



चोखल्लो ठ

«KTM-Boulder»

Concept
Bouldering hall Kathmandu

29. June 2025

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INTRODUCTION

My name is Reto Santschi. I had the special opportunity to get to know Kathmandu and the people of Kathmandu and Nepal on many trips. These experiences have left a deep impression on me. In Nepal, I experienced the fascinating beauty of nature, but also became aware of the serious challenges and the untapped potential of the Nepalese people, and I find the situation of young people particularly depressing: Many of them have no prospects, are confronted with poverty, social constraints such as early marriages and a lack of opportunities for self-development.

The economic reality in Nepal is sobering: around 30 percent of the gross domestic product comes from remittances from Nepalese migrant workers, who often work abroad under extremely difficult conditions. This dependency highlights the urgent need to create sustainable prospects locally. Numerous conversations with people in Nepal gave me a strong motivation to help on the ground. To this end, I founded the Vitamin C association in 2015. Our first project was to support a family in the Lagtang earthquake zone with training and infrastructure.

With the “KTM Bouldering Hall” project, I have convinced people to work with me on this sustainable perspective. But we want to build more than “just” a bouldering hall - in cooperation with people in Kathmandu, we are creating a non-profit place, a meeting point for people who enjoy exercise, which combines and guarantees community and personal development.

PROJECT

Our aim is to create a place that inspires people to push their limits, build confidence, promote their physical health and enjoyment of exercise and practice social skills - regardless of their social or financial situation. To this end, we are building a center for bouldering culture. The bouldering facility will offer a wide range of climbing opportunities for beginners through to professionals. A restaurant will be connected to the hall, inviting a variety of people to spend time together, especially in Nepal, where such a social space can offer stability and open up long-term prospects for the future in conjunction with tourism, culture and the environment. Through this integrative approach, we are making a sustainable contribution to improving the local living situation.

In short:

Our visionary combination of inclusion, education, exercise and employment should help people to shape their lives in a self-determined way. The bouldering culture is ideal for this.

BOULDERING

Bouldering is a special form of climbing that is practiced without a rope or harness on comparatively low walls. Indoor bouldering is an easily accessible form of exercise that can be practiced regardless of age or experience.

The boulders are bolted/designed differently. This results in a variety of challenging “bouldering problems” that can be “cracked.” Good prerequisites for bouldering are the joy of trying things out, motivation, enjoyment of movement and a willingness to learn. Age, gender, ability, nationality, physical constitution/impairment are not decisive. Raw strength is not a primary requirement: what is needed is a delicate technique and good body awareness. Bouldering is used in Switzerland as a physiotherapy and occupational therapy measure.

No expensive equipment is required for bouldering. All you need is comfortable clothing, a chalk bag with chalk (= magnesia) and well-fitting climbing shoes. The individual routes are color-coded and therefore easy to identify. Both advanced and professional climbers get their money’s worth in the hall: there are many easy to difficult bouldering problems, which are regularly reset to create new challenges.

Bouldering strengthens problem-solving skills

Bouldering is not just about physical activity, but also about solving problems. Before tackling the wall or rock, you figure out how to overcome the challenge.

Bouldering provides support

Those who boulder think step by step about how to reach their goal and are therefore solely responsible for overcoming their challenges. Anyone who learns to overcome difficulties while climbing can also transfer coping strategies to everyday life.

Bouldering requires concentration

While your mind can keep spinning while jogging, for example, you have to concentrate fully when bouldering. If you are not consciously in the here and now, you could fall into the soft mat at any time.

Bouldering is a community experience

Bouldering is an inclusive activity. There are no access restrictions or segregation. When bouldering, you learn to accept help. If you are hanging on the wall, you sometimes need a tip or encouragement from other climbers. The focus is not on comparing performance; instead, climbers grow together by supporting each other.



Bouldering hall Bimano, Bern (partial view): Bouldering takes place on sturdy wooden walls and differently shaped plastic holds, which are simply bolted to the walls in ever-changing combinations. Soft mats on the floor ensure a safe landing.

TARGET GROUPS

Young people from difficult backgrounds

- Young people who have little access to educational and leisure activities.
- Meaningful leisure activities through exercise and community that open up new perspectives for young people and keep them away from negative influences.
- Promoting social integration and developing prospects for the future.

Women/Girls

- Safe space for exercise and personal development.
- Promoting self-confidence and physical health.
- Creation of employment opportunities in the bouldering hall and gastronomy.
- Targeted programs with separate training times, female trainers and cooperation with local women's networks.

People with disabilities

- Access to inclusive exercise programs such as paraclimbing.
- Promoting participation and social integration.
- Raising society's awareness of inclusive sports opportunities.

Local workforce

- Fairly paid jobs in construction, catering, climbing supervision and route building.
- Qualification and training in safety-relevant and sustainable working methods.

Sports and outdoor enthusiasts in Nepal

- Promotion of bouldering as a sport.
- Health-promoting leisure activities and social networking.

Tourists

The bouldering hall is also aimed at international travelers who want to combine sport and culture with engagement.

VISION

Wir erschaffen einen Ort für Sport und Gemeinschaft, der gezielt auch sozial benachteiligten Menschen sowie Frauen und Mädchen neue Chancen ermöglicht.

MISSION

Social education

- Our target groups gain self-confidence, teamwork skills and personal development opportunities through sport and targeted programs.
- Workshops and training courses teach practical life skills in various useful areas, such as finance (basic knowledge of how to handle money) through to pre-employment skills.
- Through inclusive sport, people with and without disabilities learn from each other and thus promote mutual understanding.

Inclusion and equal opportunities

- We also create a safe space for people in fragile situations such as (young) women, young people and/or people with disabilities.
- Special training times, barrier-free infrastructure, female trainers and cooperation with local organizations ensure a safe environment.
- Low-threshold offers (e.g. trial sessions or free introductions) enable access for everyone – unbureaucratic and simple – regardless of social status or financial means and communicated in understandable language.

Long-term prospects and economic stability

- Training and employment opportunities on the Boulder site provide people with substantial and long-term professional opportunities.
- The project promotes local economic cycles by involving only small local businesses and creating jobs.
- The combination of exercise, education and employment helps people to shape their own lives.

Partnerships with institutions

- Support for young people, women and people with disabilities.
- Economic revitalization of the region through sustainable tourism.
- Promotion of intercultural exchange and economic synergies.

BOULDERING HALL

We are initiating and building a bouldering facility with local people in Kathmandu, the capital of Nepal. We want to create a bouldering facility for all skill levels on a total of approx. 800 m2. A cozy restaurant is planned for catering, which will also be accessible without an entrance ticket to the bouldering area. In addition to the “classic” bouldering routes, we are planning a training area with other training options such as a kilterboard or spraywall.

In the hall, we will offer courses for children, beginners and advanced climbers to make bouldering accessible to everyone. This project offers the local population an opportunity for sporting activity, community and economic participation. The bouldering hall not only creates a meeting place for climbing enthusiasts, but also provides training and jobs with different job profiles and responsibilities. Social aspects have an influence on all levels: Organization, construction/maintenance, employees, guests.



The bouldering hall consists of a shell made of local sustainable materials and climbing wall elements made of multi-layered maritime pine panels.

Hall/building

The “KTM Boulder” project comprises the conversion of an empty industrial hall or the construction of a simple, robust shell with a specific “inner life”. The hall has a floor area of 800 m² and, thanks to its height of 9 meters, offers space for two floors of bouldering walls. The restaurant is separated by a glass front and is accessible from the entrance. Checkrooms with showers and toilets are located next to the entrance.

Infrastructure

- Bouldering hall: Climbing walls for all levels of difficulty, training areas and paraclimbing facilities.
- Restaurant: Local dishes and drinks, run by trained local staff.

Route construction

We attach great importance to high-quality climbing structures and routes in order to offer our guests a varied and challenging bouldering experience. We ensure this by:

- Carefully designing climbing walls that offer different levels of difficulty and styles.
- Regularly resetting and renewing the routes.
- Adapting the routes and climbing areas for different age groups and experience levels.

Sustainability

- Ecological: Construction with sustainable materials.
- Social: Fair wages, long-term employment.
- Cultural: The local population and their culture are actively involved. This can mean: Considering traditional building methods or craftsmanship, respecting local festivals, values or ways of life, working with local communities.

Pricing (comparable offer in Nepal)

1	Entry:	500 Rupees	CHF 3.–
5	Entries:	2'000 Rupees	CHF 12.–
10	Entries:	3'000 Rupees	CHF 18.–
20	Entries:	4'000 Rupees	CHF 24.–
30	Entries:	5'000 Rupees	CHF 30.–

1	month:	4000 Rupees	CHF 24.–
3	months:	8000 Rupees	CHF 48.–
6	months:	12'000 Rupees	CHF 72.–
1	Year:	18'000 Rupees	CHF 110.–

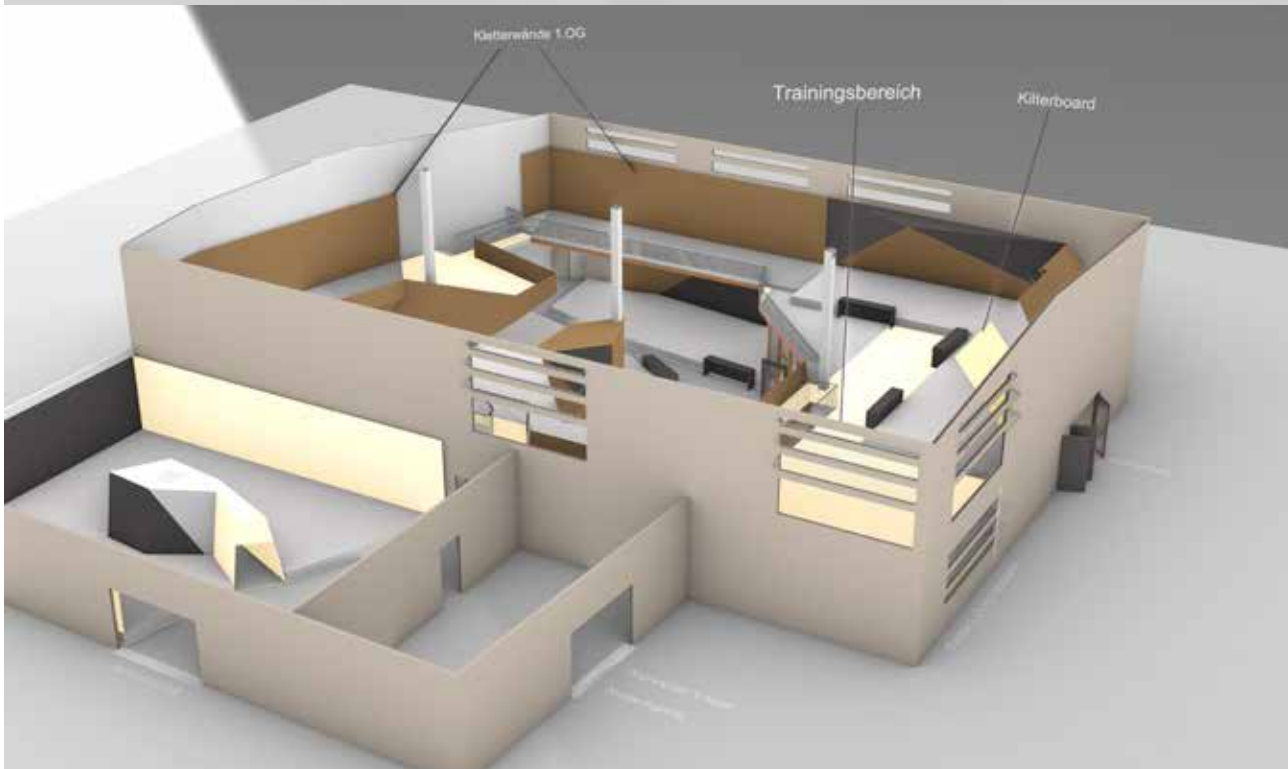
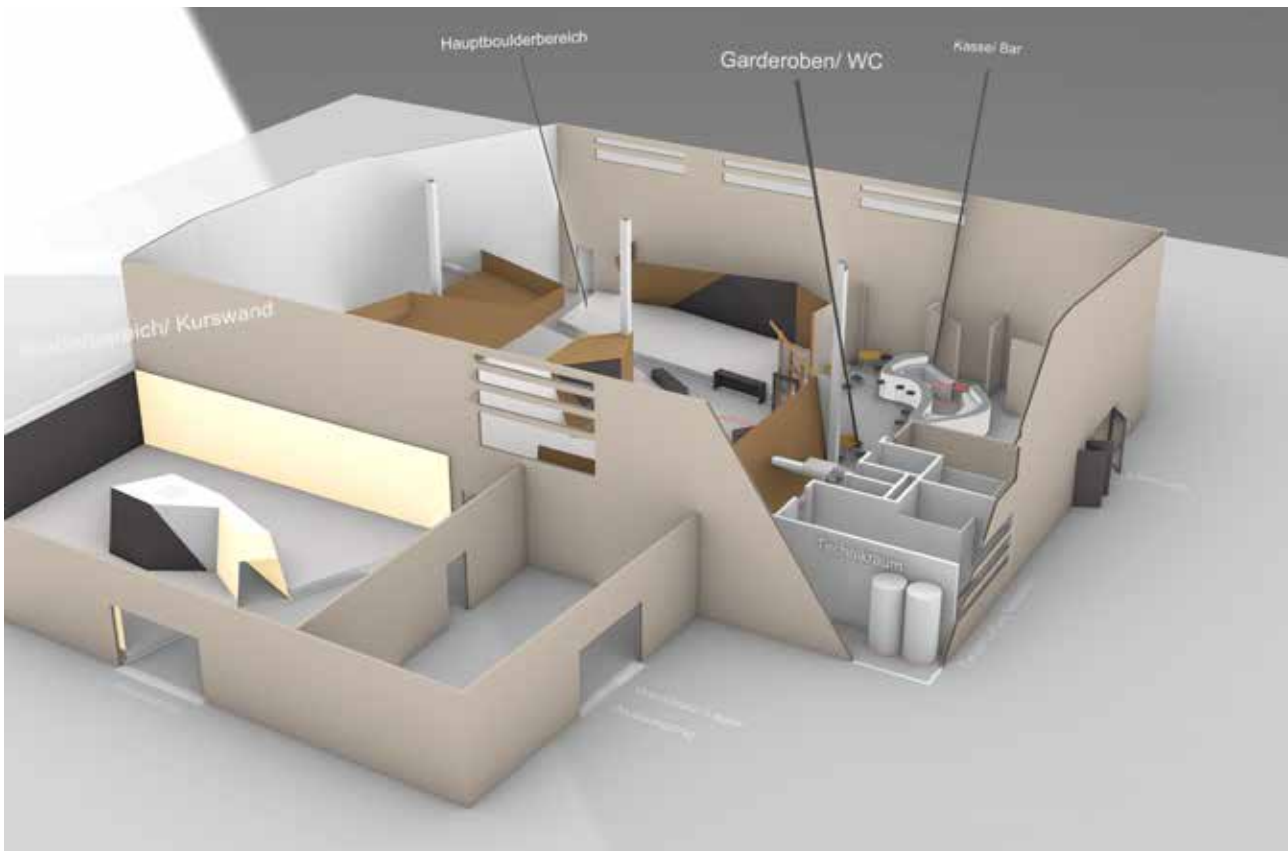
Prices for low-income earners, high-income earners and tourists will be validated at a later date.

Build-up phase

- Involvement of local workers in construction.
- Training in catering and climbing supervision.

Operating phase

- Events: climbing courses, social events and workshops.
- Cooperation with schools and clubs for sports and educational programs.



Schematic representation of the bouldering hall: Climbing walls, training areas, workshop, storage and the adjoining restaurant can be combined in different ways depending on the property.

KATHMANDU

Kathmandu is the capital of Nepal as well as the political and cultural center of the country. Here, by far the largest city in the country, you will find all of Nepal's central institutions, the representations of many states and development organizations as well as the representative buildings of the government and the royal family, which dominate the cityscape. The old town is very densely populated: 985,000 inhabitants live on 50.7 km², which corresponds to 19,439.5 inhabitants/km² (Wikipedia, 2020). By comparison, Bern: area: 51.62 km², population: 136,988 (2023), density: 2654 inhabitants/km². The three royal cities of Kathmandu, Patan and Bhaktapur have been classified as World Heritage Sites by UNESCO since 1979.

As is generally the case in Nepal, the majority of people in Kathmandu are Hindu, but there are also many followers of Buddhism, which is reflected in the large complexes of Swayamb-hunath and Bodnath with associated monasteries and many smaller shrines scattered around the city.

LOCATION

The hall will be built in Kathmandu, on an area of approx. 2000 m². Ideally, the hall should be located in the immediate vicinity of an existing sports facility, a school or a university. The location should be easily accessible and barrier-free. The rental agreements are concluded for five years. The rental offers or conversion offers are validated on site, either by the project team or local cooperation partners. Specific criteria for the choice of location are defined with the local partners on site.

BUDGET

Project expenditure: One-off initial expenditure (in CHF)

Project management on site/cooperation with the local authorities;

Legal (preliminary) work/clarifications	15'000.-
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Hall with restaurant	100'000.-
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Interior fittings:	80'000.-
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Climbing walls*	
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Mats*	
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Holds*	
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Master builder	15'000.-
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Training and education for personnel	20'000.-
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Plot of land (2000 m ²): Rent 1 st year of operation	35'000.-
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<i>Total requirement</i>	<i>250'000.-</i>
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Rent, maintenance, personnel per operating year: : in progress

*Cost estimates in progress

Revenue from operations (in CHF)

2nd year

Subscriptions (40%/Revenue)	10'000.-
Entries	4'500.-
Tourist admissions	3'000.-
Schools/school classes	2'000.-
Institutions & organizations	3'000.-
Gastronomy	tbd
Events	cost-covering

3rd year

Subscriptions (45%/Revenue)	20'000.-
Entries	7'500.-
Tourist admissions	6'000.-
Schools/school classes	3'000.-
Institutions & organizations	4'000.-
Gastronomy	tbd
Events	cost-covering

4th year

Subscriptions (50%/Revenue)	30'000.-
Entries	10'500.-
Tourist admissions	9'000.-
Schools/school classes	4'000.-
Institutions & organizations	5'000.-
Gastronomy	tbd
Events	cost-covering

Own funds Vitamin C from external donors

Operating costs 2 nd year	25'000.-
Operating costs 3 rd year	15'000.-
4 th year: self-supporting	

Other potential sources of income via sponsorship

- Logo placement in the bouldering hall and on advertising materials.
- Mention on the website and social media.
- Partnership for Corporate Social Responsibility (CSR) projects
- Exclusive events for sponsors and partners on site.

Personal benefits Vitamin C

Marketing and communication: benevol

Project management: benevol

OVERVIEW OF DONORS / CONTRIBUTIONS

[continuously update](#)

Public funds from Switzerland

Deza

Seco

Kantone

Städte

REPIC

Development policy NGOs

Helvetas

Stiftungen

Sponsors from the bouldering and climbing sector, SMEs

UIAA

IFSC

Own fundraising

crowdify.net (No platform fee for social projects. Upon successful completion, only the third-party costs of the payment provider are charged, approx. 3%)

Vitamin C's own funds (donations and membership fees)

SCHEDULE AND MILESTONES

June 2025	Concept finalization; start approaching donors
April to ...	Location search in KTM (→ Gobinda, architects) Loan for preliminary work
June to December '25	Secure funding Establish local sponsorship: Private Limited Company* Establish cooperation with local partners
Autumn '25	Select building land/leased land on site
December '25 to March '26	Construction planning/launch: Detailed concept for construction/employees on site Sign contracts
March to June '26	Construction phase: Construction of the hall or conversion of an existing hall; Interior fit-out of the hall: bouldering area and restaurant; staff training Cooperation with schools and other institutions
Autumn '26	Operating phase: Opening of the bouldering hall with restaurant

* In Nepal, a "Private Limited Company" (Pvt Ltd) is a corporate structure, which limits the liability of the owners, i.e. their personal assets are protected from the company's debts.

PROJECT SUPPORT/PARTNERS ON SITE

Project partners in Kathmandu

Architectural office for the planning and realization of a sustainable new building or the conversion of an existing infrastructure as well as for the recruitment of employees for the interior construction. For example:

→ sma, Sustainable Mountain Architecture: <https://sustainablemountainarchitecture.tumblr.com/>

→ Abari: founded in 2006, focuses on traditional materials such as bamboo and earth and integrates them into modern architecture to preserve Nepal's local heritage. Their notable projects include the reconstruction of the Madan Puraskar Pustakalaya, Nepal's largest literary archive, using bamboo and rammed earth.

<https://abari.earth/inquiry>

→ Engineering office: structural analysis, construction: connection of envelope boulder walls.

Vitamin C representation in Kathmandu

For the implementation we will found a "Private Limited Company" in Nepal, consisting of two members of the association and Krishna Basnet. The local coordinators are Krishna Basnet, Gobinda Kumar Rai and Ramun Trachsel. A "Private Limited Company" has various advantages:

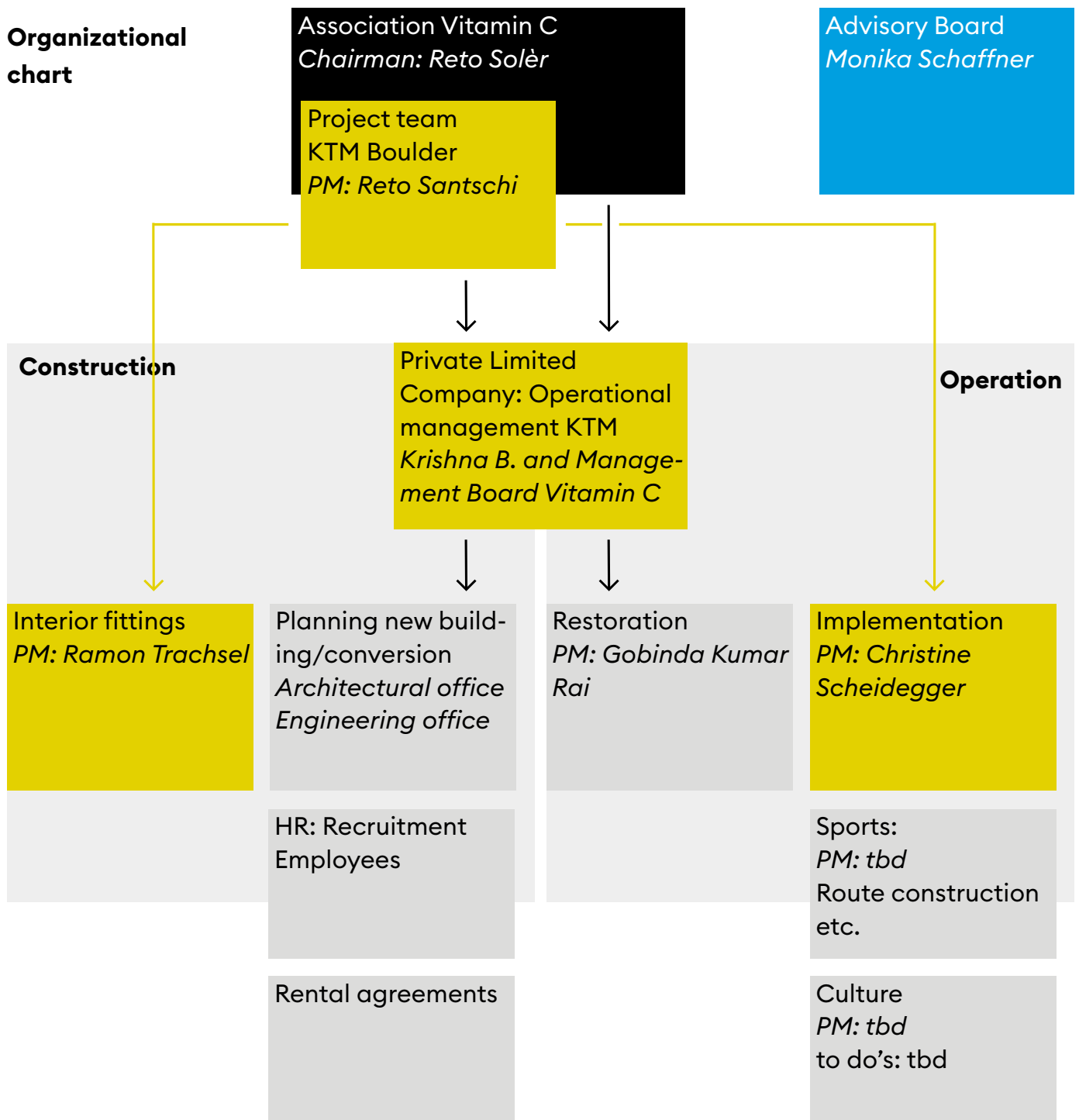
- Limited liability (comparable to Swiss GmbHs or French SARL).
- Easy transfer of ownership, raising of debt capital (from banks and VCs).
- "Perpetual" legal succession.
- "Better corporate governance": Nepalese companies must comply with the Companies Act 2063 and fulfill various requirements of the Act. This strengthens corporate governance and thus the trust of customers, suppliers, lenders and other shareholders.

Project partners

Deza

Helvetas (local controlling) receives money from SDC for local tasks

Organizational chart



BOULDERING AREA OPERATING CONCEPT

This operating concept forms the basis for a successful and sustainable bouldering hall. It is continuously reviewed and improved in order to meet the needs of guests and, in particular, socially disadvantaged target groups and to offer a positive climbing experience. The operating concept serves as the basis for cooperation with local people.

Opening hours

The opening hours are based on the opening hours of other services in the city.

Prices

Bouldering at our facility should be accessible to people of all ages and backgrounds. We therefore attach great importance to fair and affordable prices.

Restaurant

The restaurant is open to external visitors free of charge. We invite people from the surrounding area to get to know our facility and become part of our bouldering community, even if they don't climb themselves. We want to create a welcoming environment where visitors feel comfortable and enjoy spending time. Here you can relax, chat and enjoy the atmosphere of the bouldering hall.

Sustainability and environmental awareness

We strive to operate a sustainable bouldering hall. Minimizing negative environmental impacts is part of our sustainability concept. This includes:

- Wooden layer boards made from packaging material (maritime pine).
- Handles from existing stocks in Switzerland/Germany or similar
- Use of energy-saving lighting and equipment - Economical heating system (solar?).
- Promotion of recycling and waste separation throughout the facility.
- Water cycle with rainwater.
- Cooperation with local companies.

Security and risk management

The safety of the athletes is our top priority. We implement a comprehensive safety concept (CH standard). This includes

- Regular inspections and maintenance of the climbing walls, holds and safety equipment.
- Provision of suitable fall protection mats and pads under the climbing walls.
- Clear safety guidelines and rules of conduct for all visitors.

Guest care and service

Our aim is to offer our guests a positive experience. We attach great importance to:

- Friendly and competent staff who are available to answer any questions or concerns.
- Simple and transparent membership and entry regulations.
- Courses and training opportunities for beginners through to advanced players.
- Regular events, competitions and community events to strengthen the climbing community.
- Clean and well-maintained facilities, including restrooms, changing rooms and common areas.
- Rental of climbing equipment and accessories.

Cleanliness

As bouldering halls are exposed to high levels of magnesium dust, we attach great importance to good ventilation, which is ensured by window installations. A cleaning team will vacuum and clean the hall daily. The restaurant is separated by a glass front so that you can watch the bouldering without being exposed to dust.

Staff

The daily structure is divided into work shifts, which are covered by the managers and part-time employees. A cleaning team will also be employed. In addition to the cash desk/restaurant team, further positions are planned for course management and the re-screwing of the boulders.

PROJECT TEAM

We are a dedicated team of sports enthusiasts, project developers and supporters of social initiatives with extensive expertise in the management of charitable projects. Together, we are committed to sustainable projects that promote sporting aspects and (development) cooperation and focus on the financial independence and economic self-sufficiency of the people involved.

Gobinda Kumar Rai

Local partner Kathmandu



My wish: To assume leadership and responsibility as a creative problem solver; to learn management skills in a growing company, to utilize and deploy resources optimally and to achieve substantial profits.

25 years of professional experience as a tour operator, hiking guide and social worker in Nepal.

gobinmumhong@hotmail.com
gobindatravelnepal.com

Reto Solèr

Expert for “Sustainable development of mountain regions”



Reto Solèr specializes in the development and implementation of sustainable tourism, in particular the valorization of nature and culture. In addition to nature and cultural tourism, he has expertise in areas such as mobility, with a focus on non-profit projects.

All dimensions of sustainability are always given equal consideration, as are respect for regional circumstances and the participation of the local population.

A wide-ranging specialist network with a wealth of experience is used for implementation.

→ solerworks.ch/reto-soler

→ References: see next page

Company profile



Solerworks.ch is a specialist in consulting, developing and realising projects for sustainable development in mountain areas. The projects are adapted to local and regional conditions, taking into account economic, social, cultural and ecological aspects, with a special focus on nonprofits projects. Solerworks.ch operates with a wide network of partners with a lot of experience and expert knowledge.
→ solerworks.ch

Reto Solèr is specialized in the touristic valorisation of nature and culture and for instance sustainable mobility. He was general manager of CIPRA Switzerland from 2001 to 2009 and president from 2012 to 2015.
→ cipra.ch

Selected reference projects

Switzerland

Innovationsgenerator

Organisation of a competition for sustainable and innovative tourism projects in Switzerland. Idea, concept, fundraising and management.

→ innovationsgenerator.ch

Wasserwelten Göschenen

Implementation of sustainable tourism in the central Alps of Switzerland, valorizing local water resources for the local tourism. Idea, business plan, realisation and evaluation.

→ wasserwelten.ch

Respect Wildlife

Head of campaign, Association «Nature & Leisure», on behalf of the Swiss Federal Office for the Environment.

→ respect-wildlife.ch

→ respect-to-protect.ch

International

Pilot Project: The Seven Rila Lakes in Bulgaria

Development of sustainable mountain tourism in the «Seven Rila Lakes region» in Bulgaria.

Concept and fundraising in cooperation with Bulgarian partners. www.co-cycle.com

Sustainable mobility for mountain regions in Slovenia

Transfer of knowhow from Swiss mountain regions to Slovenia mountain regions, adapted to local and regional conditions, best practise of soft and sustainable mobility.

Pilot-Project Outdoor-Guide

Concept for training at Universities of Applied Sciences and technical colleges in Swiss mountain areas for players in non-Alpine mountain regions.

→ solerworks.ch/KNEB

Several guide books for hiking in the Alps and Croatia

Dalmatien, 50 Hiking tours, Rother Bergverlag, 3. Edition, 2019

Veltlin, 54 Hiking tours, Rother Bergverlag, 2009

Krishna Basnet

Cultural mediator



I grew up in Nepal. I have lived in Switzerland since 2006. As a passionate trekking and cultural hiking guide, I know the needs of the people in Nepal and in Switzerland. Nepal has a rich cultural diversity, is characterized by Hindu and Buddhist traditions, as well as a close connection to nature and community. The culture is often characterized by rituals, festivals and strong family ties. The cultural values of Switzerland emphasize other dimensions, in contrast to the individualistic way of life and the high appreciation for order and innovation. I like to act as an “interpreter” in the project. Between the different cultures, the different interest groups, political institutions, entrepreneurs, etc. and make a contribution to this unique social and intercultural project.

Alexander Hofstetter

Marketing Manager



“Networked thinking.
Communicate clearly.
Act effectively.”

I am a generalist with depth – with heart, fire and sound expertise in strategic and operational marketing, sales, media production, leadership and public procurement.

What sets me apart: a good feel for people and markets, a clear eye for the essentials and the ability to turn ideas into effective projects. I combine strategic thinking with implementation strength – structured, solution-oriented and always with the aim of creating real added value.

Project-like undertakings inspire me. I bring clarity, structure and energy to the team – and keep at it even when things get complex.

I find my balance outdoors: jogging, in the mountains or on the bouldering wall.

Christine Scheidegger

Specialist in education and inclusion



My professional career began more than 30 years ago as an environmental engineer in Berlin. Initially, I specialized in waste management concepts in health-care facilities. Thanks to my expertise, I was offered a job in Switzerland. Later, I managed the knowledge and water projects in a regional nature park. The special thing for me here was the cooperation with the local population.

Through my further training in education,

art and movement therapy, I have grown into a new professional field. Today I teach in a so-called “special elementary school” and work with children and young people with developmental problems. I am involved in environmental protection as a member of the board of Mountain Wilderness and the Green Party in my home town of Mühlethurnen.

I come from a multicultural family, my father was German and my mother is Indonesian. I was born in Holland. I grew up in Germany. Our family lived in Nigeria and Singapore for a while. Although I am now firmly anchored in Switzerland, I am always drawn to faraway countries and cultures.

Ramon Trachsel

Master builder



Grew up in Heimiswil and Burgdorf. Apprenticeship as a metalworker. After that, various temporary jobs for a few years and a longer stint with a designer in Wynigen. During this time he bouldered and climbed very intensively.

2013 Opening of the first public bouldering hall in Rossfeld in Bern with Pascal Trachsel and Wolfgang Antz under Bimano GmbH.

2017/18 Opening of the bouldering hall on Zentweg with restaurant, playground and skate park.

2021 Opening of the Bimano bouldering hall in Solothurn.

2025 Opening of the Manola bouldering hall in Langenthal.

I took on more and more planning and construction management tasks for these projects. From sanitary installations to entire kitchens, we built everything ourselves with a select team.

In addition to these projects, I have always been artistically active and have been involved in various projects. Various exhibitions with my paintings, sculptures on the Münsterplatz at Buskers 2019, magnetic ride bar in the Sattelkammer 2021, clay and steel sculptures Terra Vechia Worbboden 2022.

Reto Santschi

Project Manager, Facilitator*



* A facilitator supports groups in achieving goals together, structuring discussions and facilitating decision-making processes.

They create an open, respectful atmosphere, promote cooperation and help to resolve conflicts. The aim is to make group work efficient and productive.

The bouldering hall consists of a shell made of local sustainable materials and climbing wall elements made of multi-layered maritime pine panels.

In my backpack I have an apprenticeship as a typesetter, training as a graphic designer, a degree in Corporate Design Manager FH and training as a facilitator.

I founded MAGMA, an agency for brand creation and design, 27 years ago.

Doing things the right way” is important to me – working creatively with head, hand and heart, getting to the bottom of things as a generalist. But “doing the right things” is much more than that. That’s why I dedicate (and continue to dedicate) my time and energy to my family, several trips to Nepal, for the Magma team, for the school of my “little ones”, as a mountaineering leader in many climbing camps, for over 25 years as a board member of Mountain Wilderness (and for ‘real’ mountains) and for ten years with the Vitamin C association for people in my “second home” Nepal.

I enjoy being out and about in nature/mountains and I perform well in contact with other people. I’m currently trying hard to learn Nepali, both written and spoken.

Ashish k.c

Engineer, Kathmandu



Master of Construction and Engineering

Management Status: Running
Kathford College of Engineering and Management

JUN 2013 - JUN 2017

Bachelor's degree in Civil Engineering

LANGUAGES Nepali (mother tongue), Fluent in English

Technical Skills:

- Experience in using AutoCAD for building design & drawing, and ETABS for structure analysis & interpretation of buildings design while working as a civil engineer in Dream Developers Pvt Ltd
- Experience in preparing BOQs, quantity estimation, cost analysis, cost estimation, and able to do site surveys, site inspections, and ensure quality control on construction sites
- Ability to use tools like theodolite and total station while working as a site/civil engineer in M.K Engineering Pvt Ltd ,GAURI PARBATI NIRMAN SEWA PVT.LTD, ARC NEPAL PVT.LTD and Jaya Basanti Nirman Sewa pvt.ltd
- Ability to use Revit for modelling, design & drawing of buildings learnt while doing my master's research on Sustainable Building using Revit & Revit Tally for life cycle assessment
- Knowledgeable in Microsoft Office Suite, and MS Project for project scheduling, budgeting, and resource management while doing projects in university & working as a civil engineer

Non-technical Skills:

- Developed professional writing skills developed through report writings for detailed project report, research during master thesis, variety of assignments, prioritized tasks effectively
- Engaged with stakeholders and management at Viva retail energy and, providing clear information and fostering positive relationships
- Achieved teamwork skills by collaborated with team members to achieve goals and ensure smooth operations to meet deadline

WORK EXPERIENCE Ashish k.c

Rapid Investigation team leader for the rehabilitation of residential building after Earthquake under Dakshinkali Municipality and different NGO'S, INGO'S
May 2015 – June 2016

Site Engineer for the Construction of Different Residential and Corporate Buildings, Roads and Ecob friendly structures.

Working as the Managing Director and Chief Engineer at JAYA BASANTI NIRMAN SEWA PVT.LTD

Key responsibilities:

- Manage multiple tasks simultaneously in a high-energy setting to ensure smooth operations
- Make the construction project Safe Economic and Eco friendly.
- Mainly focused on the quality construction at reasonable price under appropriate work schedule

M.K Engineering PVT.LTD. Nepal
November 2017 – July 2019
Civil Engineer (Full Time)

Key responsibilities:

- Developed detailed project reports for large-scale projects, including a 100-bed hospital, multistorey commercial buildings, and industrial villages, ensuring comprehensive technical analysis
- Prepared bill of quantities for high-value projects (up to 500 million), assisting the local government with the bidding process, ensuring accurate cost estimations, and financial analysis
- Led civil engineering works including cost estimation, structural analysis, municipal approvals, and project reporting, ensuring compliance with national building codes and standards
- Managed the drawing design, site layout drawings and site supervision of residential

JAYA BASANTI NIRMAN SEWA PVT.LTD
July 2019 – Current
Civil Engineer(Full Time)

Key responsibilities:

- Make the construction project Safe Economic and Eco friendly.

Mainly focused on the quality construction at reasonable price

Achievement:

- Completion of Different Construction project on time with excellent quality services.

Kai Gemperle

Business economist HFHead of Finance



Occupation: Media designer
Current job: UX/UI design of digital teaching materials

Leisure time: Wrenching, riding bicycles and
phylosophizing

AMBASSADORS

Cora Vogel

coravogel.ch

Emilie Oberle

Research continues: Paraclimbing team: Inquiry Amruta Wyssmann.

ADVISORY BOARD

The advisory board is intended to strengthen our vision through expert advice, provide innovative impetus and support the implementation of our inclusive, sustainable center for bouldering culture. It helps to identify challenges at an early stage, optimize strategic decisions and expand local and international networks. In this way, we can ensure that our project has a long-term positive social, cultural and ecological impact in Nepal and that people's quality of life is sustainably improved.

Monika Schaffner



Born in Nepal, in the environment of international development work, I spent my childhood in two worlds: In my birthplace Nepal, and the cultural home of my original family Switzerland. My parents are passionate hikers, and so I grew up in the Nepalese Himalayas: Hiking, sleeping in tents, playing in alpine spaces, immersed and connected as a natural part of nature. This start in life ignited in me a love and care for the mountain world in its wild, intact form. That is why today, as an integrative geographer (including as co-head of the Ecological Restoration of Hydropower section at the Federal Office for the Environment), I am committed to protecting untouched alpine wilderness and, with my sole proprietorship connecting spaces, I combine holistic development projects with individual awareness and transformation work in Nepal and Switzerland.

Martin Wälchli

Text

angefragt

«VITAMIN C»

Vitamin C is a non-profit organization and supports people in Nepal. Donations are used for current livelihood needs, for reconstruction work, for the education of children and young people and for long-term charitable projects. Vitamin C is exempt from tax liability; donations can be deducted from tax within the framework of the legal provisions. The association is small and efficient, with direct personal contacts in Nepal. Donations go (on average over the last 10 years) to +/- 98 percent directly to those affected. This is possible because all of the association's work is carried out on a voluntary basis, because no expenses are reimbursed and the expenses for external specialists (e.g. website) are/were sponsored. The amounts for account management and transaction costs are covered 100 percent by the association.

→ vitaminc-nepal.org

Overview of some of the projects and people we have supported and/or are currently supporting

Reconstruction of the lodge of Dorje, Pasang and Tshering in the Langtang

We organized and financed training for Dorje at the School of Hotel Management in Kathmandu. With the "Higher Diploma in International Hotel and Tourism Management" in his pocket, Dorje later wanted to "spruce up" his parents' lodge and generate an income for himself and his family. That was the plan. But the 2015 earthquake turned the cozy village in the Langtang into a desert; there were only a few survivors. The three young people ((are not introduced above)) were among them. Because they were in the east of Kathmandu during the quake. However, their parents were buried under the earth, nothing remained of their house or the small lodge. We have used financial means to enable Dorje's education as well as the reconstruction and expansion of the lodge.

Support for a trekking agency

We provided Gobinda with a loan to convert the sole proprietorship into an agency structure. Tourism had totally collapsed during the Corona period. That's why the super location for the establishment of the small paper factory (handmade paper) on the outskirts of Kathmandu was expedient to compensate for deficits from the trekking business. We were also able to sell the handmade paper to a lamp designer in Switzerland.

Scholarship for Tenzen Lama

Tenzen, who was also born in Langtang, is currently studying in Canada at Lambton College in Mississauga, Ontario.

Qatar affected persons

Support for families from the villages around Hungbung who have been affected by personal accidents on the World Cup construction sites in Qatar.



Tenzen, Langtang



Resident from Hungbung



↑ Sunny spot in front of the lodge in Langtang.
The materials for the extension: gravel, sand and wood from the surrounding area.



Dorje is an obliging host and a good cook. The sherpa stew is spicy.

चौमलोट



Eight to ten part-time workers work in the “paper factory” in Kathmandu.

APPENDIX



PRICE ENQUIRY

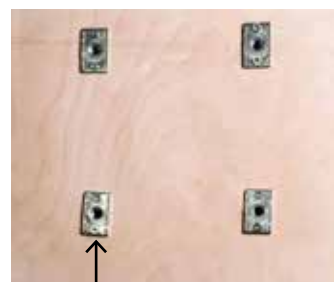


Wooden panels made from maritime pine, Raw format 2 x 5 metres, 7-ply, 20 mm thick

Grid with 12 mm holes for attaching the mobile handles

Front of the wall: handles, fastened with M10 threaded screws

Rear of the wall: M10 flange nuts

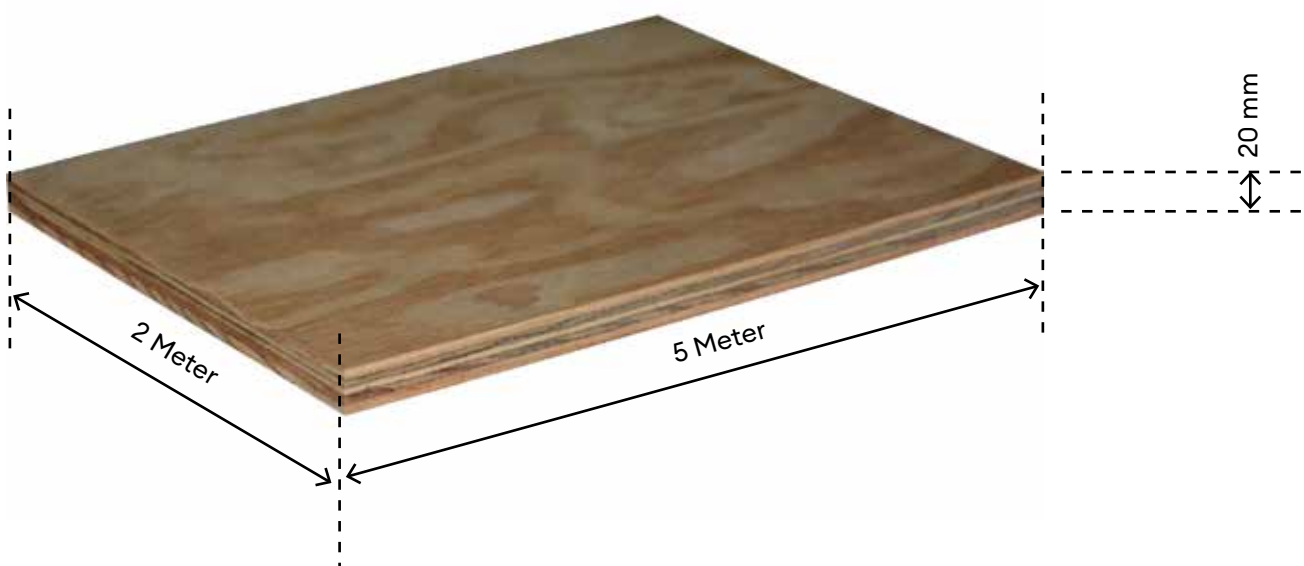


PRICE ENQUIRY

Plywood panels made of maritime pine, 7-ply, 2 x 5 metres

Grid: 10 cm = 25 screws/m²

Total: 150 panels 2 x 5 metres, 20 mm thick = CHF ... / Rupees ... ???



PRICE ENQUIRY

Threaded screws 20 cm long: 35,000 ex. = CHF ... / Rupees ... ??

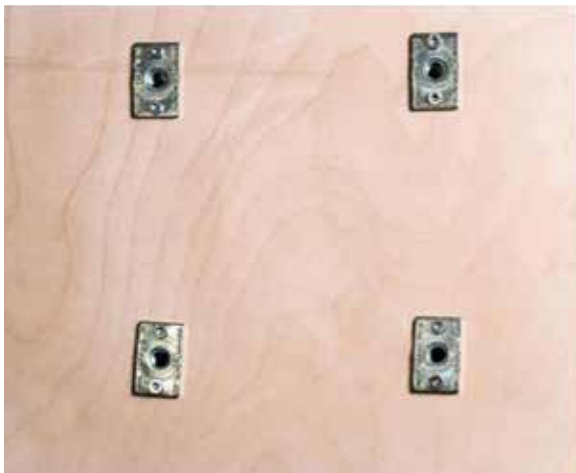
Flange nuts M10: 35,000 ex. = CHF ... / Rupees ... ??



Threaded screws



Flange nuts M10



Rear maritime pine panel with M10 flange nuts