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«KTM-Boulder» Summary «Concept Bouldering hall Kathmandu»

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KTM BOULDERING AREA PROJECT IN KATHMANDU – SUSTAINABLE DEVELOPMENT AND SOCIAL INTEGRATION

My name is Reto Santschi, founder of the Vitamin C organisation. Through numerous trips to Kathmandu, I have learnt about the fascinating culture of Nepal and the great challenges, especially for young people. Many young people in Nepal are confronted with poverty, social constraints such as early marriages and a lack of prospects. The dependence on remittances from Nepalese labour migrants (around 30% of GDP) highlights the urgency of creating sustainable local solutions.

The 'KTM Bouldering Hall' project aims to create an inclusive community space that promotes exercise, education and social integration. The bouldering hall is designed to appeal to people of all ages and backgrounds, overcome their limits, build confidence and promote their health. An adjoining restaurant invites people to linger and strengthens social cohesion. The aim is to create a place that offers stable long-term prospects, promotes environmentally friendly mountain tourism and boosts the local economy.

What is bouldering?

Bouldering is an inexpensive, inclusive sport that is practised on low walls without a rope and is great fun. It promotes problem-solving skills, concentration and a sense of community. It is accessible regardless of age, gender or physical condition and only requires comfortable clothing, chalk and climbing shoes.

Target groups

- Young people from difficult backgrounds → meaningful leisure activities, job prospects and social integration, creating a sense of cultural heritage;
- Women and girls → safe spaces for exercise and personal development, inclusive programmes with female trainers;
- People with disabilities → inclusive programmes such as paraclimbing;
- Local workers → fair employment, training in construction, catering and care;
- Sports and outdoor enthusiasts → health promotion, social networking, enjoyment of sport and exercise; raising awareness of the mountain world;
- mountaineers → combining sport and culture with environmental commitment.

Project realisation

- Construction of an approx. 800 m² bouldering hall in Kathmandu, in sustainable construction, with two floors, climbing walls for all levels of difficulty, training areas and a restaurant.
- Integration of courses for beginners to professionals, including social and inclusive programmes.
- Partnerships with schools, clubs and local organisations.
- Sustainability through ecological materials, energy-saving technology and local cooperation.

Financing

The total costs are estimated at around CHF 250,000 (construction, equipment, training). Income from public funds, donations, sponsors and own funds from Switzerland for the implementation phase and the first three years of operation. Local fundraising through memberships, admissions, catering and events. Long-term independence from 2028.

Vision

The 'KTM Boulder Area' is intended to be a model for sustainable, inclusive community centres in Nepal that combine social, cultural and ecological aspects (especially in a country with a high volume of trekking and mountain tourism). The project strengthens people's self-determination, promotes intercultural exchange and creates sustainable prospects for the local population. Last but not least, bouldering is infinitely varied and is great fun at any level.

We are

a dedicated team of mountaineers, sports enthusiasts, project developers and supporters of social initiatives with extensive expertise in the management of community projects. Together, we are committed to sustainable projects that promote sporting aspects and (development) cooperation and focus on the financial independence and economic self-sufficiency of the people involved.