I am Maiya Kadel, and I am from Nepal. First, I must tell you something about Nepal, an exotic land rich in nature, culture, and adventure. Geographically, Nepal is a land-locked and mountainous country. It is located in the southern part of the Asian continent and lies between China and India. Due to its geographic and economic conditions, Nepal is symbolically called a "yam between two stones." It is a federal republic that covers 147,181 square kilometers, and is divided into five development regions and 75 districts; its capital is Katmandu. Nepal is a country renowned as the birth place of Gautam Buddha and as home to such majestic mountains as Mt. Everest, "the top of the world."

I was born and raised in Malekhu in Dhading District, the central hilly part of Nepal. I completed my schooling in that district and later moved to Kathmandu to further studies. I received a master's degree in economics from Tribhuvan University. I am married with two children, and we live in Kathmandu.

I started my professional career in 1997 and have worked since that time in various positions under the Ministry of Home Affairs (MOHA). Since August 2009, I have been working in the Disaster Management Section as a desk officer. MOHA is responsible for disaster management in Nepal. The ministry is accountable for preparing national policies, strategies and other guidelines, and ensuring their implementation in order to strengthen disaster preparedness, response, and recovery activities. These are some of the responsibilities that were assigned to me during my work with MOHA.

Presently, I am pleased to be spending four months as a VR with ADRC in Japan. I am fully confident that the VR program will build on my existing base of knowledge and help me look critically at disaster risk reduction at the national, regional, and international levels. This program provides a great opportunity for member countries to share information with one another and enhance their conceptual and strategic skills, while also helping to build the capacities of those countries.
I am conducting research on community participation in disaster preparedness planning. The main objective of my research is to examine the existing issues of disaster preparedness planning and recommend appropriate policy guidelines for creating institutional frameworks for community participation in disaster preparedness planning in Nepal.

I am confident that the VR Program will increase my overall understanding of disaster risk reduction issues and especially of community participation in disaster preparedness planning. The experiences, interdisciplinary knowledge, and international skills I acquire during the study period will substantially help me promote community involvement in disaster preparedness, which is key to the success of disaster risk reduction initiatives.