The distribution of the blankets, plastic tarpaulins and soap took place in the school playground. The school building was still standing. A large number of deep cracks and collapsed walls and struts were everywhere to be seen. The building was no longer safe and holding lessons in the rooms is out of the question for the time being.

Both our trekking guides, Kanchha and Buddhiman, as well as Karma, our porter, were in full action handing over the aid supplies. The villages accepted these useful items with gladness and gratitude. All in all, we distributed them to 145 households. Here, too, we documented and recorded the names of the villagers who had been provided with these items. This documentation has to be

submitted to the Social Welfare Council in Kathmandu. At dusk we set off on our return to Brabal and half of the journey was in the pouring rain.

On the next day (31.05.2015) we took the steep downhill path to Shafru Bensi (1,460 m). After 4 hours we reached the entrance to the village with aching knees and legs like rubber. In the new locality of Shafru Bensi we were able to see some houses that had not been damaged so badly. As we got closer and looked at the buildings from the inside, we were able to gain a better picture. The walls had broken down and deep cracks in the foundations could be seen. All the houses had already been inspected by engineers from the government and given a red or yellow marking. Red meant demolition and yellow, repair.

The old part of the village of Shafru Bensi with its many houses had been completely devastated. Some of the villagers had sought refuge in the undamaged monastery building.

The plastic tarpaulins were distributed by our Sherpa, Kami, to the villagers in the old part of the village, i.e. 30 households altogether. When we carried out our first aid supply at the beginning of May, they had not been provided with any tent tarpaulins.

We similarly visited the primary school in Komin that lies above Shafru Bensi, and which we regularly support. We had newly decorated the school rooms colourfully last year with the assistance of our volunteer, Christine. Now the building is badly damaged and covered in cracks. Also the toilet huts are totally destroyed. It is a good thing that the "Save the children" organization has provided all the schools in the district of Rasuwa with large tents, in order that schooling can be resumed straightaway.

On the following morning (01.06.2015), we passed through the village in order to reach the road leading in the direction of Thulo Shafru. We noticed that many of the shops - even though they were damaged - had already opened again. The villagers were sitting outside, exchanging information. Many of them were afraid that a landslide would be caused by the monsoon, and that it would dam the river. The road to Gatlang is already blocked and impassable. The trail to Thulo Shafru is accessible on foot. In the lower area near the River Langtang we saw the numerous huge lumps of rock that had been swept down by the landslide. The long cracks in the ground are also visible here over the entire stretch.

After walking 4 hours in the scorching heat, we reached Thulo Shafru. With the fantastic support and vigour of our guides and the villagers of Thulo Shafru, we set up a really super toilet hut. After spending a long time digging and excavating the stony ground and fixing the wooden boards, the plastic tarpaulin was wound around the wooden poles that had been erected. And voilà - after 5 hours the work had been done.

On the full-moon day (Saga Dawa) 02.06.2015 we attended the funeral of Temba's niece. She had been working as a nurse at the Health Post in Langtang and was killed by an avalanche of debris, triggered by the earthquake. We arrived back in Brabal late in the evening. After walking a short while as far as Sano Barkhu, we drove for 6 hours the next day (03.06.2015) by jeep back to Kathmandu in the hot sunshine.

Our climbing guide, Mingmar, and our Sherpa, Pemba Gelu, told us how delighted the villagers (in the Solukhumbu and Okhaldunga region) had been about the blankets and plastic tarpaulins. They had all gladly accepted the aid supplies, beaming with pleasure and gratitude.

These support campaigns have now rounded off our immediate aid measures for the time being in the Langtang region (Thulo Shafu, Brabal, Thulo Barkhu, Gre, Shafu Bensi, Sano Barkhu, Komin, Nagarkoti) and in Solukhumbu/Okaldhunga. When the monsoon season is over we shall be reconstructing the houses and schools. We shall shortly be sending a documentation (i.e. a report on the activities and a sustainability report) on the immediate help measures that have already been carried out, and on the further planning and procedure where reconstruction is concerned.

We would also like to inform you about our report, "Travel in Nepal - Reports on visits, assessments & recommendations (version of 19.06.2015) under the following link:-

http://www.tembasnepal trek.com/Reisen%20in%20Nepal_%20Einsch%C3%A4tzungen%20TNT_19062015.pdf

Namaste

Temba & Sabine