

**RESTLESS
DEVELOPMENT**
POWERED BY YOUNG PEOPLE



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Working together with young people to create a better tomorrow!



Binayak Khatiwada from Kathmandu Nepal is passionate about youth advocacy and cross-cultural collaboration to create transformative and long-lasting changes in society. He believes by entrusting opportunities to youth we are investing in a “better tomorrow”. During his time in South Africa as a NOREC exchange participant on the Youth Take The Lead programme (YTL), he has learnt about the importance of cross-cultural partnership and working alongside communities from the bottom up to help create change.

Binayak was engaged with the National Youth Engagement Network (NYEN) when he first learned about the YTL opportunity and decided to apply. He said “I decided to apply for it because the opportunity was a once in a time opportunity for me. My main motivation was to work in a cross-cultural environment, learning from the (lifestyle of) people and their working methodologies.”

During the exchange program Binayak’s main task was to conduct assessment interviews and monitoring support visits together with 4 different Civil Society Organisations (CSOs). This involved gathering information, using monitoring and evaluation tools and assessing the data according to the organisation’s missions and goals. The plan was to complete the evaluation and then offer recommendations upon different ways they could build upon their strengths and weaknesses. Unfortunately, due to the Covid-19 pandemic the ability to pass on those recommendations was halted as he had to return home to Nepal. However, Binayak managed to create significant impacts through his work. He said that through the evaluation process they “started noticing some differences in the way they (CSO’s) worked such as involving the youth from an early stage of planning”. Binayak says that they also “managed to create some powerful stories of alumni and organizations which were set to be published” and “although we couldn’t measure our impact directly as such, I feel like we were definitely impactful”.

Even in spite of the pandemic’s disruption, Binayak believes that as a NOREC volunteer, he has gained valuable skills and perspectives. He says “I learned to see things from a micro level, that is, whenever you identify an issue and work to address it, you need to think things from a grassroots perspective and not just through a bird’s eye view.” Also, Binayak has learnt from the exchange experience the importance of “thinking outside the box” beyond his own rational. His immersion into a new culture has given him a deep passion to continue to learn from different people about different ways to make a change. He says “I want to visit new and different places and expand my horizons of knowledge to then bring back these perspectives into work in Nepal, for the better. And I want to work with the youth because I believe that the youth need to step into the frontlines for a better future for all.”

Binayak gained skills and approaches from his colleagues in South Africa. He says, “their passion for work was really inspiring; the hard work and dedication that they put into work really inspired me to bring back something like that to the way we work here in Nepal”. He says that their example of working alongside communities and initiating innovative approaches to generate funds for their programs are skills that he will replicate back home in Nepal.

Upon returning home, Binayak has continued to work with Restless Development to complete his NOREC experience. While this was initially challenging, many great opportunities have risen for him to take part in. Binayak has participated in advocacy work including sharing a 2-day seminar to ICS alumni on online advocacy and its importance. Work with the South African CSO’s has also continued, confident that they can finish the work they began and make a meaningful contribution.

Mobilization and Engagement of ICS Alumni



National Youth Engagement Network (NYEN) team of six ICS Alumni volunteers was formed in the collaborative effort of three organizations: Raleigh International, Restless Development Nepal, and VSO Nepal. The network aimed at providing the young active leaders with the resources and capacity to further strengthen the knowledge and skills to contribute positively towards the progress of Nepali society. The team conducted career path workshops, provided capacity building training to the youths and established a menstrual hygiene room.

Career Development online workshops for young students

In order to orient youths on online learning platforms, job portals, CTEVT, job description and application, and interview skills NYEN conducted three career development workshops. Through the workshops NYEN reached almost 500 rural youths, As a result, these youths enhanced their knowledge in the area of how online portals can be used to shape their career.



Youths as Leaders

We believe that various skills are required for meaningful interaction and to perform tasks. In order to train youths regarding leadership and project management NYEN conducted training on "Leadership and Life skills", and, "Basics on Project Management". The training reached almost 300 young people who enhanced their skills and improved their understanding on the subject matter.

Ensuring safe and private Menstrual Hygiene Management

Absence of separate girls toilets and resting places during periods in schools, especially in rural parts of Nepal has been a barrier to the regular attendance of girls. So, NYEN identified Shree Buddha Bhawagan Secondary School located at Mahankal, Lalitpur and established a menstrual hygiene room. The room ensured that 78 females (including 73 students and 5 teachers) had privacy and a proper place for resting and disposal of pads. This step has encouraged girls to attend their classes regularly who previously would have skipped the classes during their menstruation.



“We are very thankful to the NYEN team. The installment of menstrual hygiene room is a great step to provide help and space to our female students during their menstrual cycle.”

– Asmita Kharel, Nurse of Shree Buddha Bhawagan Secondary School

Young People as Impactful Leaders

Four impactful leaders from Nepal made it up to the third cycle of the Youth Take the Lead (YTL) programme 2021 which is supported by the Norwegian Agency for Exchange Cooperation (NOREC). The main purpose of the programme is to provide a platform for national youths to enhance their leadership and create positive impact within the organizations and in their communities.

The volunteers are working to build coalitions between local and national youth focused partners, opening up spaces for youth to participate in decision making in a meaningful way and focusing on joint adult–youth accountability for development and change.

“Working for the development sector has always been my passion. I believe “ Youth Take the Lead” will provide me with an ample opportunity to make a positive impact in society by utilizing the knowledge and skills I possess.”

– Gopal Thapa

“I am glad to become a part of the Youth Take the Lead (YTL) project. I chose to participate in the YTL project because it provides a chance to work with stakeholders in the community which will certainly help me enhance the qualities that I possess.”

– Kripa Nepali

“I believe YTL is a unique learning platform which provides an opportunity for young people to enhance and exchange their knowledge, develop skills as well as utilize those skills to make a difference.”

- **Radhika Shahi**

“I believe the Youth Take the Lead (YTL) platform will provide me with the opportunity to amplify my voice in order to make a better world for living through effective leadership.”

- **Abhishek Thakur**

Youth Specific Livelihood Impacts and Responses to COVID-19

Restless Development is currently conducting a Youth-Led Research project, “Youth Specific Livelihood Impacts and Responses to COVID-19”, in Indonesia and Nepal in partnership with the University of Cambridge, with support from the Asian Development Bank (ADB). The project is being conducted to ensure that young people in Asia play a vital role, helping us to:

- 1) Understand the impact of the crisis in real time on youth themselves and,**
- 2) to inform recovery efforts while the response is still ongoing, ensuring it is based on community level insight.**



This youth-focused and youth-led project aims to accumulate the value-add of qualitative research which further complements and enriches other research and analysis. For this, 5 Young Rapporteurs and 50 Diary Writers from each country i.e. Nepal and Indonesia have been recruited from diverse backgrounds. The diary writers have been selected based on five specific clusters that are: Migrant Waste Pickers, Young NEET Mothers, Health Workers, LGBTIQ (Nepal)/ People with Disability (Indonesia) and Low level Tourism Workers. We have adapted our youth-led research model to this diary approach by engaging young Rapporteurs – one per cluster to support the specific cluster.

Strategic Partnership



Restless Development Nepal has formed a strategic Partnership and agreed upon Memorandum of Understanding (MOU) with Youth Advocacy Nepal (YAN), BATAS Foundation, and Nepal Development Initiative (NEDI).

Nepal Development Initiative (NEDI)

is a social development organization (SDO) founded in 2003. NEDI strongly believes in applying mutual partnership and good coordination with government institutions, development partners and all concerned stakeholders including the private sector. It envisions building a self-sustained, equitable, eco-friendly and prosperous society.

NEDI and Restless Development Nepal have recently signed a strategic agreement to identify and work for youth and community development; youth empowerment, promotion of social entrepreneurship and enhancing livelihood for young people .

BATAS foundation was established in 2008 as a philanthropic wing of BATAS organization to execute its activities under the received fund of corporate social responsibility. Today it is recognized as a non-government, non-profit making organization. BATAS foundation is working with the mission to promote a better quality of life among people, through developmental and humanitarian interventions.

Batas Foundation and Restless Development Nepal, will coordinate to collectively design and implement livelihood development programs in various provinces of Nepal.

Established in 2013, **Youth Advocacy Nepal (YAN)** is a movement-based youth organization. Primarily, it is dedicated to protecting and promoting the rights of young people. YAN seeks to organize and engage young people in advocacy and social campaigning. YAN actively works for Youth participation and Leadership Development; Education; Gender equality and social inclusion; Climate change and Disaster Risk Reduction.

As a youth focused organization, Restless Development Nepal through this partnership will work together with YAN to empower and capacitate young people to become an active citizen in their communities.

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