

# NEPAL



**J**ourney  
AROUND THE WORLD



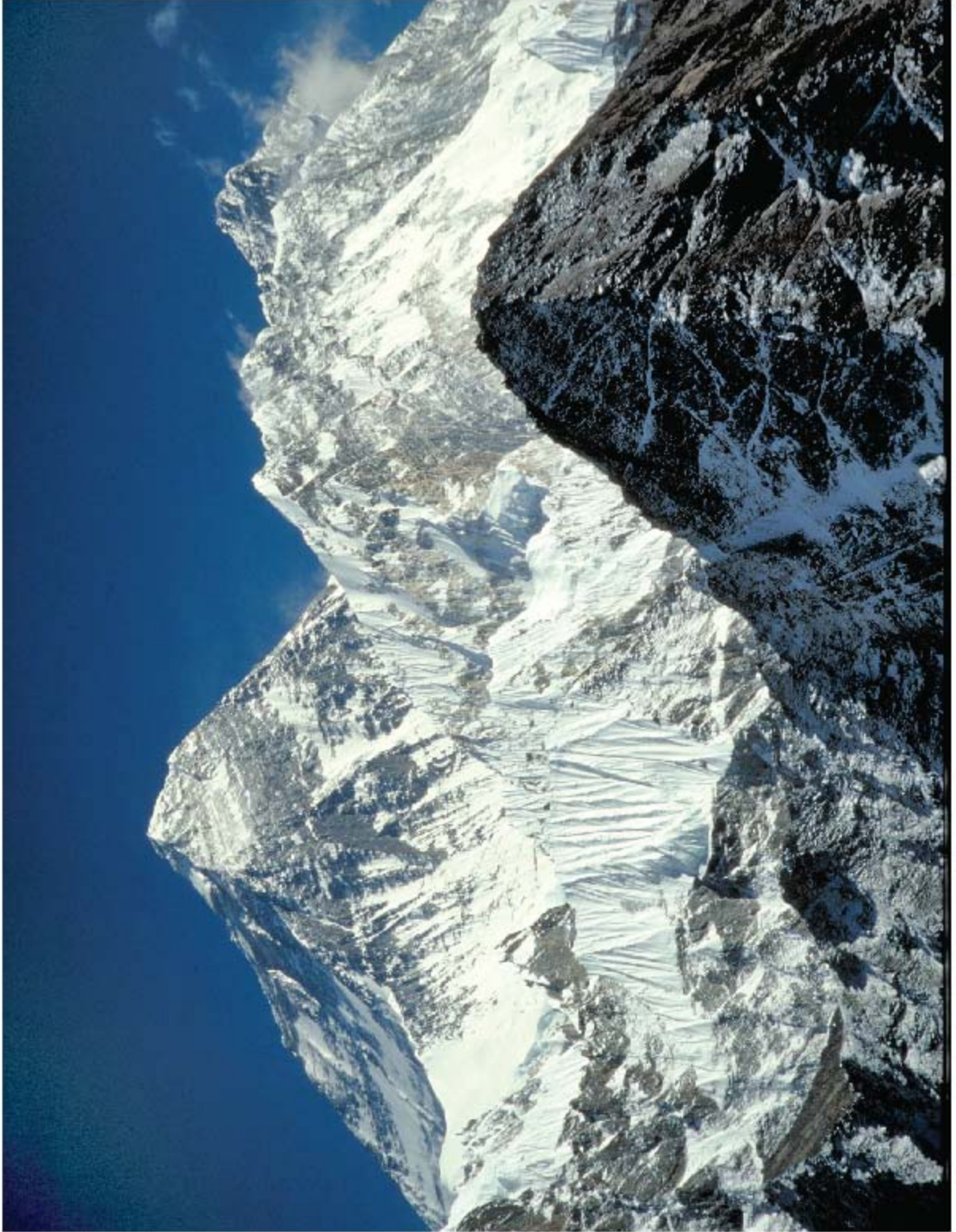
Kukri



Playing with old tires



A Yeti?



# NEPAL

Instructions:

You are playing the role of a teenager from Nepal who has mild hemophilia.

Tell the story below (try not to read from the paper but it's ok if you have to). Make sure the campers understand what you are telling them about hemophilia in Nepal. Use the enclosed pictures to decorate your area. You may use costumes, props, or other decorations but please do not use an accent or ethnic stereotype in your portrayal. Do the activity with the campers at the end of your story and Good Luck!

Make sure to stamp the camper's passports when they arrive.

*Namaste and welcome to Nepal.*

I am Prashant.

My country is famous for the Himalayas, the world's highest mountain range. And towering amongst the peaks is Mt. Everest, the world's highest mountain. Mt Everest stands at just over 29,000 feet, the cruising height of passenger jets. In Nepalese, the mountain is called Sagarmatha, which means goddess of the sky.

It's difficult and dangerous to reach the top of Mt. Everest and many climbers have died in falls, avalanches and snowstorms. However some extraordinary mountaineers have defeated the mountain climbing alone, or even without the oxygen masks that most people need at high altitudes.

The Himalayas are full of stories and legends, including the mystery of the yeti - an eight-foot-tall hairy wild man that looks like an orangutan. Many local people say they've seen a yeti and claim he can roar loudly enough to start an avalanche. Expeditions have tried to track down the yeti, but the closest they've come is to find large footprints in the snow. Perhaps these were yeti prints. Or maybe they were left by a bear or some other animal.

Nepal also has many stories about Gurkhas, the tough mountain soldiers who have fought with the British army for about 200 years. The Gurkhas still carry into battle their traditional weapon, an 18-inch long curved knife known as the kukri. In times past, it was said that once a kukri was drawn in battle, it had to "taste blood" - if not, its owner had to cut himself before returning it to its sheath.

Whether that story is true or not, "tasting blood" is a grim reality for kids with hemophilia in Nepal. Little factor is available and patients often depend on infusions of fresh frozen plasma, which may contain infectious diseases. Young boys who don't get proper treatment often suffer joint damage, which can stop them walking around, climbing mountains or going to school.

Nepal is a very poor country and many people live in small houses without electricity, clean drinking water or enough good food. Treatment of hemophilia is often overlooked because more people are affected by malaria and tuberculosis and other diseases.

About 240 kids have been identified with hemophilia in Nepal and volunteers from countries other countries are trying to help them. However, it's probable that more than 1,900 people have not been diagnosed, especially if they live in mountain villages away from the cities.

Luckily, my hemophilia is not too severe. So I can still play with the other kids. We make our own fun with whatever we can find. One game involves rolling old tires down the street and chasing them with a stick.

We also play with a kind of hacky sack, called a chungi, which is like a ball made out of old rubber bands. The idea is to stand around in a circle, passing the chungi to each other and trying to keep it off the ground as long as possible. You're allowed to use your feet, knees, elbows, - anything but your head or your hands. Or, you could just try a game of toss, back and forth in a circle.

How long can you keep a chungi moving?

(Have the campers form a circle and give them each a rubber band to add to the ball. Have them add their rubber band and pass it to the next person.

When completed, have them play a game with the ball where they keep it in the air, or play a game where they bounce it to each other.

Namaste!

Materials Included:

Rubber band ball

Extra rubber bands

Passport stamp and ink pad