





📍 Patan Dhoka



'Love You' MEMORIES FOREVER ♡



NEPAL



Sichuan Airlines

BOARDING PASS

ECONOMY

NAME:

WITTKAMP/CHRISTYLAU

FLIGHT:

3U3901

DEPT TIME / DATE:

0935 17MAY

SEAT:

32A

DEPT:

TIANFU

ARVL:

KATHMANDU

GATE:

GATE CLOSING 15 MINUTES BEFORE DEPARTURE

Worst flight
ever?!!
Yes.



INTERNATIONAL TRANSFER

Chengdu → Kathmandu



5 分钟

Patan Dhoka - Madan Smarak Rd.



7/2
SEQ / CLASS
003 B
BEFORE DEPARTURE

The peaceful
rooftop patio



Bhairaj Maharjan
Visual Artist/Director
9841211295, 5547202



Patan Dhoka, Lalitpur, www.taraarthouse.com, taraarthouse@gmail.com

ART GALLERY ART STUDIO BnB STUDIO APPARTMENT
ART CLASS DESIGN STUDIO SAONA ROOF TOP GARDEN



SUITE 401



DEPO

Disaster Education Promotion Office



Building resilient
communities through
education and action.

MDRRLC



MITRA DISASTER
RISK REDUCTION
LEARNING
CENTER



Strengthening communities
through disaster education
and preparedness.

#ResilienceforAll



WORK ♥

Patan Museum, Lalitpur, Nepal
16-25 May, 2025

**Himalayan
Art Camp**

Together for Art Tourism



Delicious chocolate bought at
Le Sherpa Saturday Market.


LE MONAL
CHOCOLATES



SWAYAMBHU

(UNESCO WORLD HERITAGE SITE)

THANK YOU FOR YOUR VISIT

Federation of Swayambhu Management & Conservation



स्वयम्भू व्यवस्थापन तथा संरक्षण महासमिति

Federation of Swayambhu Management & Conservation

We Highly appreciated to your help and will be properly utilized for the purpose of keeping
clean environment, to conservation and development of the site. Thank you !

No.

191817

NRS. 200

Date

31 MAY 2025

005

May 23rd


nritya
aagan

KATHAK BHELA

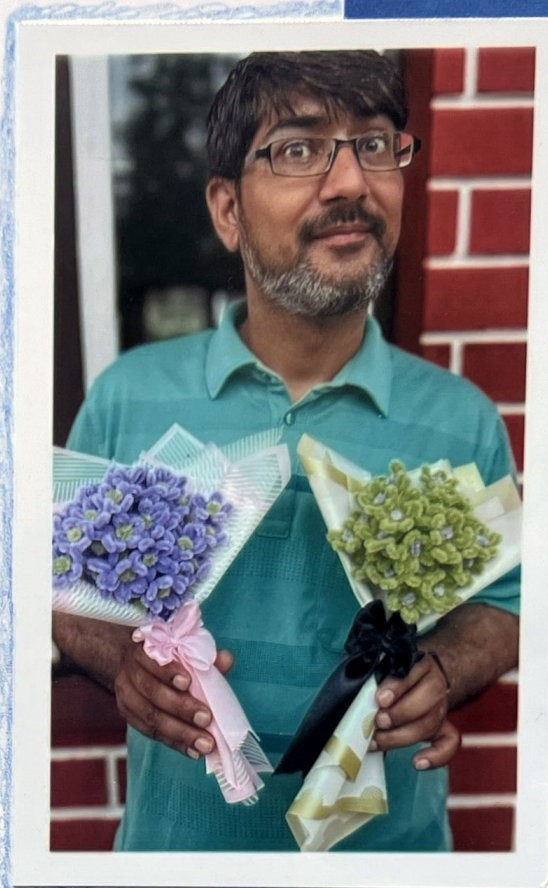
SEASON 2 - EPISODE 3

STUDENT TICKET

Indian Classical &
dance performance

Monkeys!
↓





Helika ॐ Jagannath -
my lovely
Coworkers





Artist
Young
Show 2025



Mitra Road, Chakupat gallerymcube@gmail.com



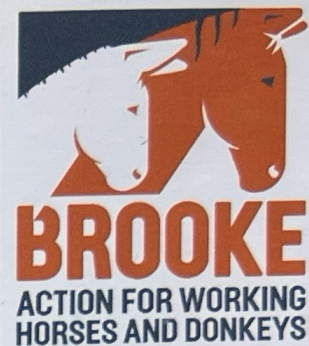
June 15th, Birthday
 - Sandbag delivery at the office
 - Visited Patan Durbar Square & Museum
 - Coffee Corner w. the pals
 * throw up @ home



There are
"no natural
disasters"

City Resilience Program

Helping cities build resilience to
disasters and climate risks.



Disaster Risk
Gateway



9 OUT OF 10 DISASTERS ARE WATER-RELATED
CAUSED BY EITHER TOO MUCH OR TOO LITTLE WATER

I really
don't like
flying, but ★
this was a fab flight!



**WE CAN'T WAIT
TO WELCOME YOU
ON BOARD**

flydubai

022

WITTKAMP/CHRISTY
GENEVA

1/14

Z2NCJM

Rathmandu → Geneva

GVA-EK 0083/01

DXB-FZ 1134/01



Valid:

09.06.2025

12:58

09.06.2025

13:58

Early warnings save lives,
only if everyone can hear,
see, and understand them

Your choice:

Genève

via direct

Genève-Aéroport

**Policies
must listen
to lived
experiences**

**For a
resilient
future
for all**

3-5% for
disability
inclusion
means
100%
readiness
for all

THE BEST ANTIDOTE FOR
IGNORANCE IS EDUCATION

WHEN YOU INVEST IN
PREPAREDNESS, YOU
SAVE MONEY IN RESPONSE

SPEAK WITH
PEOPLE, NOT
AT THEM

NO ONE LEFT
BEHIND!

Empowering the
next generation in
Disaster Risk Reduction

GPDRR

GENEVA

S
L
O
G
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S

GLOBAL SOLIDARITY IS
CENTRAL

DISASTERS ARE TRANSBOUNDARY!

RESILIENCE IS
BUILT FROM
THE
BOTTOM UP

LOCALIZATION
IS A
LIFE SAVER



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Direktion für Entwicklung
und Zusammenarbeit DEZA

Christy Wittkamp
Field Visit 1

Forest Fire Prevention and Management



Maitidevi, Kathmandu, Nepal
Contact: 9802008571/9851020396

Awesome food
Delivery Service

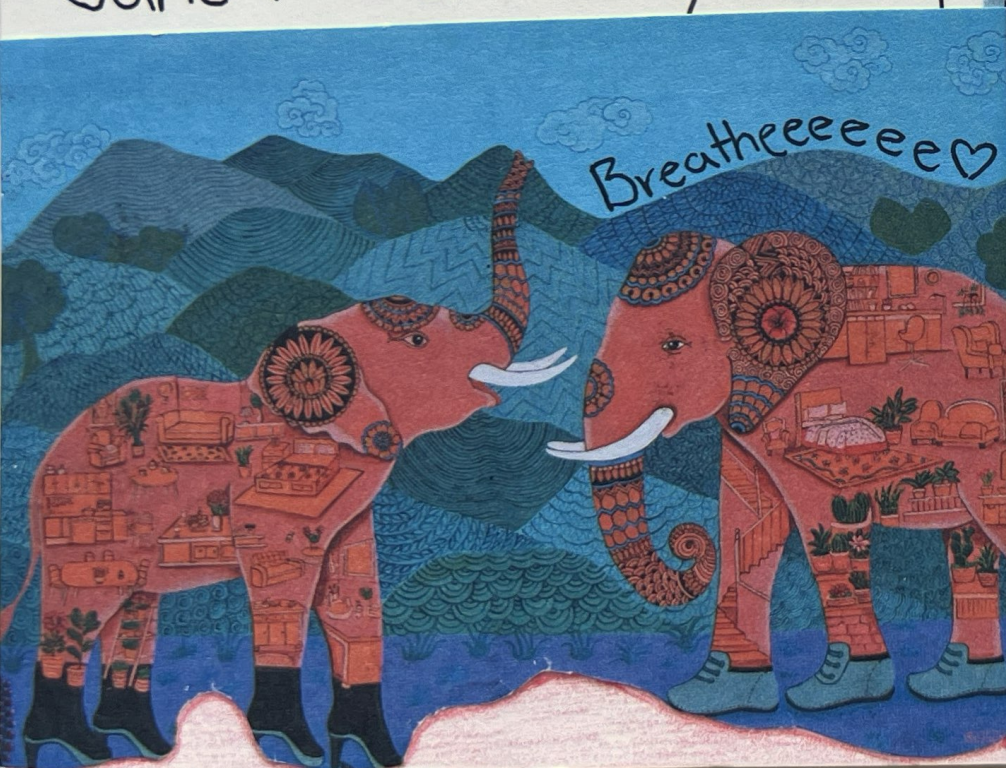
Bill No. 2530

Date: 2025-06-12

M/S Crispy
Address: Chakupat

S.N.	Particulars	QTY.	Rate		Amount	
			Rs.	Ps.	Rs.	Ps.
1.	veg Thali	1	275		275	

June 19th - Embroidery Workshop



MODEL: FMNWLGE92
SIZE: L ★
COLOR: BLACK

IMPORTED AND DISTRIBUTED BY
SANTOSHI MATA ENTERPRISES PVT LTD
DHUMBARAHI, KATHMANDU
EXIM CODE: 600482061016NP
www.infinityactivewears.com
Contact: @infinityactivewears.com
ITEM : Leggings
MRP 1599

Different sizing
here in Nepal!

TAX INVOICE
 SOUTH CITY HOUSING PVT. LTD.
 YELLOW HOUSE
 SANEPA, PHONE: 01-5453300
 VAT NO: 303433246

Yummm

Bill No: YH-11887
 May 25, 2025 Sun 3:54 PM
 TABLE: B2
 PAX: 1

ITEM	HSC	QTY	RATE	TOTAL
CHICKEN STEAM MOMO		1	364.96	364.96
ICED SOY LATTE		1	340.71	340.71

Total Qty 2 SUB TOTAL 725.66
 VAT 13% 94.34

GRAND TOTAL 820.00

Remarks:

ORDER BY: SADHANA
 PRINTED BY: TYH

THANK YOU FOR YOUR VISIT



GF MOMO!

Awesome book store ♥
 Ekta Books Distributors Pvt. Ltd.
 Thapathali, Kathmandu
 5345787, 5330729
 → Shown to me by Rebecca!



Papercrafts
 @ DEPO



handmade
 Scrunchie



Most thoughtful
 gifts from Heika &
 her sister, Jenny

Yarniverse
 Spin Crochet Create



Government of Nepal
Ministry of Culture, Tourism & Civil Aviation
Shree Boudhanath Area Development Committee



No.

212266

Date:



Peace Park (Ghyolisang Pond)

22 JUN 2022



World Heritage Site
THE GREAT BOUDHA STUPA

BOUDHANATH STUPA

Your contribution is highly
in conservation and develop
NOTE: TICKET VALID FOR





Pashupatinath

Temple, Kathmandu, Nepal

धर्मो रक्षति रक्षितः
Dharmo Rakshati Rakshita:

Connecting with death in
an unfamiliar and
beautiful way.



*After visiting this holy Pashupati area, your soul, body and
wealth have become more holy and sacred.
May your footsteps always be forward towards human well being.*
(पवित्र पाशुपत क्षेत्रमा तपाईंको आगमनले तन, मन र धन अझ बढी पवित्र भएको छ ।
मानवीय सत्कर्ममा तपाईंका पाईला निरन्तर अगाडि बढिरहून् ।)

"PASHUPAT: CHHETRAM PARAMAM PAVITRAM"



Rediscovering a love that
lay dormant for many years.
This love of truly experiencing
a new culture; of walking
down streets that are un-
familiar, of being confused,
being in awe, seeing flora
I've never laid eyes on before
- those pops of pink, purple,
and orange in strange forms,
nestled between green leaves.

C H A N G E



Bougainvillea 2



Rebecca from Italy ÷
Food lover, book nerd, big earring
wearer, feminist, open spirit,
and a traveller at heart.
Best wishes on your next chapter
in London! Till we meet again. ♡

kar.ma COFFEE

BIRGIT LIENHART-GYAWALI
FOUNDER/DIRECTOR

KARMA COFFEE PVT. LTD.
GYANMANDALA, LEVEL 2
JHANSIKHEL, LALITPUR
NEPAL

+977 980-8434979
birgit@madeinnepal.com
karmacoffee.com.np

kar.ma
HANDMADE



This coffee shop has
been my regular
cozy space on the
weekends. Best iced
coffee so far! *~*



SWEET
FIX

BLACKBERRY
YOGURT



100NPR

July 2nd

BHAKTAPUR

P
U
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C
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H
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R
E

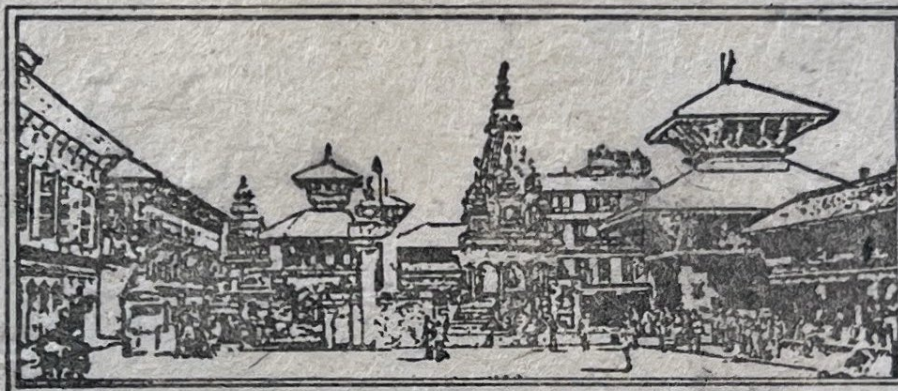
T.No

291649

"CREATION OF OUR PREDECESSORS - OUR ART AND CULTURE"

Rs. 1800.00

WEL-COME TO THE CULTURAL CITY - BHAKTAPUR, NEPAL



LET US PRESERVE OUR COMMON HERITAGE

संरक्षण - भक्तपुर नगरपालिका - BHAKTAPUR MUNICIPALITY

Note: Please, contact us immediately with passport for long stay

"Living Museum" of Newari culture.



Changu Narayan Temple



Chariot Window



Peacock Window

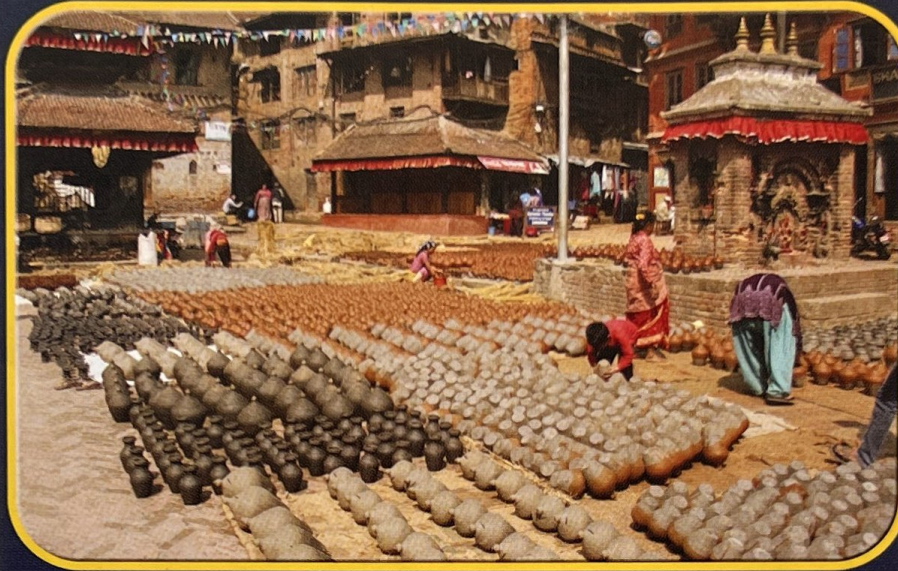


Terracotta Window



भक्तपुर

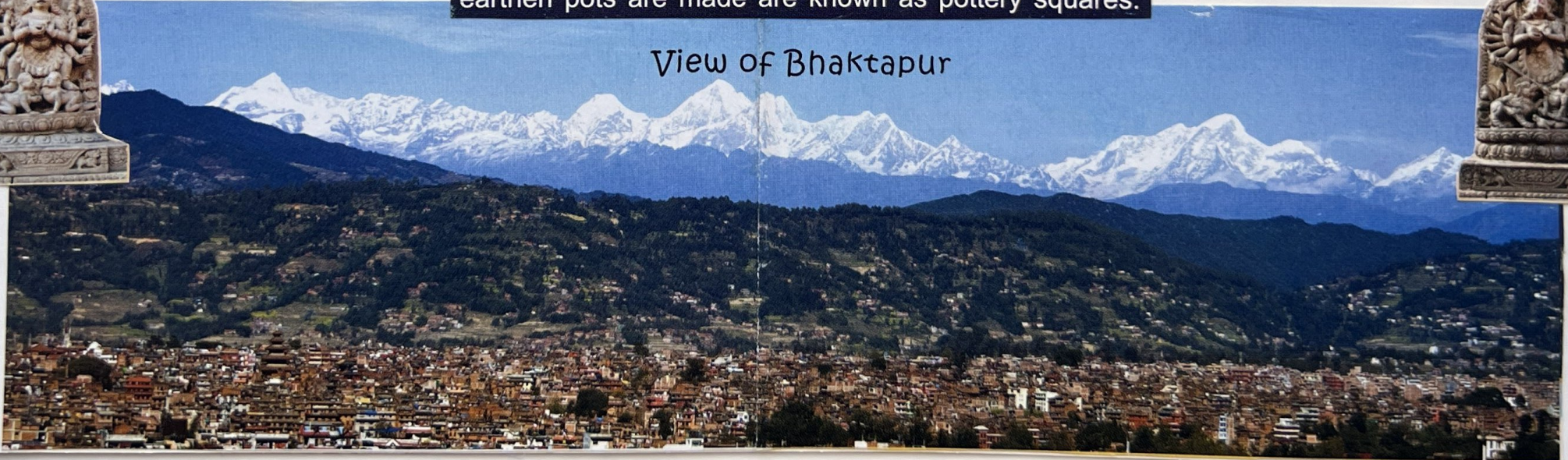
POTTERY SQUARE



Pottery is known as one of the ancient professions in the world. In Bhaktapur many potters can still be seen working with their traditional wooden wheels for giving various shape and size to clay. *Talako* (middle-south of the city) and *Suryamadhi* (east of the city) are two particular localities of Bhaktapur where earthen pots are made are known as pottery squares.



View of Bhaktapur



Thanks You For Your Shopping.
(Vendor Copy)

My main grocery store for
all I need!

BHAT-BHATENI SUPER MARKET(PATAN)

PATAN, NEPAL

VAT No: 300142084

ABBREVIATED TAX INVOICE

Bill # : SI1062841-PAT-081/82

Transaction Date : 20/03/2082

Invoice Date : 20/03/2082

Bill To:

Address:

Pan No :

Payment Mode : Cash

Sn	Particulars	Qty	Rate	Amount
----	-------------	-----	------	--------

1	APPLE B. FU 0.41		365.00	148.19
---	------------------	--	--------	--------

HSC:

Net Amount	:	148.19
------------	---	--------

Tender	:	500.00
--------	---	--------

Change	:	351.81
--------	---	--------

Total Qty	:	0.406
-----------	---	-------

WELCOME TO GREAT SHOPPING EXPERIENCE
EXCHANGE WITHIN 7 DAYS WITH INVOICE
Between 10-8PM(TEL:01-5420688)

CONDITIONS APPLY



While the 5-floor
Bhat-Bhateni Super
Market has all I
could need, I love
getting my fresh
fruit and veggies
from the local
vendors nearby ♥

BHAT-BHATENI SUPER MARKET(PATAN)

PATAN, NEPAL

VAT No: 300142084

ABBREVIATED TAX INVOICE

Bill # : SI1077080-PAT-081/82

Transaction Date : 24/03/2082

Invoice Date : 24/03/2082

Bill for: Jenny Rai

Address:

Pan No :

Payment Mode : Cash

Sn	Particulars	Qty	Rate	Amount
----	-------------	-----	------	--------

1	SUNILE RICE	1	244.00	244.00
---	-------------	---	--------	--------

HSC:

2	RED TRACTOR	1	840.00	840.00
---	-------------	---	--------	--------

HSC:

3	LAUKA LAMU	0.47	65.00	30.55
---	------------	------	-------	-------

HSC:

Net Amount	:	1114.55
------------	---	---------

Tender	:	2015.00
--------	---	---------

Change	:	900.45
--------	---	--------

Total Qty	:	2.47
-----------	---	------

BHAT-BHATENI SUPER MARKET(PATAN)
PATAN, NEPAL
VAT No: 300142084
ABBREVIATED TAX INVOICE

EXPIRANCE
11TH INVOICE
420688



No. H 38360

Date: 03.11.2075

HIRANYAVARNA MAHAVIHAR

हिरण्यवर्ण महाविहार (GOLDEN TEMPLE)
Lalitpur, Nepal

ENTRANCE
RS. 100/- ONLY.

For Preservation and Renovation of this Historical Buddhist Monastery, your contribution is highly appreciated.



HASEENA SHAKYA
+977-9869726819

AMOGHA BAJRACHARYA
+977-9860569934

AMOGHA HANDICRAFT & HEALING BOWL CENTER

Ellanani-16, Patan (Backside of Golden Temple)
amoghahandicraft@gmail.com

Remember us for fine Jewellery, Statues, Thangka Paintings, Old Collection, Healing Bowls & Courses (basic to advance level) and Many More...

"Creation of predecessors - Our art and culture"

WELCOME TO CULTURAL CITY

First Sound Healing
Experience →

Intense physical and
emotional sensations.

Kathmandu

BAGMATI RIVER

UN PARK

Lalitpur

DEPO OFFICE 

GALLERY MCUBE 

PATAN CAMPUS 

LEMON PEPPER

 \$
BHAT-BHATANI
SUPER MARKET

 CAFE CHEENO

 PATAN BOOK SHOP

TARA ART HOUSE 

blacklisted.
→

HOT OVEN KITCHEN 

 MATO CRAFTS

PIMBAHAL POND
↓


NEXTDOOR
PATAN

 URYA
YOGA STUDIO

MY
NEIGHBOURHOOD

LABIM MALL



अतिथि
Guest



Received a "Token of Love" for attending an event at Bhassara Secondary School as a special guest. Given to me by Guruma, the founder of the school. ❤️



In Nepal, the saying goes
"The Guest is God"

Be flexible, be patient, this is Nepal.

Daily reminders from my
Coworkers ♡

Take your time.

Eat well.

Rest well.

Take care of yourself.

Rest is best sometimes.

Just ask..

Please no
need to thank.

Be happy, breathe, and smile.

Drink plenty of water.

Hospital trip - July 15th

Good Morning!

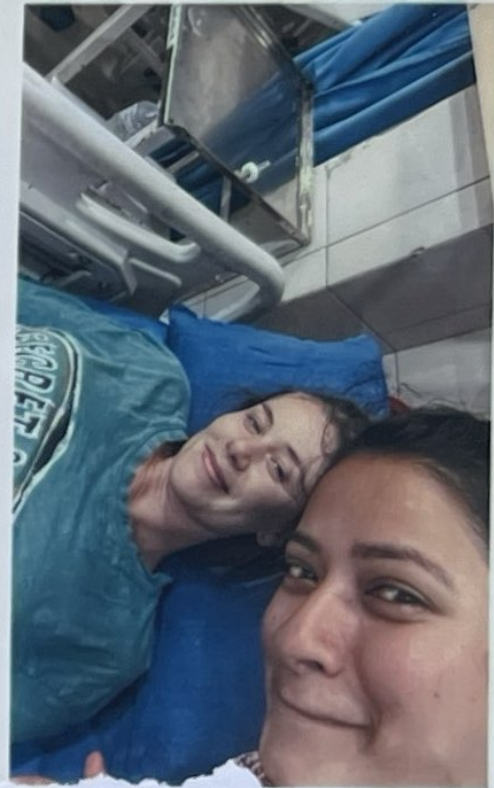
Please, eat well,
drink enough,
take medicine
smile &
get better

Sweet note left
for me my first
morning alone. ♥

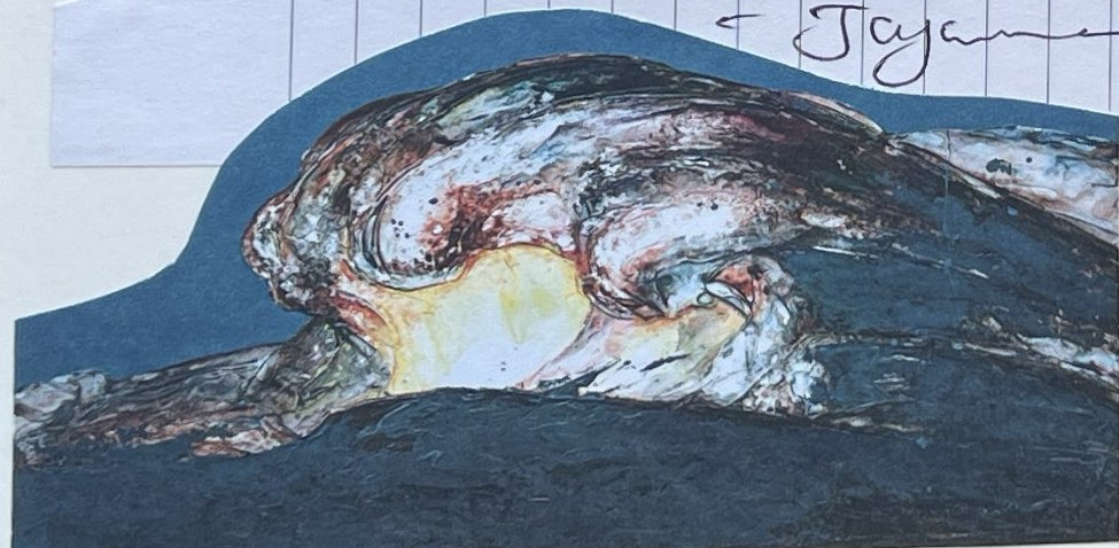
- Helika

- Jagannath

COPE
Make the Difference.
Be Ready!



The worst food poisoning
experience of my life. Severe
dehydration resulted in a trip
to the hospital. But Helika and
Jagannath stayed with me the
whole time - 4 nights of sleepovers.
My guardian angels.



Day 2 ToI

Earthquake Awareness Drill Exercise

- explains how an earthquake happens
- how to protect yourself (your head)
- how to give PFA (we are in this together)

Paper Crafts

- Cup + bowls
- Demonstration by Deepak and practice by participants
- ↳ participants help each other and are assisted by DEPO staff



Reflection

- Teacher's writing down what they have learned and ideas/thoughts on how they can share their learnings with their schools / fellow teachers / communities. Need to create unity! Action Plan!



Some notes from a 5-day teacher training.

An Ode to Pigeon

To the sweet & stupid pigeons
outside my windows. I love
listening to your coo-ing in
the mornings. I love watching
you preen each others feathers.
I don't love how you poop all
over my windows & balcony.
I'm sorry for scaring you when
I open the curtains. I'm sorry
for kicking you off your perch
when I need to close the window
of my bathroom to shower. I
know it must be frustrating.
Thank you for keeping me
company. Coo. ♥

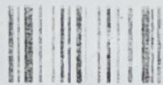




GARDEN OF DREAMS
Kathmandu

Non Nepali Visitor

Admission Ticket No: 6871



Rs 400

* Single Entry Only *

Kaiser Mahal, Tri-Tri Marg, Kathmandu, Nepal

Phone: 977-1-4425310 www.gardenofdreams.org.np



GARDEN OF DREAMS
Kathmandu



Earrings 5

July 27th

- delicious lunch at Helika's with her sisters
- Garden of Dreams visit in Kathmandu
- Mint lemonade and arm wrestling at Yala Cafe
- Shopping in Thamel!



HIKING WITH DULUWA OUTDOORS ♥



Government of Nepal
Ministry of Forests and Environment
Department of National Parks and Wildlife Conservation

Shivapuri Nagarjun National Park Office

45660 ENTRANCE PERMIT
(For Foreigners)

S.No.

Name :

Nationality :

Sex :

Address :

Entry Fee : Rs. 884.95 (Per Person Per Day)

13% VAT 115.05

Total 1000.00

Date of Issue :

Visitors entering to the Park must follow National Park Regulations.



Marbella Italian Ice-Cream



Ghyampe Dada

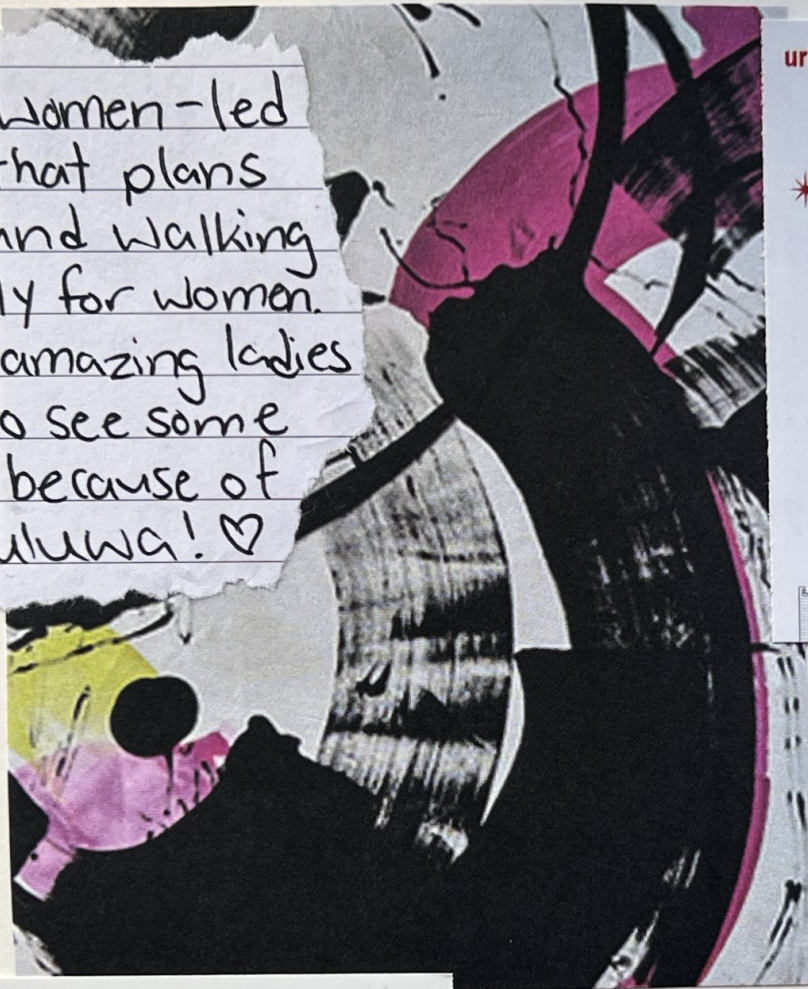
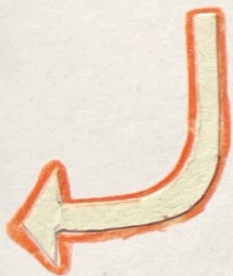
italian
Gelato



Shivapuri



An exclusively women-led organization that plans hiking tours and walking tours, primarily for women. I've met some amazing ladies and was able to see some beautiful places because of Duluwa! ♡



urbanization | community | culture

TARAGAON
next

838

Rs. 300

GENERAL ADMISSION

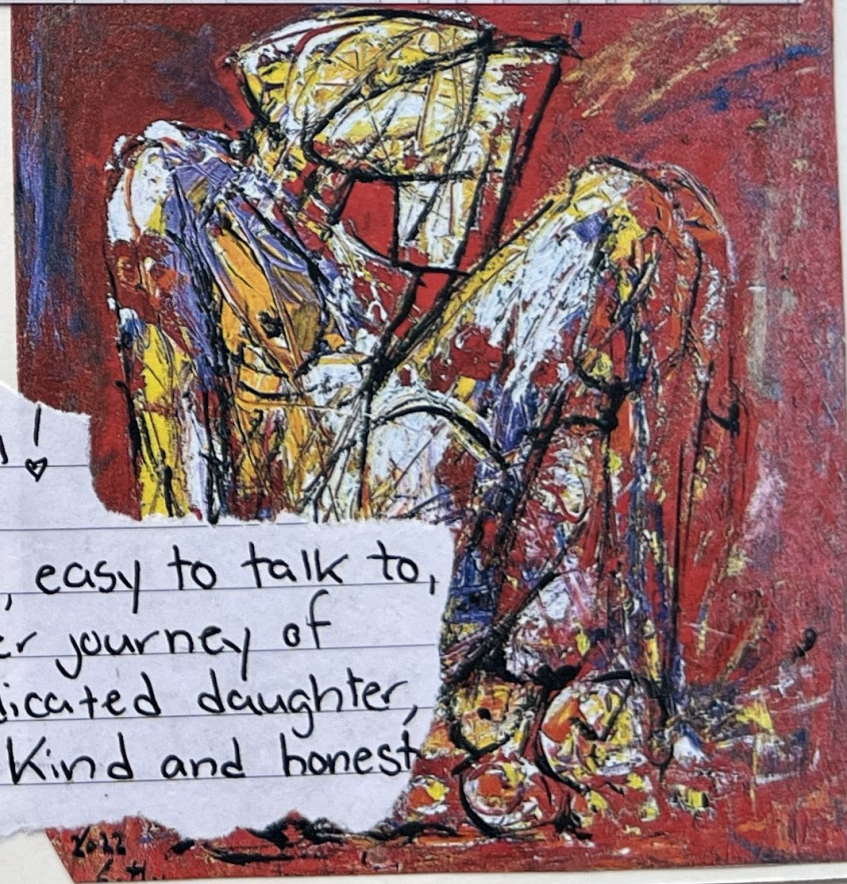
Please keep the ticket with you throughout the visit.

Follow our socials @taragaonnext



Rashmi! ♡

Such warm energy, easy to talk to, hard worker, on her journey of independence, dedicated daughter, sister, and aunt. Kind and honest.



This restaurant has the most peaceful courtyard filled with plants and light chains. The food is so tasty with lots of GF options.

I love being a regular there and receiving the warm smiles and hello's from the staff when I arrive.



Cafe Cheeno

Patan Dhoka, Krishna Galli, Lalitpur, Kathmandu, Nepal
Tel: 01-5425095

Invoice No. 278

TAX INVOICE

Date: 16/4/2082

Tax Payer's Regd. No. 304136847

Update: they changed their menu and I am sad ñ

Buyer's Name: Table - 8

Buyer's Address: Buyer's VAT No.: [] [] [] [] [] [] [] []

Mode of Payment ☐ Cash ☐ Cheque ☐ Credit ☐ Card ☐ QR Payment

S.N.	H.S. Code	Description	Qty.	Rate	Amount	
					Rs.	Ps.
1		Non Veg Thali	1	707	707	
2		Hot lemon & Honey	1	159	159	





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Half of my time in Nepal is already over. How is that possible?! I feel sad at the idea of leaving... which makes me happy in a way because it means I have built a meaningful connection to this country - and most importantly - its people. What a lucky person I am. ✨

JICA Teachers visit Next Generation School



Erika Sugishita

Sakuragaoka Elementary School
4-1-1 Meisei-cho, Seki City, Gifu Prefecture, Japan



TEL : 0575-23-3867
Mobile : 090-2772-9241
E-mail: sakura-e@edu.city.seki.gifu.jp

A beautiful
day of cross-
cultural ex-
change! Games,
dances, chats,
laughter. So
much enthusiasm.



जनिक यातायात सेवामा समर्पित
यातायात
टिकट नं.: 09
074943
रु. १५।
टिकट लिएर यात्रा गर्नु।
समय नागरिकको परिचय दिनु।

पुल्चोक, ललितपुर, नेपाल
फोन: ०१-५५५२६८६
ईमेल: info.sajhayatayat@gmail.com
फ्याक्स नं.: ०१-५५२४६७९
वेबसाइट: www.sajhayatayat.com.np

It was my first
time seeing
kids showcase
DRR games and
they did such an
amazing job sharing
their knowledge.



Hashimoto Mikiko

प्राथमिक विद्यालय शिक्षक
Elementary school teacher

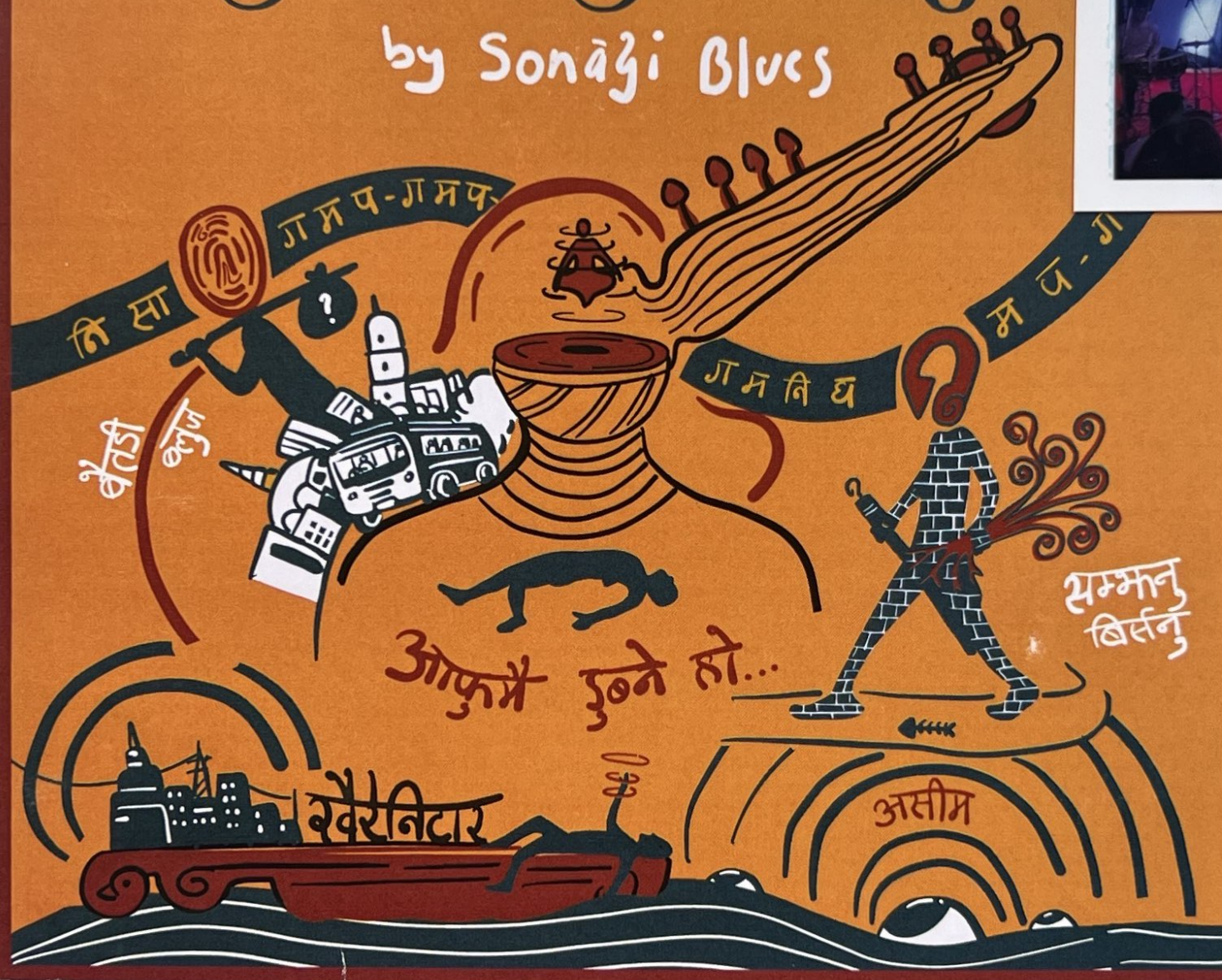
pocota26@yahoo.co.jp



तिमीलाई भेट्न पाउँदा राम्रो लाग्यो I'm glad I met you

Jaded Sāhariyā

by Sonāgi Blues



This was the final performance of the contemporary folk music band,

Sonagi Blues!

The venue was packed, the energy was electric, the vibes were high! Unique & beautiful music.



Beyond just an exhibition, the Himalayan Art Festival is an immersive cultural experience. It features art talks, interactive children's workshops, and the Prashanta Scholarship Award, promoting dialogue and learning within the art community.

Himalayan 20 Art Festival 25

8-14 August 2025
२३-२५ श्रावण २०८२

Nepal Art Council, Babar Mahal, Kathmandu

Organized by Bhairaj, I spent a few hours with him... Walking through the exhibition, sharing our thoughts on the art pieces. The one above was my favourite.



THAILAND

AUGUST 10th - 20th



amazing
THAILAND



NAME

WITTKAMP/CHRISTY

FROM

DON MUEANG (DMK) FD 182

FLIGHT

TO

KATHMANDU T1

Bag Tags: 0807489987

SSR: (ASA

GATE

Total p

ไป ราม 2

ไปรดเก็บตัวนี้ไว้

มหาดไทย

18

บาท BAHT

เดอะมอลล์



ฉันทแพ้กลูเตน | Gluten free
COELIAC | CELIAC

ห้ามรับประทาน
I AVOID

- X แป้งสาลี, ข้าวสาลี X ข้าวไรย์
Wheat Rye
- X โฮลวีต X ข้าวโอ๊ต
Whole wheat Oats
- X ข้าวบาร์เลย์
Barley

ทานไม่ได้
THING I CAN'T EAT

- X ซีอิ๊ว X เส้นบะหมี่
Soy sauce Egg noodle
- X ขนมปัง X พาสต้า
Bread Pasta
- X ของชุบแป้งทอด
Fry food

?
ผลิตภัณฑ์นี้มีส่วนประกอบเหล่านี้หรือไม่?
Does it contain...?

คุณมีอาหารที่ไม่ใช่ส่วนประกอบเหล่านี้หรือไม่?

IF YOU HAVE AN ALLERGIC REACTION

1669 OR 1646



GATE 3
ZONE 3

KOH SAMET

ราคา 200 บาท



ในอุทยานแห่งชาติ

สำหรับชาวต่างประเทศ Personal Fee



11 ส.ค. 2560



Felt So good to swim again.



What a memorable visa run!
Swapping stories with fellow
interns, hearing about their
highs and lows. Everyone
seemed to have grown in some
way. ♡



รายละเอียดบัตร
Tourist Pass (Adult)

จำนวน 1 Person

ราคา 500.00 บาท

ใบเสร็จรับเงิน

เลขที่ใบเสร็จ : 1002250801193-2

เลขประจำตัวผู้เสียภาษีอากร

0105515006053

15/08/2025 12:09

POS : 002 CSHR : AU



พิพิธภัณฑ์ช้างเอราวัณ

5 days in Bangkok
with sweet gal Sarah
was an absolute dream.
Exploring neighbourhoods,
vintage shopping, eating,
eating, eating, Thai tea. ★
So grateful for our long
talks, laughs, & comfort.



www.herbalgroundthailand.com

herbalgroundspabkk@gmail.com

TEL 094 668 5468

Instagram Facebook @herbalground

HERBAL
massages **
GROUND



Bangkok

2nd FLOOR

TREASURE FACTORY

FEILER

Handbag

Rank (B)

THB380.00

6001003526782



121-2508140029A265

FEILER

THB380.00







This is 'Puppy' the office doggo. She is a very quirky and moody girl. She gets very angry at delivery people, She takes a while to get warmed up to you, and when she's satisfied with her pets, you don't exist anymore. But look at her cute face!!! She's sweet at heart.

SINCE 1998
Jazz
Upstairs

Jibraj Mamba
Manager
9863642514



📍 Lazimpat, Kathmandu
📞 977-1- 4516983
🎵 Wed & Sat (8:00 - 10:00 PM)



A groovy night at Jazz Upstairs with Sum Yuet and her friends! Got to watch some talented young musicians show their talent. Power cut and all.





My apartment truly feels like my own cozy space, the streets surrounding me have become my neighbourhood, and the things that used to intimidate me have become normal. I've learned how to navigate the traffic - knowing when to walk with confidence and when to wait. I don't trip over hazards on the sidewalk anymore (mostly), and I know my way around the grocery store and where to get my fruits and veggies.

Home is eating my favourite meals at my favourite restaurants, getting to know the staff. It's in my morning coffee routine looking at the beautiful view out my window. It's in the joy Puppy

now gets when I arrive at the office. And most of all, it's in the beautiful relationships I've formed.

Feelings of...
HOME.



Sisterhood.

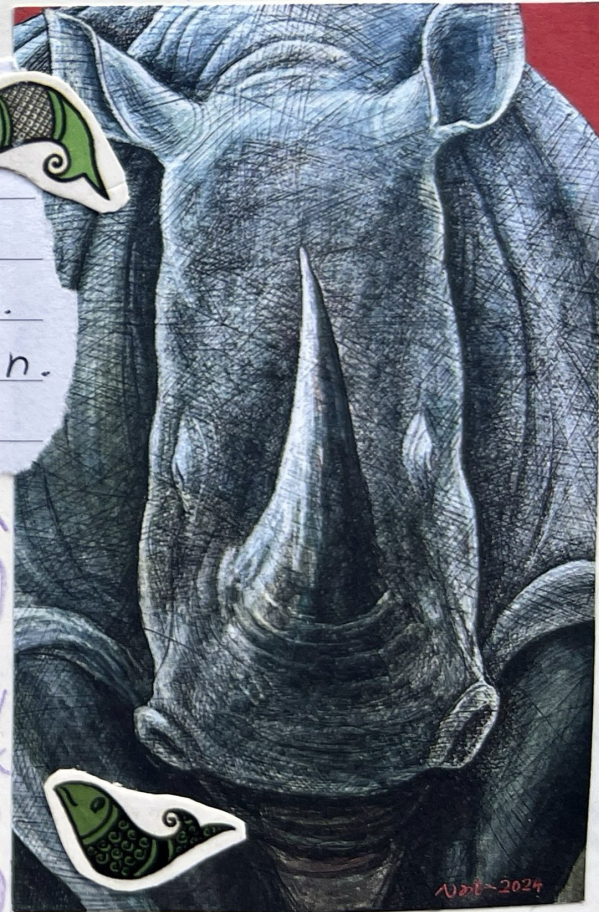


Take your time.
Walk slow, look around,
What's the rush?
Have a coffee, or a tea!
Yes, have a little chit chat,
take a break from the screen.
Breathe in deeply, soak it all in.
This is special, time is special.
Be present.

I love this
place.

the
yellow
house

Sanepa, Lalitpur.
Phone: +977 1 545 3869
theyellowhouse.ktm@gmail.com
f theyellowhouse.ktm



Nov-2024

HAPPY TEEJ!



Teej is a Hindu-based festival celebrated by women all over Nepal. Teej symbolizes the reunion of Lord Shiva and Goddess Parvati. Women observe the festival through fasting, praying, dancing, and visiting temples.

I felt so grateful to be invited in on the celebrations for 2 days of girl time - eating, dancing, talking, laughing.



"God made me. God
made hot chocolate.
Me. Hot chocolate."
~ Jagannath

Oh how I cherish these
post-work hangouts!
Sipping on hot drinks,
sharing fruit & snacks.



Cappuccino

Rakura™

ORGANIC

HIGH MOUNTAIN
HIMALAYAN BLACK TEA

These visits began after my
food poisoning to check-in and
make sure I was okay, and soon
they just became a lovely social
ritual. I'm so grateful for all the
times sitting in my room because
it brought us so much closer. ♡

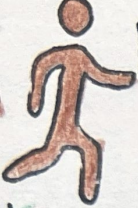


A successful online exchange
with Bhassara Sec. School,
Himalayan Glory School,
Shree Narayan Jan School,
and Dr. Hannah from the
UK!!

My first time organizing
and facilitating this kind
of program and I learned alot.



Work has been full of ups and downs. My first time working a "regular" 9-5, primarily office job. I'm learning that I hate staring at a screen all day, it's so exhausting. Being in the office with Helika and Jagannath make the days fun though! The most satisfying tasks are the ones I get to be creative in, and my favourite aspect of work are the trainings, workshops, and programs - interacting with students and community members. ♡ I'm working on becoming more comfortable with public speaking and believing in my capabilities to lead sessions. My coworkers believe in me, so why shouldn't I? That is one of my goals for the last two months of this internship. I got this!! ☆

walking  Dhulikhel -
 Panauti 7 hours
 Namobuddha Monastery

A weekend outside of the valley - it was a muchly needed break from the city to just walk take in the beautiful surroundings and clear my head. ♥



Tashidecek Guest House

Tel: 011-490681, 9841310604

Dhulikhel-1, Bhattidada

Bill No.: **367**

PAN No.: 601479339

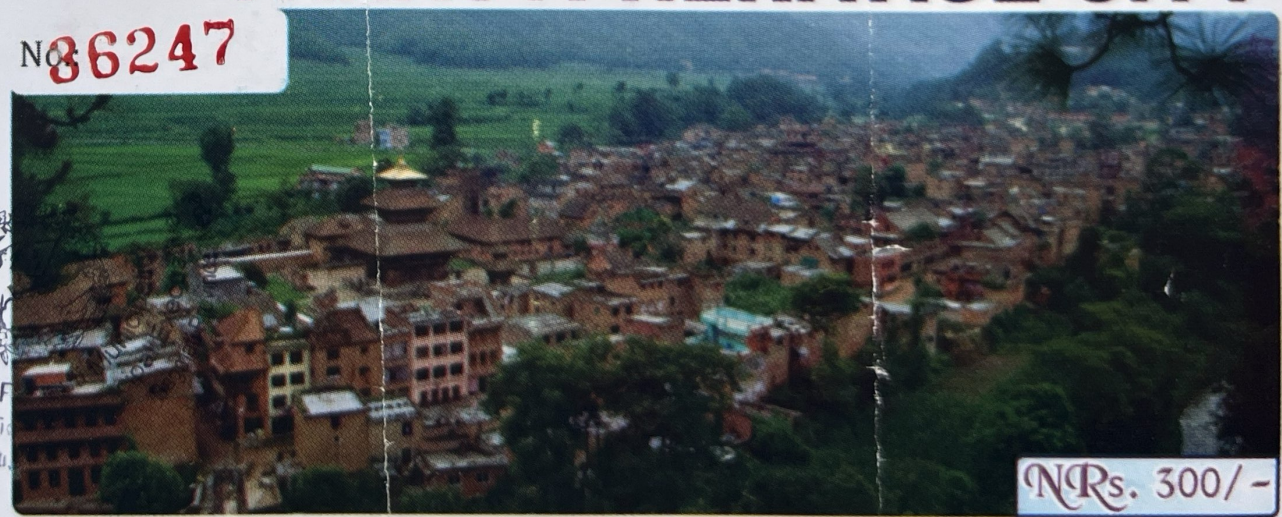
Date: 6-9-2023

Room No.:

Mr.

PANAUTI HERITAGE CITY

No. **86247**



NRs. 300/-

Thank you for your contribution towards heritage conservation.



Sky!

This sweet little birdie took a liking to me, and whenever I get to see him it brings me so much joy. He belongs to Monisa Helika's best friend - she's an amazing bird mom ♡



Jady!

I met her through a "Traveller's in Lalitpur" Facebook group, and since then we've met up numerous times to explore together! Jady is a creative soul - singing, crocheting, playing guitar - she cherishes time to herself and she's on a healing journey. I'm proud of her. ♡

MATO CRAFTS

HANDMADE IN NEPAL



f @ / MATO_CRAFTS

September 20th

Dashain
Shopping!

The great harvest festival of Nepal, Dashain is a time for family reunions, exchange of gifts and blessings, and elaborate pujas (worship).

On the 10th day of Dashain it is tradition to wear new clothing - so I got to join in purchasing a new



September 22nd

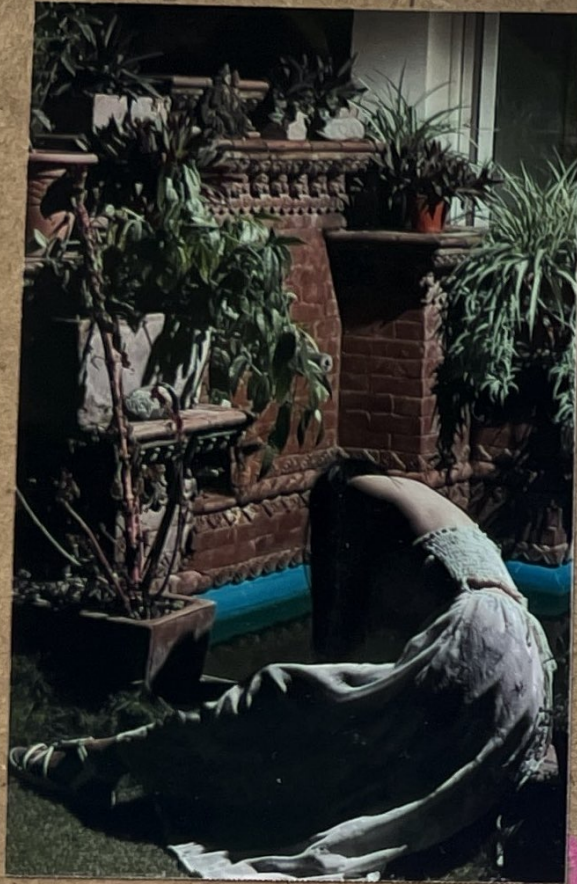
First day of Dashain!

Gan Pyakha, the Astamatika Dance. The eight goddesses performed their first dance of the festival.



● Kurta

magical lady ☺



Nazira

~ Room 402

Every day she fed the crows and played with the fish. She spoke of their symbology and how her connection with them brought her more joy and fulfillment than interacting with humans.

I'm so grateful Nazira happened to stay in the room next to mine for the past 3 months. I'll miss her big smile and sweet hello every time we ran into each other in the stairwell. She has a very different way of viewing the world and is not afraid to ask deeper questions. Although I may not agree with all her beliefs, she made me reflect on mine.



Drishya Roof Top Restaurant

Mangalbazar, Patan

PROFORMA INVOICE

IN No 614889130 Tel No: 01-5543935

DRISHYA : table1

Date: 10/01/2025 2082/06/15 Time:

Customer :

Address :

PAN No. :

Pax : 1

Qty	Description	Rate	Amount
1.0	buffalo spicy wings	485.00	485.00
1.0	paneer mushroom chillyy	675.00	675.00
1.0	plain rice	100.00	100.00
1.0	WATER	50.00	50.00

Sub Total 1,310.00

Discount 0.00

Total 1,310.00

Date: 10/1/2025 7:00 PM



Our last evening out together. Dinner 3 kulfi in Patan ☺



IN SHIVAPURI NATIONAL PARK! TREKKING PRACTICE

Particulars विवरण	Qty. संख्या	Rate दर	Amount रकम	
			Rs.	Ps.
plain rice	1		100	
matter paper	1		295	
flat Konyon honey	1		140	
Sprite	2	80	160	
Fanta	1		80	
Wings of tea	1		430	
Milk. S. mono	1		290	
Milk tea	2	60	120	
Chick. thick pa	1		290	
chick. cloomin	1		250	
		Total जम्मा	2,105	

Goods once sold will not be taken back.

& O.E. भूलचूक लिने दिने। Thank You!

Signature हस्ताक्षर



What a day! While we didn't reach our goal destination, Shivapuri Peak, we made plentiful memories! 8 hours of walking, laughter, tears, bickering, sweat, martens & monkeys.

A very tasty and muchly deserved dinner.



PILGRIMS BOOK HOUSE

Branch: Jhamsikhel-3, Thadodhunga Marg, Lalitpur

Mobile: 9818973392

VAT No.

6 0 6 4 5 4 4 3 6

Tax

Date: 24/05/22

This book store is cozy.



SPARSHA
WELLNESS
SOOTHE YOUR SENSES



URYA



Yoga & Wellness



First gluten free pizza!!



CAFFEOPHILIA

SPECIALTY COFFEE BAR BY KATMANDU COFFEE

Best gluten free brownies

Dashain - October 1st

- Gan Pyakhan -

(Dance of Eight-Mother Goddesses)

From the first day of the great Hindu festival Dashain to the 10th day, this dance is performed in the Mulchowk, the main courtyard of Patan Durbar. This dance was started from 1664 by King Shrinivas Malla after he saw the dream of mother goddesses dancing in his courtyard.



- Kumari -

(Living Goddess)

The goddess comes out during the special festivals of Patan.

The Kumari is a living goddess, revered as the earthy incarnation of the goddess Taleju. Selected between the ages of 2-4, she is the Kumari until her first period, after which the goddess is believed to depart, and another girl takes her place. It's believed that her emotional reactions during blessings carry different meanings.



I saw the living goddess of Lalitpur at her home, Kumari Shar. She was carried out set in a chair, giving blessings to people with no shawn emotion.

Transformative



Building community

Taking it slow

Listening with love



Understanding differences

Gang with the flow

Learning patience

Community-based



Tikka blessings
from my elder sister,
Jenny ♡



Dashain - October 2nd





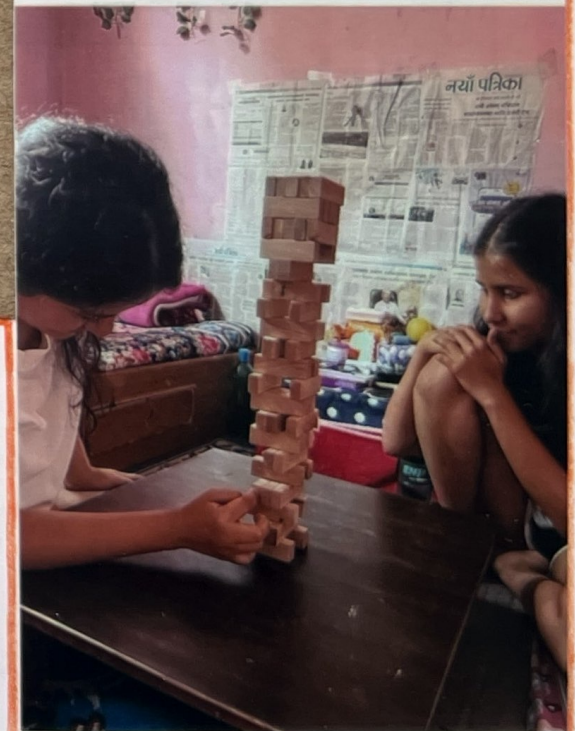
eating! →
beautiful crochet
gifts from Riya
←



Spending
time with the
sisters ♥



playing games
→
cooking food
←





monday
MONDAY MONDAY
MONDAY



OCT
13
MONDAY

**SOUNDS OF
ACID JAZZ**



231



OCTOBER 9 - 15

Music for Unity, Peace & Compassion

Outside food & beverages not allowed.
No flash photography. No video or audio recording.
Seats are NOT guaranteed with a ticket. Any seating available
is on first come first serve basis. No refunds. No exchanges.
Artists subject to change without prior notice.
By attending this event you consent to being filmed,
photographed, and your image and
voice may be used for promotional purposes.

VALLEY JAMS

OCT
10
FRIDAY

NICK AGGS AUSTRALIA

Date: Friday, October 10
Time: 7:00 pm - 9:00 pm
(Gates open at 6:30 pm.)
Ticket: NRs. 800

Venue:

ELECTRIC PAGODA

*A night of infectious grooves!
R&B, Soul & NU Jazz*

Featuring:
mohs (Switzerland)
Leona Berlin (Germany)

Time: 7:00 pm - 9:00 pm
Venue: Eden, Jhamsikhel
Ticket: NRs. 1500
**(Gates open at 6:30 pm and
close at 8:00 pm)**



What an absolute pleasure being able to show Maggy around this place that has become home ♥ It was a lovely feeling sharing some of my favourite spots with her and she was so enthusiastic and enamoured by Nepal. Thank you Maggy!! ☆

PUNCHING

Ticket once issued is not refundable.
Ticket is valid only on issued date.

The energy of this place is so magical.

SWAYAMBHU
(UNESCO WORLD HERITAGE SITE)



स्वयम्भू व्यवस्थापन तथा संरक्षण महासमिति
Federation of Swayambhu Management & Conservation

We Highly appreciated to your help and will be property Utilized for the purpose of helping clean environment to conservation and development of the site. Thank you!



No. 37164

NRS. 200

10 OCT 2025

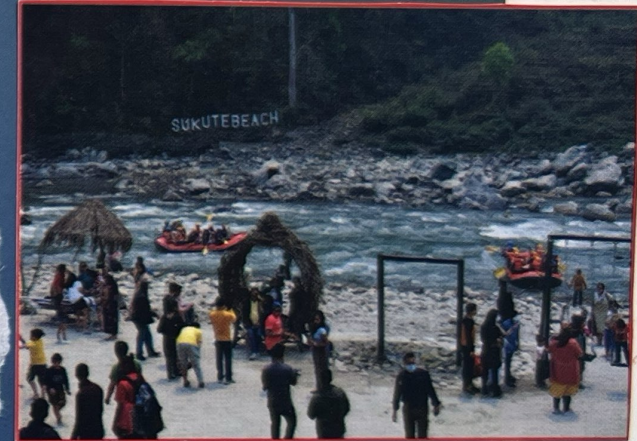
Date:



WELCOME TO SUKUTE BEACH EQUATOR EXPEDITIONS GROUP



Lovely weekend getaway with
Helika, Jenny, Riya & Ganga!
Such a blast. First time white
water rafting, attempted to teach
Helika how to swim, played cards,
Ludo & table tennis, and danced
into the night ♥





Bajra
Silver Jewels



Patan, Gabahal, Lalitpur : 9808012964
Boudha, Limi Complex : 9707196064

PAN No. : 6 1 8 9 2 7 0 4 1

Bill No. 1946
Date: Oct 2

Name: Chirsky

Phone No: 9707012042 Address:

S.N.	H.S. Code	Particulars	Qty.	Rate	Amount
1)		Opd locket	1		3200/-
2)		Moonstone Ring	1		2800/-



Gifted myself a
matching necklace
and ring silver
set ♥



01-5424900

9802024900

HERMANN HELMERS
Bäckerei und Konditorei

Jhamsikhel, Lalitpur, Nepal.

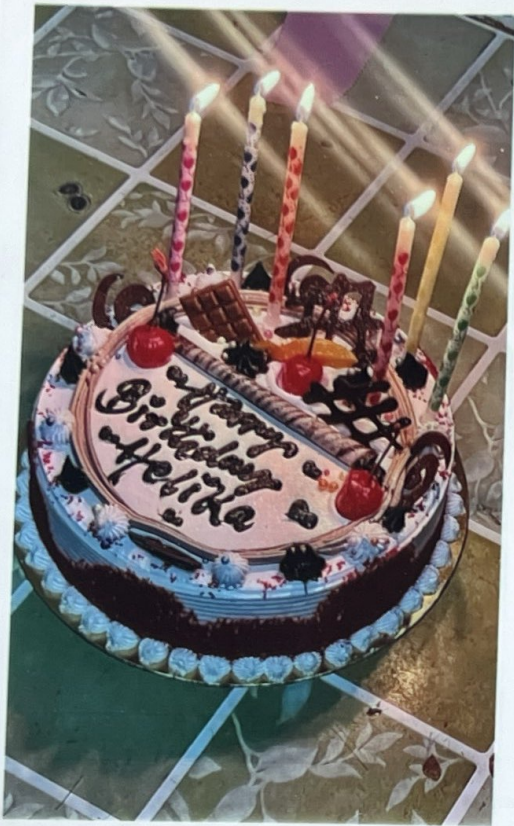
E-mail: h_helmerts_bakery@hotmail.com

hermann_helmerts

Hermann Helmers Bakery & Cafe

I visit this wonderful
bakery every Wednesday
for their gluten-free
millet bread. They also
make delicious cornbread
on Mondays & Fridays. So
grateful to have discovered
this place. Fresh GF bread
for only 150 NPR! :)





Hotel Green Valley

Nagarkot, Kavre, Nepal, Tel.: 6680078

PAN : 300328677

G/Name : Wettercamp Christy

Bill No : **715**

TPIN : Date of Invoice : 18-Oct-025

Address : Date of Transc :

S.N.	Description	Qty.	Rate	Amount
①	Mushroom Choila ✓	1	380/-	380/-
②	Chicken fried Rice ✓	1	340/-	340/-
③	Chicken Curry ✓	2	350/-	700/-
④	Plain rice ✓	1	120/-	120/-
⑤	Hot lemon with honey ✓	1	70/-	70/-
⑥	Veg Thali set ✓	1	600/-	600/-
⑦	Chicken Thali Set ✓	1	690/-	690/-
⑧	Veg Spring Roll ✓	1	450/-	450/-
⑨			450/-	450/-
⑩			70/-	70/-
⑪			550/-	550/-
⑫			500/-	500/-



A weekend away with my friends
Jody and Abby! Got up before 5
to watch the gorgeous sunrise
above the Himalayas. I will remember
that view for years to come.
Thank you, Nagarkot!



HOTEL
GREEN VALLEY
Naldum, Nagarkot

TIHAR! The Festival of Lights



The most wonderful festival that lasts five days and celebrates the bonds between siblings, animals, and deities through puja (worship), light, colour, and ritual. Each day honors a different animal - crows, dogs and cows - which are blessed with tika.





Love you ♡

Hope to hold you like this again (I) -----

Weekend away with
my angel, Helika. ♡



भिरु तजिलजी भिरु म्हसीका

नेवाः लहना सामाजिक आर्थिक समृद्धि

तथा

विश्व सरसफाई अभियान

बिल नं. 2303

थाम्बहाल, कीर्तिपुर-१

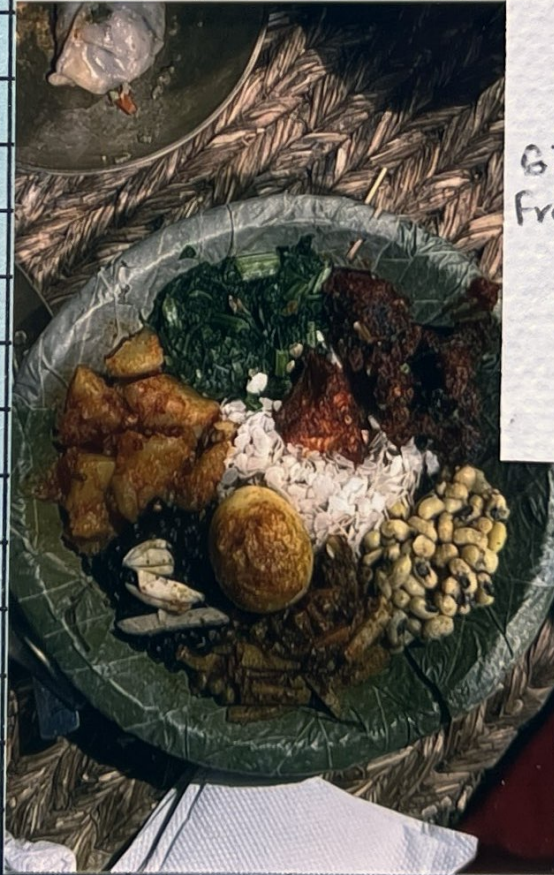
मिति : ६/१०

फोन नं.: ९८४९८८८०१७, ९८४९३३०५३३, ९८४९०२५६६६

श्री

D

सि.नं.	विवरण	संख्या	दर	रकम
१.	Milk tea	२	६०	१२०
२.	मिठाई			
३.	शेरा ममा			
४.	हुन्ना			
५.	शेरा			
६.	Hot lemon			
७.	रागी गो			
८.	आलु			
९.	सुपारी योमी			
१०.	बिगेन समथनी			
११.	दही			
१२.				
१३.				
१४.				
१५.				

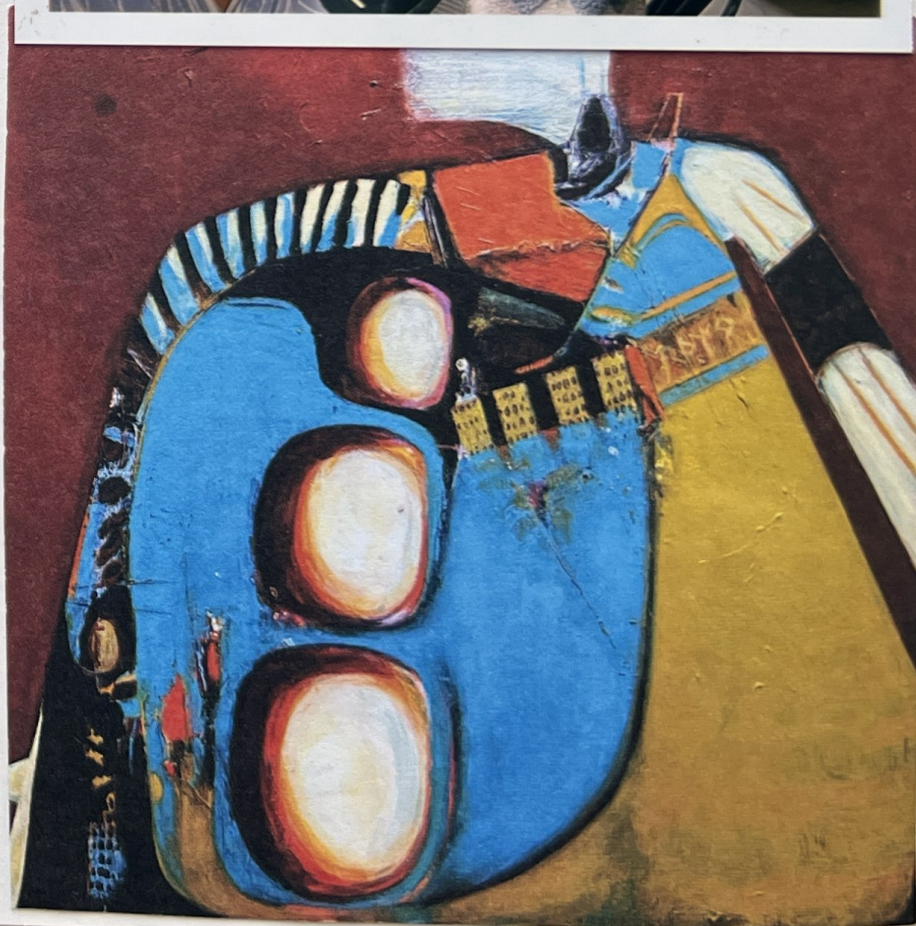
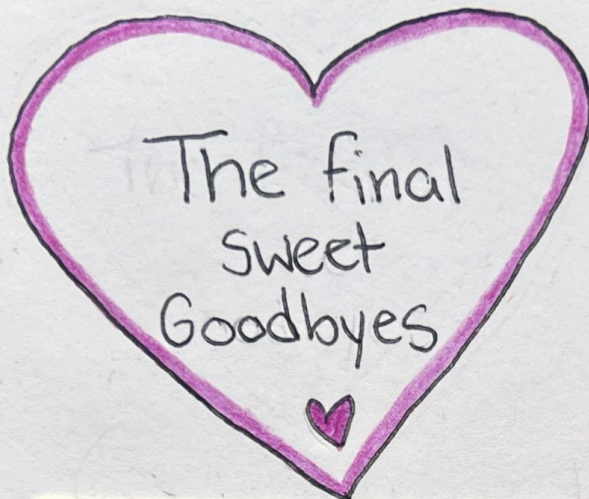


Wonderful night out at a Newari restaurant in Kirtipur. Hugs, laughter, tasty, spicy foods! ♡



Jenny's, Pasang!





The final goodbye good-
bye dinner where my
friends made all my
favourite Nepali foods.
Dal bhat with paneer
curry, fried chicken,
gundruk & achar. ★



Thank you for everything, Bhairaj ♥



This precious place
will be dearly missed



TARA ART HOUSE Pvt. Ltd.

Patan Dhoka, Lalitpur, Nepal

CASH/CHEQUE RECEIPT

Receipt No.:

Date: 30/05/2025

Received with thanks from Christy

the sum of Rs. Fifty thousand only.

by ☒ CASH / ☐ CHEQUE No. _____ of _____

on account Room (Studio Apartment) charge (17th May to 16 June)

Currency	Amount
<u>NPR</u>	<u>50,000/-</u>

my first rent payment ♥

Bhairaj
Signature

★
Dear Christy,



It's hard to say goodbye,
but I'm so happy that you're
heading back home with wonderful
& memories. Wishing you all the
happiness in the world. You truly
deserve the best. ★

Have a safe journey!!



Christy ♥



Farewell for now: till
we meet again!!



- With love from
Sunita



Christy, It was great
meeting you and welcoming
you in our life. We will
definitely miss you and we
wish best for your journey
ahead.

It should not be the
bye but it should be the
part of our life.

with love
Sabir (10)

You Are Always Be Part OF us :)



Hi Christy!

DO
~~dream~~

Just wanted to leave a little note in here. You are one of the kindest and genuine people I know. I'll never forget our spontaneous get together. It was the best!

I'm so excited to see where life takes you because I know it's somewhere wonderful!

See you again
your friend
Pasang

Hey Sis! (Christy) Love You ♥♥

First of all, I would like to thank you for being so kind, so cute so helpful to us. You know, we never ever imagine that you would be part of us in life. So, always be in touch, although I can't message you back 😊 hehe! Sorry if I had made you feel low or hurt.

Now, Our heart is connected & U will always be in our memories

It's not a goodbye Sis, it's
See you soon 😊 Love you, miss u
Love Jenny ♥

Hey Christy!

It was nice meeting you. Hope you will remember us forever. We met unexpectedly but it was a nice meeting.

You will always be part of my life. Your cheerfulness will always remain with us.

Please remember me everytime you wear the cardigan I made, remember me while you feel cozy wearing it.

Hope you'll come to Nepal again & we'll get another chance to meet. The trip we went will always be one of the best memories. You'll always be a pleasant part of my life. Love Riya

Love
you
Christy!



Dear Sister Christy,
I hope this letter finds you well. I wanted to take a moment to express my heartfelt gratitude towards you.

Thank you for being genuine and amazing person. I'm gonna miss u so much Plz come back soon.



we gonna party again soon. Lot's of love from Ganga.

Have a safe journey

Keep in touch Ravi

Namasteeyy !!

CHRISTY ♡

Manisa here ☺

Can't believe you're leaving already. I'm gonna miss your warm hugs whenever I'll visit here in Bhattapur.

Just sad that you'll

miss our gathering fun ☺

Next time, we'll definitely

go on for that trek ☺. Also sky's

gonna miss you too - his saviour iykyk. ☺

From now on - everytime you look up to the sky — just know that SKY and we are sending you love from Here.

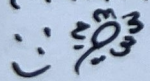
Hope to see you soon. CHRISTY ☺

Love You → Manisha (The Boss)



30TH OCTOBER 2025

DEAR CHRISTYJI, WHEN ONE DON'T HAVE TO SPECIFICALLY WRITE SOMETHING A LOT OF NOISE FILLS THE BRAIN AND NOW WHEN GIVEN A TASK I AM BLANK BUT I'M SURE LATER ON I'LL HAVE A LOT TO SAY; AS USAL WHEN I START TO SHARE STORIES, IN THAT NOTE BE SURE IN FUTURE YOU MAY GET MORE WORDS FROM ME; TO WRITE FEW WORDS SIPING COFFEE AT YOUR APARTMENT; ON YOUR LAST DAY OF YOUR STAY IN NEPAL, WHILE IT IS RAINING OUTSIDE IS ALREADY A SIGN THAT NATURE IS CRYING WITH YOUR DEPARTURE, AND I REMEMBER THE DAY WHEN WE WERE GUESSING 'NOW' 'THIS' 'OH THAT' AND FINALLY WHEN YOU APPEARED AT THE AIRPORT; IN FEW HOURS FROM WELCOME TO HAVE A SAFE JOURNEY AT THE AIR-STATION; A CHAPTER ENDS IN YOUR LIFE; AND A NEW BEGINS; THIS IS A CYCLE ISN'T IT? AND AGAIN LIKE A STUPID PROFESSOR WHO NEVER TOUCHES THE CORE OF THE SUBJECT MATTER BUT BITTING AROUND THE BUSH; 'OH JAGANNATH YOU ARE WRITING A LOT' YOU APPSARED WITH LAPTOP FROM BED TO TABLE; I WILL ALWAYS PRAY FOR YOUR SOUND HEALTH; AS YOU LOVE ART WORK; PLEASE KEEP YOUR LIVELINESS; HAPPINESS; STILLNESS; CHAOS; ALIVE; THANK YOU FOR LETTING US IN YOUR LIFE; KEEP FLYING; KEEP SMILING



Hi cube ☺



I really wanna thanks to you first of all
coz you ~~se~~ teach me so many things in my life.
At first you came as a strange person in
my life but now you & my sister, friend.
family everything. I never knew that we became
this much close ☺. you ~~are~~ are such a
kind hearted person. you are my first
foreign friend that I love this much. Because
of you I got chance to go so many places
and. Do you know one thing "I did 3 time
Trek with you in my life. I had such a
good bonding with you... I am gonna miss you
really bad, darling. --

Now, you are my best memory in my
life. you did so many surprising things in my life too.
I am gonna miss you at lunch place, office, home,
Super market everywhere. I really don't want you to
send back but it's not possible too. Please
come back soon. I will be waiting you

I really have so many things to explain my thoughts
over it but it's ok this much for today. --

I love you ---

for... huliho ~~love~~ --



Bhaktapur



LANGTANG HIMALAYAN RANGE

