

CURRICULUM VITAE

NAME **SCHAFFNER MONIKA, DR.**

DATE OF BIRTH September 22, 1975
in Kathmandu/Nepal

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ABOUT

With connecting spaces, I **co-create, consult and connect holistic solutions for positive global change** – be this a project, a destination, an infrastructure, a product. For the past years, I have been focusing on **value-conscious, holistic tourism models as catalysts for sustainable rural development**, where the intention is to safeguard and value the environmental and cultural heritage we live in as hosts, in the same way we come to appreciate this as guests.

As **integrative geographer** I have a strong sense for the complete system, looking out for those blind spots that may not yet be "right". I operate as an **inspiring force** and **connector of threads**, identifying potential improvements to ultimately **reach greater, more sustainable and meaningful solutions**. My key interest is to recognize and set up these connections, establish the resonance, and create positive, fruitful interrelationships between the various elements of the whole system.

Change always begins on the individual level, so I also **work directly with individuals**, inspiring people to become more who they really are, by getting closer to their own selves, by integrating the body-mind-soul entity that they were born to be.

- **Mindwalks** are **transformational mountain retreats**, where I invite my guests to deeply get in touch with nature and thereby reconnect closer with themselves. The aim is to regenerate, to reach inner states of calm and well-being, and to find answers and clarity on how and where to take your next steps on your life's path.
- **Lomi Lomi Nui Massage** is an ancient form of bodywork, where by touching a body, deeper soul-levels can be reached. In my work, it is a holistic means to touch upon those spots – physical-emotional aspects – in you, which may need your attention at this stage; those parts of you, which may be ready for transformation or change.

EDUCATION

- 06/2006 – 12/2015 **Professional training** in administrative, project and personal **leadership; communication** skills (written, oral) **networking** and **interdisciplinary project management**
- 06/2001 – current **Professional training in holistic body and mind work techniques**
Vipassana and satipatthana meditation, holistic energy work, Lomi Lomi Nui massage
- 09/2003 - 12/2007 **University of Bern, Centre for Development & Environment: PhD in Integrative Geography**
PhD Thesis: Material Flow Analysis to Assess River Water Quality Degradation and Mitigation Potentials in Developing and Transitional Countries. A Case Study in Thachin River Basin, Thailand
- 09/1996 - 01/2003 **University of Bern, Hydrology Group: Master of Science in Geography**
Master thesis: Drinking Water Quality Assessment and Improvement in Jhikhu Khola Watershed, Nepal
- 09/1996 – 06/2000 **Minor degree** in **Religions Science**. Exam theme: Buddhism in the Himalayas
- 09/1996 – 04/2000 **Minor degree** in **General Ecology**. Exam theme: Sustainable Tourism in the Himalayas

PROFESSIONAL EXPERIENCE

- 10/2018 – current **Madi Eco-Village: Self-sustainable, clean, community-based rural tourism, Chitwan, Nepal**
Project design, coordination, management. Partners: myclimate, Sustainable Mountain Architecture
- 05/2018 – current **Lomi Lomi Nui Massage practitioner, Riveryoga Studio, Switzerland**
Holistic bodywork for body-mind-soul regeneration & transformation
- 03/2018 – current **Mindwalk: Transformational trekking retreats and time-outs in mountain nature**
Curation, organisation, tour guide; in the Nepal Himalayas, and the Swiss Alps
- 07/2017 - current **Founder: connecting spaces**
Co-create, consult and connect holistic strategies to safeguard and evolve natural & cultural heritage of mountain regions. Focus on holistic eco-tourism as catalyst for value-conscious rural development.
- 01/2017 - 09/2018 **Association to Protect the Shores of Lakes Thun & Brienz: Head Office Manager, Thun**
Project management and coordination, strategy development, contacts management (media, sponsors, partners), fundraising, marketing, design and organization of events.
- 03/2016 - current **Mandates in communication, facilitation, business development, environmental science**
Metetest.ch: Business development for climate, wind and weather forecast projects in Nepal
Kamforsud.org: Field-level facilitation, Upper Mustang Climate Change Adaptation Project, Nepal
Topthesis.ch: Lector/editor for scientific publications
Expert/Examiner for the Federal Vocational School Leaving Examinations, Switzerland
R. & U. Schaffner (Engineering, Development, Environment): Editing support for project report, Nepal
- 06/2008 - 12/2015 **Swiss Federal Office for the Environment, Water Division, Bern: (Senior) Project Manager**
Team leader National Surface Water Quality Monitoring Program; Co-responsibility for strategic planning and budget; Strategic communication to decision-makers and the public; National Reference Centre for Water to the European Environment Agency EEA; Swiss compliance reporting under the WHO Protocol on Water & Health; Task Group Leader for Bathing Water Quality Assessment
- 08/1995 - 03/2008 **Engagements and experience in environmental research, consulting and management**
University of Bern: Research assistant Center for Development and Environment
Evaluations, Bern: Policy evaluation, environmental monitoring, sensitization (scientific support)
U. Schaffner & Assoc: environm. sound road construction, Nepal, Bhutan, Ethiopia (admin. support)
Bhutan Water Partnership, Bhutan: Assessment for national river water quality monitoring (internship)
Puls, Environment consulting, Bern: Landscape & biodiversity conservation projects (scientific support)
Swiss Centre for Applied Ecology Schattweid, Wolhusen: Applied environmental projects (internship)

OTHER ENGAGEMENTS

- 08/1999 - 11/2002 **Board member of WWF - Cantonal Division, Bern**
Insight into political lobbying; organization of public events (e.g. sponsoring races).
- 05/1994 - 11/1998 **Member of the Swiss National Athletes Team in Orienteering**
Junior World Championships 1995; World University Championships 1996, 1998.
- 08/1986 - present **Member of the Swiss-Nepalese Society**
Social, cultural and information exchange, networking, project development in Nepal.

LANGUAGES

German (native proficiency); **English** (full professional proficiency); **French** (professional working proficiency); **Nepali** (working proficiency); **Spanish** (elementary proficiency); **Thai** (basics)