

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**.

Change always begins on the individual level, so I also **work directly with individuals**, inspiring people to connect more deeply with themselves and their inner purpose and thereby become conscious agents of a greater collective transformation.

- As a **transformational travel guide** I offer **conscious trekking tours** and **mountain retreats**, inviting my guests to reconnect deeply with nature and thereby reconnect with themselves. The aim is to regenerate, to reach states of calm and well-being, and to find answers and clarity on how and where to take their next steps on their 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 – which may need attention at this stage, and which may be ready for transformation or growth.

EDUCATION

- 03/2021 – 06/2021 **Transformation design** program by the Transformational Travel Council
- 01/2021 – 05/2021 **Cosmogetic LIFE Coach**, Level 1 with Jana Haas
- 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, Switzerland**
Holistic bodywork for body-mind-soul regeneration & transformation
- 03/2018 – current **Transformational trekking tours and mountain retreats**
Curation, organisation, tour guide; in the Nepal Himalayas, and the Swiss Alps
- 07/2017 - current **Founder: connecting s p a c e s**
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**
Meteotest.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)