

A large-scale landslide on a mountain slope, with a village in the foreground. The landslide is a massive, light-colored, and highly textured mass of earth and rock that has descended from the upper part of the mountain. It covers a significant portion of the mountain's face, showing various shades of grey, brown, and tan. The surrounding mountain slopes are steep and appear to be covered in sparse vegetation. In the foreground, a village is built on a hillside, with several small, traditional houses with dark roofs. A dirt road or path leads up towards the landslide. The overall scene depicts a hazardous environment where human habitation is in close proximity to a major geological hazard.

प्रातबद्ध

Living with Landslides

Living with Landslides, a photo book developed
under Pratibaddha III project

Photos: European Union, 2025/ Rabik Upadhayay,
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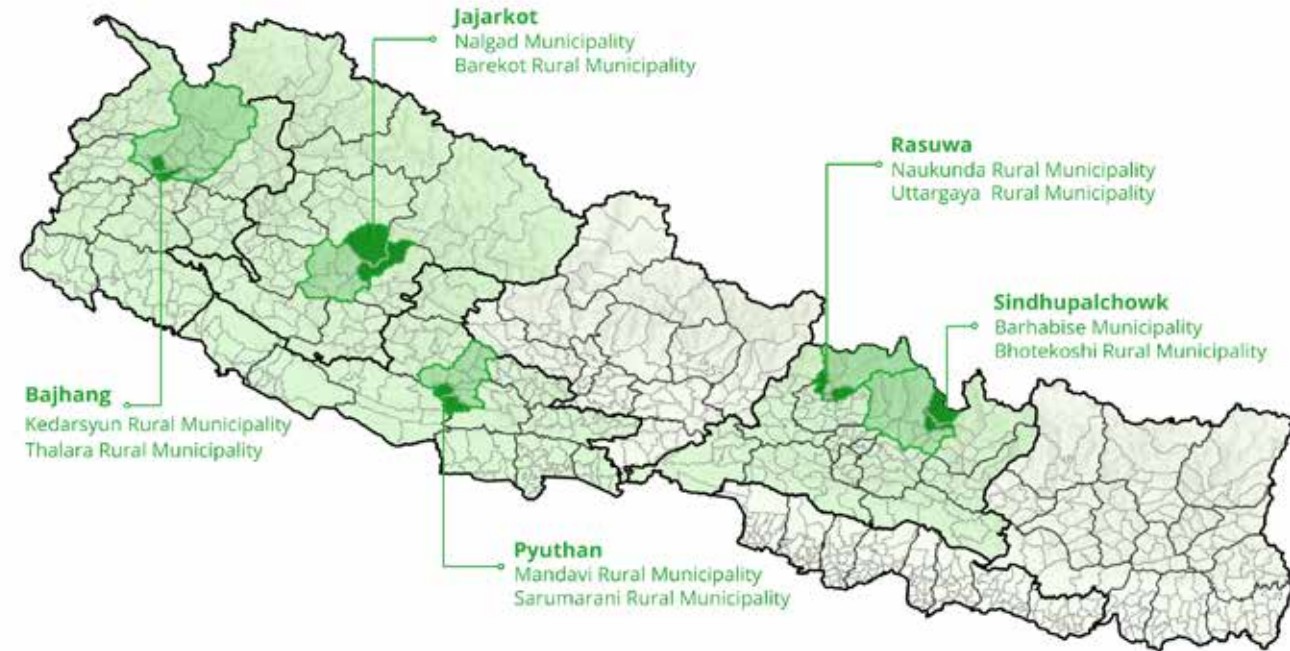
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Disclaimer: The views expressed in this photo book are solely those of the producer and do not necessarily reflect the views of the European Union. The implementing organizations are solely responsible for the content of this publication.

PRATIBADDHA-III Working Areas:



Introduction

For families living in the hilly areas of Nepal, the hills provide livelihoods, identity, and a place to call home. But they also bring risks. Every monsoon, communities live with the threat that a landslide could dramatically alter their future overnight. Homes, farms, schools, roads, and entire settlements are built upon deep seated landslide, that can be triggered easily with natural or human induced factors. Behind every statistic is a story of resilience, a community coming together to create a safer future. This photo book is a collection of those stories.

These pages document the journey of the communities living with landslides partnering with PRATIBADDHA project; a commitment to strengthening disaster preparedness, reducing landslide risk, and supporting communities to better live with landslide through locally led early action efforts.

In 2020, PRATIBADDHA Phase I worked alongside communities in Sindhupalchowk and Dolakha, who were still struggling to relocate and reconstruct post 2015 earthquake, to better understand earthquake induced landslide risks and build linkages with governmental plans and policies. Communities and the local government (LG) gained knowledge, skills, and tools to identify hazards, plan emergencies, and strengthen their resilience while gaining access to governmental grants for relocation and reconstruction.

Building on these achievements, Phase II expanded to Sindhupalchowk and Rasuwa, placing vulnerable households at the center of preparedness and early action efforts. Families living in high-risk areas were supported to relocate to safer places through access to weather services, facilitation for locally led solutions for water and slope management systems, and access to government support mechanisms. At the same time, LGs strengthened their disaster preparedness and response systems, ensuring that risk reduction became part of long-term development planning.

Since 2024, PRATIBADDHA Phase III was scaled to the western provinces of Nepal, that is at risk of 500 years of seismic gap: Lumbini, Karnali, and Sudurpashchim. Through a whole-of-society approach, the project worked with communities, governments at all tiers, women, youth, marginalized groups, and other stakeholders to strengthen leadership, preparedness, and early action for landslides, and other hazards. The vision of the fourth cycle of the project, PRATIBADDHA Phase IV, to be implemented until 2028, is not only to reduce disaster risk, but also to foster shared ownership and strengthen subnational government leadership in institutionalising and scaling multi-hazard disaster management systems and response mechanisms.

The photographs in this book offer glimpses far more than project activities. They reveal determination in the face of uncertainty, collective action during times of crisis, and hope for a safer and prosperous future while living with the landslides.

As you turn these pages, we invite you to look beyond the hazards and see the strength, courage, and spirit of the people who call Nepal's hills home. Their stories remind us that resilience is not simply engineered through expert knowledge; it emerges from collective action of people.

MAPPING RISK, FINDING SAFETY

Where are the dangers, and who is most at risk?

Through PRATIBADDHA, geohazard assessments became a powerful tool for answering that question. By mapping vulnerable areas and identifying at-risk households, communities and local governments gained a clearer understanding of the challenges they face.

Tangsar settlement in Sindhupalchowk, showing Category I (Safe), Category II (Requires Mitigation Measures), and Category III (High Risk – Requires Relocation) zones.







COMMUNITIES AT THE FRONTLINE

Prepared, organized, and ready to act when every minute matters.

When disaster strikes, it is the community that responds first. Neighbours help neighbours, families protect one another, and local people take immediate action long before outside assistance can reach them.

Recognizing this, we worked to strengthen the capacity of communities living in high-risk areas. In vulnerable Category II settlements, Community Disaster Management Committees (CDMCs) were formed to help local people identify risks, prepare for emergencies, and lead to early action efforts.

By strengthening local leadership and preparedness, communities became better equipped to protect lives, reduce losses, and build resilience against future disasters.







KNOWLEDGE INTO ACTION

How do communities turn awareness into preparedness?

Preparedness begins with understanding the risks. Through regular discussions, training sessions, and awareness activities, community members learned to recognize the signs of landslides and floods, understand their causes, and identify actions that could reduce their impact.

Together, communities mapped the hazards around them, identified safe evacuation sites and routes, and developed plans for early action. These plans reflect local realities; capturing risks, vulnerable households, communication channels, and actions to be taken before a disaster occurs.

Armed with this knowledge, Community Disaster Management Committee members became local champions of preparedness, sharing information with their neighbours and helping ensure that every household knew where to go, what to do, and how to stay safe when hazards threatened their community.





FIRST ON THE SCENE

Building local capacity to save lives when every minute counts.

In an emergency, the most critical help often comes from those who are already there. Through first aid training, community members gained practical skills to assess injuries, provide immediate care, and support those affected in the crises before professional medical assistance arrives.

Equipped with basic life-saving techniques, Community Disaster Management Committee members are now better prepared to respond confidently during disasters and emergencies. Their ability to provide timely assistance can help reduce complications, prevent further harm, and improve outcomes for injured people.

Today, trained community members serve as local resources, sharing their knowledge with neighbours and helping ensure that communities are better equipped to protect lives when disasters strike.







GITA PUN

*COMMUNITY DISASTER MANAGEMENT COMMITTEE
MEMBER, NALGAD RURAL MUNICIPALITY, JAJARKOT*

“Women are not just beneficiaries of disaster preparedness—they are leaders. With the training, skills, and resources we received, we are now equipped to support vulnerable community members and respond confidently when emergencies arise.”







DICHHEN SHERPA

DEPUTY CHAIRPERSON, BHOTEKOSHI RURAL MUNICIPALITY, SINDHUPALCHOWK

“Simulation exercises are more than practice; they are a test of our preparedness and a bridge to better planning. Through this experience, we not only strengthened coordination and cooperation, but also learned how to act when it matters most. Disasters bring chaos, fear, and uncertainty, but awareness and timely action can save lives. By staying alert, following early warnings, and moving quickly to safety, communities can turn preparedness into protection and resilience into survival.”







BIR BAHADUR GIRI

*CHAIRPERSON, BAREKOT RURAL MUNICIPALITY,
JAJARKOT*

“Through PRATIBADDHA, we learned that resilience grows when communication flows both ways. Community Viber groups have become vital channels for sharing early warnings, reporting local risks, and mobilizing volunteers during emergencies. By connecting communities, local governments, and responders in real time, these platforms have made disaster preparedness more inclusive, coordinated, and effective.”





EMPOWERING MOTHERS, STRENGTHENING COMMUNITIES

What happens when mothers become champions of disaster preparedness?

As part of a whole-of-society approach to disaster preparedness, PRATIBADDHA engaged mothers' groups as key agents of change. Deeply connected to their communities and often present at home during emergencies, women play a critical role in protecting families, sharing vital information and drawing on their lived experience and local knowledge to better understand risks, warning signs and community needs. By strengthening their knowledge of disaster risks, preparedness measures, emergency go-bags, weather forecasts, and early warning information, the project empowered them to become active contributors to safer and more resilient communities.





NIRMALA BK

*MEMBER OF A MOTHERS GROUP, BAREKOT
RURAL MUNICIPALITY, JAJARKOT*

“We cannot stop disasters from happening, but we can prevent the damage they cause. Years ago, a hailstorm destroyed our harvest because we didn’t know it was coming. Today, calling the weather forecast number 1155 is our lifeline. It helps us protect our crops and keeps our families and villagers safe, so we can be prepared for whatever weather comes our way.”







DAMBAR BAHADUR RAWAT

MAYOR, NALGAD MUNICIPALITY, JAJARKOT

“We learnt that disaster preparedness is about acting before disaster strikes. With raingauges, early warning information, and community awareness, we can identify risks early and move vulnerable families to safety. Seeing households relocate before danger arrives has shown us the true value of preparedness - not just saving property but protecting lives.”





LOCAL DATA, TIMELY ACTION

How can local knowledge trigger early action?

Through a citizen science approach, PRATIBADDHA enabled communities and CDMC members to measure rainfall using simple, low-cost rain gauges and interpret local risk when rainfall crosses warning thresholds. This helped communities act on their own local evidence, even when formal risk communication channels or phone networks are disrupted, supporting timely early action in flood- and landslide-prone areas.





FROM RISK TO RESILIENCE: SUPPORTING SAFER FUTURES

How can families rebuild their lives in safer places?

By connecting communities with government support and providing technical assistance throughout the relocation and reconstruction process, PRATIBADDHA helped vulnerable families move to safer locations and rebuild their homes with greater security, dignity, and resilience.



DUK TSERING TAMANG

*RESIDENT OF BHOTEKOSHI RURAL MUNICIPALITY,
SINDHUPALCHOWK*

"I lost my home twice - first to the earthquake and then to the flood. For two years, my family lived under a tin shelter, uncertain about the future. Today, we have relocated to a safer place, where nine displaced families have rebuilt their homes and begun a new chapter of our lives."



NERA SEWA

*RESIDENT OF BARHABISE MUNICIPALITY,
SINDHUPALCHOWK*

“Every day, we feared for our children as they crossed landslide-prone areas to reach school. Today, in our new home, the school is close by, our children are safe, and we can finally sleep in peace, free from the constant fear of landslides.”





MANJU TAMANG

*DEPUTY MAYOR OF BARHABISE MUNICIPALITY,
SINDHUPALCHOWK*

“We cannot rely only on aid after a disaster strike. Real resilience comes from being prepared. By allocating NPR 5 million for reconstruction and NPR 10 million for anticipatory and emergency actions, we have demonstrated that protecting communities is not only about responding to disasters, but also about investing in preparedness before they occur.”







JHAG BAHADUR BISHWOKARMA

*CHAIRPERSON, SARUMARANI RURAL MUNICIPALITY,
PYUTHAN*

“Before this project, our understanding of bioengineering remained largely theoretical, shaped by technical knowledge and general awareness. We had never translated it into practice. Through collaboration and hands-on field training, we assessed our terrain and road corridors together. This experience transformed our perspective—revealing bioengineering as one of the most sustainable and effective long-term solutions for slope stabilization and reducing landslide risks.”







LAXMAN ACHARYA

*ADMINISTRATIVE OFFICER AND DISASTER RISK
REDUCTION FOCAL PERSON, SARUMARANI RURAL
MUNICIPALITY, PYUTHAN*

“With the formal integration of bioengineering into our guidelines, we are now investing not only in resilient landscapes, but in resilient livelihoods. Prioritising locally suited plant species has strengthened both ecological outcomes and community ownership. Just as importantly, the wages earned through these works have become a vital source of local income creating employment opportunities and promoting more equitable, fair pay within the community.”

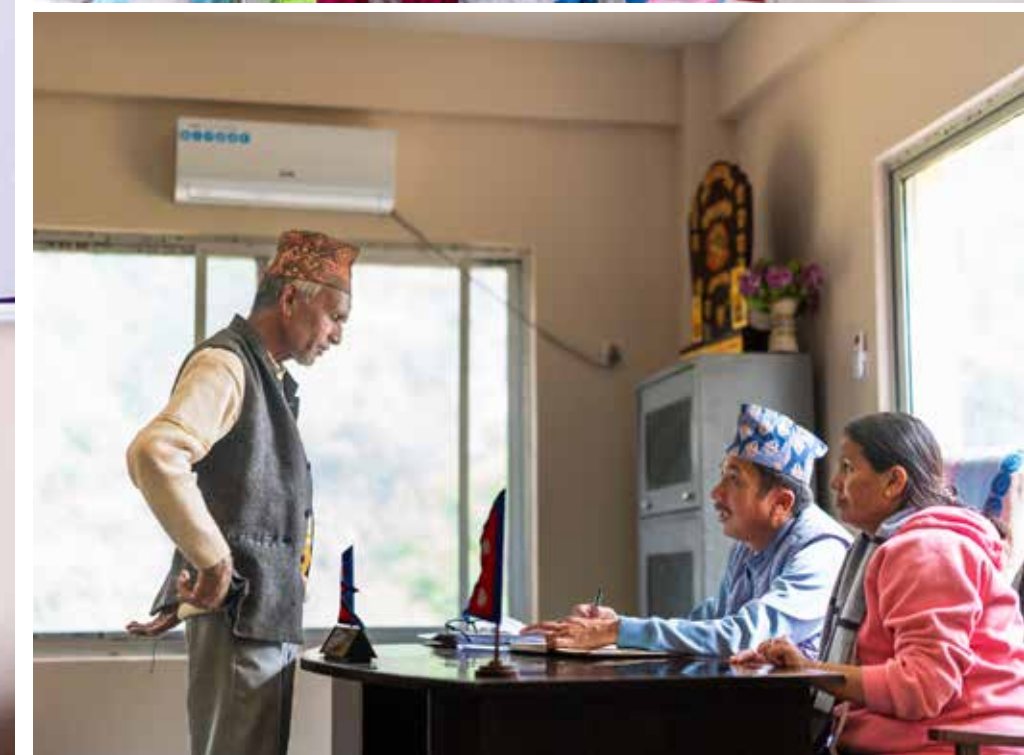




GANESH BHADUR BOHORA

CHAIRPERSON, KEDARSYU RURAL MUNICIPALITY,
BAJHANG

“Before the PRATIBADDHA project, our disaster response efforts lacked structure and focused mainly on rescue and relief after disasters occurred. Through the project, we developed Disaster Preparedness and Response Plans, established disaster management committees in every ward and identified high-risk areas, and transformed the way we work—making our response more organized, proactive, and effective.”







PRAKASH ROKAYA

*CHAIRPERSON, THALARA RURAL MUNICIPALITY,
BAJHANG*

“We had heard of the Local Emergency Operations Centre (LEOC), but we didn’t know how to operate it—what it was for, what resources were needed, or how to manage it. With support from the PRATIBADDHA team, our disaster focal person, and colleagues, we established the LEOC, learned to manage its resources, and regularly update our information system. Today, the LEOC is fully operational, enabling us to respond to disasters more effectively.”





BHUP BAHADUR MALLA

*SECTION OFFICER AND DISASTER RISK
REDUCTION FOCAL PERSON
MINISTRY OF INTERNAL AFFAIRS AND LAW,
LUMBINI PROVINCE*

“PRATIBADDHA helped us move beyond having policies on paper. We strengthened our disaster management system, improved coordination among different stakeholders, and built the skills of the people responsible for keeping it running. Today, we are better prepared, and that knowledge will continue to benefit our communities long after the project ends.”





TURNING DATA INTO DIGNITY

What happens when the people most at risk are identified before disaster strikes?

In moments before disaster strikes, timing can mean everything. Through the Shock Responsive Social Protection approach, communities are no longer waiting for help; they are becoming visible, prepared, and supported in advance. By using social protection data to identify the most vulnerable, this work ensures that those often overlooked are reached first. Behind every dataset are real people; families who can now act earlier, recover faster, and face uncertainty with greater dignity and hope.

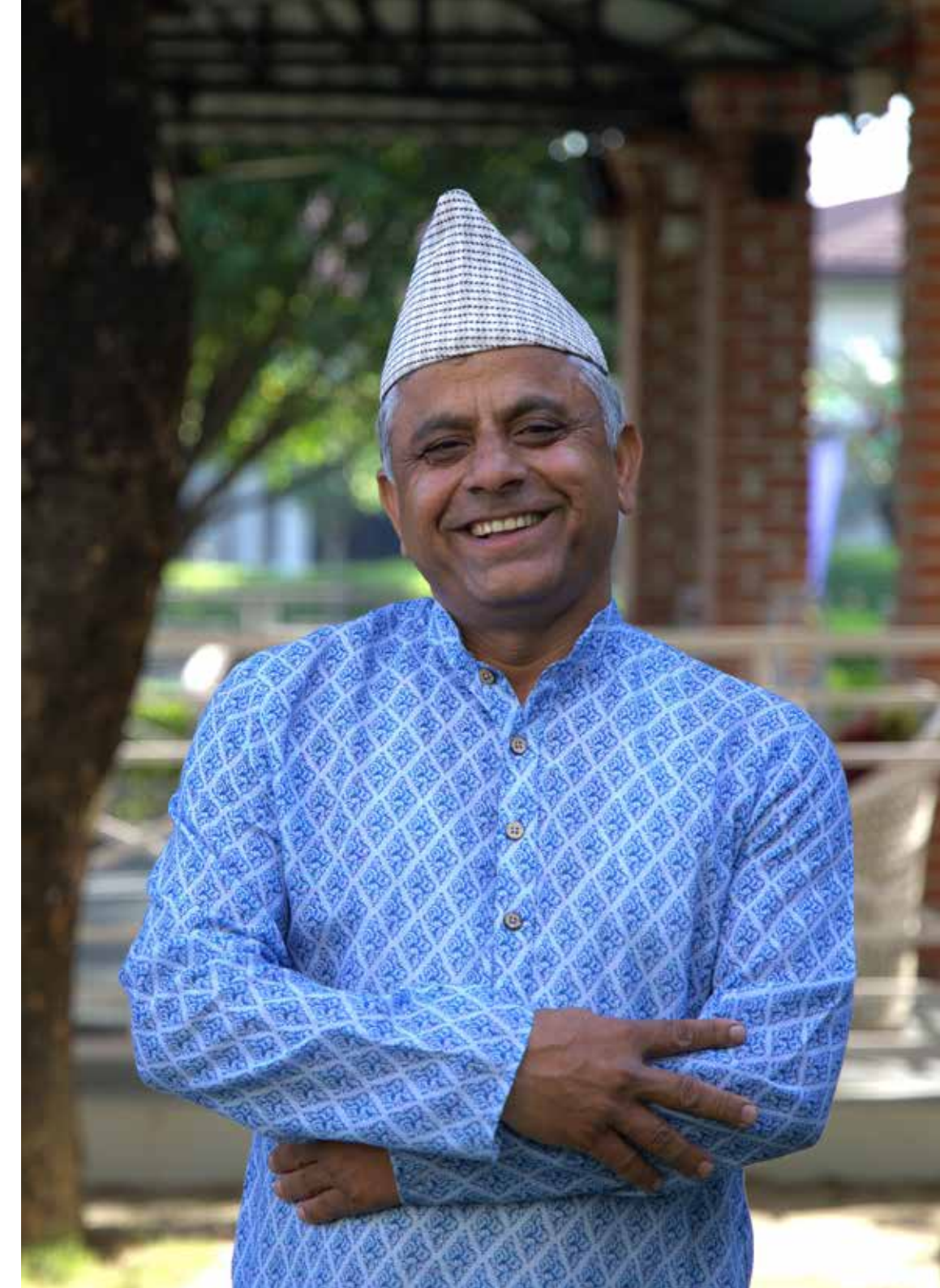




NAVARAJ ADHIKARI

*CHAIRPERSON, MANDAVI RURAL
MUNICIPALITY, PYUTHAN*

“Disaster preparedness does not end with a project- it endures through partnerships, systems, and shared responsibility. By working closely with local governments and security forces, we are building a foundation that will continue long after the project phases out. Using social security allowance data, we can identify and prioritise senior citizens, persons with disabilities, and the most vulnerable ensuring they are not forgotten when disaster strikes. This continuity turns data into protection, and collaboration into lasting resilience.”





UTTAM GAUTAM

*UNDER SECRETARY, OFFICE OF THE CHIEF
MINISTER AND COUNCIL OF MINISTERS
(OCMCM), KARNALI PROVINCE*

“The 2023 Jajarkot earthquake showed us that resilience cannot rely on post-disaster assistance alone. Preparedness is not only about knowing the risks and planning ahead; it is also about ensuring that resources are available for recovery when they are needed most. Disaster risk financing, through mechanisms such as housing insurance, provides families with greater security, helping them recover faster, rebuild with dignity, and reduce the uncertainty that follows a crisis. Through PRATIBADDHA’s technical support and advocacy, local governments have advanced housing insurance as a practical investment in preparedness and community resilience. The endorsement of Karnali Province’s Housing Insurance Guideline marks a significant step towards sustainable disaster financing, ensuring that preparedness extends beyond emergency response to enable long-term recovery and resilience.”





EU visit to PRATIBADDHA working areas

THE PRATIBADDHA TEAM



PRATIBADDHA III ACHIEVEMENTS

DIRECT INDIRECT BENEFICIARY



86,690

People reached including
315 Persons with Disabilities



45,968

Men



40,722

Women

RISK ASSESSMENT & PREPAREDNESS



112

Settlements assessed for
geo-hazard & categorized
as CAT II, CAT III



51

Open/ evacuation sites
identified & geo-tagged



10

Local Emergency Operation
Centers established



25

Community Disaster
Management Committee
formed and capaciated



25

Community rain
gauges installed



283

Community people trained
in Search & Rescue (SAR)
and First Aid

FINANCING & RESOURCE MOBILIZATION



NPR 200 Million

Governmental Fund unlocked for reconstruction
relocation, mitigation and early action



NPR 2 Million

Allocated for risk transfer solutions
(insurance) at Lumbini Province.



NPR 30 Million

Emergency Material supported
through PRATIBADDHA

SIMULATION EXERCISES



12

Desktop
Simulations



3

Functional
Simulations



BUILDING STRONGER DISASTER RISK MANAGEMENT SYSTEMS

4

Monsoon Preparedness and Response
Plan developed and endorsed

10

Disaster Preparedness and Response
Plan developed and endorsed

25

Community-level Forecast
based Action Plans

10

Rural Road Construction Guidelines
developed and endorsed

1

Housing Insurance and Accidental Insurance
developed and endorsed in Karnali Province

