2018 UPDATE

Tiger painting by Phurba Namgay
Bhutan’s Mountain Tigers Are a Global Example for Conservation

Listed as Endangered on the International Union for Conservation of Nature (IUCN) Red List of Threatened Species since 1969 and despite over four decades of global conservation efforts, tigers continue to be threatened with extinction. But tigers in Bhutan are a global priority for the species’ conservation. With more than 72 percent of the country under forest cover and 51.4 percent under protected areas, Bhutan is home to a staggering 103 adult tigers. They cover a vast range from the southern foothills of about 500 feet to northern peripheries of over 13,000 feet. Tigers are thriving in Bhutan, and the population is believed to have the highest probability for long-term persistence in the world.

The National Tiger Center (NTC) based in Gelephu successfully radio-collared a three-year-old female tiger on February 9, 2018, in the Royal Manas National Park (RMNP). This is the first time a tiger has been radio-collared by a team of Bhutanese biologists and foresters in the country. To mark this auspicious milestone for tiger conservation, the tiger was named Tendri Zangmo, which means precious jewel, and now sends her location every hour through a Global Positioning System (GPS) collar. This date will be crucial to understanding tiger movement patterns, identifying key corridors, and mitigating human-tiger conflicts in the country.

Plans for 2018 and 2019 for the National Tiger Center

- **$100**
  - Provides two sets of rain gear for tiger researcher and park rangers (field staff)

- **$300**
  - Provides one sleeping bag and mat for field staff

- **$500**
  - Provides one tent for field staff

- **$2500**
  - Provides camera equipment for tiger research

National Tiger Center’s Wish List

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Photo taken by a camera trap set up by the National Tiger Center in Royal Manas National Park.
Bhutan Cancer Society Health Outreach Program for Nuns in Bhutan

Globally, cancer control services can be viewed in terms of prevention, treatment, and palliative and supportive care. Bhutan has a national focus on primary health care, but cancer services are in the early phases of development. According to Bhutan’s only cancer report (2015), the total number of cancer cases (all types) has been steadily increasing over the years, and in 2014 there were 639 cases reported across the country.

Cervical cancer is the most common cancer among women in Bhutan, and clinical experience indicates that the majority of cases are diagnosed in the later stage, resulting in higher mortality and poor treatment outcomes. Furthermore, it is estimated that only 39 percent of women between the ages of 35 and 65 receive Pap-testing, with an assumption that there is even lower coverage for women below 35, due to social and cultural barriers. Among the population of women, nuns have very limited access to health information because of their religious commitments, and they generally do not proactively seek health services and, in particular, gynecological services. These barriers underscore the need not only to disseminate information on cancer and non-communicable disease prevention, but also to provide onsite health services and screening.

To address this need among women in Bhutan, the Bhutan Cancer Society (BCS), a local public benefit organization, with support from the Bhutan Foundation, conducted an intensive outreach program to enhance access to cervical cancer screening and prevention advocacy targeting nuns. The outreach program aimed to cover 400 nuns in 10 nunneries in 5 districts in Bhutan (Thimphu, Paro, Punakha, Bumthang, and Zhemgang). BCS will also develop a teaching manual to strengthen capacity of the community health workers and village health workers to reach out to other communities for behavior change and long-term sustainability of the program.

BCS is the only civil society organization working in Bhutan to care for and support cancer patients and caregivers, and to support cancer prevention through education, advocacy, and research.

**GOAL**

**Reach 600 nuns**

10 nunneries

December 2017

**150 nuns**

Education on breast self-examinations and cervical cancer, screening for non-communicable disease, vaccinations, and one-on-one consultation with the doctor

April 2018

**Stakeholders’ consultative meeting**

Consultative meeting with local partners and roll-out plan development

May 2018

**108 nuns**

3 nunneries in Thimphu and Paro

June 2018

**189 nuns**

4 nunneries in Punakha

July 2018

**160 nuns**

3 nunneries in Zhemgang and Bumthang

**Bhutan Cancer Society’s Wish List**

- **$100**
  - Provides nutritional support for a cancer patient for two months

- **$200**
  - Provides accommodation and transportation support for a cancer patient

- **$1200**
  - Supports a whole care package for a cancer patient for 12 months

- **$2500**
  - Supports an intensive cancer awareness program for one district in Bhutan
Reviving Life at the Wangduechhoeling Palace

Historically known as Wangduechhoeling Dzong (fortress), the Wangduechhoeling Palace was built by the father of the First King, Jigme Namgyel, in 1857. Today, the Wangduechhoeling Palace stands as an excellent representation of 19th-century traditional Bhutanese architecture and craftsmanship that continues to inspire and influence contemporary Bhutanese architecture. However, the palace remained largely empty, neglected, and without maintenance for more than 50 years.

The Bhutan Foundation has been working in collaboration with the Ministry of Home and Cultural Affairs, Division of Cultural Heritage Sites, to restore the Wangduechhoeling Palace since 2012. Major restoration work has taken place at the palace, including restoration of the Lingkha Lhakhang (the monastery that lies within the palace grounds), restoration of the Shakhpor (the surrounding structure of the palace around the central tower), restoration of the Chhukhor Mani (water-run prayer wheels), restoration of the roof, and documentation of important aspects of the palace, the restoration work, and its history. This work has been possible thanks to all our partners and donors, including the U.S. Ambassadors Fund for Cultural Preservation.

The Wangduechhoeling Palace restoration is now entering into a new phase, which will determine the future of the palace. This entails bringing back the use and art of traditional mineral paints, a practice that is dying in Bhutan with new acrylic paints entering the market. This next phase also includes creating appropriate fire mitigation and prevention, as well as mechanical and electrical systems. The palace aims to become a public space where Bhutanese and tourists can take a step back in time, experience the life of our former kings and queens, and enter the Bumthang valley, the cultural heartland of Bhutan.

2011
- World Monuments Fund 2012 Watch Sites
- Beginning of Phase I Historical documentation of the existing structure
- Structural condition assessment Topographical survey of site Consolidation and adaptive reuse plans developed
- Architectural documentation Documentation phase complete
- Stories collected by students from community members about the palace

2012
- Restoration of Lingkha Lhakhang Photojournalsm workshop with 22 students Visioning exercise on the adaptive reuse

2013
- Restoration of five Chhukhor Manis (water prayer wheels) Restoration of the Shakhpor (surrounding structure around the central tower) Evaluation and study of traditional mineral paints Hiring of 30 trainees from regional vocational schools

2014
- Restoration of Utse (central tower) Restoration of paint and paintings Establishment of fire protection and security systems Establishment of Education Center Landscaping of the palace grounds

2015
- Wish List
  - Provides conservation of paintings for a small window (geykhars)
  - Provides conservation of paintings for a medium-sized window
  - Provides conservation of paintings for a room inside the palace
  - Provides conservation of paintings for a large window opening (rabsey)

The Wangduechhoeling Palace—the birth place of Bhutan’s monarchy.
Taking Emergency Medical Services to Remote Communities by Helicopter

In 2016, the Royal Government of Bhutan (RGoB) purchased two helicopters to be used for tourism and medical emergencies. The helicopters were mainly used to transport patients, but with the lack of a medical team on board, many lives were lost.

Recognizing the need for aeromedical services, the Bhutan Foundation worked with Jigme Dorji Wangchuck National Referral Hospital (JDWNRH) and the Ministry of Health (MoH) to create a team specialized in aeromedical retrieval: the Bhutan Emergency Aeromedical Retrieval (BEAR) team. Since then, we have provided the team with emergency medical equipment. Since its establishment in May 2017, the BEAR team has performed remarkable feats, from saving a woman speared in the chest by a gaur to helping a woman in a remote community who gave birth to twins. In less than a year, the team has saved 90 lives, 60 of which otherwise would have been impossible to save given the urgent need for medical assistance and the long journey to the nearest health facility.

Currently, the BEAR team consists of four doctors and four nurses, who are organized into two teams that are ready to attend to flights each day. The teams are trained academically and physically to provide full, intensive medical services in flight, as well as in the field. As the BEAR team continues to carry out inspirational work all over Bhutan, we hope you will support the ongoing need for equipment and training.

Services Provided on Board

- Full intensive care medicine: airway management, respiratory support, mechanical ventilation, vasopressors, cardiac pacing, and resuscitation
- Trauma resuscitation and essential surgical procedures
- Defibrillation
- High-altitude mountain rescue

### 2017

<table>
<thead>
<tr>
<th>117 people rescued</th>
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<tr>
<td>90 lives saved; 35 women, 27 men, and 28 children under 2 years</td>
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<tr>
<th>50% trauma</th>
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<tr>
<td>19/20 districts served</td>
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<tr>
<td>All districts except Tairang</td>
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<table>
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<tr>
<th>4 doctors trained</th>
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<tr>
<td>4 nurses trained</td>
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<tr>
<td>BEAR team includes 8 members fielding 2 teams ready for flight each day</td>
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<table>
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<th>400 flight hours</th>
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<tr>
<td>17,000 feet in elevation</td>
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BEAR Team’s Wish List

- $100: Purchases one BEAR team flight uniform
- $1000: Provides training for one BEAR team staff member
- $500: Supplies one arterial blood gas machine
- $5000: Supports funding for a defibrillator and portable ultrasound
Students Collect and Contribute to Bhutan’s Climate Data

The Himalayan Environmental Rhythms Observation and Evaluation System (HEROES) project, implemented by the Ugyen Wangchuck Institute of Conservation and Environmental Research (UWICER) in partnership with schools across Bhutan, employs a combination of weather data collection through a network of weather stations. The citizen science component of the project encourages students from different reaches of the country to engage actively in observing their immediate environment to detect changes in how plants respond to climate change. Since 2014, HEROES has helped build climate-change study facilities in the participating schools, build capacity of teachers and students, and collect climate data.

Today, 21 public schools throughout the country are well equipped with weather stations as part of their environmental science curriculum. Since the project’s inception, 1,300 students from 17 schools have been actively involved in phenology and climate-change data collection and analysis. The data has been stored in the country’s central data repository for free public access. More than 50 teachers have received training on phenology observation and climate-change data analysis through engaging workshops and field visits organized by the UWICER team.

**2014**

- Project started with:
  - 17 schools
  - 17 teachers and 17 principals trained
  - 17 weather stations fitted
  - 260 students trained in data collection

**2015**

- 382 students trained in data collection

**2016**

- Launched phenology mobile app
- Mainstreamed HEROES into grade 10 environmental science curriculum

**2017**

- 21 schools
- 1,300 students trained
- Phenology exhibition
- Mainstreamed HEROES into grade 11 environmental science curriculum

**2018**

- Introduce water-monitoring program
- Publish 5 years of recording phenology data and compare results
- HEROES impact survey and report
- Mainstreamed HEROES into grade 12 environmental science curriculum

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**HEROES’ Wish List**

- **$150** Supplies one GPS
- **$250** Supplies one camera for phenology data collection
- **$200** Supplies one set of binoculars for phenology and animal data
- **$1,000** Supplies one snow sensor for weather data collection

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Pema Namgyel records data for the HEROES project at Jakar Higher Secondary School.
Building Capacity and Enhanced Learning for Traditional Health Care Providers

Traditional medicine was introduced in Bhutan as a part of the national health-care system in 1986, and the constitution of Bhutan mandates that all Bhutanese should have access to both traditional and Western medicine for free. Alongside the typical health-care system, the traditional health-care system of Bhutan has continued to develop, and today, there are 51 traditional medicine units across the country.

The Faculty of Traditional Medicine (FoTM) trains and produces traditional health-care providers for the country. Students learn about the different types of trees and plants that surround our ecosystem. However, most of these plants are found only in high-altitude highlands and the southern foothills of Bhutan. Students have to travel to distant and hard-to-reach areas to study these plant species, so the school takes two trips during its training period to these sites. But more is needed for students to understand and study the evolution of these plant species.

Therefore, the Bhutan Foundation supported FoTM under the Khesar Gyalpo University of Medical Sciences in setting up a medicinal herb garden at the school, where there will be more than 100 rare and threatened species of medicinal plants. The Bhutan Foundation also supported the establishment of the Tanadugphodrang, the celestial city of medicine, a first of its kind, within the campus so that students have access to learning and understanding the origins of traditional medicine.

FoTM’s Wish List

- $100: Provides equipment for students to work at the medicinal garden
- $500: Supports the setting up of water-channeling sources for medicinal garden
- $200: Supports students and faculty to collect seeds and seedlings
- $1500: Provides a grant to document high-altitude indigenous plants
Small Grants Program: Creating Drug and Alcohol Abuse Awareness Across the Country

Drug and alcohol abuse continues to be a challenge in Bhutan where there are a lot of unemployed youth, especially in urban areas. In addition to affecting individual health, the misuse of drugs and alcohol creates societal problems and disharmony among family, friends, and community. Although it is important to provide effective intervention programs, proper education and awareness are needed to prevent such risky behaviors. Research has shown that for every dollar invested in prevention, there could be a savings of up to ten dollars in treatment for alcohol or substance abuse.

Therefore, the Bhutan Foundation supported a “Drug and Alcohol Awareness and Prevention” campaign in partnership with the Chithuen Phendey Association (CPA). CPA is the nation’s leading resource center for promoting a drug- and alcohol-free society, and their mission is to design programs in substance abuse prevention, treatment, and social reintegration of affected individuals. The campaign had four main components: use of media outlets such as local newspapers, social media, and television to show programming on prevention; drug awareness programs in the workplace and in schools and colleges; substance abuse awareness through a cycling excursion program; and drug awareness and advocacy on the highways and public spaces. This campaign was supported through the Bhutan Foundation’s Small Grants Program.

<table>
<thead>
<tr>
<th>2017</th>
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<tr>
<td><strong>Awareness</strong></td>
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<td>12-member cycling excursion to 7 districts</td>
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<td>27,000 people reached</td>
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<td></td>
<td>100 vegetable vendors educated</td>
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<td><strong>Workplace and School Education</strong></td>
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<tr>
<td>4,647 individuals educated on addiction and early intervention</td>
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<td></td>
<td>4 youth advocacy groups formed in various colleges and universities</td>
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<tr>
<td><strong>Highway Advocacy</strong></td>
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<tr>
<td>5,873 individuals reached in one day led by youth volunteers between Paro and Thimphu</td>
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<td></td>
<td>25 youth volunteers carried out advocacy program to all drivers at gas stations, taxi stands, and bus stands in Thimphu</td>
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**CPAs Wish List**

- **Supports stationery and printing costs for one awareness education program**
  - $100

- **Supplies equipment rentals such as sound system and projectors for awareness programs**
  - $500

- **Supports a banner for one awareness program**
  - $200

- **Supports documentation of one media advocacy program**
  - $1,000
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World Wildlife Fund
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A yak herder in Bumthang who participated in our Nomad Health Camp.
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Suite 755
Washington, DC 20036

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Please contact the Bhutan Foundation at +1 (202) 609-7363 or email us at info@bhutanfound.org

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