

Questionnaire & Observations in Jitpur

Written by four Danish Emergency, Risk and Disaster Management students, during their internship for VIN.



Zandra Tess Larsen

Alexander Kobberdyb

Christian Thorup-Binger

Mikkel Mirsbach Rasmussen

Table of Contents

| | |
|---|-----------|
| Introduction | 3 |
| Method | 3 |
| Basic facts about Jitpur | 5 |
| Observations in Jitpur | 6 |
| Trash and pollution | 6 |
| Infrastructure and transportation..... | 7 |
| VIN's toilet construction in Jitpur | 8 |
| Results from the questionnaire and analysis | 9 |
| Results for families <u>without</u> toilet..... | 9 |
| Results for families <u>with</u> toilet..... | 11 |
| Comparison of the questionnaire-data for families with and without toilets..... | 13 |
| Description of observations | 15 |
| Fire risk and health problems in household..... | 16 |
| Problems with pests and ruined crops | 16 |
| Landslide, mudslide – a true risk..... | 17 |
| Earthquake risk..... | 17 |
| Conflicts rising between families | 18 |
| Discussion of which initiatives that can make Jitpur more safe and resilient in the future | 19 |
| Minimizing fire risk and health problems | 19 |
| Reducing the occurrence of pests | 19 |
| Reducing the likelihood and consequences of landslides/mudslides | 20 |
| Earthquake preparedness | 20 |
| Avoiding/solving conflicts between families with and without toilets..... | 21 |
| Conclusion | 21 |
| Annex 1 – Questionnaire for families with toilet..... | 24 |
| Annex 2 – Questionnaire for families without toilet | 33 |

Introduction

Brief about our background

We are 4 students from the Metropolitan University in Copenhagen, Denmark, who has taken on the task to make this report. To inform any reader, we are halfway through our studies to become Disaster & Risk Managers. 2-3 months ago we chose to come to Nepal for an internship at VIN, because of our desire to help Nepal become more resilient and also learn about the culture and customs of the Nepali people.

Brief about the purpose of the report

The report's aim is to follow up on the work many volunteers have done in the Region Jitpur, especially a lot of toilets have been constructed within the last couple of years – how does the community feel about the toilets? Furthermore have the toilets contributed in the positive way VIN expected them to?

Also we want to help VIN get an overview of the risks and problems in Jitpur, and the possibilities there exist to reduce them. We have therefore prepared a questionnaire with the focus on hygiene, health and sanitation. Also a few questions will help us get a picture of the use of animal dung in the region. The questionnaire is divided in two - one for families with toilets, one for families without. They are more or less similar, except a few changes made in the way the questions are formulated.

Method

The primary method used for collection of data is the questionnaire mentioned above. The advantage of the questionnaire is that it provides comparable information. Also our presence while the questionnaires are filled out, reduce the risk of misconceptions. Each question asked is followed by a number of choices of answers. Still we invite the participants to make individually comments in the end of

the questionnaire about their thoughts on VINs presence in the community. Also we ask for their ideas for future projects, hygiene improvement, better toilet construction etc. The disadvantage of the questionnaire is that it is lacking on ensuring anonymity. Due to the fact that many people are analphabets, we have to ask the questions orally, just as we accept their answers and write them down. Possibly that can affect their choice of answer. They might feel embarrassed or exposed, having to answer our questions.

Besides the questionnaire we have been using observation and non-formal interviews to collect data and investigate risks and challenges in Jitpur. Therefore this part of our empirical study is qualitative.

To choose the households with and without toilets we used VIN's database of households. This was lastly updated in 2013, so when we arrived in Jitpur and started doing the questionnaires it turned out a lot of the households that was not supposed to have toilets had anyways, so the lists did not reflect the situation in the region. This caused a lot of difficulties for us because we had to find new households without toilets, which was not easy, and when we were in Jitpur we had to travel quite long distances between households without toilets. Because of this we have not gotten to complete as many questionnaires as we wanted to. We wanted to complete a total of 10 % of the households, which in numbers would be 130, since there are around 1300 households in Jitpur, out of these 65 would be with and without toilets, but so far we have completed 56 questionnaires (35 with and 21 without).

After our departure VIN should continue making these questionnaires in Jitpur so that they can get useful data which shows what the people in Jitpur wants from the toilet construction program, which injuries they suffer, and how they deal with everyday problems like their animals and their dung.

Basic facts about Jitpur

Here we describe Jitpur and the people that live there.

Jitpur is a rural community in the hills just 11 km outside of Kathmandu City; it is a Village Development Committee (VDC). It is located in the hills and consists of fields and forest. Jitpur consists of 9 wards with 10 villages and the main village is Tinpipla located in ward 6, which is where the bus stops and from there you can walk to the other wards. There are 9 schools in Jitpur, 3 secondary, 3 primary, and private. VIN is sponsoring some of the schools with facilities as fences and gates or other things, so that they can maintain a certain standard of education. Around 6000 people are living in Jitpur, and there are around 1033 households in the VDC. The majority castes in the area are Bhramin and Kshetri, but Rai and Limbu are also represented. Jitpur is located 7 km from Balaju Bypass, Kathmandu and takes around half an hour by bus from there. VIN has chosen Jitpur as their target area because the population out there was in need of help to develop and because of the lack of other development organizations.

The topography in Jitpur is very hilly and the population has made small fields on different plateaus down the hill sides, where the villagers grow rice, paddy, millet, corn, different vegetables, and different types of cabbages. It is estimated by VIN that around 90 % of the residents in Jitpur are farmers.

The hills are covered in trees and bushes, so where the hills are not used for farming there is forest. Many of the trees grow eatable fruits that the villagers use for snacks, cooking or selling. When the hillsides are too steep to use as fields or walking, it seems like the villagers use them as garbage disposals.

Most of the residents in Jitpur are farmers and dependent on their livestock and crops as their livelihood. It is common that the father in a family has a job as a driver or some kind of labor work in Kathmandu, but the rest of the family is working in the fields every day and taking care of the chickens, goats, cows and what other animals they may have. They use the animal dung as fertilizer for their fields and mix it with

red mud and water, as painting for their houses. Almost all the children go to school, but there are some families where they cannot afford to put all their children in school.

Observations in Jitpur

Trash and pollution

There is trash on every hillside, and where small creeks and streams are running they dump their trash so when the monsoon is coming the water will flush the trash down the hills. This is a big problem because it can damage the environment and could have bad causes for animals in the region. Due to the pollution with plastic paper from candy bars, plastic bags, soda cans, bottles, magazines and other things like these, streams, creeks, and rivers can suffer from:

- Accumulations, which can cause problems with drainage of water or even floods.
- Obstacles that blocks the way for fish and small animals, so they cannot swim up through the streams or rivers.
- Depositions of sand and mud so rocks and gravel get covered. This means that the animal habitats are destroyed.
- The bottom of the river or stream is raised because of depositions, so outlets of drainages and pipes get covered, which leads to disfunction.
- Plants rots, and in the process of rotting, the plants use the oxygen so a part of the fish and small animals dies from suffocation.
- The polluting materials release toxins, drug residues, oil, gasoline, etc. which is very bad for the environment.

All this is very bad for the environment and could potentially cause animals to flee from the area, but it could also mean that the crops in the fields and fruit-trees get

polluted and make people sick, which could have negative consequences for a lot of people in Jitpur.

Infrastructure and transportation

The main roads in Jitpur are made of asphalt and are the roads where the busses are driving, but when you reach Tinpile and have to travel to the other wards you have to travel on gravel roads, on some of these cars can drive, but most of them are too narrow and only allows bikes and scooters to pass. When you reach certain points you run out of proper roads and the only way to carry on is by narrow paths, which would be the soil paths that are developed over time by the local population. So it can be hard to get heavy things around in Jitpur because the access roads do not allow vehicles to carry the materials all the way to the area where they are needed.

A lot of people living in Jitpur get injured because of the landscape and the challenges connected with transporting oneself in these surroundings. Because of small and narrow paths a lot of people trip or fall when carrying heavy loads of weight, so they get scratches, twist their limbs or break a leg or an arm. Besides from these injuries it is also common that people in the VDC gets sick with diarrhea, the flu and other illnesses that often is connected with eating something bad or dressing wrong according to the weather conditions. Because of this VIN has created a health post in Tinpile so that the villagers can come to a consultation with a doctor and get treatment for their injuries or sicknesses.

VIN's health post in Tinpile, Jitpur.

VIN has nurses who volunteer to help in the health post and often international volunteers with an education within the healthcare system apply to join the health post in Tinpile. This seems really helpful for the community but there are still a lot of people in Jitpur who believes in witchcraft, so instead of visiting the health post

they go to a witchcraft doctor and hope for help. This can be a problem because it has never been proven to work and if people do not get the right treatment in time, lives that could have been saved, could be lost instead due to wrong or bad treatment.

VIN's toilet construction in Jitpur

VIN has established many toilets in Jitpur because most of the villagers in the district did not have toilets, and open defecation was common. To raise the dignity, lower the reason for diseases, and improve the hygiene for the people living in Jitpur, VIN started to help them constructing toilets which has made a huge difference for the people out there. It has caused the villagers to feel less embarrassed when having to use the toilet and happier and some of them are even proud that they now have a toilet. So most of the persons are extremely happy about VIN, but unfortunately there are some people who do not share the same excitement about VIN. Some families have been fighting about the toilets, like where they should be placed and it has even caused two brothers to stop talking because they couldn't agree on something about the toilet and how they should construct it. Other scenarios have been disagreement on what materials the families should construct the toilet with, whether they should build it themselves or with help from VIN-volunteers and other things. The main reason for some villagers' unhappiness and disappointment towards VIN is that in some areas, especially ward 1, there are a lot of families who have not gotten any help to build a toilet and are still in need of one, and it does not seem as VIN are aware of it. So when we were out here to make interviews with them, they almost did not want to talk to us because they were so angry with VIN and we represented VIN. So therefore it is important that VIN goes around every area and make sure they cover every household in the Jitpur area.

Results from the questionnaire and analysis

The following is a presentation of selected data from the questionnaire, which will be analyzed in this part of the rapport.

Results for families without toilet

In the "*Families without toilets questionnaire*" we did a total of 26 interviews in the different wards of Jitpur. What they have in common is not having a toilet or having a substitute for a toilet. The age differs from 0 - 70 for the respondents in the questionnaire, with a gender ration of 11 females and 15 males. Of the respondent's 61,5 % are farmers, and live of the crops they grow and sell.

The following results, concerns the Health conditions in the families and their own risk perception.

- 57,6% of the respondents answered that they get sick at least once a month, where as 26% of the respondents gets sick once a year only.
- Compared to the 57,6% that gets sick at least once a month, 65,3% of the respondents gets injuries at least once a month.
- The most common injuries for the families are *Scratches or Wounds*, with an percentage of 65,3 % of the respondents.
- 32% of the respondents answered that they are afraid of wild animals, and 24% that they are afraid of diseases.
- 65,4% answers that they are afraid because the hazards can hurt themselves of their families.
- The majority with 66,7% feels safe when they are at home.

The following results concern the respondent's thoughts about toilets and not having a toilet as well as their cleaning habits.

- All respondents would prefer to have a toilet. And only uses it the defecating. The biggest reason being it is more hygienic with a 35,5% answers.
- 80,8% of the respondents would prefer their toilet was near their house, where the remaining 19,2% would prefer it was far from the house.
- 45,5% of the respondents feel embarrassed for not having a toilet, and 45,5% feel sad.
- All respondents clean themselves after defecating with water, and all respondents wash their hands afterwards.
- 57,8% of the respondents uses water and soap for hand wash. 21% uses ash to wash their hands, mostly in times with no soap or shortening on soap.

The next results concern the use of animal dung and how the respondent handles the dung.

- 80,8% of the respondents uses animal dung. Of the 80,8%, 76,9% uses the dung as fertilizer, and 15,3% uses it to build houses.
- 73% of the respondents remove the animal dung from inside their house, and the remaining 27% leave it in the house.
- Out of the 73% who removes the animal dung from inside the house, 81% removes it daily from their house where remaining 19% removes it at least 2-3 times a week.
- The majority of the respondents, with 38%, move the animal dung to their kitchen garden. 23,8% moves the animal dung next to their house, and the remaining respondents moves into the fields or a hole/pit.
- 69,2% of the respondents have no planning of moving the animal dung away from their family. 27% are planning to move the animal dung. The remaining don't know.
- 85% of the respondents have problems whit rats, mice and/or insects.

Results for families with toilet

For "The families with toilet questionnaire" we did a total of 34 interviews. The respondents both have VIN-made toilet and self-made toilets. The age differs from 0 - 70+ for the respondents in the questionnaire, with a gender ration 17 female and 17 male. Of the respondents are 67,6 % farmers, and live of the crops they grow and sell.

The following results concerns the Health conditions in the families and their own risk perception.

- 47% of the respondents answered that they get sick at least once a month, where as 18,2% of the respondents gets sick once a year only.
- Compared to the 47% who gets sick at least once a month, 53% of the respondents gets injuries at least once a month.
- The most common injuries for the families are Scratches or Wounds, with an percentage of 76,5 % of the respondents.
- 26% of the respondents answered that they are afraid of wild animals, and 24% that they are afraid of diseases. The third biggest fear is diseases with 18,5% of the respondents.
- The majority with 54,5%, are afraid because the hazards can hurt themselves or their families.
- Most respondents feel safe while being home with 48,5% and next is at day with 36,4%.

The following results concern the respondents thoughts about their toilet, the construction of it and the use.

- All respondents would prefer to have a toilet and only uses it for defecating. The biggest reason being it is more clean with a 34% answers.

- 85,3% of the respondents have their toilet constructed near or next to their house. The 14,7% of the respondents have their house build far away from their house.
- Of the 85,3% with toilet constructed near or next to their house, 41,5% have their toilet build close because they don't want to walk far.
- The 14,7% with toilets constructed far from their house, the majority with 40% did it because they want privacy when using the toilet.
- 73,5% of the respondents are happy with the location of the toilet, where as 17,6% would prefer it was build another place.
- 82,3% of the respondents answered that they feel the construction of toilets have helped the community.
- All respondents clean themselves after defecating. 92% of the respondents clean themselves with water, 5,5% with stones and 2,5% uses something else. All wash their hands after defecating.
- 84,6% washes their hands with water and soap after defecating, 12,8% uses ash or mud, and 2,6% uses something else.

The next results concern the use of animal dung and how the respondent handles the dung.

- 94% of the respondents, uses animal dung. Of the 94%, 73,2% uses the dung as fertilizer, and 14,3% uses it to build houses, and 12,5% uses it for something else.
- 87,5% of the respondents remove the animal dung from inside their house, and the remaining 12,5% leave it in the house.
- Out of the 87,5% who removes the animal dung from inside the house, 62,5% removes it daily from their house.
- The majority with 29% of the respondents move the animal dung next to/near their house. 29% moves it to the fields. The remaining 42% removes it to a hole/pit, somewhere else, in the kitchen garden, or leaves it in the house.

- 64,7% of the respondents have no planning of moving the animal dung away from their family. 20,6% are planning to move the animal dung. The remaining don't know.
- 91,2% of the respondents have problems whit rats, mice and/or insects.

Comparison of the questionnaire-data for families with and without toilets.

The analysis of the data above shows the difference from having a toilet or not. It also analyses the link between the respondents fear and the reason for the fear.

Being sick

The difference from having a toilet at not having one, has obvious differences. But for the families without toilet the data shows that 57,6% of the respondents answered that they get sick at least once a month, and 26% of the respondents gets sick once a year only. The families with toilet however does not get sick as often as the families without. For the families with toilet only 47,% of the respondents answered that they get sick at least once a month, where as 18,2% of the respondents gets sick once a year only.

This show that there is a difference of 10,6% once a month and 7,8% once a year on how often the respondents get sick from having a toilet or not having one.

Hygiene

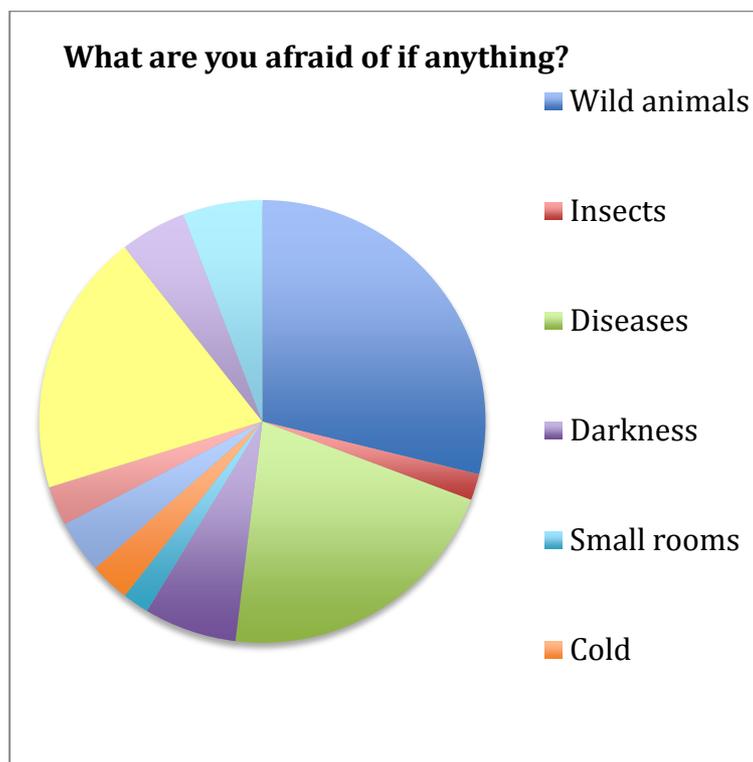
For the families without toilet 57,8% of the respondents use water and soap for hand wash. 21% uses ash to wash their hands. But for the families with toilet 84,6% washes their hands with water and soap after defecating, and only 12,8% uses ash.

Again there is a difference in having a toilet or not. There is a 26.8% more difference from having or not having a toilet, where the ones with toilet uses water and soap

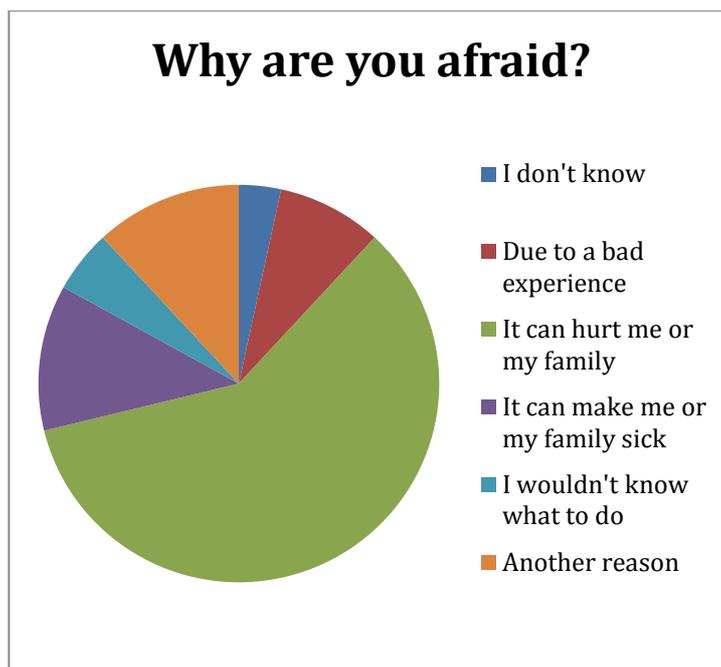
more. Same counts for the use of ash where families without toilet has a 8,2% increases from families with toilet.

Fear

In the questionnaire the respondents answers too what they are afraid of. There is no difference from having a toilet or not, which is why the data from both families without toilets and families with toilets, are put together. The diagram below show what the respondents fear the most. The biggest fear among the respondents are Wild Animal with an 50,9%. After this comes Diseases with 37,3% and earthquakes with 33,9%.



These 3 fears all, have that in common that they are deadly and threaten the families on their life. This can be linked with the reason behind the families fears. The main reason the families have fears for any of the threats are that it can hurt themselves or their families, with a 59,3% of the answers in the questionnaire.



The questionnaire also shows that all respondents would like to have a toilet. This, can be seen in the excel document for "Families without toilets" with the processed data from the questionnaire. The main reason for the respondents wish for toilets, is that it is more hygienic. This is the major reason for the wish of a toilet, with a 35,5% of the answers.

Description of observations

The following is an extended list/description of risks observed in the area, on the basis of the questionnaire. We following risks are chosen because they are most likely to appear, but also because we have good ideas on how the community in collaboration with VIN can minimize those risks.

The following 5 are the ones we chose:

- Fire
- Pests
- Landslide/mudslide
- Earthquake
- Conflicts between or within families

Fire risk and health problems in household

In the rural communities in Nepal, and even in the cities, like Kathmandu, Bhaktapur etc., poor families use wood, dried animal dung, garbage and other easily burnable stuff to light and keep a fire going. This often happens inside their houses, when they are preparing meals or to keep warm.

Often, if not every time, the kitchen is placed in the same room as where the family are sleeping, to keep warm during the evenings and winter months. This poses a problem, because it is more the exception than the rule, that there is proper ventilation close to the fireplace, which leads to an accumulation of smoke inside the houses. The risk of breathing problems is very real, and can lead to sickness and lost profit for the families, during health deteriorating.

As if this wasn't enough, the possibility of fires is also an eminent risk. During the dry season, all the vegetation around the villages and on the hillsides gets parched, which only increases the threat of fires. Fires have been known to ravage villages with the consequence of ruined livelihoods and stock. Therefore it is important to take safety precautions, to reduce the likelihood of fires.

Problems with pests and ruined crops

Issues with rats and mice are very common in Jitpur, whether they have a toilet or not. From our questionnaires we can see that 90 % of the inhabitants are suffering from this issue. However not all of the 90 % consider it a problem, but they are having rats and mice in their household anyway.

The questionnaires do not show what could course the source of the problem, but when we were in the Jitpur interviewing for the questionnaires we noticed that all of the families, who suffered from the problem, stored their food in plastic bags and/or in buckets.

The few families who did not have problems with rats and mice stored their food in wooden boxes or containers that could be closed. To decrease the big problem with rats and mice the families could store their food in concealed containers. The only

problem with this is that a lot of families in Jitpur cannot afford to buy these containers.

Landslide, mudslide – a true risk

The monsoon in Nepal goes from May to July, which means the possibility of land or mudslides is eminent during these three months. This with the hilly landscape of Jitpur is a very serious problem. Houses, roads and fields needs to be rebuilt, and the loss of life which lead to lost income is extremely possible. The main road in Jitpur, Tishuli Highway, needs regular maintenance and is hit by landslides almost every time it is the monsoon season. This leads to lost income, as the villagers needs to rebuild the road, so they can get to Tinpiple and Kathmandu to sell their groceries and other merchandise.

Earthquake risk

Nepal is situated between two tectonic plates, *the Indian* and *Eurasian* plate, which means that the seismic activity in the country is very active. Therefore the likelihood of an earthquake happening is very much real. Nepal is hit by smaller earthquakes statistically every year¹, which means that it is an known danger, but that doesn't mean that the Kathmandu Valley and the Jitpur district is safe from the consequences of an high intensity earthquake. It is estimated by scientists that a high intensity earthquake, like the one that hit Nepal in 1934 AD, would create structural damages in about 60 % of the buildings in the Kathmandu Valley, and leave around 500.000 to 1 million homeless². Statistically this kind of earthquake happens every 70-100 years, so the danger and likelihood of a high intensity earthquake happening is very real.

Earthquakes can course buildings and other things to collapse or suffer damages so they are unsafe to enter without restrengthen them. As mentioned above, scientists estimate that a lot of buildings will collapse during a high intense earthquake. It is due to poor construction of most buildings in Nepal that so many buildings will

¹ <http://www.nset.org.np/nset2012/index.php/menus/menuid-58/submenuid-137>

² <http://www.nset.org.np/nset2012/index.php/menus/menuid-58/submenuid-137>

collapse when a high intense earthquake hits. To focus on Jitpur, there the households and toilets are constructed in different materials. Some households are built in concrete, some in bricks and cement, but most in locally available stones and mud, this is the same scenario for toilets.

The difference in construction materials makes the vulnerability from earthquakes different from household to household. And there are so many other factors that has influence on the vulnerability for a household, e.g. if the household is located in open space or there are tall trees or electrical poles right next to it. All things that potentially could damage the household or toilet caused of the shakings of the earthquake.

In Jitpur most people uses stones, tires or other heavy objects to prevent the metal plates used as roof tiles to blow off their households or toilets.

When a big earthquake strikes these objects can cause serious injuries or in worst case scenario bereavements if they hit people. The shocks from the earthquake can throw the stones and objects that are holding the roof tiles of the roof and make them fragments that can kill people. Therefore, it would be better if they fastened their roof tiles with nails or screws.

Conflicts rising between families

Conflicts and discrimination in a tight-knit community such as Jitpur, could be disastrous for the overall progress in accruing quality of life. The ruining of social capitals like family ties and the willingness to help each other which is a big part of daily life in the rural communities of Nepal is very possible, when an NGO such as VIN comes and introduces new initiatives, for example toilets. How to sample and choose which family is most in need of for example a toilet could lead to jealousy and frustration from the families which don't fit the description and standard the NGO has set.

A true life example was a family in Jitpur, which were arguing even before VIN came, but when the family got their toilet, the older brother didn't want to use the same toilet as his younger brother, because of hostility and bad blood. This led to the older brother wanting to build a new toilet, which put a strain on the whole village daily life and social capitals, and eroded the progress of toilet construction in the village, because the practice of open defecation began again.

Discussion of which initiatives that can make Jitpur more safe and resilient in the future

Here we discuss possible measures that could reduce the communities' vulnerability and solve different problems in Jitpur.

Minimizing fire risk and health problems

Creating a village based volunteer fire department/post and making plans for the distributing of water could be an example for the preparedness of fires. The mitigation and decrease of smoke related illnesses from fires could happen if houses got ventilation, or the kitchen got places in a separate room. But this could be more difficult to achieve because of low income and property.

Reducing the occurrence of pests

There are methods that could help decreasing the problem they are having. They could clean up after preparing dinner, so remove breadcrumbs, vegetables, meat and other things that attracts the rats and mice. Also keeping the household clean and hygienic, like take out animal dung, move livestock out of the house and in to a stable, and other things that reduce the likelihood of creating a nice environment for rats and mice to stay. VIN should consider creating a project which teaches the residents in Jitpur how to minimize the possibility of attracting rats and mice and that it is always a problem having pests. So inform people that if they have them, it is a problem. The project should contain subjects like: How to store their food, putting the food back in the containers as soon as they are done using it, after how

to keep their household properly clean, and how to set up traps that can catch the pests. Right now most of the families are using poison and toxic to prevent the pests, but it is not working effectively, so VIN should inform the families to use the poison and toxic correctly and tell that they should also supplement with traps. Because pests often carry diseases with them it could help decreasing the healthcare problems in the region as well. If there are fewer pests to pass on their diseases, fewer people would catch them.

Reducing the likelihood and consequences of landslides/mudslides

One of the reasons, to why landslides are so common, is because of lost natural vegetation on the hillsides. This could be countered by planting new vegetation, which absorbs water and therefore reduces the likelihood of a landslide. Another way is to reduce the consequence, by being aware of hazardous places and avoiding them when building a new structure, like a toilet, so not building close to an edge would be a good idea.

Earthquake preparedness

Fortunately the consequences could be countered with more strict building regulations, which the Government of Nepal have implemented, but is more or less a *Pro Forma* act, which the public doesn't follow, when building new constructions. This kind of mitigation is more difficult in a rural area such as Jitpur, because of people's financial situations, which doesn't mean that it is impossible, just that the materials used would be different, when supporting or securing a building. Another way to reduce the consequences would be to raise the awareness about safety precautions before, during and after an earthquake, such as securing furniture, cabinets and the *Drop, Cover and Hold*. Especially the awareness raising would be beneficial, so as to make the people aware that they actually can do something to reduce the risk of consequences, but it would be most advantageous if it could be done parallel with structural improvements and regular property checks, to be aware of possible dangers in and around the villagers houses.

Avoiding/solving conflicts between families with and without toilets

An idea for reducing the possibility of jealousy could be to gather a village and make them discuss by themselves who is the most in need of a toilet. In theory this would lead to more acceptance by every villager, and would minimize frustrations, because everybody had the chance to be heard. They could try to agree on some requirements one should fulfill in order to get a toilet. Another solution is to make families share toilets instead of just offering one family a toilet, not giving the family next door the same option. Either way it is important that VIN argues how they choose the families and what their requirements are.

Conclusion

This report was written with the aim to help VIN get an overview of the current situation in Jitpur in relation to the toilets that has been constructed by many of their volunteers. We prepared a questionnaire, which we went to Jitpur to have filled out by families with and without toilets. From the questionnaire, we could see different trends in their hygiene and health. We discovered that those families without toilets, more often get sick. The reason for that can be that the families without toilets are less aware of how to clean their hands properly. Also open defecation forms a risk, with the risk of polluting crops, but also because it attracts pests like flies.

Furthermore we find it important to include all families from an early stage when a new toilet has to be designed and located. VIN should inform them about pros and cons in relation to the placement of a toilet – when it is near it might be easy at night, but it might also smell. With a toilet far away, one might avoid the smell, but it is less comfortable when sickness is a reality. An important finding is that all families wish to have a toilet and they find it embarrassing not to have the same privilege as the families with toilet. That creates tension in the community. They are aware of the fact that it is more hygienic to use a toilet, but they have no alternative at this point. We also realized that a few families with toilets are in the need of a follow up.

Some of the comments they gave us were questions about how to maintain the toilet, what to do when the septic tank is full and how to clean it most effectively.

Another link that was discovered through our questionnaire was that the people who experience serious problems with rats and mice, are the families who store their food in plastic bags or buckets. Only a few families are not bothered by pests, which can be due to the fact that they store their food differently – in most cases we found that they stored their food in wooden boxes. It seems like if more people knew how to store their food properly, they could reduce the problems with pests significantly. Therefore we recommend that VIN create a project, which should focus on advising the families.

We can conclude that the community in Jitpur overall are happy with VINs project, but they still have everyday challenges associated with the toilets. Also other events as fire and earthquake possess a big risk. Especially earthquake is one of those things a lot of people fear, because it can hurt them in a great magnitude. They want VIN to help them develop further and prepare for different hazards.

At last we would like to thank VIN for all advices and guidance through our internship. Also we owe a big thank you to all the citizens of Jitpur for their cooperation, as well as our helpers that went with us to Jitpur to conduct the questionnaire:

- Leela Satyal
- Kashmeera Guragain
- Sangita Neupane
- Damodar
- Laba
- Sam
- Pawan



Annex 1 – Questionnaire for families with toilet

This questionnaire is developed by interns from Volunteers Initiative Nepal (VIN). The purpose is to improve toilet construction, reduce risks and hazards, and the overall awareness of hygiene in the region of Jitpur. All answers will be treated anonymously and therefore personal information will not be shared. (तल दिएका प्रस्नहरु VIN मा काम गर्ने Intern हरुले बनाएको हो।यो प्रस्नावालीको उदेश्य शौचालय निर्माण सुधारन, खतरा र जोखिम हट/उन र जितपुरमा सरसफाइको बारे सचेत गराउनेको बारे हो। सबै प्रश्नको उत्तर नाम बिना लेखिनेछ र बेक्तिगत जानकारीहरु खुलाइने छैन।)

Thank you for helping us. With your input, together we can improve the community for the benefit of all. (तपाइको सहयोगको लागि धन्यबाद। तपाइको सहयोगले हामी मिलेर समुदायको विकास गर्नेछौं।)

If you have any questions or comments, please contact VIN. (तपाईंलाई केहि प्रश्न वा समस्या भए VIN लाई सम्पर्क राख्नुहोला।)

1. General information: (सामान्यजानकारी)

- 1.1. Age: (उमेर)
- 1.2. Gender (female/male): (लिङ्ग (महिला/ पुरुष))
- 1.3. Occupation/Education: (पेशा/ शिक्षा)
- 1.4. Number of Family Members in household:
(तपाइको परिवारमा कति जना सदस्य छ?)
- 1.5. Can you read Nepali? (तपाइलाई नेपाली पढ्न आउछ?)
 - a. Yes (आउछ)
 - b. No (आउदैन)

2. Health: (स्वास्थ्य)

- 2.1 How often do you get sick? (तपाइँ कतिको बिरामी हुन्छ?)
 - a. Once a week (हप्ताको एक चोटी)
 - b. Twice a month (हप्ताको दुई पटक)
 - c. Once a month (महिनाको एक चोटी)
 - d. A couple of times each year (बर्षमा दुइ चोटी)
 - e. One time a year (बर्षमा एक चोटी)
 - f. Never (कहिले पनि हुदैन)

g. I don't know (मलाइ थाहा छैन)

2.2. How often do you get injured? (तपाइलाइ कतिको चोटपटक लाग्छ?)

- a. More often than once a week (हप्ताको एक चोटि भन्दा बढी)
- b. Once a week (हप्ताको एक चोटी)
- c. Once a month (महिनाको एक चोटी)
- d. Twice a month (महिनाको दुई चोटि)
- e. A couple of times each year (बर्षको दुइ चोटी)
- f. One time a year (बर्षको एक चोटी)
- g. Never (हुदैन)
- h. I don't know (मलाइ थाहा छैन)

2.3. What injury have you had most times? (तपाइलाई कस्तो प्रकारको चोटपटक धेरै हुन्छ?)

- a. Broken limbs (arms/legs/fingers/toes) हातखुट्टा बाचेको (हात, खुट्टा, औला)
- b. Sprained limbs (हातखुट्टा मर्कनु)
- c. Concussions (टाउकोमा ढक्क पर्नु)
- d. Burn injuries (जल्नु)
- e. Scratches/wounds (घाउ/ चोटपटक लाग्नु)
- f. Insect or animal bites (किराफट्यांग्रा/ जनावरले तोक्नु)
- g. Other injuries: (अरु केहि)_____

2.4. What are you afraid of, if anything? (तपाइँ के देखि धेरै डराउनुहुन्छ?)

- a. Wild animals (जंगली जनावर)
- b. Insects (किरा फट्यांग्रा)
- c. Diseases (रोग)
- d. Darkness (अध्यारो)
- e. Small rooms/claustrophobia (सानो कोठा/ बन्धस्थानको अवस्था)
- f. Cold (चिसो)

- g. Rats (मुसा)
- h. Water (पानी)
- i. Earthquakes (भुकम्प)
- j. Other things: (अरु) _____
- k. I'm not afraid of anything (मलाइ केही देखि डर लाग्दैन)

2.4.a. Why are you afraid of this? (तपाईं किन यो देखि डराउनुहुन्छ?)

- a. I don't know (मलाई थाहा छैन)
- b. Because I have had a bad experience (किनभने मलाइ नरामो अनुभव छ)
- c. Because it can hurt me or my family (किनभने एसले म र मेरो परिवारलाई हानी गर्न सक्छ)
- d. Because it can make me or my family sick (किनभने एसले म र मेरो परिवारलाई बिरामी बनौन सक्छ)
- e. Because I wouldn't know what to do (किनभने मैले के गर्नुपर्छ थाहा छैन)
- f. Another reason: (अरु) _____

2.5. When and where do you feel safe? (तपाईंलाई कहिले र कहाँ सुरक्षित लाग्छ?)

- a. At home (घरमा)
- b. When working (काम गर्दा)
- c. Alone (एक्लै)
- d. At night (रातमा)
- e. At day (दिनमा)
- f. All the time (सबै समय)
- g. Never (कहिले पनि लाग्दैन)
- h. I don't know (मलाई थाहा छैन)

3. Toilets:

3.1. Do you use your toilet? (के तपाईं आफ्नो शौचलय प्रयोग गर्नुहुन्छ?)

- a. Yes (गर्छु)
- b. No (गर्दिन)

3.1.a. If yes, what do you use it for? (यदी प्रयोग गर्नुहुन्छ भने, के को लागि प्रयोग गर्नुहुन्छ?)

- a. Defecating (दिशा पिसाब गर्न)
- b. Storage (भण्डार /गोदमको रूपमा)
- c. Something else (अरु केही) _____

3.1.b. If no, why is that? (एदी प्रयोग गर्नु हुन्न भने किन?)

- a. Because it is not functioning properly (किन भने एस्ले राम्रो सँग काम गरेको छैन)
- b. Because I don't like using it (किनभने मलाई प्रयोग गर्न मन पर्दैन)
- c. Because it is too far away (किन भने सौचलय निकै टाढा छ)
- d. Because it smells bad (किनभने शौचलय गनाउछ)
- e. Something else: (अरु केही) _____

3.2. Has anyone taught you how to use the toilet? (तपाइलाइ कसैले शौचालय प्रयोग गर्न सिकाएको छ?)

- a. Yes, myself (छ, आफै)
- b. Yes, my (parents, friends, VIN-volunteers etc.): (छ, मेरो आमाबुवाले, साथीले, VIN वोलन्टरले) _____
- c. No (छैन)
- d. I don't know / don't remember. (मलाई थाहा छैन / याद छैन)

3.3. Do you like to use your toilet? (के तपाईं शौचलय प्रयोग गर्न मनपराउनुहुन्छ ?)

- a. Yes (मनपर्छ)
- b. No (मनपर्दैन)
- c. I don't know (मलाई थाहा छैन)

3.4. How does it make you feel having a toilet? (तपाईंलाई शौचलय भएकोमा कस्तो लाग्छ?)

- a. Embarrassed (लाज लाग्छ)
- b. Proud (गर्भ लाग्छ)

- c. Happy (खुशी लाग्छ)
- d. Sad (दुख लाग्छ)
- e. Normal (ठिकै छ)
- f. Not normal (ठिक लाग्दैन)
- g. Something else (अरु केहि): _____
- h. I don't care (फरक पर्दैन)
- i. I don't know (मलाई थाहा छैन)

3.5 Who has constructed your toilet? (तपाईंको शौचलय कस्ले बनैदिएको?)

- a. Myself (आफैले)
- b. VIN-volunteers
- c. Friend or family (साथी र परिवारले)
- d. Neighbors (छिमेकी)
- e. I don't know (मलाई थाहा छैन)
- f. I don't remember (मलाई याद छैन)

3.6. What do you think of the construction of your toilet? (तपाईं आफ्नो घरमा शौचलय निर्माण गरेको कस्तो लाग्छ?)

- a. Positive (सकारात्मक)
- b. Negative (नकारात्मक)

3.6.a. If positive, why? (सकारात्मक भए,किन?)

- a. Properly constructed (राम्रोसँग बनएकोले)
- b. Feeling more secure (सुरक्चित लागेकोले)
- c. Less embarrassing when defecating (दिशापिसाब गर्दा लाज मान्नुपरेन)
- d. Clean (सफा)
- e. More privacy (धेरै गोपनियता)
- f. Something else (अरु केही) _____

3.6.b. If negative, why? (नकारात्मक भए,किन?)

- a. Don't know how to use it (प्रयोग गर्न आउँदैन)
- b. Too far away from the house (घरबाट धेरै टाढा भएकोले)
- c. Too smelly (गनाउछ)

- d. Too expensive (महँगो छ)
- e. Too dark (अध्यारो छ)
- f. Poorly constructed (नराम्आओ सँग बनेकोले)
- g. Broken (बर्चेको)
- h. Something else (अरु केही) _____

3.7. Do you clean yourself after defecating? (के तपाइँ दिशापिशाब गरेपछि आफुले आफैलाई सफा गर्नुहुन्छ?)

- a. Yes (गर्छु)
- b. No (गर्दिन)

3.7.a. If yes, how do you clean yourself? (गर्नुहुन्छ भने कसरी?)

- a. With water (पानीले)
- b. With leaves (पातले)
- c. With stones (ढुंगाले)
- d. With toilet paper (तोइलेत पपेरले)
- e. With something else: (अरु केहि) _____

3.8. Do you wash your hands after defecating? (तपाइँ दिशापिशाब गरे पछि हात धुनुहुन्छ ?)

- a. Yes (धुन्छ)
- b. No (धुन्दैन)

3.8.a. If yes, what do you wash your hands with? (धुनु हुन्छ भने, हात धुन के प्रयोग गर्नुहुन्छ?)

- a. With water (पानीले)
- b. With water and soap (पानी र साबुनले)
- c. With Ash (खरानी)
- d. With Mud (माटो)
- e. With sanitizer (सेनितैजेर्ले)
- f. With something else: (अरुकेहि) _____

3.9. Have you taught your children how to wash your hands? (क् तपाईंले आफ्नो बच्चालाई हात धुन्न सिकएको छ)

- a. Yes (छ)
- b. No (छैन)
- c. I don't know /don't remember (मलाई थाहा छैन/ मलाई याद छैन)

3.10. Where is your toilet placed compared to your house? (तपाईंको शौचलय तपाईंको घरबाट कता छ)

- a. Next to my house (घरसँग जोडीएको)
- b. Near my house (घर सँग)
- c. Far away from my house (घर बाट टाढा)

3.10.a If your toilet is built close to your house, why is that? (यदी तपाईंको शौचलय नजिक छ भने किन नजिक छ?)

- a. Because I don't have to walk far (टाढा हिंड्नु नपरेकोले)
- b. Because the children feels safer (बच्चाहरु सुरक्षित हुन्छ)
- c. Because I feel safer (म सुरक्षित हुन्छ)
- d. I didn't think about where it was built (मैले बनाउने बेला कत बनाउने भनेर सोचेन)
- e. It wasn't my decision (यो मेरो निर्णय होइन)
- f. Other reason (अरुकेही)_____

3.10.b If your toilet is built far from your house, why is that? (यदी तपाईंको शौचलय टाढा छ भने किन टाढा छ?)

- a. To avoid the bad smell (गन्धबाट टाढा रहनु)
- b. No land near the house to construct a toilet (घरसँग शौचालय निर्माणको लागि ठाउँ नभएकोले)
- c. Wanting privacy when using the toilet (शौचालय प्रयोग गर्दा गोपनियता चाहन्छु)
- d. Didn't think about it (त्यस्तो केही सोचिएन)
- e. It wasn't my decision (यो मेरो निर्णय होइन)

f. Other reasons (अरुकेही) _____

3.10. Would you prefer your toilet had been built somewhere else? (क् तपाईंलाई शौचलय अर्को ठाउँ मा बनाएको भये उचित हुन्थियो?)

- a. Yes Far, because: (छ टाढा, किनभने) _____
- b. Yes Near, because: (छ नजिक, किनभने) _____
- c. No I'm happy with its location (मलाई मेरो शौचलय बनाएको ठाउँ देखी केही सन्कोच छैन)
- d. I don't care (फरक पर्दैन)
- e. I don't know (मलाई थाहा छैन)

3.11. Do you feel the constructed toilets have helped your community? (शौचालय निर्माण कार्यक्रमले तपाईंको समुदायलाई सहयोग भएको छ?)

- a. Yes, because: (छ, किनभने) _____
- b. No, because: (छैन, किनभने) _____
- c. I don't know (मलाईथाहाछैन)

Comment, if you have any ideas or suggestions for how to construct toilets better or hygiene improvement: (चर्चा गर्नुस, यदि तपाइसँग केहि धारणा वा सुझाब छ सौचालय निर्माण वा सरसफाई सुधार्न:)

4. Others: (अरु:)

4.1. Do you use animal dung? (के तपाईं जनावरको गोबर प्रयोग गर्नुहुन्छ)

- a. Yes (गर्छ)
- b. No (गर्दैन)- go to question 4.4! (४.४ म जानुस)

4.1.a. If yes, what do you use the animal dung for? (गर्छ भने, तपाईं के गर्न गोबर प्रयोग गर्नुहुन्छ?)

- a. Fertilizer (मल बनाउन)
- b. Biogas (to make fire) (आगो बाल्नलाई)

c. To build houses / Construction (घर बनाउन/ निर्माण कार्य)

d. Something else: (अरु केहि) _____

4.2. Do you remove new animal dung from inside your house? (के तपाइँ जनावरले भर्खर गरेको गोबर घरबाट बाहिर हटाउनुहुन्छ?)

a. Yes (हुन्छ)

b. No (हुदैन)

4.2.a. If yes, how often? (हटौछा भने कति चोटी?)

a. Daily (सधै)

b. 2-3 times a week (हप्तामा दुइ तिन चोटी)

c. 4-5 times a week (हप्तामा चार-पाँच चोटी)

d. Every second week (दुइ हप्तामा एक चोटी)

e. Monthly (महिनामा एक चोटी)

f. A couple of times each year (एक वर्षमा दुइ चोटी)

g. Once a year (बर्षमा एक चोटी)

h. Never (कहिले पनि हटाउदैन)

4.3. Where do you dispose of it? (तपाइँ गोबर कहाँ फाल्नुहुन्छ?)

4.4. Are you planning to move livestock/rubbish away from your family?
(के तपाइँ आफ्नो घरबाट गाइबस्तु/ धुलो हटाउने योजना गर्दै हुनुहुन्छ?)

a. Yes (छ)

b. No (छैन)

c. I don't know / I haven't thought about it (मलाई थाहा छैन/ मैले सोचेको छैन)

4.5. Do you have a problem with rats, mice and/or insects? (के तपाइँको घरमा मुसाको वा किराफट्यांग्रा को समस्या छ?)

a. Yes (छ)

b. No (छैन)

Comments: (चर्चा गर्नुस)

Annex 2 – Questionnaire for families without toilet

This questionnaire is developed by interns from Volunteers Initiative Nepal (VIN). The purpose is to improve toilet construction, reduce risks and hazards, and the overall awareness of hygiene in the region of Jitpur. All answers will be treated anonymously and therefore personal information will not be shared. (तल दिएका प्रश्नहरू VIN मा काम गर्ने Internहरू ले बनाएको हो। यो प्रश्नावलीको उद्देश्य शौचालय निर्माण सुधार, खतरा र जोखिम हट/उन र जितपुरमा सरसफाइको बारे सचेत गराउनेको बारे हो। सबै प्रश्नको उत्तर नामबिना लेखिनेछ र बेक्तिगत जानकारीहरू खुलाइने छैन।)

Thank you for helping us. With your input, together we can improve the community for the benefit of all. (तपाइको सहयोगको लागि धन्यवाद। तपाइको सहयोगले हामी मिलेर समुदायको विकास गर्नेछौं।)

If you have any questions or comments, please contact VIN. (तपाईंलाई केहि प्रश्न वा समस्या भए VIN लाई सम्पर्क राख्नुहोला।)

1. General information: (सामान्य जानकारी)

1.6. Age: (उमेर)

1.7. Gender (female/male): (लिङ्ग (महिला/ पुरुष))

1.8. Occupation/Education: (पेशा/ शिक्षा)

1.9. Number of Family Members in household:
(तपाइको परिवारमा कति जना सदस्य छ?)

1.10. Can you read Nepali? (तपाइलाई नेपाली पढ्न आउछ?)

c. Yes (आउछ)

d. No (आउदैन)

2. Health: (स्वास्थ्य)

2.1 How often do you get sick? (तपाइँ कति को बिरामी हुन्छ?)

- h. Once a week (हप्ताको एक चोटी)
- i. Twice a month (हप्ताको दुई पटक)
- j. Once a month (महिनाको एक चोटी)
- k. A couple of times each year (बर्षमा दुइ चोटी)
- l. One time a year (बर्षमा एक चोटी)
- m. Never (कहिले पनि हुदैन)
- n. I don't know (मलाइ थाहा छैन)

2.2. How often do you get injured? (तपाइलाइ कतिको चोटपटक लाग्छ?)

- i. More often than once a week (हप्ताको एक चोटि भन्दा बढी)
- j. Once a week (हप्ताको एक चोटी)
- k. Once a month (महिनाको एक चोटी)
- l. Twice a month ((महिनाको दुई चोटि)
- m. A couple of times each year (बर्षको दुइ चोटी)
- n. One time a year (बर्षको एक चोटी)
- o. Never (हुदैन)
- p. I don't know (मलाइ थाहा छैन)

2.3. What injury have you had most times? (तपाइलाइ कस्तो प्रकारको चोटपटक धेरै हुन्छ?)

- h. Broken limbs (arms/legs/fingers/toes) हातखुट्टा बाचेको (हात, खुट्टा, औला)
- i. Sprained limbs (हातखुट्टा मर्कनु)
- j. Concussions (टाउकोमा ढक्कपर्नु)
- k. Burn injuries (जल्नु)
- l. Scratches/wounds (घाउ/ चोटपटक लाग्नु)
- m. Insect or animal bites (किराफट्यांग्रा/ जनावरले तोक्नु)
- n. Other injuries: (अरु केहि)_____

2.4. What are you afraid of, if anything? (तपाईं के देखि धेरै डराउनु हुन्छ?)

- l. Wild animals (जंगली जनावर)
- m. Insects (किरा फट्यांग्रा)
- n. Diseases (रोग)
- o. Darkness (अध्यारो)
- p. Small rooms/claustrophobia (सानो कोठा/ बन्धस्थानको अवस्था)
- q. Cold (चिसो)
- r. Rats (मुसा)
- s. Water (पानी)
- t. Earthquakes (भुकम्प)
- u. Other things: (अरु) _____
- v. I'm not afraid of anything (मलाइ केही देखि डर लाग्दैन)

2.5. Why are you afraid of this? (तपाईं किन यो देखि डराउनुहुन्छ?)

- g. I don't know (मलाई थाहा छैन)
- h. Because I have had a bad experience (किनभने मलाइ नरामो अनुभव छ)
- i. Because it can hurt me or my family (किनभने एसले म र मेरो परिवारलाई हानी गर्न सक्छ)
- j. Because it can make me or my family sick (किनभने एसले म र मेरो परिवारलाई बिरामी बनौन सक्छ)
- k. Because I wouldn't know what to do (किनभने मैले के गर्नुपर्छ थाहा छैन)
- l. Another reason: (अरु) _____

2.6. When and where do you feel safe? (तपाईंलाई कहिले र कहाँ सुरक्षित लाग्छ?)

- i. At home (घरमा)
- j. When working (काम गर्दा)
- k. Alone (एकलै)
- l. At night (रातमा)
- m. At day (दिनमा)

- n. All the time (सबै समय)
- o. Never (कहिले पनि लाग्दैन)
- p. I don't know (मलाइ थाहा छैन)

3. Toilets: (शौचालय)

3.1. Would you prefer having a toilet? (तपाइँ आफ्नो घरमा शौचालय रोज्नुहुन्छ?)

- a. Yes (रोज्छु)
- b. No (रोजदिन)
- c. I don't know (मलाइ थाहा छैन)

3.1.a. If yes, why would you like to have a toilet? (येदि रोज्नुहुन्छ भने किन?)

- a. Because it's more comfortable (किनभने शौचालय भयो भने सजिलो हुन्छ)
- b. Because it's more private (किनभने यो निजि हुन्छ)
- c. Because it's more hygienic (किनभने धेरै सफा हुन्छ)
- d. Because everyone else has it (किनभने सबैको घरमा शौचालय छ)
- e. I don't know (मलाइ थाहा छैन)
- f. Something else: (अरु केहि) _____

3.1.b. If no, why wouldn't you like to have a toilet? (येदि रोज्नुहुन्न भने, किन?)

- a. Because I'm not used to it (मलाइ शौचालयको बानी छैन)
- b. Because it's too expensive (शौचालय बनौन धेरै महँगो पर्छ)
- c. Because I don't know how to use it (मलाइ शौचालय प्रयोग गर्न आउदैन)
- d. Because no one else has it (अरु कसैसंग छैन)
- e. Because it is too dark (किनभने शौचालय धेरै अघ्यारो छ)
- f. Because it smells (शौचालय गनाउछ)
- g. Something else: (अरु केहि) _____

3.2. Would you prefer your toilet was far or near your house? (तपाइँ आफ्नो घर नजिक रोज्नुहुन्छ कि टाढा रोज्नुहुन्छ?)

a. Far, because: (टाढा किनभने) _____

b. Near, because: (नजिक, किनभने:) _____

c. I don't care (फरक पर्दैन)

d. I don't know (मलाई थाहा छैन)

3.3. How does it make you feel not having a toilet? (तपाइलाइ शौचालय नभएकोमा कस्तो लाग्छ?)

j. Embarrassed (लाज लाग्छ)

k. Proud (गर्भ लाग्छ)

l. Happy (खुशी लाग्छ)

m. Sad (दुख लाग्छ)

n. Normal (ठिकै छ)

o. Not normal (ठिक लाग्दैन)

p. Something else (अरु केहि): _____

q. I don't care (फरक पर्दैन)

r. I don't know (मलाई थाहा छैन)

3.4. Do you clean yourself after defecating? (के तपाइँ दिशापिशाब गरेपछि आफुले आफैलाई सफा गर्नुहुन्छ?)

c. Yes (गर्छु)

d. No(गर्दिन)

3.4.a. If yes, how do you clean yourself? (गर्नुहुन्छ भने कसरी?)

f. With water (पानीले)

g. With leaves (पातले)

h. With stones (ढुंगाले)

i. With toiletpaper (तोइलेत पपेरले)

j. With something else: (अरु केहि) _____

3.5. Do you wash your hands after defecating? (तपाइँ दिशापिशाब गरेपछि हात धुनुहुन्छ ?)

- c. Yes (धुन्छ)
- d. No (धुन्दैन)

3.5.a. If yes, what do you wash your hands with? (धुनुहुन्छ भने, हात धुन के प्रयोग गर्नुहुन्छ?)

- g. With water (पानीले)
- h. With water and soap (पानी र साबुनले)
- i. With Ash (खरानी)
- j. With Mud (माटो)
- k. With sanitizer (सेनितैजेरले)
- l. With something else: (अरुकेहि) _____

3.6. Have you taught your children how to wash your hands? (क तपाईंले आफ्नो बच्चालाई हात धुन्न सिकएको छ)

- d. Yes (छ)
- e. No (छैन)
- f. I don't know / don't remember (मलाई थाहा छैन/ मलाई याद छैन)

3.7. Do you know how to use a toilet? (के तपाईंलाई शौचलय प्रयोग गर्न आउछ?)

- e. Yes (आउछ)
- f. No (आउँदैन)
- g. I don't know / don't remember ((मलाई थाहा छैन/ मलाई याद छैन))

Comment, if you have any ideas or suggestions for how to construct toilets better or hygiene improvement: (चर्चा गर्नुस, यदि तपाइसँग केहि धारणा वा सुझाब छ सौचालय निर्माण वा सरसफाई सुधार्न:)

4. Others:(अरु:)

4.1. Do you use animal dung? (के तपाइँ जनावरको गोबर प्रयोग गर्नुहुन्छ?)

- c. Yes (गर्छ)

- d. No (गर्दैन)
- e. Sometimes (कहिलेकाही)

4.1.a. If yes, what do you use the animal dung for? (गर्छ भने, तपाईंके गर्न गोबर प्रयोग गर्नुहुन्छ?)

- e. Fertilizer (मलखान बनाउन)
- f. Biogas (to make fire) (आगो बाल्न लाई)
- g. To build houses / Construction (घर बनाउन / निर्माण कार्य)
- h. Something else: (अरु केहि) _____

4.2. Do you remove new animal dung from inside your house? (के तपाईं जनावरले भर्खर गरेको गोबर घरबाट बाहिर हटाउनुहुन्छ?)

- c. Yes (हुन्छ)
- d. No (हुदैन) - go to question 4.4! (४.४ म जानुस)

4.2.a. If yes, how often? (हटौछा भने कति चोटी?)

- i. Daily (सधै)
- j. 2-3 times a week (हप्तामा दुइ तिन चोटी)
- k. 4-5 times a week (हप्तामा चार-पाँच चोटी)
- l. Every second week (दुइहप्तामा एक चोटी)
- m. Monthly (महिनामा एकचोटी)
- n. A couple of times each year (एकवर्षमा दुइचोटी)
- o. Once a year (बर्षमा एकचोटी)
- p. Never (कहिले पनि हटाउदैन)

4.3. Where do you dispose of it? (तपाईं गोबर कहाँ फाल्नुहुन्छ?)

4.4. Are you planning to move livestock/rubbish away from your family? (के तपाईं आफ्नो घर बाट गाइबस्तु/धुलो हटाउने योजना गर्दै हुनुहुन्छ?)

- d. Yes (छ)

e. No (छैन)

f. I don't know / I haven't thought about it (मलाई थाहा छैन/ मैले सोचेको छैन)

4.5. Do you have a problem with rats, mice and/or insects? (के तपाइको घरमा मुसाको वा किराफट्यांकाको समस्या छ?)

c. Yes (छ)

d. No (छैन)

Comments: (चर्चा गर्नुस)
