

**RESTLESS
DEVELOPMENT**
POWERED BY YOUNG PEOPLE



Nepal

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International Volunteer Day 2019

Restless Development hubs across the world celebrated International Volunteers Day on December 5. At Restless Development Nepal, we celebrated the contributions of the thousands of our volunteers and alumni that have worked with us to lead social change and advocacy. We are always grateful for all of our past and present volunteers.

To promote International Volunteers Day, our Q19 ICS Volunteers conducted special events across their communities that week. These included career fairs, waste management workshops, reading fairs, wall paintings and more.

International Citizen Service (ICS)

The ICS Programme offers an opportunity for young people from Nepal and the UK to take a leadership role in their placement communities while implementing projects to bring about positive social change. Here are some highlights of the uplifting and impactful events that our Q19 volunteers held in their placement sites:

Be Green Keep Clean: Eco Garden Renovation

ICS volunteers in Tauthali organized an eco garden renovation programme to beautify their school community and inspire students to take action. Students in grades 6 and 7 had tried to grow different crops and vegetables in the school garden, but it needed upkeep. "There were wrappers and plastics everywhere," says Ujjwal, a Q19 Youth Reporter. The team decided to get involved. With the help of students in grades 6 to 8, the volunteers cleaned up the trash and painted the walls surrounding the garden with slogans like "Be Green Keep Clean!" They held a waste collecting competition and danced and played games with the students. The event was a big success and the volunteers were overwhelmed by the number of students who participated.



"The students are really happy about their garden and have promised to take care of the garden. They want similar programmes in the future."

- Ujjwal Nabin Tripathy, Q19 ICS Youth Reporter

Climate Strike: Protecting Our Planet



Volunteers in Chhampi led a Climate Strike to add to the global protests happening around the world and raise awareness about climate change. They focused on issues that matched their community's needs, like waste management. The young activists and participants marched, chanting slogans like "we can't make waste everywhere!" Youth Reporters Sony Rai and Ashim Aryal led the group and recorded the event, capturing the participants chanting "Hamro Chhampi Ramro Chha." (English Trans: "Our Chhampi, nice Chhampi.") Sony and Ashim were delighted to see the large turnout in support of environmental protection. The volunteers plan to follow up on the climate strike by meeting with local leaders to discuss environmental action in the community.

"We know great things begin with small ones so keeping that in mind, we conducted today's program."

- Ashim Aryal, Q19 ICS Youth Reporter



Colors of Rainbow

The Colors of Rainbow Project, a collaboration between Restless Development Nepal, the Federation of Sexual and Gender Minorities Nepal (FSGMN), and AmplifyChange, aims to capacitate young LGBTI people to empower themselves so that they are able to make healthy life choices, especially with regards to their sexual and reproductive health (SRH) behavior and rights.

Training on Journey4Life: an SRH Empowerment Model

On 25 November, 12 Young Champions completed a 7-day Champions4Life training as a part of Colors of Rainbow. Through the training, they were equipped with the skills and knowledge needed to advocate for and empower their LGBTI peers to choose healthy lifestyles relating to SRH. They also spent the week building their own confidence and developing the ability to critically assess the social norms that are impacting their own development.

“This type of program is an opportunity for us to hear the stories of our friends from LGBTI community. Hearing the struggles of each other, it inspires us in many ways. I still feel we have a long way to go but program like this helps empower young people from LGBTI community and find their own identity in a society where we are viewed as a different being.”

– Subham Chaudhary (22) Young Champion, Colors of Rainbow

Through Journey4Life, a state-of-the-art SRH youth empowerment model co-created by Restless Development and Dance4Life, young people embark on a personal journey of understanding themselves, develop gender-equal attitudes, and increase their understanding of how to effectively challenge harmful social norms. The training ends with a celebration of the empowerment journey.

Now that the 12 Young Champions have completed the training, they will work as peer facilitators to capacitate other LGBTI young people. Each pair will use the empowerment model to work with 42 young LGBTI people between the ages of 15–28 in the Kathmandu Valley and other districts, including Jhapa, Chitwan and Kailali, to advocate for themselves and choose healthy lifestyles. Through the Young Champion’s efforts, over 250 young LGBTI people will be reached.

“I want to make a difference for the people of my community. I want to dedicate my life to support and inspire people from sexual and gender minority group and bring positive change in their life. I am proud to work as a Young Champion. This opportunity to meet and train other people from my community is exciting.”

– Bipin Kathayat (21) Young Champion, Colors of Rainbow

Youth Take the Lead

Youth Take the Lead (YTL), in partnership with the Norwegian Agency for Exchange Cooperation (NOREC), is an exchange program focusing on enhancing the youth leadership across three Restless Development Hubs: Nepal, Tanzania and South Africa. For 3 months, volunteers from each respective country moved to one of the other placements to work and learn.

From August to November, the Nepal Hub hosted two NOREC Volunteers, Jackline Thomas Chami from Dar es Salaam, Tanzania, and Sonwabile Luhabe from East London, South Africa. During their placement, the volunteers interviewed Restless Development alumni to develop an alumni engagement plan for the hub. On November 29th, Jackline and Sonwabile returned to their home countries with the new skills, knowledge and experience that they acquired while in Nepal.

Meet Our NOREC Volunteers



“Opportunities like this are very rare, where you’re given a chance to learn and work at the same time... I would like to learn what other young people are doing in other countries as well as contribute my skills, because creativity and innovation comes with seeing the world.”

– Jackline Chami

“My major is communication at school, but I had never really had the opportunity to practice it the way I’ve been able to practice it in Nepal. It’s one of the things that I can take with me and say that I’ve engaged with people.”

– Sonwabile Luhabe

3 Months in Nepal: Lessons Learned

1. Nepal's welcoming culture: Sonwabile admits he had no idea what to expect when he arrived in Nepal, and found it very different than his hometown in South Africa. What struck him most was the friendliness of Nepali people. “My first perception of Nepal was: there’s a lot of people, but a lot of people with big smiles and warm hearts.”

2. Young people create innovative solutions: Jackline was excited to be placed in Nepal because she saw similarities in the issues that women and girls face in both Tanzania and Nepal. During her placement, she took note of some of the effective solutions that young people are using to tackle these issues. “Talking to people has taught me a lot... they’re not dwelling in the problems but rather in the solutions.”

3. The importance of communication: Throughout his exchange, Sonwabile says he had to navigate many different conversations and situations. He learned about communicating across cultures and languages, and knows that these invaluable skills will help him with his work in South Africa.

4. What true youth leadership looks like: Sonwabile and Jackline emphasise that the exchange helped them see and understand what youth leadership looks like. The opportunity to lead their own project, as well as seeing youth-led and youth-driven leadership in different contexts, showed them how powerful young changemakers are in their communities.

Read our next newsletter to learn about the four other NOREC volunteers that participated in the exchange: Inuja Pradhan and Manish Shakya from Nepal, Reuben Chacha from Tanzania, and Anathi Mkhutshwa from South Africa.