

## SMOKELESS KITCHENS REPORT

### 2020, a year of lockdown

The Awasuka Program has been promoting safe houses in rural areas of Nepal since 2011. It has developed projects related to water, health and earthquake-resistant houses. Its “confined concrete block” prototype was approved by the NRA and its own “retrofitting system” was successfully implemented and accepted by the local communities.

However, during the course of these projects, a far more serious problem was discovered: **indoor air pollution** (IAP). While the earthquake killed 9000 people in 2015, toxic gases in the kitchens kill prematurely 24,000 every year and 226,000 have pathologies related to toxic fumes’ inhalation, women and children being the most affected. (WHO 2019). The program was resilient and by 2016 incorporated smokeless kitchens’ installation as a response to the high prevalence of upper respiratory diseases caused by the use of fossil fuels for cooking and the lack of adequate ventilation.

Apart from good health and wellbeing (#3), the smokeless kitchens provide positive impact on other **SDGs** (United Nations’ Sustainable Development Goals): poverty reduction (#1), gender equality (#5) and climate action (#13).

### CORONAVIRUS PANDEMIC

In the days of **coronavirus**, our home has become the only safe place where humans can take refuge. But not everyone in the world has a safe home. The smoke in the kitchens, also known as the “silent killer”, causes noncommunicable diseases including stroke, ischemic heart disease, chronic obstructive pulmonary disease (COPD) and lung cancer. These lung diseases may increase the transmission and severity of viral infections as coronavirus.

Almost a whole year in lockdown has left the program implementation in standby due to restrictions. However, it has granted time to reflect, organize new strategies and raise funds for the next phase. Fortunately, Nepal’s death toll was not as high as in other countries; by Dec 31<sup>st</sup> 2020, only 2,703 people died - 0,009% of the population. Comparatively, in the same date 50,825 people died in Spain – 0,108 % of the population and 370,776 people died in the US – 0,112 % of the population.



Bhimphedi Awasuka Office’s door closed in March 2020, at the beginning of the world’s biggest lockdown period.

### NEW AND FORMER ALIANCES

At the end of 2019, Awasuka was questioning its continuity on the smokeless kitchens project. On one hand, 10 years of experience in Nepal was a major asset, but finding new alliances would be difficult, as the earthquake was a long way off. One thing was very clear, though: Smokeless Kitchens was by far the most rewarding and successful project Awasuka had ever been involved with. The huge impact compared to the tiny cost made the project very attractive. While taking stock of all these factors, Awasuka started approaching its former partners and collaborators, and by doing so, new and active partners also started approaching Awasuka. Cooperation is about working together to achieve a



common goal. Well, it seems this mantra worked out and yielded its results. If we still had any doubts on continuing our program, they were quickly dispelled as we kept on speaking to the wonderful persons within the partner organizations. And because this has been such a hard and strange period, we want to pay tribute to all the special persons who helped us endure this tremendously intense and challenging year; be it within an organization's team or as individuals, you are all mostly appreciated.

### 1. El Camí de la Solidaritat

Roger Solà, president of El Camí de la Solidaritat, contacted Awasuka Director Monica Sans in Christmas 2019. Roger created his own NGO at the age of 17, along with some family members and friends, all truly committed people. His natural enthusiastic personality can lead anyone to the end of the world. Awasuka was immediately swept away by El Camí's passionate optimism and decided to join hands with them. Their goals were focused on preparing a Social Impact assessment and on raising funds for the program. El Camí and Awasuka set themselves a financial goal of 50.000Eur to be raised jointly.

### 2. Petit Món

Núria Carbó, the director of Petit Mon (Sano Sansar) met Awasuka Director Monica Sans in summer 2013, in Nepal, while visiting some projects together. After that, they kept on coinciding in Nepal from time to time, and in 2015 they collaborated in a joint project to assist the earthquake victims. When it came to search for a new partner to support Awasuka in Nepal implementation, the program decided to call on Petit Mon for collaboration, to which they agreed immediately. Fundació Petit Món supports Awasuka Program on the fundraising campaigns, bank transactions and other collaborations.

### 3. CCD-UPC University

UPC University has been collaborating with Awasuka Program since the start. In the beginning of 2020, a meeting was held between CCD (Center for Cooperation and Development), Awasuka Program's Director and the UPC students involved. The new projects: Smokeless Kitchens and Heritage projects were successfully accepted by the University and the selected students were ready to travel to Nepal in Summer 2020. But in March 2020 the pandemic put a stop to these plans. During lockdown, the UPC hosted some meetings to assess the situation and redirect some funds. New ways of collaboration arouse from those meetings, like extending the fund trip expenses for UPC Alumni, apart from UPC students.

### 4. Base-A

Base-A, an Architects' NGO, has been collaborating with Awasuka Program since its beginning in 2015, and decided to embark as well in its new adventure: smokeless kitchens. However, Base-A has also been hit hard by the pandemic, as most of its projects in developing countries depend on travels. This has forced the NGO to start a profound reform and renovation, which will see the light in a near future.

### 5. Rotary Club of Kantipur

Last but not least, Rotary Club of Kantipur has been collaborating with Awasuka Program since 2016 and also decided to remain on board. The Club members are Awasuka's family in Nepal: always welcoming and ready to help. The Club has also faced many challenges due to the coronavirus pandemic, but it has been enduring these hard times, along with its Rotaract members.



This image shows the current organizations consortium that have joined hands to run the Awasuka Program.  
The logos of all partner organizations from 2020 onwards are featured in this picture.

## NEW INDIVIDUAL COLLABORATORS

### 1. Amaia Celaya, strategic consultant

Amaia Celaya is an Architect and senior expert at UN-Habitat and European Commission for Urban Resilience, started collaborating with AwasukA at the end of 2019. Her support to the program consists on strategic advice, supervision of technical write ups and reports, and dissemination of the program on relevant social media: UN Habitat, UN, Elisava School of Design... Additionally, Amaia is elaborating a new Master's Degree for Resilient Design to be started in the academic year 2022-23.

### 2. Anna Gonzalvo, bio-architect and dancer

Former AwasukA collaborator in the reconstruction phase, Anna joined AwasukA team from January to September 2020. Her main work during that time was: scouting new household areas without hood-stoves in Google Maps, designing a smokeless kitchen paper cut-out for our sponsors, writing the smokeless kitchens template document for fundraising - along with Amaia Celaya, and writing and supervising several funding application forms for: Ateneu del Món, Caldes Solidaria, COAC and some others by El Camí. Anna also took care of the program's finances accountancy.

### 3. El Camí Architects' Team & The Bhimphedi Heritage Project

Along with El Camí's collaboration on Social Impact assessment and Fundraising, there was also an architects' team formed by: Mar, Pablo, Carlota and Raquel, working on the Bhimphedi Heritage project. From January to March 2020, the team was active in physical weekly meetings at Base-A's premises. They started drafting some heritage buildings of Bhimphedi as well as a Heritage map. The Heritage project is a very attractive and ambitious endeavor to track Bhimphedi's important past through its architectural and historical heritage. Bhimphedi municipality was very interested in obtaining in this project and its potential book publication, but, as usual, they did not allocate any funds to support it. Nevertheless, AwasukA was still excited to do it and planned some actions for summer 2022. Unfortunately, the pandemic made the team be soon dissolved, but we hope it will be resumed in a near future.

### 4. David Ferrandiz & Paula Minguell, health specialists

Dr David Ferrandiz is an epidemiologist, pharmacist and PhD in Public Health, with previous experience in Nepal and health issues consultancy. Dr Paula Minguell is a Medical Doctor, specialist in Family and Community Medicine. She holds a Master of International Health and Cooperation, with previous experience in a variety of contexts and countries, included Nepal. Both of them collaborated with AwasukA's Director in 2013, when they elaborated a Health Report in Bhimphedi, which was the initial step for the smokeless kitchens. Currently David and Paula will be collaborating on the monitoring process of the installed smokeless kitchens.

### 5. Raquel Masferrer, finances

Raquel knew AwasukA Director Monica Sans since many years, as they had coincided several occasions in Nepal. Raquel was very motivated to get involved in the program and finally, when Anna Gonzalvo left the program, it was offered to her to join the team, taking care of the financial accounts, to which she agreed immediately. She's been doing so since then, and little by little got to know all the Program collaborators, both in Catalonia and in Nepal, to run the AwasukA Program.

## FORMER AND NEW FUNDERS

### 1. Solidarity Cinema – Tarannà Travels

In December 2019, AwasukA Program had the privilege to be featured in a Solidarity Event held at the Girona Cinemas in Barcelona. It was organized by **Tarannà Travels**, one of our former funders. Our video **Block, Wood or Stone** was projected in a big cinema screen, along with the film *Rising Nepal*, by Miguel Angel Tobias – a great film director. It was very emotional to see our video projected in a big cinema hall. We are extremely grateful to Tarannà Travels, as they have always been supporting us in many different ways. We take our hats off for Ferran Martí and his team.

## 2. HPC Iberica

Ramon Coderch, Director of HPC Iberica, was one of our former sponsors during the reconstruction phase of Awasuka. When we contacted him regarding the smokeless kitchen's program, he had no doubts on contributing again to our new venture. This was a critical support to the program, as the beginning of this new stage was not easy and he was one of the first to trust us.

## 3. Caldes Solidaria & Ateneu del Món

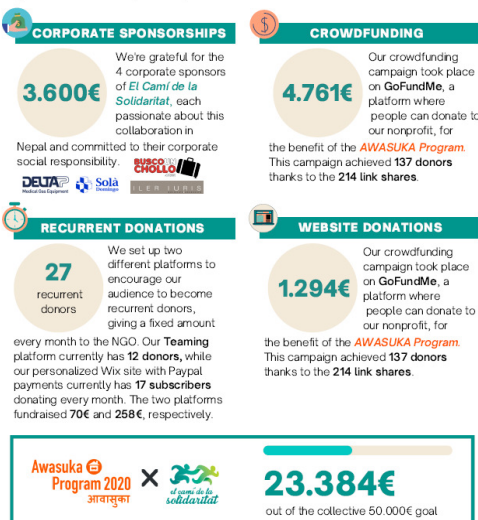
These two solidarity organizations from Catalonia have been with us since the very beginning of Awasuka. In fact, if it hadn't been by Caldes Solidaria's generous first donation, Awasuka would not exist. Both organizations are always ready to help and willing to contribute to our projects in Nepal. Even though the pandemic hit them hard (as most of the NGOs during these hard times), they had no doubts on supporting our program once again. Daniel Lopez Codina and Laura Roger are our major contacts in these two organizations, both high quality persons and surrounded by an incredible teams.

## 4. El Camí de la Solidaritat

Our new collaborator El Camí spanned its fundraising efforts in a wide variety of initiatives, including: corporate sponsorships, crowdfunding campaigns, recurrent donations, website donations, solidarity bingos as well as fundraising through a song production. All their efforts, along with Awasuka's, resulted in the jointly raised amount of 23.384Eur.

### FUNDRAISING EFFORTS

In order to reach our goal of 50.000€, *El Camí de la Solidaritat* has explored numerous avenues to fundraise for the *AWASUKA Program*. The team has received sponsorship from corporations, donations from crowdfunding campaigns, and submitted numerous applications to social impact competitions.



### FUNDRAISING THROUGH SONG PRODUCTION

During the spring lockdown in 2020, *El Camí de la Solidaritat*'s team explored a new method to give visibility to the NGO and raise awareness on the *AWASUKA Program*: producing a song. The team anticipates releasing the song in the spring of 2021, diversifying their revenue streams and bringing more visibility to the indoor air pollution crisis in Nepal.



Two excerpts of El Camí's annual report 2020 regarding fundraising.

## IMPLEMENTATION

### 1. Installation blocked by the pandemic

In mid March 2020 the pandemic was officially declared by WHO and a severe lockdown started all over the world. Nepal experienced very strict rules and Bhimphedi office remained closed for almost a whole year. During this period no transportations were allowed and it was too risky to enter people's houses for the installations, so no smokeless kitchens could be installed.

### 2. Other activities not involving installation

During January-February 2020, when the pandemic had not started yet, Awasuka focused on finishing the website and all its downloadable contents. Once the pandemic started, smokeless installation was not possible and Awasuka then focused on other activities like: scouting new areas for potential future implementation – through Google maps, write ups of funding applications to different funders and elaborating a paper smokeless kitchen cut-out, to be handed out to our sponsors as a cute and original merchandising campaign. In Nepal, Hareram started a series of telephone calls to form a control group

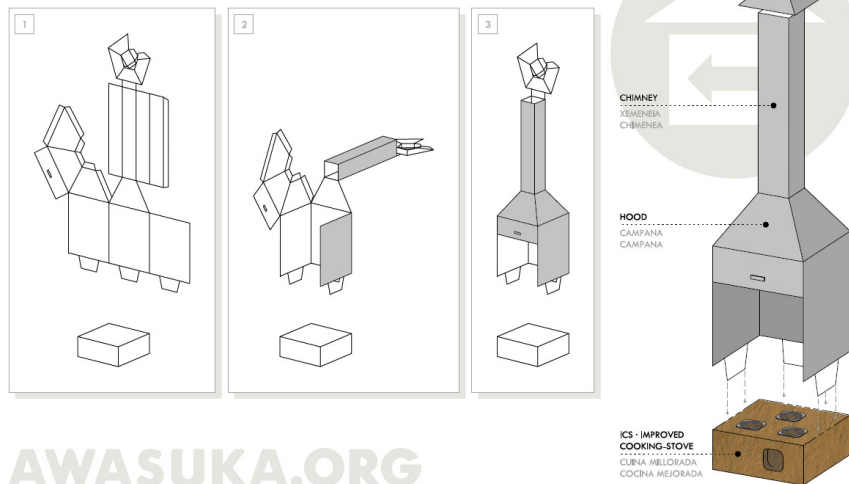




**AWASUKA**  
आवासुका - आवास सुधार कार्यक्रम

for the survey, which means a group of interviewable people without a smokeless kitchen, so that results can be compared with the group of beneficiaries with a smokeless kitchen. To do this, Hareram called our former beneficiaries and asked them about some neighboring people without a smokeless kitchen, and then recorded their data. Later on, in summer 2020, Hareram managed a new electricity meter for our office, and managed to reset up the internet connection again.

CUINES SENSE FUM, UN RESPIR PER LES DONES NEPALESES  
**SMOKELESS KITCHENS, A BREATH FOR NEPALI WOMEN**  
COCINAS SIN HUMO, UN RESPIRO PARA LAS MUJERES NEPALES



Awasukka's paper smokeless kitchen cut-out, a merchandising present for our sponsors.

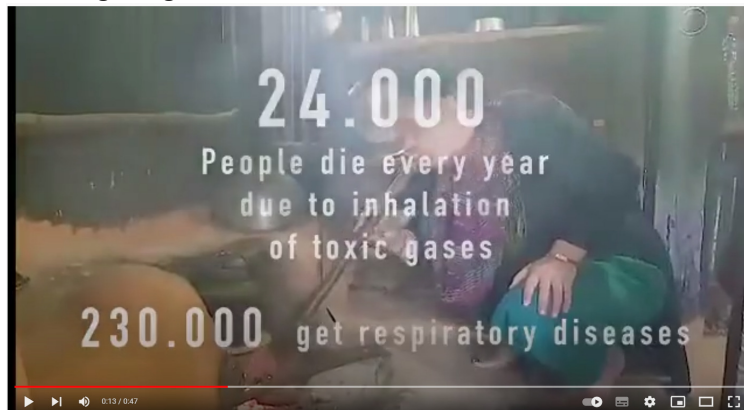
### 3. Visits to Beneficiaries

Anything related to construction activities, transportations, materials' purchase, etc... was not permitted during lockdown periods. But once some restrictions were lifted, it was possible for Mr Hareram Pudassaini, our local manager, to leave his home and start visiting some of our beneficiaries, as we had a waiting list of 50 plus persons and we needed to update our records. He leveraged these occasions to shoot some footage for our awareness videos.

## AWARENESS RAISING

### 1. Videos by El Camí de la Solidaritat

Several videos were made by El Camí to raise awareness within the social media. The footage used was partly shot by Mr Hareram Pudassaini, Awasukka's local manager and social mobilizer in Nepal. The image below is a photogram of this video and shows one of our potential beneficiaries lighting an open fire at home, while inhaling a huge amount of smoke.



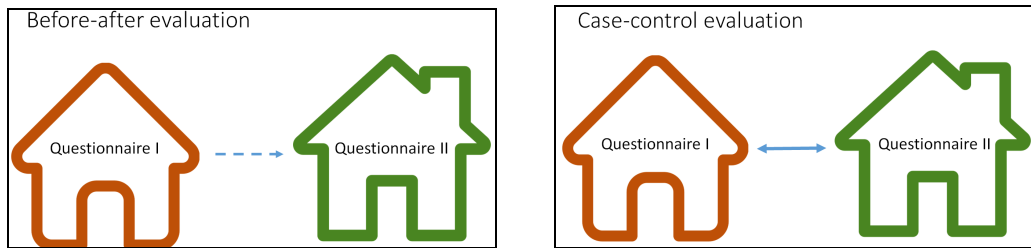
The video images show the smoke inhaled by women while cooking. By Hareram Pudassaini.

Apart from videos, El Camí has also developed other communication campaigns in their social networks, in order to raise awareness about the indoor pollution crisis in Nepal.

## MONITORING

### 1. Awasuka's Assessment

Dr David Ferrandiz and Dr Paula Minguell started working on their *Evaluation Plan Proposal*, analyzing four different factors: the objectives of the evaluation, topics to be evaluated, and evaluation's implementation and coordination. All these factors will be taken into account to yield results on: health improvements. One of the main objectives is to achieve local participation, so a team of local people will be formed to support the local manager in this task.



These images show the two types of evaluations to be performed, and the questionnaires to be used.

The objective of this evaluation is to determine the impact of the implementation of smokeless kitchens (SLK) on the health of the beneficiaries and their level of satisfaction. For this, two different groups will have to be surveyed, depending on whether we analyze the before and after, or the case control groups. The previous images explain the two types of questionnaires to be used in each case: Questionnaire 1 contains general data and satisfaction survey and Questionnaire 2 includes the health survey.

It will also be important that the surveys are performed in the same time of the year, as if they are done in different seasons, results may vary depending on the weather: in rainy season health issues are more frequent than in dry season. Moreover, covid spikes will also be taken into account when conducting the surveys, as many of the symptoms we will be surveying coincide with covid's.

### 2. El Camí's Impact Assessment

El Camí performed an Impact Assessment by measuring the different indicators involved in the project. This study was elaborated after the information provided by Awasuka and is still under revision. As a highlight, some of El Camí's members used this document as their final project for the Cooperation subject they were studying at HEC University, Paris.

## IMPACT ASSESSMENT

Conducting an impact assessment on the installation of smokeless kitchens in Nepal was one of our primary objectives when we first started collaborating with the **AWASUKA Program**. This year, we quantitatively measured and evaluated the key performance indicators of the program to better understand the total impact on Nepalese families in rural areas.

The impact assessment is evaluated across three significant categories: **public health impact, environmental impact, and social impact.**



Excerpt of the Social Impact Assessment performed by El Camí's HEC University students.

## CONCLUSIONS

2020 has been a challenging year for Awasuka Program. No Smokeless Kitchens could be installed and the coronavirus pandemic has left Nepal more vulnerable than ever. Despite all this, we have strived to continue our Program. We are grateful for the new alliances we've been able to create, along with the former ones. We are pleased with the fundraising efforts, the awareness raising activities and the new monitoring surveys. We are looking forward to resume the SLK installation in 2021.



## ACKNOWLEDGEMENTS

Awasuka Program wishes to thank profoundly all the organizations, members and individuals mentioned in the following credits, either from the Awasuka team, Awasuka Partners and Awasuka sponsors.

## CREDITS 2020

### AWASUKA TEAM

**Director:** Mònica Sans, Architect and Singer

**Technical Coordination:** Anna Gonzalvo, Architect and Dancer

**Finances:** Raquel Masferrer, Accountant & Yoga Teacher

**Petit Món:** Núria Carbó, Marta Gascón

**UPC Architects El Camí:** Carlota Gala, Pablo Castillo, Raquel Marcos, Mar de Castro

**HEC Students El Camí:** Margot Lebourgeois, Elena Pompilio, Priyal Singh, Elisa Solà, Roger Solà

**Fundraising El Camí:** Cristina Franco, Sergi Gómez, Ferran Capella, Maria Pentinat, Madda Bozzetti, Oscar Lorite, Chiara Formia, Matylda Makowska, Raquel Marcos, Patricia Muñoz, Maria Solà, Mariona Gastó, Clara Barrufet, Esthet Gatus, Marc Torru, Xavier Roselló, Montse Martínez

**Health Consultants:** David Ferrándiz, Epidemiologist; Paula Minguell, Medical Doctor

**Strategic Consultant:** Amaia Celaya, United Nations and European Commission Expert

**IT Advisor:** Carles Turró, Computer Scientist & Former Athlete

**ISP/Web Cloutions:** Sergi Navarro

**Social Mobilizer & Local Manager:** Hareram Pudassaini

**Smokeless Kitchens Manufacturer:** Bhume Lama, Lama Metal Seat

**Rotary Club Kantipur & Hetauda:** Prabhat Yonzon (Kathmandú), Ram Prasad Sharma (Hetauda)

**Program Advisors:** Min Malla (Practical Action – Kathmandu), Ram Magrati (MRC Hetauda)

### AWASUKA PARTNERS



Base-A  
El Cami de la Solidaritat  
Petit Món  
Rotary Club of Kantipur  
CCD-UPC

### AWASUKA SPONSORS



### INDIVIDUAL DONORS

Montserrat Duran Muntané | Ray Butler | Marga Lamota | Anonymous | Anonymous | Gustavo Pregoni | Maddalena Bozzetti | Maria Solà Martínez | Anonymous | Epa Bastida | Santi Acosta | Anonymous | Anonymous | Anonymous | Marc Torruella | Anonymous | Maria Rosa Martínez Bastida | Anonymous | Xavier Rosello | Joaquim Corbera Vidiella | Inés Mari Costa | Elena Escudero Area | Juan Pablo Jiménez Pérez | Pau Fiol Vicens | Jorge Asensi Madrigal | Ana Murillo | Ruben Molero Alabau | Carlota Roselló García | Aina Munar | Anonymous | Sofia Rodríguez Vidal | Nahia Rey Izco | Paula Moreno Ruiz | Gemma Font | Carlota Gala Licona | Núria Solana | Chiara Pafundi | Francesca Tenze | Sergi Gomez | Ferran Vidal | Lidia Lidia | Anonymous | Bati Solà | Maria Masip | Aaron Lloveras | Anonymous | Anonymous | Montse Martínez | Aida Gome | Caroline Lebourgeois | Janet Dunn | Elena Izquierdo Mach | Maria Canals | Pau Galmés Tarancón | Amathing Ten's | Annalla Bruno Berisso | Anonymous | Nuria Cabañero | Berta Mas | Maria Josefa Mont | Garcia | Steven Thomas | Claudia Schiavelli | Anonymous | Marc Lascorz | Marc Arnau Navarro | Anonymous | Ben Dover Miralles | Thomas Harre | Anonymous | Oscar Pascual Domingo | Guio | Felix Gonzalez | Anonymous | Maria Font-Quer | Jana Lalueza | Anonymous | Anonymous | Antonio Moreno Alcantara | Katherine Wenderdel | Anonymous | Manuela de Carlo | Helena Kasten-Hoersch | Marina Ojeda Equerdo | Júlia Sangüesa Boix | Lourdes Gonzalvo Heras | Valeria Salazar | M. Meri Marco Vicuna | Alessandro Castelli | Lina Korchagina | Adele Jansonate | Anonymous | Victor Seau | Carlos Alvarez | Maria Martínez | Laura Celaya | Angeles Álvarez | Ignacio Gonzalvo Schakat | Ana Licona | Isabelle Boudazin | Javier Vargas | Anonymous | Edgars Indars | Ilze Levellja Chaplinskij | Greg Rawbone | Daniel Davydov | Jordi Carrasco | Maitane Pérez | Anonymous | Amelie Rose | Varvara Dyudina | Anonymous | Rebecca Faist | Néstor Canadell | Anonymous | Antonio Hostench | Christian Granero Losilla | Ignasi Manso | Devran Zeyrek | Anna Pigem Xammar | Pau Hernández | Anonymous | Ivan Leric | Anonymous | Anonymous | Judit Chesa | Gladys Lipombi | Kandice Wuillème | Anonymous | Claudia Diaz de Mendibil | Irene Martínez | Pau Casas | Alex Canals Medina | Aurore Grandin | Joaquim i Ramona Vila | Joaquim i Ramona Vila | Jacob Guirguis | Anonymous | Miguel Ángel Monje