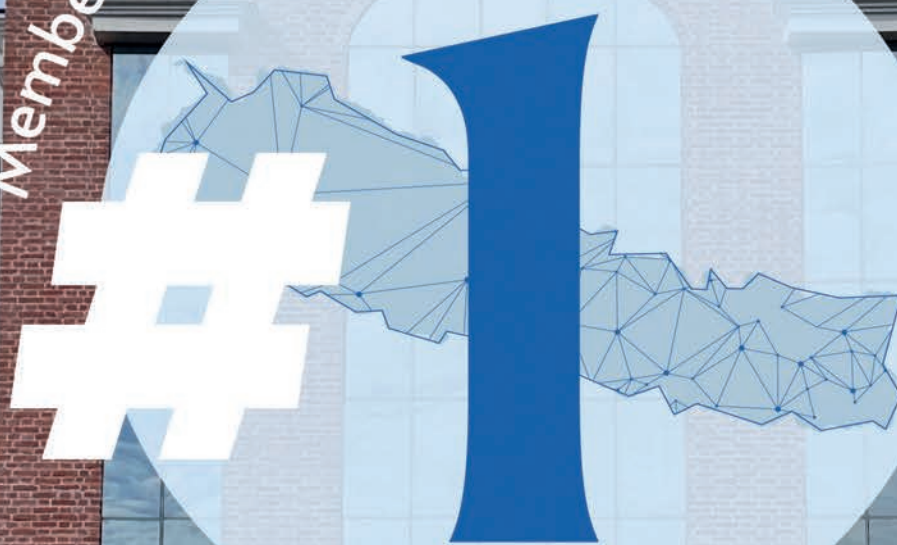


THE SOURCE

GATE YEAR BOOK 2023

Member of the EHL Network of Certified Schools



NEPAL

GATE College
Estd. 2007

Changing the narrative of the hospitality education
in Nepal since 2007.

GATE - Because I Care!

www.gate.edu.np

What makes EHL #1 Worldwide?

QS is the leading agency for university rankings on international scale.

It deploys the largest survey worldwide & collect responses from 100,000 Academics & 50,000 Employers accross 58 disciplines.

Academic Reputation & Employer Reputation are the strongest criteria which determine the ranking position. EHL scores maximum points for each in Hospitality & Leisure Management.



ACKNOWLEDGMENTS

As we come to the close of another remarkable year at GATE College, we want to take a moment to express our heartfelt gratitude. It has been a year filled with learning, growth, and unforgettable moments, all captured beautifully in the articles contributed by our talented students, dedicated staff, and accomplished faculty members.

The success of our college is built upon the collective efforts of our entire community. Your contributions, insights, and dedication have made our source a testament to the vibrant spirit and unwavering commitment that defines GATE College.

To our students, we commend your passion for sharing your experiences and perspectives. Your articles have offered unique insights into the diverse talents and journeys that make our college community so special.

To our staff, thank you for your unwavering support, enthusiasm, and hard work in making our events and activities come to life. Your contributions are the heartbeat of our college.

To our esteemed faculty, your knowledge, mentorship, and dedication to academic excellence continue to inspire us all. Your articles have enriched our newsletter with valuable insights and expertise.

Together, we have created a tapestry of stories and achievements that reflect the essence of GATE College. We look forward to continuing this journey of excellence and shared learning in the coming years.

Thank you for being an integral part of our college's success story. Here's to another year of growth, achievements, and memorable experiences.

Warm regards,

- GATE SOURCE Team

CONTENTS

- 1 FROM THE DESK OF THE
FOUNDER & CEO
- 6 CELEBRATING EXCELLENCE
AT THE 23RD & 24TH BATCH
GRADUATION CEREMONY
- 14 DINNER WITH
THE PURPOSE
- 18 MEGA
ASSEMBLY
- 18 MEGA
ASSEMBLY
- 24 EXCITEMENT
INTERNSHIP IN FIFA 2022
- 30 ASSESSING STUDENT
POTENTIAL THROUGH
POSTER PRESENTATIONS
- 35 FABULOUS STORY
- 40 TODAY IS LIFE
- 45 KU-GATE FRESHERS
- 49 200 KM JOURNEY

- 2 FROM THE DESK OF
DEAN OF ACADEMICS
- 9 FRESHERS
DAY
- 15 *Id7f ; Demgf*
- 20 NEPALESE CUISINE DOWN
TO EARTH REGENERATIVE
CUISINE
- 22 LAST NIGHT IN
MY ROOM BEFORE
INTERNSHIP.
- 25 MY JOURNEY AS AN
ACCIDENTAL
EDUCATIONAL
LEADER & NARRATION
- 32 GATE 17TH
ANNIVERSARY
- 36 SWITZERLAND
INTERNSHIP
- 41 FAB SCHOOL:
NURTURING SKILLS
- 46 KU GATE
EDUCATIONAL TOUR
- 51 BELIEVE
IN YOURSELF

- 3 CONGRATULATION
GRADUATES
- 11 IMPACTFUL RESEARCH
FOR IMPACTFUL ACTIONS
- 16 IN LIFE, WE OFTEN FIND OUR-
SELVES AT THE CROSSROADS
OF OPPORTUNITY
- 16 THE OPPORTUNITY
AND CARE
- 22 I DISCOVERED MYSELF
AND UNDERSTOOD MY
CAPABILITIES.
- 28 AN ENRICHING
INTERNSHIP
EXPERIENCE
- 34 THE BEAUTY OF THE
JAPANESE LANGUAGE
WITH A NATIVE TEACHER
- 38 MY BEST JOURNEY
TO DATE!
- 44 COFFEE SAMPLING
- 47 A VIBRANT
CELEBRATION OF HOLI
AT GATE
- 52 GATE SPORTS WEEK

FROM THE DESK OF THE FOUNDER & CEO



As we reflect on the journey that has brought us to this moment, there's no denying that 2023 has been an extraordinary year. It has been a year filled with challenges and uncertainty, a year where many of you faced moments of panic and doubt. However, it is in these trying times that true resilience emerges, and it is with great pride and admiration that I congratulate you on your graduation today. The graduating batch of 2023 has indeed weathered the storm, demonstrating incredible strength and determination. You have shown that even in the face of adversity, you have the power to not only endure but also thrive. Crisis, as we have come to realize, often brings with it unexpected opportunities, and you have seized those opportunities with unwavering resolve.

I am thrilled to announce that our graduates are not just finding success locally but are also making their mark on the international stage. Our alumni have been placed in prestigious positions worldwide, taking on leadership roles and contributing to various fields of expertise.

We have also proudly welcomed students from 22 different nationalities, fostering a rich tapestry of cultures and perspectives within our school community. It's heartening to see that our educational institution has become a global hub for learning and growth, where students from all corners of the world come together to pursue their dreams. Additionally, we are proud to welcome another international student from South Korea, further enriching our global community.

Our alumni network, which spans the globe, including esteemed institutions like EHL (Ecole hôtelière de Lausanne), will serve as your playground and support system as you embark on your post-graduation journey. It is a testament to the strength of our community that our graduates find support and camaraderie wherever they go.

Furthermore, I'm delighted to share that we are witnessing a heartening shift in the narrative of Nepalese students leaving their homeland. An increasing number of our alumni are also returning to Nepal, bringing with them the skills, knowledge, and entrepreneurial spirit they have acquired. They are not only contributing to the growth of our nation but also healing it through their remarkable efforts as entrepreneurs and professionals. This transformation is a testament to our school's commitment to nurturing global citizens who care deeply about their roots.

As you step into the world as graduates of our esteemed institution, remember that you are part of a legacy of excellence, resilience, and global citizenship. The skills and values you have acquired here will serve as your compass as you navigate the exciting journey ahead. Embrace the opportunities that come your way, face challenges with unwavering determination, and continue to make us proud.

Congratulations once again, Class of 2023. Your accomplishments today are a testament to your resilience, your potential, and your commitment to making a positive impact on the world. We look forward to witnessing the remarkable contributions you will undoubtedly make in the future.

With Warmest Regards,
Khem R. Lakai,
Founder/CEO
Gate College

FROM THE DESK OF DEAN OF ACADEMICS



Big Congratulations on your historic achievements.

Graduates, take a moment to look around you. The faces you see today represent years of hard work, determination, and unwavering commitment. We've navigated countless exams, late-night study sessions, and perhaps a few moments of self-doubt.

Today, we stand on the precipice of a new beginning, looking back on our journey with gratitude and forward with hope. We have completed a significant chapter in our lives, and I am deeply honored to celebrate this remarkable milestone.

Your success is GATE's Success and GATE strongly believes that our success is not ours alone. Behind each graduate, there are parents, siblings, friends, and mentors who have cheered us, lifted us (in times of doubt), and celebrated our victory.

Graduates, within these 17 years of GATE's excellence in the world of hospitality education, we believe that "education is a powerful tool", but it is what we choose.. to do with...it that truly matters. As we leave this hall, we carry not just a diploma but the key responsibilities to our knowledge, competencies, and mindsets for the betterment of ourselves and society for the future hospitality industry.

In closing, today marks the end of one journey and the beginning of another.

I am very confident that the graduates before me today have the potential to shape a brighter future. Let us go forth with courage, resilience, and a commitment to making the world a better place.

Congratulations. B24 & B25. Your future awaits, and it is bright!

Dr. Jiwak Raj Bajracharya
Academic Dean



Congratulations Graduates



RABI SHAH
BATCH 22



MINGMA YANJI SHERPA
BATCH 23



RABIN KHADKA
BATCH 23



DANGUTU SHERPA
BATCH 24



NISHANT RATNA BASTAKOTI
BATCH 24



SAPHAL BANIYA
BATCH 24



SARITA BANIYA
BATCH 24



TENJEN PHINJO JANGBA
BATCH 24



YUJAN PRASAI
BATCH 24



AMIR GHIMIRE
BATCH 25



ANUJ BHUJEL
BATCH 25



ANURAG HADA
BATCH 25



Congratulations Graduates



BIBEK BISHWOKARMA
BATCH 25



BIDHAN THAPA
BATCH 25



BISHAL BISTA
BATCH 25



JASMIN SHAHI
BATCH 25



JIYA SHAHI
BATCH 25



KHUSBU GIRI
BATCH 25



LALITA RANA
BATCH 25



LAXMAN LOHALA
BATCH 25



MAHESH PULAMI MAGAR
BATCH 25



MANISH GURUNG
BATCH 25



MONIKA GURUNG
BATCH 25



MUKESH KARKI
BATCH 25



Congratulations *Graduates*



NITESH THAPA
BATCH 25



NIYAM BISHWOKARMA
BATCH 25



PRASANT LAMA
BATCH 25



PURNIMA PANT
BATCH 25



SADANA GURUNG
BATCH 25



SANDESH MAHARJAN
BATCH 25



SAROJ AYER
BATCH 25



SAURAV KHADKA
BATCH 25



SHYAM SHRESTHA
BATCH 25



SIDDHARTHA PAUDEL
BATCH 25



SUNIL JOSHI
BATCH 25



Celebrating Excellence

at the 23rd & 24th Batch Graduation Ceremony

We are thrilled to share the outstanding achievements and moments from our recent Graduation Ceremony at Marriott Kathmandu. This event was a celebration of the incredible accomplishments of our 23rd and 24th Batch of students, and it was truly a day to remember.

Our ceremony commenced with a warm welcome from our emcees, Abhishek Rimal and Ribika Maharjan, who brilliantly set the stage for an unforgettable event. We were honored to have esteemed guests who have made significant contributions to the field of hospitality and education:

- **Her Excellency Ms. Elizabeth von Capeller**, Ambassador of Switzerland to Nepal,
- **Mr. Alain Najar**, an EHL Alumni, Senior Lecturer at the EHL.

- **Dr. Ramhari Lamichhane**, the former Chief Executive Officer of the Council for Technical Education and Vocational Training (CTEVT), a certified project assessor, an experienced project manager, and TVET champion.
- **Ms. Shaguni Singh Shakya**, Executive Director of the renowned Kathmandu Guest House
- **Mr. Victor Jaton, Mr. Pierre-Antoine Dubuis** from EHL

Recognition of Excellence and Awards The ceremony was a platform to recognize and reward exceptional students who have excelled in various aspects:

Dean's Merit List: This award was bestowed upon students with the highest GPAs. Congratulations to Mr. Kamal Thapa from the 23rd Batch and Mr. Prakash Chhetri from the 24th Batch for their outstanding academic achievements.

Best Research Project Award: Recognizing excellence in research, this award went to the 23rd Batch's group,





including Mr. Akbar Bahadur Singh Thapa, Mr. Bishesh Lama, Mr. Gaurav Manandar, Mr. Kamal Thapa, and Mr. Suraj Katuwal, for their project titled "Restaurant Operation in the Current Pandemic Situation."

Best Research Project Award:

24th Batch the award was presented to Mr. Aawash Acharya, Ms. Isha Pradhananga, Mr. John Gurung, and Mr. Susanta Shrestha, for their project titled "Social Media Marketing Strategies in the Hotels of Kathmandu."

GATE Goodwill Ambassador: This prestigious title was awarded to Mr. Sushant Shrestha from the 23rd Batch and Mr. Bimod Jung Pandey from the 24th Batch. Their dedication to promoting GATE's values is truly commendable.

GATE Student Icon: Recognizing leadership and influence, this award was presented to Ms. Sheetal Balampaki Magar from the 23rd Batch and Ms. Dristi Shahi from the 24th Batch.

Heartfelt congratulations to the graduates and our sincere gratitude to our esteemed guests, faculty, and staff who contributed to the success of this remarkable event.

We wish our graduates boundless success and happiness in their future endeavors. While this chapter may have ended, the journey ahead is filled with opportunities and possibilities.





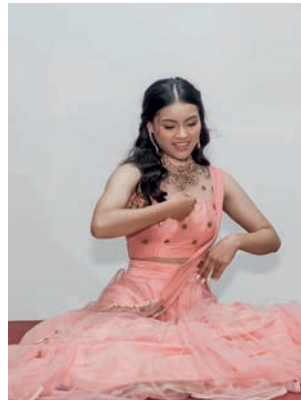
FRESHERS DAY

GATE college students exude an immense sense of pride as they warmly embrace their new batch of students. In this scintillating summer, Batch 29 has triumphantly welcomed their fellow peers into the prestigious GATE community. The welcome program proved to be an exhilarating affair, brimming with joy and excitement.

The event unfolded with a plethora of engaging activities that left everyone enthralled. The stage was adorned with a remarkable display of talent shows, where gifted individuals showcased their exceptional skills, leaving the audience in awe. The ramp walk segment brought a dash of glamour to the proceedings, as students

confidently strutted their stuff, exuding confidence and style.

An interactive question and answer session added a layer of intellectual stimulation to the event. Curious minds from both the new and existing batches engaged in thought-provoking discussions, fostering a vibrant exchange of knowledge and ideas. This intellectual camaraderie forged connections that would undoubtedly endure throughout their academic journey.





MR. GATE:
AYUSHMAN DHOJU

MS. GATE:
JASTINA GURUNG



Impactful Research for Impactful Actions



With the vision of "Being a Top 5 Hotel Management College of South Asia within 5 years" (GATE, 2023), GATE has been focusing its mission on "Academic Excellence", "Linking Education and Employment" and "Impactful Research". As impactful research is the key mission, GATE always focuses on the relevant projects that lead toward meaningful research. One of the reasons to have impactful research in its mission is to have a sustainable implication with empirical evidence for impactful actions to support the national and international hospitality industry.

Among a significant number of impactful research-based projects, our undergraduate students were engaged in various national and international projects. In April 2023, 30 students from semester I were selected for the "Food, Safety, and Hygiene Project," a collaborative project of GATE College and Urban Health Promotion Center (UHPC) to know the status of food safety, food hygiene,

and workplace safety. The research field was allocated to the 50 eateries of Ward 30 of Kathmandu municipality. To achieve the objective of the project, students were divided into 10 groups having 3 members in each group. Further, pre-field training was provided to the students by experts with 1 mentor for each group to support them in the field. During the field, students succeeded in achieving the essence of real cases and became aware that multifarious needs to be addressed for Food safety. As GATE's alumni also worked as "Food Inspector", so this project motivates students to be "Food Inspector" as profession in the future. After the completion of the field, a students' conference was held at GATE College to share their experiences and outcomes as per the checklists submitted by UHPC

Furthermore, GATE initiated an international collaborative project named "Co-Creative Research in Green Destinations" with NHL



Stenden University of Applied Sciences, The Netherlands. In this project six graduate students from NHL Stenden University and six undergraduate students from GATE College spent together for four weeks together (April-May, 2023) to accomplish an empirical-based research project in the research area of (i) CO-FI farming, (ii) Pachabhaiya Community Cultural Development, and (iii) The Trekking Industry in Pokhara. To accomplish this project, students from both NHL Stenden University and GATE were divided into 3 major groups (as per the above-mentioned area) having 4 members in each group with 2 each from NHL and GATE. This research project consisted of 3 major phases: (i) Pre-field phase: In this phase, 12 students were trained about the research methodology with instruments and detailed mechanism of research protocols. This phase was done in GATE, Kathmandu. After this, (ii) Field Phase: In this phase, 12 students traveled to Pokhara and stayed there for 2 weeks @ GATE Vocational (also known as FAB School)



KICK STARTING EXCHANGE PROGRAM

to collect the required qualitative as well as quantitative data where students observed various lakes, did interviews with multifarious communities, national level governments officers as well as local key-stakeholders. To support the students, 3 mentors (1 from NHL Stenden University, The Netherlands, and 2 from GATE, Nepal) were assigned throughout the project. After this, students traveled back to GATE, Kathmandu to accomplish the third phase named (iii) Post-field phase: In this phase, students did an analysis of qualitative and quantitative data under the supervision of assigned mentors for a week and presented their findings and recommendations during the "Student Conference".



GATE believed that education should not be limited to the four walls of the classroom. In the 21st century, content knowledge of the subject is not enough, thus, at GATE we have been integrating theories and practicals in such a way that students can understand the sound level of theories with their application in the relevant field so that students can maintain their motivation level by knowing the relevance of the subject matter. For that, we believe that project-based research can be a positive catalyst.




OUR COURSES

BIHM

Bachelor's in International Hospitality Management

BPH

Bachelor's in Professional Hospitality

DCA

Diploma in Culinary Arts

DBA

Diploma in Bakery

TAFE

Certificate III in Commercial Cookery

BARISTA



BECOME A

GLOBAL CITIZEN



GATE Because I Care!

CONTACT US

☎ +977 4376048 | +977 9802323482 ✉ info@gate.edu.np 🌐 www.gate.edu.np
 Mandikhatar, Kathmandu









BBC Masterchef
Santosh Shah



Swiss Masterchef
Heinz Egli



Swiss Masterchef
Fritz Gross



Swiss Masterchef
Stefan Herzog

DINNER WITH THE PURPOSE



Reflecting on the amazing fundraiser program that took place at GATE College, our heart swells with pride and gratitude. Seeing so many people come together to support this wonderful cause has truly touched human kind to the core.



The dedication and hard work of the GATE College team along with Swiss Masterchef Fritz Gross, Swiss Masterchef Heinz Egli, Swiss Masterchef Stefan & BBC Masterchef Santosh Shah have been truly inspiring. From organizing the event to reaching out to potential humankind, they have left no stone unturned in their efforts to make a positive impact at Bayalpata Hospital in Achham-Province 7.



Thank you, from the bottom of our hearts, for your support and for being a part of this unforgettable experience. Let's continue to spread love and kindness wherever we go, and make this world a better place, one act of kindness at a time



मीठा सम्झना

तिमीलाई देख्दा वसन्त ऋतुको फूल भैं मुस्कुराउँछु ।
ग्रीष्मका दिनहरूमा जस्तै तिम्रो मायाको लागि म तिर्खाउँछु ।
वर्षाको खोला जस्तै तिम्रो मायामा बगिरहन्छु ।

मेरा प्रतिज्ञाहरू भूटो त होईनन् ।
तिम्रो लागि मेरो माया अपार छ ।
कसरी गणना गरौं ? कसरी जोखेर देखाउँ ?

मेरो सिरानी र भावना संग सोध
कि मेरो आँखा र मन ले कति आँसु बगाए ।
चाहे तिमी धर्ती वा ब्रह्माण्ड संग सोध
तिम्रो यादमा कति पाइला हिँडे,
कति तिम्रो अनुपस्थितिमा एक्लो भएँ ।

आँखा चिमलना खोज्दा तिम्रा छाँया ले मलाई छोई झस्काइदिन्छ ।
चिम्लिन्दा डर अर्कै को होलौं भन्ने ।
रात बिताए हाम्रा सारा मीठा सम्झनामा
तर साकिन अघि बड्न यादहरूलाई लिइ मनमा ।



Ms. Samprada
Lamichhane Gurung

29th Batch



In life, we often find ourselves at the crossroads of opportunity

Isha Pradhananga
Batch 24

In life, we often find ourselves at the crossroads of opportunity, unsure of which path to take. As a student at gate college, pursuing my higher diploma in restaurants and hotel management, i was passionate about the world of hospitality and eager to make my mark in the industry. Little did i know that an unexpected twist of fate would lead me to the realm of human resources at marriott international—a journey that would forever change my life.

During my time at gate college, i absorbed knowledge and honed my skills in the hospitality field. The idea of a career in hr seemed worlds apart from my current trajectory. But life has a way of surprising us, and a fortuitous internship opportunity at the human resources department of marriott international opened a new door of possibilities.

I was astounded when marriott international offered me a position as a human resources generalist

From the very first day at marriott international, i was welcomed with open arms into a supportive and inclusive community. At first, i felt like an outsider, entering a whole new world. Guided by experienced HR professionals, i was exposed to a multitude



of HR functions—talent acquisition, employee engagement, performance management, and more. Each day was a revelation, and i found myself becoming deeply passionate about this new career path.

The transition from a hospitality school to an HR internship allowed me to view the industry from a different perspective. I saw how hospitality and



HR were intertwined, and how the success of one depended on the other. My experience in the service-oriented hospitality sector equipped me with valuable interpersonal skills, which i could now apply in fostering a positive workplace culture at marriott international.

As my internship came to a close, I was astounded when marriott international offered me a position as a human resources generalist. It was a dream come true, and it affirmed that one's background should never limit their potential for growth.

As i continue to grow in my role at marriott international, I am humbled by the invaluable lessons i have learned along this transformative journey. My higher diploma in restaurants and hotel management laid the foundation, while my hr internship at marriott international allowed me to spread my wings and soar to new heights.

To all the aspiring professionals out there, i urge you to seize every opportunity, no matter how unconventional it may seem. Trust in the power of your unique background and expertise to carve your path, and never underestimate the impact you can make in any field.

So, dare to dream, dare to explore, and dare to grow, for the world is full of boundless possibilities.



Mega Assembly



One of the occasions that demonstrates the progress and achievements of GATE is Mega Assembly. The 18th Mega Assembly of GATE took place on April 28, 2023. The Theme of the Mega Assembly at GATE College has always been rewards, recognition, enjoyment, and gratitude. Events themselves are also seen to be an important moment to look back on a string of accomplishments and accolades.

Highlights of Mega Assembly:

- Award Distribution
- Acknowledgment
- Welcoming the newly joined Faculties
- Recognize and commend hard work
- Celebrating and congratulating all the achievers
- Student performances



The purpose of the mega assembly is to congratulate and honor the victors as well as support those who were unsuccessful in achieving the Championship. The constant goal of Mega Assembly is to encourage all GATE members to put in the necessary effort and return with even more fervor and energy for the forthcoming exciting activities and academic success.



NEPALESE CUISINE DOWN TO EARTH REGENERATIVE CUISINE

In the realm of gastronomy, where culinary experiences go beyond the mere act of eating, Nepal's traditional flavors and culinary practices have garnered well-deserved attention. Recently, a group of Nepal's top food vloggers had the exceptional opportunity to delve into this rich gastronomic heritage in collaboration with the celebrated Chef Santosh Shah.

GATE College, esteemed for its dedication to culinary education, orchestrated a one-of-a-kind event titled "Nepalese Cuisine: Down to Earth - A Regenerative Culinary Journey." This event transcended the conventional dining experience. It was an exploration of Nepal's cultural roots and an endorsement of sustainable culinary practices.

At the core of this extraordinary culinary experience was the concept of "Regenerative Cuisine." Beyond taste and presentation, it encompassed a holistic approach to culinary artistry, emphasizing sustainable sourcing of ingredients and giving back to the environment.

The event showcased an array of traditional Nepali dishes, each carefully curated to retain



its authenticity while embracing a modern twist. More than a delightful gastronomic affair, this event left a lasting impact, inspiring the participating food vloggers to not only appreciate Nepal's culinary heritage but also champion sustainable practices in their content. "Nepalese Cuisine: Down to Earth - A Regenerative Culinary Journey" was an ode to culture, sustainability, and the unifying power of food, marking a promising step into the future of gastronomy.

THE OPPORTUNITY AND CARE

Shrawan Rai
28th Batch

My name is Shrawan Rai from the 28th batch. I am a person who is passionate about cooking and creating a culinary experience for people. In simple terms, I must say I am GEN Z who loves to cook and feed people. I would say before joining GATE I was a guy with a dream to become a world-class chef, at that time I didn't know how to become one but after joining and being welcomed into the GATE family my perception changed, and learned that my vision and the sole goal was not enough. I had to learn how the kitchen functions to cater to the changing palate of consumers. Every day at GATE we were taught and given the opportunity to work with chefs from different specialties and diversity. We were not taught just to cook and cater but were taught to do all kitchen work and stand out from the rest of the crowd. GATE gave me the opportunity to hone my raw skills and with that opportunity, I am working as head chef at Sterling Club at the British Embassy learning from my chefs at GATE I was capable of running a restaurant at the British Embassy.

I am thankful to GATE for the opportunity and care and surely GATE stands for its word gate because we care and I would vouch for that.

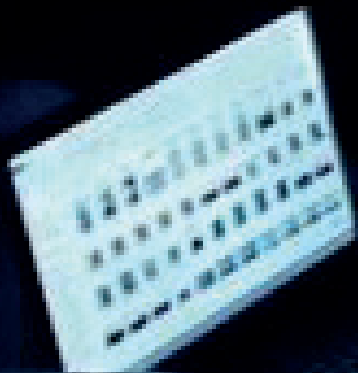


LAST NIGHT IN MY ROOM BEFORE INTERNSHIP.

Uneesha Shrestha
29th Batch

I always knew this day would come and more than that I had always wanted this day to come since I can remember.

My teeth were paining as I just had a small surgery, you know Nepalese household traits of going to a dentist is must before an international flight. My house was full of relatives who travelled more than 300km just to wave me a goodbye at the airport. I asked everyone to leave me alone for a while so that I can clean up the room and final what to pack. I could hear everyone laughing at the living room and the kitchen which is just above my room. My room, a small room with light grey paint on three sides and a very dramatic orange paint on the fourth. All furniture's are white, my small study table, bed, cupboard and my most favorite vanity table with big mirror and bright yellow lights. My floor was a total scene, with all the things that needs to be packed but the suitcase was yet empty because I was not sure how to start.



Honestly, I couldn't figure out what to fit in that small suitcase. Do I take my favorite painting and not take extra pair of pajamas? Do I take my whole make-up kit or just buy it there? Should I even care about these things right now or should I go out and be with all the family members?

And all of a sudden, I don't know how when and why I find myself breaking down holding my mickey mouse as tight as I could. I felt so much and nothing at the same time. It could have been anesthesia from the dental treatment but NO. It was not. It was a cry of uncertainty, independence, nervousness, excitement and a hundred of what-ifs? I'm the type of person that always figures out what to do the next day from what and when I'll wake up, have for breakfast or wear. But that night I couldn't even figure out the first hour of the tomorrow morning. I had so much to do and so much less time to do it. I felt helpless because deep inside I knew like no matter what I do, it'll never be enough, it'll never be perfect because I have to leave my home, my family, my room, my safest space. I knew tomorrow by this time I'll be gone and no matter how much I want I cannot come back to my own room that I had spent my whole life in.

I just wished if I could go back and relive again or if I could freeze this time but also, I couldn't wait to see what life has for me behind these four walls. I knew everything will have changed next time I open this door. I learned so much on the last night in my room, I met the weakest version & strongest version of me at the same time.

I DISCOVERED MYSELF AND UNDERSTOOD MY CAPABILITIES.



Saurav Bhattarai
24th Batch

I recently completed a successful internship at Hotel Radisson, Kathmandu, and Hotel Alila, Kuala Lumpur. I am grateful to CDC for allowing me to continue my studies while participating in the internship. Both teams were welcoming and provided me with meaningful opportunities to learn and grow as a professional. I was given challenging tasks that allowed me to apply the skills I learned in college to real-world projects. The support and guidance we get from the college administration are invaluable. During the pandemic, while other colleges are figuring out what has to be done, our college already has a Plan B for our classes and exam. Thank you GATE college for providing an opportunity, where I discover myself and understand my capabilities.



Excitement internship in FIFA 2022

Romisha Tamang,
24th Batch



My journey in the hotel industry began with an internship during the FIFA 2022 event. It was an extraordinary opportunity that provided me with a firsthand experience in the hospitality industry, one that is often considered a Once-in-a-lifetime experience. During an internship I had the chance to work in a residential building that was bustling with activity and excitement due to the FIFA 2022 event.

It was a remarkable time where I witnessed the convergence of sports, hospitality, and international guests coming together to celebrate the world's most prestigious football tournament. As an intern, I had the opportunity to work closely with other staff, assisting them in tasks such as guest services and ensuring the smooth running of operations during the tournament.

MY JOURNEY AS AN ACCIDENTAL EDUCATIONAL LEADER AND NARRATION FROM A SOCIO-CULTURAL LENS

Accidental leaders are experts in their field with a high level of education and experience who are in leadership roles based on their hard work and expertise. Leaders are born not made as mentioned by the Great Man theory from a sociological perspective likewise some incidental as well as accidental professional turning points happened in human civilization whether we want or not to choose our destiny. Various components and determinants make them memorable and accidental. Holland et al. (1998) argue that learning and development are intrinsically linked to identity construction as individuals, cultural forms, and social positions, come together in co-development, as identity in practice.

I passed SLC in the first division in 1985; there were doors opened for me to be a doctor or engineer since I passed in the first division at that time, where there would be a very low percentage would be passing in the first division. I was facilitated by my parents and society as I passed SLC from my village. A miracle happened in my life for my future endeavors.

“Failure is a part of life, if you don’t fail, you don’t learn”, after my SLC, I started my career as a primary teacher at the age of 16, and there was only one teacher who passed SLC was me, it was pride to me. My students, teacher, head teacher, and parents all appreciated my teaching style and leadership. I narrated them from a socio-cultural lens of society. If



the composition of the various people and professionals among them. I found out that teachers are mostly recognized professionals wherever you go you might have chances of meeting your existing or ex-students. Teaching professions are highly recognized all over the world. There might be variation in certain parts of the world even at a generic level.

Migrating to the Capital of Nepal was an opportunity to develop my career. Being a student at the Intermediate level, leaving my precious job and working as a line worker was quite challenging for me, even though, my employment recognized and awarded me in events and receive training for additional talents for my personal growth and development, I performed as mentioned, promoted as a manager within a year, which was a leadership role, and got an opportunity to manage relating hospitality. David Cushiereie said “Love what you do and do what you love, passion is the key that opens the door to join and abundance”, from the social-cultural lens I was not doing a respected job, at that time hotel was meant for my society just to serve dal, bhat, and tarkari in the small hotel which was a misconception, I was working renowned hotel serving to national to an international customer, where I could learn a different language, social culture, and their behavior.

I joined Soaltee Oberoi in 1992 as a line employee. The words are lovely, dark, and deep, I had promised to keep, and miles to go before I sleep, as said I worked more than two decades from a line employee to the senior manager which made me confident and become a trainer in the hotel. When I was at Soaltee I got the opportunity to understand the social culture since I was serving vegetable vendors to President, I could understand a bit of the political system, economic status, education system most importantly socio-culture, I can say that was my golden time. When I was in Soaltee I got an opportunity for my internship in a different country and was intimate with their religion, language, and their culture. Till this time my society's perception was changed and

they felt I was doing well. I hired so many staff from my territory, which reflected my social-cultural lens it transformed from negative to positive. When I was working at the hotel at the simultaneously doing my Master's degree, in the mean time I was invited by one of the +2 schools from Ramechhap to be Principal, though I denied it because I was enjoying the hotel and admiring to be continuous at the hotel not to be a teacher.

I had knowledge of the field of hospitality, though I was not planning to be involved in the education sector as a teacher (Instructor). At my accidental turning point, I joined one of the renowned hospitality colleges Global Academy of Tourism and Hospitality Education where my expertise could execute for Hospitality management education students for six years and as an instructor in Bachelor in Professional Hospitality Management education affiliated Kathmandu University students for 3 years.

I wanted diverse discourses on educational leadership and its dimensions at the national and international levels to develop my students' behavioral skills, knowledge, and strategic competency in managing education. I believe having those skills with my students helps them analytical skills, creative thinking, and knowledge to assess the challenges and opportunities in the field of education and develop modalities to address the challenges.

For educators, understanding the socio-cultural context of education is essential who is creating a learning environment that is inclusive of people of various backgrounds and sensitive to the needs of students on a cultural level. Teachers may use educational, sociological, psychological, and sociocultural theories and viewpoints to understand the many social and academic situations in which they work, “the sociocultural or patterns in the social world (socialites), socio-cultural context, social structure is grounded in and fosters the psychological” (Markus, 2007, pp. 3-39) This is how I unexpectedly became a leader in an educational institute by navigating ups and downs without planning or effort. Later, I put

my professional plans into action and changed my field to education as a hospitality leader. In terms of leading education in society, I feel quite optimistic.

I was thrilled with logical and internal inconsistencies, conceptual ambiguity, incompleteness and confusion associated with multiple version of the model are challenged for robustness and pragmatic. I have a situational leadership style, blended education philosophy, and pragmatics teaching way, creating a vision to guide the change through inspiration, and executing the change intended with committed members of students for positive outcomes for industry readiness. As highlighted by Day (2014), resilient leadership is the crucial component of leaders who could mitigate future hurdles to support students, management, colleagues, and most importantly society.

I am feeling proud of the success of students and their achievements, which influenced society by broader social and cultural factors, and religious work. They can experience relaxation, and success and be satisfied by the positive response, their deeds, contribution, and elite position in the society for uplifting, development, and society.

Educational leaders can play a critical role in promoting social justice and equity in education, given the risks to be strategic to pursue their activism (Ryan, 2016). By recognizing and valuing the cultural diversity of their students, teachers can create a learning environment that is respectful, inclusive, and supportive of all students. This includes incorporating diverse perspectives and experiences into the curriculum, using culturally relevant teaching strategies, and creating opportunities for students to share their cultural backgrounds and experiences.

In conclusion, Educational leaders play a crucial role in the sociocultural framework of

education. The different needs of their learners must be recognized by teachers, who must then use this knowledge to provide an inclusive and culturally sensitive learning environment. To advance equality and social justice in their communities, educational leaders may also serve as leaders and agents of social change. For society's evolution, teachers can serve as role models. They ought to lead society in a way that is both exemplary and as a role model for the students as well as for society.

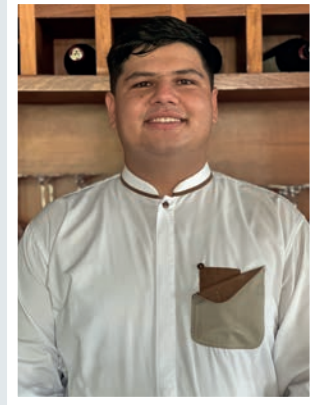
Chetan Bhagat quotes that “Life is tough when you are always talking to people smarter than you” compared to my biography how I started my career and how I struggled and how I became from teacher to hotelier and instructor accidentally where there was no plan with me. Overall, a teacher's role through a socio-cultural lens is to promote a learning environment that is inclusive, culturally responsive, and supportive of all students. By recognizing the diverse backgrounds and experiences of their students and addressing social and cultural issues, teachers can help create a more equitable and just society.

Thank you.

Tara Jang Thapa,
MPhil Scholar, Educational Leadership
Kathmandu University School of Education

References

- Day, C. (2014). *Resilient principals in challenging schools: The courage and costs of conviction. Teachers and Teaching*, 20(5), 638-654. <https://doi.org/10.1080/13540602.2014.937959>.
- Holland, D., Lachicotte, W., Skinner, D., and Cain, C. (1998) *Identity and agency in cultural worlds*. Cambridge, MA: Harvard University Press.
- Markus, H. R., & Hamedani, M. G. (2007). *Sociocultural psychology. Handbook of cultural psychology*, 3-39.
- Ryan, J. (2016). *Strategic activism, educational leadership, and social justice. International Journal of Leadership in Education*, 19(1), 87-100.



AN ENRICHING INTERNSHIP EXPERIENCE



Hi, My name is Sanjeev Phuyal Currently studying in Batch 27. I want to share my Internship Journey Experience with you all. I am enrolled as an Intern in Anantara Sir Bani Yas Island, Abu Dhabi in the Food and Beverage Department. From the moment I stepped into the resort, I was greeted with warmth and enthusiasm by the team. They made sure I felt welcomed and are supporting throughout my internship. I am assigned to work in various outlets within the Food and Beverage department, including the main restaurant, poolside bar, and room service.

During my Internship at Anantara Sir Bani Yas Island, I am having the incredible opportunity to work as a food and beverage server. It is an enriching experience that allows me to develop various skills and gain valuable knowledge in the Hospitality Industry.

As an intern, I am responsible for providing excellent customer service to guests, taking orders, serving food and beverages, and ensuring a pleasant dining experience. Working at Anantara Sir Bani Yas Island allows me to apply the knowledge and skills I acquired

at GATE College in a real-world setting. I am having the chance to work alongside experienced professionals who guided me in delivering exceptional service and maintaining high standards. In addition to the hands-on experience, I am also involved in other aspects of the department. I am having the opportunity to assist with inventory management, menu planning, and customer service. This allows me to develop a well-rounded understanding of the operations and management of a food and beverage establishment.

Through my internship, I learned the importance of attention to detail, effective communication, and teamwork. One of the most valuable aspects of my internship is the opportunity to enhance my communication and interpersonal skills. I am interacting with guests and team members from diverse backgrounds, learning to effectively communicate and understand their preferences. This allows me to provide personalized Service and create a welcoming atmosphere. The internship experience at Anantara Sir Bani Yas Island complimented my studies at GATE College by providing practical

exposure to the food and beverage industry. It allows me to understand the day-to-day operations of a luxury resort and the challenges faced in delivering top-notch service.

Overall, my internship at Anantara Sir Bani Yas Island, Abu Dhabi is an invaluable experience. It provided me with practical skills, industry knowledge, and a deeper appreciation for the food and beverage sector. I am grateful to GATE College for facilitating this opportunity and to the team at Anantara for their guidance and support throughout my internship journey.





**Global Academy of
Tourism & Hospitality
Education**



EHL
Member of the EHL Network
of Certified Schools



ADMISSIONS OPEN

BIHM

1 year **Paid** International Internship

Best **Hospitality & Business Management** Course.

Enroll Now



Scan to Apply

For more information:

+977 4376048 | +977 9802323482 | info@gate.edu.np

Kathmandu, Mandikhatar, Budhanilkantha - 9

No CMAT & KUMAT
required

GATE Because I Care!

 **SwissHotelAssociation**
Affiliate School



ASSESSING STUDENT POTENTIAL THROUGH POSTER PRESENTATIONS

POOJA DANGOL
Faculty

Ever questioned whether traditional exams exclusively measure a student's learning? I found myself pondering this very notion while embarking on the path of utilizing poster presentations for end-term assessments. Let me share how this experience became nothing short of a revelation!

In my role as a faculty member, I've long held a deep appreciation for progressive learning methods. So, when the opportunity arose to evaluate my students using a project-based approach, I eagerly embraced it. Little did I anticipate the profound impact it would have.

The concept was elegantly simple, yet its implications were profound. Instead of relying on conventional written exams, my students were entrusted with the task of crafting poster presentations that would manifest their comprehension of diverse facets of business communication. Each poster evolved into a vibrant canvas reflecting their knowledge, creativity, and practical acumen.





As I strolled through the presentations, an overwhelming sense of joy enveloped me. It was as if I could witness their growth right before my eyes. These posters transcended mere informational displays; they embodied the effort, commitment, and fervor my students had invested throughout the semester.

What resonated most deeply was how this assessment method provided a platform for each student's unique strengths to shine. Some excelled in the art of visual storytelling, while others showcased exceptional research. It served as a poignant reminder that education defies one-size-fits-all paradigms; each student charts their individual course toward success.

Furthermore, the poster presentations nurtured a profound sense of pride and achievement among the students. They were no longer just taking a test; they were contributing to a growing body of knowledge, sharing their insights with peers and mentors alike.

As I persist in my mission to empower the next generation of business communicators, this experience remains a shining example of how a distinctive approach to assessment can unlock the genuine potential of our students.





An emotional and enjoyable sight to behold is constantly looking back to where you started and where you developed and evolved from. Every institution aspires to look back on its history, achievements, and the many lives it has positively impacted over the years with pride. GATE celebrated its 17th anniversary on May 17, 2023, with a lot of fervor and fanfare. During the 17th Mega Assembly celebration, everyone had a chance to reminisce about all the sacrifices, successes, and struggles as well as all the tiny but significant occurrences.

Highlights of GATE 17th Anniversary

- Cake cutting ceremony
- GATE's Core Values revealed
- The commandment of all long-serving staff
- Meeting with former serving staff
- A video highlighting the development of GATE
- 29th batch coordinating the whole event.

The focus of the 17th Anniversary was understanding how GATE came to be where it is now. The purpose of the 17th Mega Assembly is to celebrate all of the significant occasions and accolades GATE has received since its inception, as well as to honor all of the gate members for their dedication and perseverance. The significant bottom line of the assembly includes spending time with former faculty members and reflecting on the reasons GATE was established.



The Beauty of the Japanese Language with a Native Teacher

Sujan Koirala
29th Batch



Learning at GATE is not only about sitting inside the classroom and achieving our degrees but it's about getting experiences. I must thank GATE for providing us world-class experience by bringing the teachers from global reach. In this blog, I am going to share my Japanese language class experience.

From day one to the end of the 2nd semester our every class kept going more exciting and interesting. We had a culture exchange program with friends from Japan, interactions with very inspiring and motivating guests, online interactions with teachers and students from global reach, singing Japanese songs, learning traditional Japanese style dance steps, watching videos about Japanese history, culture, traditions and most of all class activities which is always fun and exciting. we never knew how time passes by that's why it is an experience than just a foreign language class.

At the heart of this experience

is our incredible native Japanese teacher, Sensei Yayoi Yamamoto. From day one, it is proven that she is not just here to teach us Japanese; she is here to share her culture, values and warm love with us. when she enters the classroom she brings the whole of Japan. Her teaching style is not only confined to textbooks, but she is bringing everything that is required to make us understand.

One of the most interesting aspects of learning Japanese from a native teacher is the authentic pronunciation and intonation they bring to our lessons using real-life scenarios, stories, and anecdotes to make the lessons relatable.

What truly sets Sensei Yamamoto apart is her patience and willingness to help each of her students individually. No question was too small, and no concept was too complex for her to explain. She made herself available for one-on-one sessions and tirelessly worked with us until

we grasped the material. Her dedication is truly admirable.

Ignited a lifelong passion for the Japanese language within me, and I continue to be amazed by the essence of this beautiful language.

In the end, it's not just about learning words and phrases; it's about embracing a whole new world. Sensei Yamamoto, with her dedication, expertise, and cultural insights, has made this accessible to us. I am forever thankful to her for sharing the gift of the Japanese language and for being an inspiring ambassador of Japan's rich heritage. Arigatou Gozaimasu, sensei Yamamoto, for your unwavering support and for helping us discover the beauty of Japan.

Srijan Budha Magar



remains a loving brother to his younger siblings and a source of unwavering respect for his elder sister. With his parents Santu Budha Magar and Jun Maya Budha Magar, Srijan plays the role of an emotionally strong elder son.

In 2021, Srijan took advantage of an opportunity that would change his life forever. He enrolled in the GATE Vocational FAB School after learning about it from a friend. This training program, offered by Right 4 Children, focused on hospitality, and promised a brighter future. Srijan's commitment to his studies shone through, as he proved himself to be a loyal, charismatic, and positive student. Despite the financial obstacles he dreamed for his bachelor's degree which he had to drop out of.

To earn a living, Srijan took up a job at a modest guest house in Lakeside Pokhara. He discovered the true value of hospitality while working at a modest guest house in Lakesie Pokahra. When he learned about the opportunity for a

scholarship program at the prestigious GATE College in Pokhara, he applied immediately. Srijan was selected for the program based on his merits, and he saw this as a chance to acquire skills that would enable him to provide for his family.

Motivated by his father's contribution to the family, Srijan decided to embark on a career in the hospitality industry. With unwavering dedication and a commitment to improving his customer care skills, he gradually climbed the ladder at Pavilion Himalayas. Today, Srijan works full-time at the resort, earning a stable income. He has become the dependable support his family relies on, fulfilling his promises to his father and nurturing his own aspirations.

Currently residing in a rented house in Pokhara alongside his parents and other family members, Srijan understands that opportunities in Rolpa, his hometown, are scarce. He yearns to advance his career, earn a comfortable income, and finance his further education. Srijan's dream is to achieve success in the hospitality industry, ensuring a worry-free future for his family.

Presenting extraordinary journey of Srijan Budha Magar, a shining example of resilience and determination, his story represents the countless underprivileged individuals who face significant challenges in their lives. This is not a success story but a story that inspire to become a success.

Switzerland internship



My name is Lakpa Jangmu Sherpa from the 26th batch. I got the opportunity to go to Switzerland and complete my internship in the hotel Delta Park for 4 months. My goal was to experience personal growth during this internship. The transition from a classroom to a real field did require some adjustments, but with the training and knowledge I gained from GATE College, I was able to overcome all the obstacles I faced.

I did my internship in two departments which were housekeeping and F&B. I didn't have any experience before and was a bit nervous but due to the diligence in the working environment, it

was much easier than I imagined. I got so much support and motivation from my colleagues that I learned almost everything in just a few weeks. I was able to put my words and ideas into practice because of their understanding and respect. Although every colleague was from a different culture everyone had mutual respect and understanding which surprised me. Despite the language barrier, I was able to communicate with my colleagues and guests.

Even in a short period, I was able to connect with the people and adapt to the new environment. Choosing a European country for the internship with a new language and culture was not easy

I always believe whatever happens it happens for a reason



but now when I completed my internship I feel I made the best decision of my life. This experience helped me to be open and build my confidence. I couldn't imagine I was an introvert and wanted to be in my comfort zone. I always believe whatever happens it happens for a reason and now I can see that growth in me to face any challenges for the upcoming future.

In Switzerland, everything works on the system and the habit of doing every work on time, brought a positive change in me to be on time and working smartly. The lessons I've learned during my 4 months internship program have

certainly helped in readying me for my future in this field. My colleagues and supervisors also helped me develop technical and personal skills that will be extremely beneficial in my career. Deltapark for my internship program is extremely satisfying that I've chosen. My internship at Delta Park has widened my knowledge and skills in the hospitality industry.

MY BEST JOURNEY TO DATE!

Intern Exchange Programme

(SWITZERLAND MAY 15-SEP 18 2023)



HOTEL
FACHSCHULE
THUN



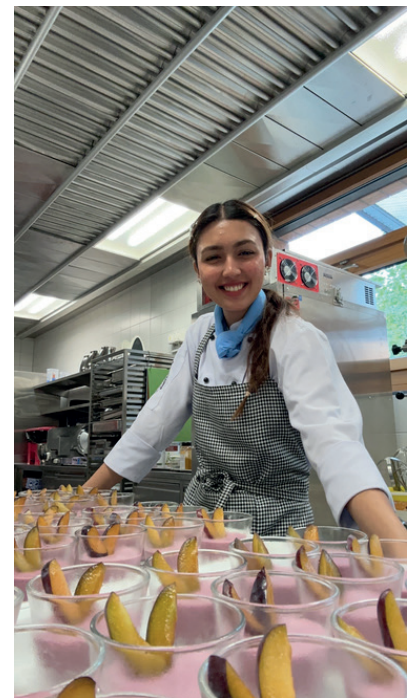
First, let me say a few words about myself. Halo Ich bin Bismita Panta. At the moment, I'm 19 years old, and I live in Lolang, Kathmandu. For my exchange internship programme, I visited Switzerland four months ago. In addition to Hotel Fachschule Thun, I worked at the lab hotel. I have done Housekeeping, Restaurant, and some kitchen work in the lab hotel. I have learned a lot there, and now I am sincerely thrilled and delighted to share what I have learned with GATE College and my juniors at GATE.

The people and the workplace were very different. I therefore initially worried about whether or not I could fit in with them but on the very first day, they all made me feel incredibly at ease with their friendly demeanour. Seeing

people from all around the world collaborating in peace and joy was incredibly amusing. There were many things that amused me, but if I had to pick just a few, I would mention their precision, time management, and the way they handle their staff and students with complete trust and respect.

I lived with the host family for four months. Mami-Brigitte Trachel and Papi-Daniel Trachel. For the majority of the stay, the host family took us on numerous outings. We visited a great number of locations, including Zürich, Bern, Interlaken, Jungfrauoch, Knie Zirkus, Niesen Mountain, Glacier, Cycling, and many more.

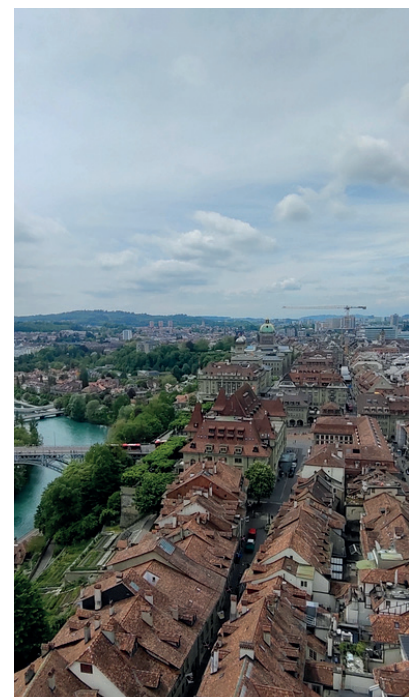
I participated in five excursions- Cheese



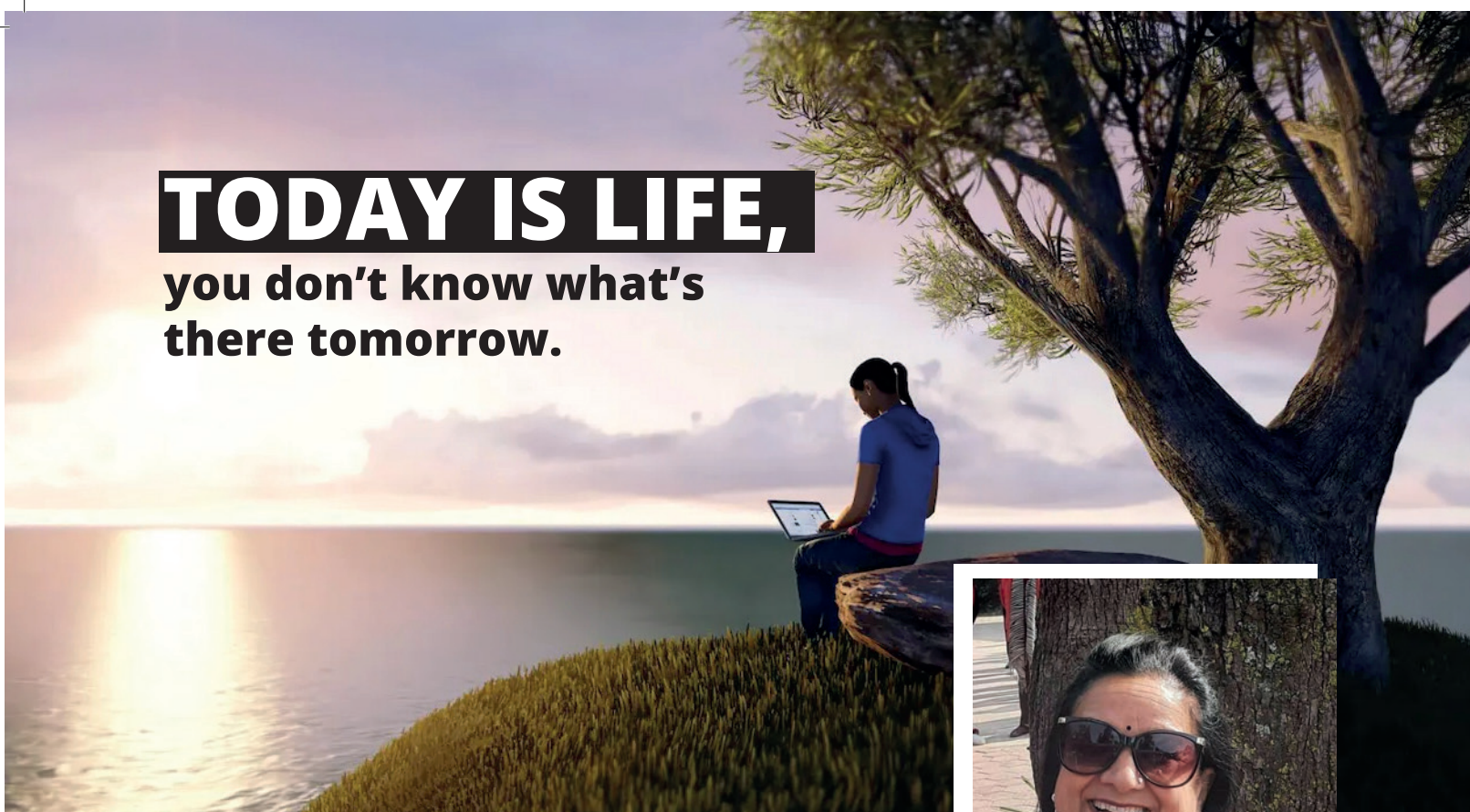
excursion Amsoldingen (7th June), Tour of hotel-textile manufacturer (21 June), Visit of the industrial laundry in Interlaken (8 August), Service examination lunch (23 August), Case study of Hotel Seepark Thun (11 September). All of the excursions were extremely beneficial for learning more about Swiss hospitality and culture, and I also met some wonderful friends.

Since this is not a fairy tale, there were unavoidable ups and downs. Living with strangers, working with individuals you can't easily interact with, living in a nation with a language barrier, and adjusting to various cultures and values weren't simple, but looking back, I believe it was all worthwhile. I went there mostly to demonstrate how much I can grow after leaving my comfort zone. The only competition I had there was myself and I think I won.

I have made a lot of friends who are absolutely dear to me. Whether I had pleasant or unpleasant memories there, they were all a part of me and my journey. It is something I want to always have with me forever and ever.



TODAY IS LIFE, you don't know what's there tomorrow.



Positivity is one trait that has remained constant in me, and I have always firmly believed that one should have a positive outlook and never give up in life. Believing that nothing is impossible, I do my best and try to face all the challenges in life because I believe that one should never stop trying and do not ever underestimate oneself. Furthermore, I am a straightforward person. Instead of sugar-coating my words or staying silent, I would rather tell people what I really think of something. Also, because I worked in China for 15 years teaching French to children with different back ground and nationalities, I think am more comfortable being around children, befriending them, talking with them, helping them grow... but should the need arise, I am also equally strict and know when and how to limit my friendliness. And it works. Of course I tend to get sentimental pretty

soon and I am notorious for trusting people almost blindly, even ones whom I barely know – the trait which has made me taste betrayal quite a number of times... but with experience, I have tended to take life easily and accept things as they come. Because people change, circumstances change... and no matter how regretful you are one day and full of pride the other day, it is very likely that people hardly notice.

Today is life, you don't know what's there tomorrow. So right now, I am just learning to enjoy life... partying with friends, travelling to new places and just remaining positive no matter what. And I guess these are the best things about being me because there are very few people who have understood this little secret to a happy life.

Despite trying to be positive during the pandemic that



thank god is over had tried to break me!! No help whatsoever from the government side was really frustrating!!

The pandemic had given one more reason for the government to remain complacent. How we as hardworking contributors to society supposed to remain afloat in this condition?

Keep your spirit high.. And yes always be positive the only thing you can do!! What ever in life never give up!!

Soma Pant

French language educator with over 25 years of international experience. Currently French Language Teacher at Gate college

"FAB School: Nurturing Skills, Transforming Lives, and Building a Sustainable Future"



In the heart of picturesque Pokhara, nestled amidst lush green forests overlooking the pristine waters of the Fushre Khola river, GATE Vocational FAB School stands as a beacon of hope and transformation. This vocational branch of GATE College Kathmandu is not just an educational institution; it is a social initiative dedicated to shaping the future of its students and society at large.

The journey of FAB School, now in its 6th year, is a testament to the power of education and service to society. The school operates on the unique concept of a 'Teaching Hotel,' where the

guests, students, and services are all real. Here, education isn't limited to textbooks; it's about instilling the right attitude and imparting practical skills that pave the way for meaningful careers.

Bibek Poudel, the General Manager of FAB School, himself an alumnus of GATE College since its inception in 2007, embodies the school's commitment to service. In a region where many young talents seek opportunities abroad, FAB School has played a pivotal role in strengthening the local hospitality industry. It's not just about facilitating training but also ensuring

job placements, particularly for those from economically disadvantaged backgrounds.

Over the years, 670 students have directly benefited from this initiative, with 54% being women.

FAB School's journey began with a vision to prepare students for the hospitality sector and provide support to those facing challenging circumstances. Over the years, 670 students have directly benefited from this initiative, with 54%



a daycare facility allows mothers to focus on their studies while their children are cared for.

being women. Empowering women and ensuring equitable opportunities was a challenging task, but perseverance and a focus on the end goal have yielded satisfying results.

The school has taken a step further by establishing entrepreneurial ventures such as a commercial laundry, dairy, and an open garden restaurant. These ventures not only help students understand business culture but also generate income to support underprivileged students through scholarships.

FAB School believes in modern learning modalities, emphasizing experiential learning and dual vocational education and training (VET) apprenticeships. It collaborates

closely with the industry to benefit both students and businesses. Recognizing the importance of upskilling, the school offers Recognition of Prior Learning (RPL) facilitation programs to enhance the productivity of industry professionals.

studies while their children are cared for. Promoting Nepalese cuisine and cultural exchange is another hallmark of FAB School. A cook-off session featuring Nepali meals, including momos, is a favorite among foreign tourists, fostering cultural understanding.



Sustainability is at the core of FAB School's philosophy. It practices regenerative hospitality and fosters a sustainable eco-chain. The school keeps free-range poultry on-site to reduce food waste and is committed to minimizing plastic use. Agricultural activities are integrated into the curriculum to teach students the essence of food production and respect for nature.

FAB School's legacy extends beyond the classroom. It offers an 'Art of Parenting' program, strengthening the bond between parents and the school. Additionally, a daycare facility allows mothers to focus on their



Free-range poultry on-site to reduce food waste and is committed to minimizing plastic use.

Under the leadership of General Manager Bibek Poudel and the dedicated FAB School team, the school is now participating in the 'System Implementation Lab' (iLab), a project aimed at reforming technical and vocational education and training (TVET). Success in this endeavor could lead to nationwide implementation.

FAB School's social journey is ongoing, and it thrives on collective support. The philosophy of giving back is deeply ingrained, and individuals can contribute in three ways: wealth, work, and wisdom (WWW. GIVEBACK). Your support, whether through financial contributions, hands-on involvement, or sharing your knowledge, is invaluable to this noble cause. FAB School welcomes all who share the vision of making a positive impact on society. Join us on this inspiring journey of transformation and empowerment.

Bibek Poudel

Alumni GATE College, Batch-I
President- GATE Alumni

General Manager- GATE Vocational FAB School,
Pokhara

Cert-IV Training & Assessment, TAFE Australia
MVTET Scholar, Kathmandu University



Coffee Sampling



Incorporating sustainable practices and understanding the journey from bean to cup is crucial in today's hospitality industry. It's not just about serving great coffee, but also about knowing its origin, sustainability, and the stories it carries.

Our students under the mentorship of our CEO Mr. Khem lakai are now gaining a deeper appreciation for the art and science of coffee, from planting and nurturing saplings to brewing the perfect cup. This hands-on experience will undoubtedly enhance their skills and prepare them for a more conscious and responsible future in hospitality.





KU-GATE FRESHERS

It was the first event that BPH students had organized. The first batch hosted a welcoming event for the second and third batches. A week before the event, an email invitation was sent to us. We were eager to participate in the event because it was our first activity since joining BPH. We dressed in our formal wear because it was a formal event. A KU GATE badge, which we had been waiting for as the first semester, welcomed us. After that we headed to Glarus Hall and there we had distinguished guests from Industry as well as from Kathmandu University School of Management.

The program introduced us to helpful options including academic, Internship and support services. It made the transition to higher school easier by making me feel genuinely a part of the college community. I'm grateful for the friendships and knowledge I made on that day when I think back on it. It prepared me for a successful college career, and I am eager to keep developing and learning.





EXPLORING THE ART OF HOSPITALITY AT BARHASINGHE BEER FACTORY

Education is not limited to the four walls of the classroom. Students are often looking for opportunities for practical learning making it possible for them to link theory with practice. About 30 Bachelor's in Professional Hospitality (BPH) students from batches 02 and 03 recently went on an educational tour to Barhasinghe Beer Factory that provided the students an in-depth understanding of beer manufacturing through hands-on, real-world learning.

Barhasinghe Beer Garden is one of the best beer gardens in Nepal that provides educational and recreational tour. It is located in Kurintar, about 101 kilometers from Kathmandu. A visit to a beer brewery exposes the remarkable art and science of brewing. Start with a history and culture lesson about the brewery to set the scene for an exciting tour of the brewing process.

On the tour, students got a chance to see brewing equipment up close, learn about beer branding and marketing, and discover how the brewery contributes to the local community by providing employment opportunities and many more. The students entered the brewery accompanied by

professional advisers, where they observed every step of the brewing process. They were in awe at the skill of the brewmasters, the choice of premium ingredients, and the accuracy of the machinery. The tour made the ideas and concepts they had learned in the classroom come to life, which made the learning experience even more deep





"A Vibrant Celebration of Holi at GATE College:

An Exemplary Event Management Triumph"

Holi, the festival of colors, is not just a celebration of spring's arrival but also an opportunity to foster unity and camaraderie among communities. At GATE College, this vibrant festival is an annual event that not only embodies the essence of Holi but also showcases exemplary event management principles in action.

The preparations for the Holi celebration begin weeks in advance, highlighting meticulous planning and coordination – a key aspect of event management. Students and faculty collaborate to organize a plethora of activities that cater to the diverse interests of the college community. On the day of the celebration,

the campus transforms into a riot of colors and joy. This transformation underscores the importance of proper execution and logistics management, ensuring a seamless flow of events throughout the day. The college's event management team excels in crowd management, with dedicated zones for vari-



ous activities, ensuring the safety and enjoyment of all participants. Medical and security teams are on standby, illustrating the importance of contingency planning in event management. Additionally, the responsible use of colors and eco-friendly practices exemplifies the college's commitment to sustainability, another integral aspect of modern event management. In conclusion, GATE College's Holi celebration not only showcases the vibrant spirit of the festival but also serves as a testament to the meticulous planning, coordination, and execution skills of its event management team. It's an event where tradition and contemporary event management principles converge, resulting in a memorable and harmonious celebration for all.



200km Journey

ALWAYS WORKING FROM HEART TO FINDING PARADISE AT WORK.

First.....

Yes, my father was right. He used to tell me to be humble, be dedicated and passionate whatever you do- then you will earn people wherever you go. I hope I did enough justice for his wisdom during my time at GATE Kathmandu.

I learn a lot of new things and a different kind of leadership from GATE. It is always fun to educate new generations of curious students. So I spent more than a year enhancing the service experience of guests at GATE along with educating students of BIHM. I always believe in giving an opportunity to new freshers. This was my perfect platform to apply what I believe and turn into reality. During my time there, more than 10 students got the opportunity to work at the Front Office Department as a part timer and intern. It was a very happy moment for me when I saw them graduating and getting awards by performing best in international hotels. I saw transitions in my department from students turning into hospitality professionals and staff turning into hospitality students seeking to be better. They all remember me from their heart, how cherished it is. My colleagues' success might be a definition of a different type of leadership which I mentioned earlier and give a

message that I succeeded in leading the team. With all my respect, I always remember the GATE family at Kathmandu.



Second.....

Have you ever imagined working on Nature where birds chirping at trees, fish playing on ponds, flock of beautiful white ducks encouraging each other to go swimming, turkeys teaching the hens to jump over the fence? The work gets more exciting when you see pheasant flying over the bushes of nearby forest in search of food. Peace of mind comes when you have a cup of locally grown coffee sitting near the waterfall, enjoying the view of

the river from the college's restaurant. GATE Pokhara is the most luxurious and green place I have ever worked in my life. The AQI here is below 15, breathing the most healthiest air on the planet. Ever heard of green investment? GATE Pokhara is doing here without banners and posters. The logo of eco-friendly that we are seeing on the texts and email signature, here I got to feel what eco- friendly really means. Everything here from the view of hills, river, spring, annapurna mountain range, paddy field, bright clouds to sound of water and air with the smell of forest all at one time everything highlights the happiness. This might be the paradise that most people do not feel during their lifetime.

The current students here have the most potential and are very capable. They feel lucky that they can learn on one of the most practical hotel school in Pokhara where they can get hands on experience of great restaurant, working kitchen, star standard guest rooms, heavy equipments like hydraulic press machines, washing and drying machines, cheese making machines, distillations machines, ovens and big blast chillers and more all inside our college. Am I out of the topic?





Believe in yourself

Rebika Maharjan

Having self-confidence is similar to sowing the seeds of opportunity in the receptive soil of our minds and hearts. It is the persistent belief that we are limitless in our potential and that our ambitions are actual, achievable goals just waiting to be attained. We set out on a path of self-discovery and growth with self-belief by our side, navigating the ups and downs of life with unshakable tenacity.

When we have confidence in ourselves, a source of inner power emerges to help us overcome difficulties and push over the limits of our comfort zones. Even when it appears like the world is telling you otherwise, an inner voice says, "Yes, you can." even when everything around you seems to be in opposition. This conviction acts as a magic wand, converting reluctance into brave action, difficulty into opportunity, and self-doubt into self-assurance.

We can only acknowledge our individuality and understand that it is a gift that needs to

be shared with the world when we have self-confidence. We stop being constrained by other people's expectations because we realize that the only limitations we place on ourselves are those that prevent us from reaching our own potential. We accept the idea that we are the writers of our own stories and are able to create narratives that are filled with purpose, passion, and fulfillment as a result of our newly discovered self-belief.

In essence, having faith in oneself is what ignites a life filled with limitless potential. It's the spark that lights a fire inside of us, inspiring us to aspire for the heavens and showing us that the only boundaries we put on ourselves really exist. So let's develop and grow this deep self-belief since doing so opens the door to a world of success, happiness, and the unwavering conviction that we are capable of greatness.

GATE SPORTS WEEK

FUTSAL TOURNAMENT



Sports Week at GATE College holds immense importance in the overall development of students. It goes beyond just physical activities; it fosters numerous essential life skills. Firstly, it promotes physical well-being, encouraging students to lead healthier lives. Secondly, Sports Week enhances teamwork and sportsmanship, teaching students how to collaborate, communicate, and compete with grace. These qualities are transferable to their academic and professional lives. Furthermore, it provides a platform for students to discover and nurture their

talents in various sports, potentially paving the way for future careers in athletics. Sports Week also instills discipline and time management as students balance academics and sports. It helps relieve stress and fosters mental resilience. Lastly, it promotes a sense of belonging and school spirit, strengthening the college community.

In essence, Sports Week in GATE College is more than just a week of games; it's a week of growth, development, and the formation of lifelong skills and values.



Certificate- III in Commercial Cookery

Certificate III in Commercial Cookery is a basic qualification that gives one a basic knowledge of the cuisine theory and enables to start a career in the culinary field. The course requires completion of selected compulsory units/ subjects and a few electives. Successful completion of the course offers a pathway to start a career as a commercial cook in the industry. This course is offered in affiliation with The Technical and Further Education (TAFE), New South Wales in Australia for the first time in Nepal here at GATE. TAFE is the largest and oldest vocational training institute in Australia with a history of over 120 years of providing vocational education, with over 500,000 enrollments each year and over 1000 courses offered at various campuses.

After completing the qualification, individuals can progress to Certificate IV in Commercial Cookery or Certificate IV in Catering Operations or Certificate IV in Patisserie at TAFE Institute in Australia. Competency of individuals is judged on their performance in units such as special diets, food safety, hygienic practices, menu costing, customer service to name a few.

Certificate III in Commercial COOKERY

Australian National Qualification
at GATE

Recognition of Prior Learning

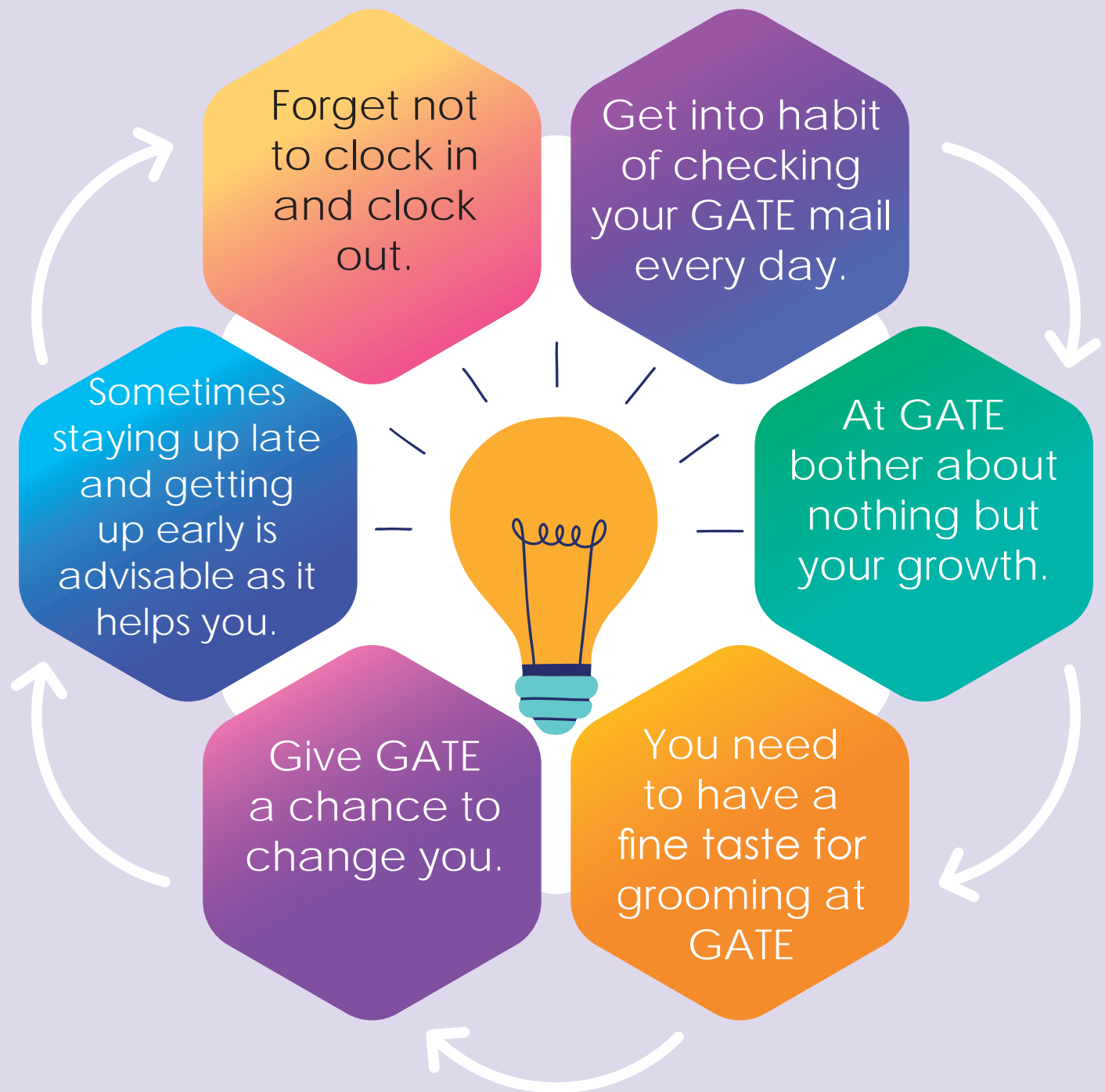
This qualification offers an option to fast track your career through Recognition of Prior Learning (RPL). RPL is a provision under which working Chefs can also enroll for this course and earn Certificate III. Ideal for those who have worked several years in the industry but have no proper qualification.

Requirement for RPL is the proof that individuals have those competencies. It could be based on the years of experience in a particular area or in a particular position. Professional experiences will be counted and individuals under this provision may not be required to enroll for some units again which is based on their knowledge and past working experiences.

Is this a good career choice?

The career as a Chef is highly demanding, higher-end jobs such as of an Executive Chef demand long work days, with weekends and holidays typically included due to the hospitality industry's tendency to be busy during these times. However, the job outlook for those wanting to enter the culinary field is positive due to employee turnover and the growing number of establishments needing Chefs worldwide. Outlook projections vary by the type of Chef an individual wishes to be, though most culinary fields have an average to better-than-average outlook. Also, individuals who aspire to an upper-end culinary position must consider the time, hard work and expectations involved. This profession is ideal for individuals who are creative and want to exercise their love for creative cooking as this a global occupation.

Some Advice for Students





Global Academy of Tourism & Hospitality Education

Budhanilkantha, Mandikhatar - 9
G.P.O. Box: 9562, Kathmandu, Nepal
T: +977 1 4376048, 4650176,
E: info@gate.edu.np





**THE BEST
4 YEARS OF
YOUR LIFE**