

# DAY 1: LIFE BACK HOME

Here we come himalayas... this was the caption that i put on my story on instagram and the amount of engagement that I got from that story was immaculate. From the people that visited Nepal to the people that are from there and were excited about me visiting the country.



For this reason I thought that this may be a great opportunity to share my journey with everyone and tell them about this unique experience.

Seeing the roof of the earth from the airplane as we were landing was SURREAL

As we were boarding today morning, I was looking around and thinking to myself how many people are going back and visiting their families which they may not have seen from year, and it was such a different feeling that touched me when thinking about that, and it was a reminder for me to not take my closeness to my family for granted.



From this thought I got my idea about the theme of the pictures that I will be taking through our journey in Nepal, which is “LIFE BACK HOME” where I want to portray through street photography and through the encounters we have the life of the families living in Kathmandu, Nepal. Because back in my country we always encounter them as individuals coming to support their families, but through this, I want to highlight the Nepalese perspectives and bring that story back to my home country. After watching the movie ‘Riyalists’ I was really touched by as we saw the young men coming back to their

families and we saw how their wives were waiting for them and taking care of the households and the kids.

Another thing that I have decided today, is that I have to get out of my comfort zone with FOOD and try new things because as we got the cafe today and I was looking at the food I noticed that I was just going for the things that I know and I'm used to like french fries, pasta, rice, and fish.

But I was like let me at least try something new, and I saw the soup at the other counter, it looked a bit weird to me when I first saw it because I am used to eating homogenous soups and this had more of a heterogeneous consistency BUT still made myself try it and I loved itttt

It was literally my favorite thing of all the things that I had eaten this night, it called Wonton soup and it was sort of a dumpling soup

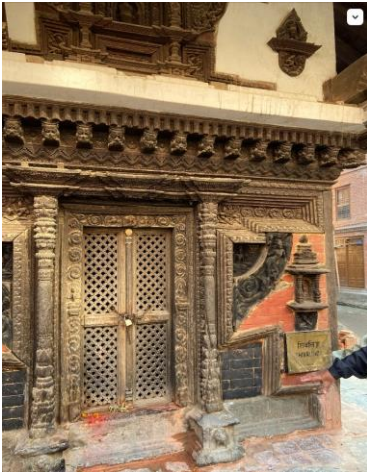


photodump:



# DAY 2: Faith and art

nothing is by chance everything is by design ( in the pagan door by neil)



every component add up to the whole more than the sum of the parts

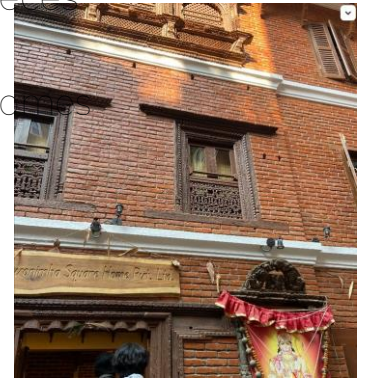
what does it take to manage a historical city?

- the monuments of the kathmandu valley are not static
- this is a LIVING heritage it's a living monument

what they are conserving is saving skills and knowledge (artisans) and not the wood pieces

in here we talked about the use of policy in alternating the outcome

after the earthquake, the city made the wood price the same as cement to give people an incentive to use the old way to rebuild the facade of homes



STUPA: symbol to draw the people and bring in the people around the teachings of the buddha



whenever you conserve your create value... the entrepreneurs capture that value their role is to redistribute that to society... education and hospitals

TOPICS: PROPERTY OWNERSHIP - IDENTITY AND NATIONS - FAMILY DYNAMICS

the Nepalis were so successful in managing the commons but not the private and art was used to make people come back to the city - teens would screen movies at night and started painting the walls and now there is a yearly festival about it

## INTANGIBLE HERITAGE

every year the 8 mother goddesses come to life and do the mask dance in the month of April

there is a month-long festival where they pull the strut until it rains



## BUDDHISM 101



in Kathmandu, there is a hierarchy of the floors

Buddhism 101: the buddha touching the earth and that means that earth is the witness

long and empty ears because he wore them for 29 years and then renounced them

kung fu panda: past is history, the future is a mystery, the present is a gift

MINDFULNESS: depressed is living in the past, anxiety is living in the future present is the ultimate place we want to be in

## BUDDHISM IS TAUGHT IN 3 DIMENSION

Statues are in 3 dimensions paintings are in 2 dimensions scripts are in 1 dimension



## THE COMMUNAL COMMUNITY

even though patan is being urbanized it is still a communal city and people are still close to each other

In Nepal “Everything is written in stone”

## SYMMETRY



if I invert this it would be the same

Daily reflection:

getting to engage with the Nepali people has really enhanced my connectedness to this place as I was talking to each one of them and asking if I could take a picture of them, each one of them replied with a smile bigger than the one earlier which made me really happy and made me feel welcomed in that community. Above that our city tour with Anil was more than amazing, as he is such a well-spoken and knowledgeable guy and the way he spoke about everything in the city made it super charming which I loved. He talked about the living heritage, which made me look at the Patan area from a totally different perspective as it brings in the life of the monuments that I once thought of as still and unchanging.

Coming back to the challenge that I had about the food, I tried a new dish today! Which is dal makhani, I think it is an Indian dish that includes beans cooked as gravy, and it was incredible... today I learned a lot about Buddhism and Hinduism and got to experience that in real life which made me connect all the concepts I was learning about during our FASCINATING city tour.

There is something that I forgot to mention... it is the afternoon tea that we had together as a group, I really felt that we were sitting on that table as a family and felt connected to my classmates. we have been here for only two days and I did not expect that from the beginning, but I think that travel brings people together.



# Day 3: The paradox of green transition - Conference

## Daily reflection:

making a podcast with Ruth was the highlight of the day she is such a well-spoken person with a very interesting journey, I was really shocked by how far into the Tibetan culture that she got. For example she told me that she knows more places in here than if someone asks her about Australia and then she told me about the similarities between some of the beliefs in the Tibetan and Himalayan region and how they are similar to some of the beliefs of the people of the Arabian Gulf. and there is also the experience of creating a podcast that I think was amazing, as it got me out of my comfort zone with conventional assignments and it made me try something new, where I had to search for my interviewee and know more about her and her history to be able to moderate a talk with constructive questions. Also, the two concepts that struck me the most were the concepts of the colors of water and the bird flyways and pathways which I found really interesting and I'm really keen on searching more about them

## Daily Highlights:

Nepal the capital of mountains

Ruth Gamble

the talk has to be about transboundary

rivers Are people ready to see that there is

more than

state-to-state relations in terms of Himalayan geopolitics

the climate crisis is such a slow



boil it's almost that we  
disconnect from it

what would hállenos it a water war but a water ARGUMENT?

# EARTHQUAKES



in this region there has been micro earthquakes

everyday in this region there has been micro

earthquakes everyday

wow: there is an earthquake that they have been measuring every January where joe it's the 29th anniversary

there were nonemga earthquakes in the world in the last 500 years

what can we do? reduce the risk

construct the city to adapt to the environmental hazards changing behavior of the citizens

## 1. awareness:

people need to be aware

authorities need to be aware

## 2. capacity:

the engineers and contractors have to be well skilled of safely profucibh

those building those two lead to 60% of change but with the last

it will be 100%

## 3. policy

enforcing the law in terms of the vision and needs of the country to maintain resilience

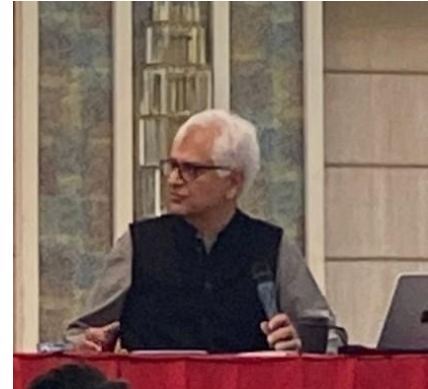
Soft and light buildings or strong and unmovable schools?

we are not making earthquake-proof building we are making earthquake-resistant buildings

Kunda: there was progress in loss and damage at sharmalsheikh in terms of loss and damage

the pollution in kathmandu valley have been project to reduce people lifespans by 4 years

and that increases to 7 years i. the region of northern india



## PANEL 2

THIS WAS THE MOST INTERESTING PANEL OF THE WHOLE DAY because it felt like each of the panelists was speaking out his own thoughts and sharing his own experiences rather than a ready made script they may have used and what made it even better was the harmony between the speakers and the charisma they have



Former minister of Nepal, super well spoken I love him

What inspires you about water (to the former Prime minister of Nepal)?

- It was chosen by design
- How everything else is connected to
- water Bad social practices lead to issues
- with water Engineering flaws led to issues with water

How is the most pressing issue of our time getting the least attention now For the first time in history water was recognized as a driver of climate change, in

Nepal is interesting for one reason, you move from a tropical to a dry land within 150 km range

- 'We should be worried about watercolors' says the former prime minister of Nepal
- White water: atmospheric water, with the changes California may have more precipitation which is 8 times more than the Mississippi river mouth
  - Green water: water in the soil. All the jungles and plants live on this
  - Blue water: rivers
  - Grey water: the one out of our sinks and daily use
  - Black water: polluted water with very toxic chemicals
  - Yellow water: (new) using black water with some treatment for road cement

The only way to develop green energy in the region is to have a power source in the evenings such as batteries when hydropower is not as prevalent. Starting the climate conversation with the word 'stake' is the wrong premise, however, it is better to phrase it as the 'share' holders.

## CONSTRUCTIVE ENGAGEMENT

You're heard but then when you're responded to, that is when the change

happens Groundwater has been heavily MINED not HARVESTED  
50% of the world's glaciers would disappear even if we kept the global temperature well below 1.5 degrees Celsius

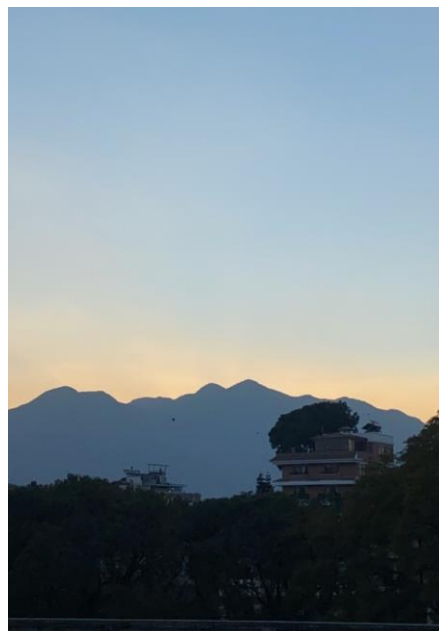
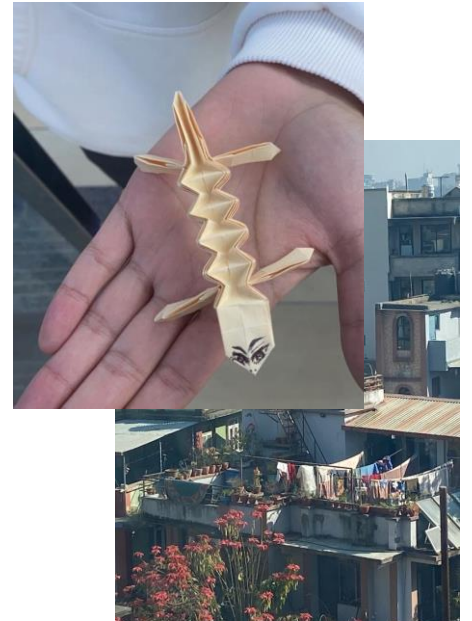
## PANEL 3:

NEPOOOOLS conservation journey with 2030 roadmap

The Himalayas are known as the third pole and the water tower of Asia  
Nepal made three commitments at COP26:

- Halting forest cover to 25%
- Committed to increasing the climate change resilience among local communities
- Net zero by 2035

# DAY 3: Photodump



# Day 4: Painting, Food, and more

## Daily reflection:

nepali food with an exotic experience is how I would describe how this long and amazing day ended. We started our day by viewing a physical archive in Nepal and then then viewed the galleries around it and thennn we got to paint and sketch all together around the area. I chose to paint a sketch that I saw inside the gallery, and tbh I was skeptical at the beginning about my drawing and painting skills but I knew that I was not the only none painter around which made me just go for it and try to get the best out of what I was able to do.. aaand I think that the painting turned out to be amazing and not what I expected at all and this made me know that as long as I keep in mind that I will just work and put out any potential that I have then I will see the results that I put that effort into. After that we visited the temples in there and seeing all the monks and the religous practices that people do left me stunned as they were giving offerings to the gods (something that made us laugh was how someone had offered a Mountain Dew drink) but the way the went into the temple and the spiritual vibes were something out of this world. Visiting baktaphur also was wowwww as we went there around the time the sun was setting I was just amazed by the reflection of the light on all of the buildings in there and the architecture of the place was so synchronized in an astonishing way.



We also got to connect with many of the nepali people that live and work in that area and got toknow more about their culture and we also got to by a lot of souvenirs which



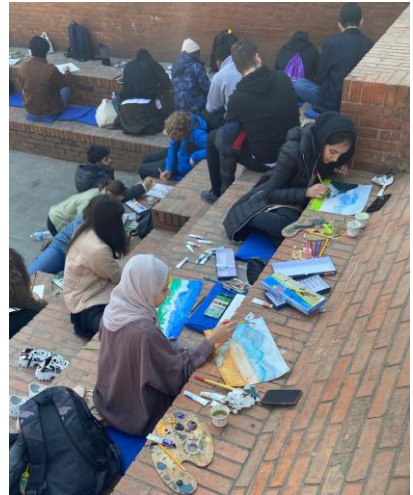
I really wanted to since we came here as I wanted to take back with me somethings tangible as a memory from this country.

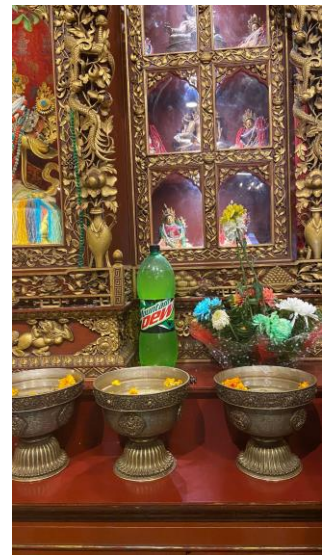
On our way to the grand finale spot of the day we were speaking with the professor about various topics and one of them was how people in here require a lot of time just to get access to such a basic and crucial necessity with is WATER, and being here I was really struck by the amount of years in my life that I took the blessing of having secure water for granted and how the people in here need to either travel a long distance to get access to potable water or boil the tap water at home, so it is a real blessing that we need to be aware of all the time.

Coming back to our final destination of the day, we went to this restaurant which His Majesty King Charles, the Queen of Bhutan, and Nepali Prime Minister and many and many more came to and had amazing meals in. The experience that I had in this restaurant was more that amazing from welcoming us to the place to the aprons that we wore and the costumized menu. Each part of this experience hasnt failed to amaze me at all, and above that It was a nine meal course and food felt like it was endlessly coming and we got to experience how nepali food actually tastes like, which I love.



# Day 4: Photodump





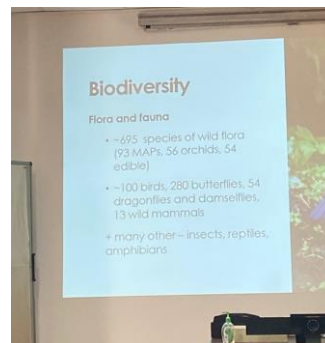
# Day 5: CONNECTING WITH NATURE

Daily reflection:

Connecting with nature is what I'll name this day. Starting our day by going to the ICIMOD knowledge park which was amazing on its own to moving the the HAATIBAN mountain resort, it all felt like we headed to a different place, as in we were not in Kathmandu; the motorcycle city. What I found particularly interesting is the low cost innovations that were presented to us throughout the walk and how with financing such projects would save thousands if not millions of lives. I was amazed by the beauty of nature in Nepal. The eagles were flying above us in Haatiban

## ICIMOD Nature Park

seeing is believing (their motto) what's and better way to connect people than making them see and connect it to relevant occurrences in their life

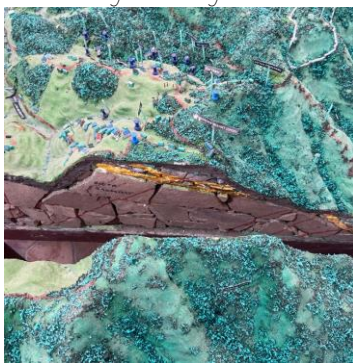


the knowledge park was a defraded land and now it is an evergreen forest they wanna develop it to become a 'living mountain lab' for climate adaptation and

resilience building solution

the biodiversity here is just wow

they don't only study the land but also the soil and layers beneath it



## Terrace farming

the root noodles reduce erosion by 92%



this system shows how a using logic and innovation can save thousands of lives bymaking it cost infective and easy to use

I was amazed by the bio bricks that we saw today, which were made out of leaves which is made from bio charcoal which is made out of tree LEAVES and i was wowedby that



it's definitely something that i would love to delve deeper into and research about

Scaling up: with all these technologies that we saw today it is important to understand also the cost and mechanism of scaling up this innovation

Day 5: Photodump



# DAY 6: HIKING

Daily reflection:

today's hike was amazing, with all of the view and the greenery that we saw along the way which was just stunning in my opinion. Me being a big fan of hiking and always doing hikes back in the UAE, I found this hike to make its way on top of the list of my favorite hikes, because of the company and the fascinating summit that we hiked.



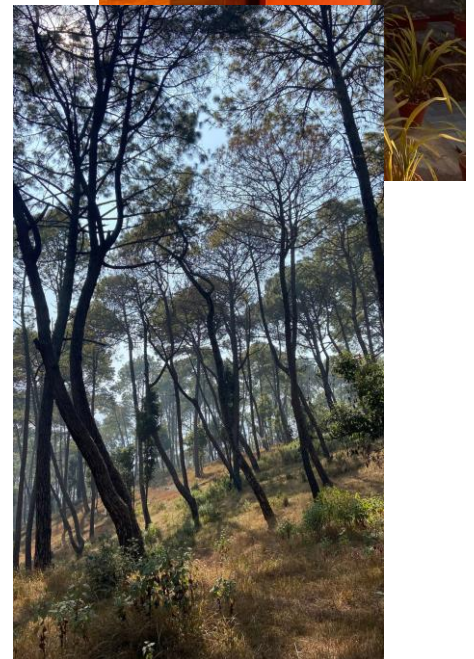
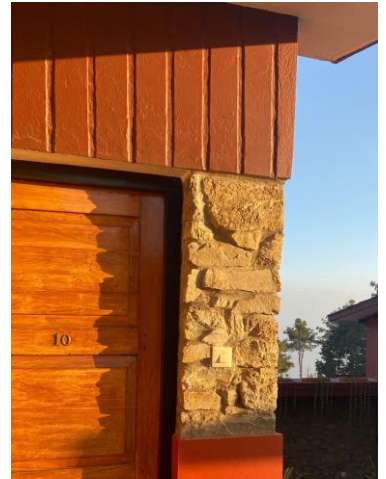
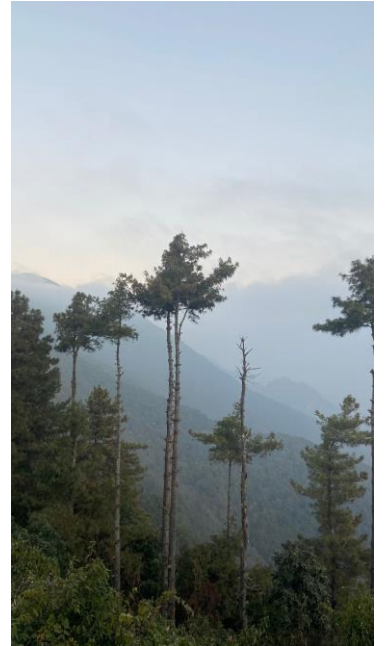
One lesson that I've learned from this hike is that when you set a goal in mind, the path is nicer than reaching that goal. So it came as a reminder for me that it is important to set goals but it is even more important to cherish the path you take in order to achieve that, with all of the ups and downs it involves. In the case of this hike what happened was that I kept on thinking about reaching the summit, but then when I reached the summit the top view was covered with trees, where the path we went through looked so good and we had a full view of the mountains and valleys, it was also the people I was with and the conversations and bonding that we had.

The top of the goal just sets the milestone you reach where the path makes up the whole journey and it's what matters.





# Day 6: Photo Dump

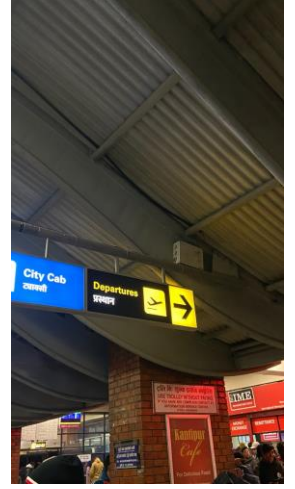


# DAY 7: The Grand Finale

Daily reflection:

I have mixed emotions about this day as it marks the last day of this amazing journey where I fell in love with this country, its people and culture. and most importantly its nature from starting the day on the daily breakfast table that brought us all together since the first day we came here to having dinner at dhokaima cafe which reminded me of the first day when we reached nepal and I really loved above that the vibes were immaculate, as there was this amazing local band and they were super sweet where one of them taught me how to play their own drum and I was so happy with how fast I was able to learn the melody... anyways,,, for this day I did not want to write a lot, I want to rather convey the feelings, experiences, and vibes of the day through photographs.





# THE END

● *Namaste*

*By: Haor Ahli*