The end of 2019 concludes an eventful decade for Restless Development Nepal and the country as a whole. Unprecedented change marks these past ten years and shows the true power of young people when they are at the forefront of development. Nothing demonstrates this better than the actions of young people who stepped up as leaders during the aftermath of the 2015 Earthquake. Four years later, the work of young people in the development sector as advocates, volunteers, changemakers and leaders continues to be critical and impactful.

This decade also brought a country-wide recognition of the vital role young people must play to achieve the Sustainable Development Goals. At the beginning of the decade, youth between the ages of 16-40 made up 40.3% of Nepal’s population. The Government of Nepal’s 2015 National Youth Policy (NYP) emphasised a new priority to “establish the youth of the nation in leadership roles making them capable of making meaningful contributions to political, economic, social and cultural life of the nation.” The recognition that young people are essential actors in sustainable development must remain at the forefront of this field as we move into the 2020s.

At Restless Development Nepal, we not only promote youth-led development, it is integral in every aspect of our work. We collaborate closely with other Restless Development Hubs to build the capacity of young people and amplify their voices. We’ve seen time and again that anything is possible when young people use their power to unleash change, and it leads to demonstrable impacts on communities and on young people themselves. Placing them at the forefront of development builds their professional skills, exposes them to new ideas and attitudes and grows an active citizenship mindset.

This year, we heard from countless alumni across our programmes about the life-changing impact of volunteering and the opportunity to lead.

Emphasizing the voices and needs of the most vulnerable is key to ensuring the greatest reach and impact of our work. In 2019, we prioritized recruiting voices from diverse and marginalized backgrounds. This year, 64% of our ICS volunteers were women. Likewise, our Colors of Rainbow program enabled us to support members of the LGBTI community in 34 districts across Nepal. Our goal to amplify the voices of young people from different castes, ethnic groups, geographic regions and more ensures that all young people’s voices are heard, not only the loudest.

At the start of this new decade, we are reaffirming our commitment to building young leaders who are prepared and motivated to tackle everyday social, cultural, and economic challenges. We are confident that 2020 will usher in a new decade of progress working alongside dedicated young leaders to fight injustice, build communities, and advocate for their rights.

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Ravindra Shakya
Hub Director
RESTLESS DEVELOPMENT GLOBAL
TOTAL GLOBAL REACH: 406,819
Thanks to Restless, I feel more confident than I was before... I learnt that resilience is an attitude."

Radhika, ICS Volunteer & Team Leader
Young people are at the core of our work.

They understand the needs of the communities where they live and work.

Their actions make the delivery of our activities possible.

Their leadership changes change cultural norms, policies and the systems affecting their lives.

Read about the young leaders making an impact in their communities and elsewhere with Restless Development through their own powerful voices.
Using what he learned at the training, Sudeep began to advocate for equal access to health services. Through social media and orientation meetings, Sudeep taught transgender people about their sexual health and rights. He also trained health professionals on working with members of the LGBTI community. He coordinated with medical service providers to supply breast binders and ensure that proper medical care was available for transgender people.

Because of Sudeep’s advocacy, local hospitals now include a third category for gender during registration and staff have been trained in LGBTI-friendly practices. Sudeep has provided peer support to dozens of trans men about access to medical services, SRHR, breast binding, hormonal intake and surgery, and he has linked over 20 trans men to hospitals to seek further treatment. His advocacy has led the way for equal access to inclusive health care, regardless of gender and sexual orientation.
Many community members from different backgrounds attended the event, where students had the opportunity to learn about different career choices and parents were offered counselling regarding after-school scholarship opportunities. Ujjwal shares, “Students were excited to learn about different employment prospects and parents seemed to internalize the fact that children should choose a career which interest them and that every profession has its own value.” The event was so successful, the school principal agreed to organize similar events in the future.

For Ujjwal, organizing events like the Career Fair allowed him to have community-wide impact and grow personally and professionally. He learned how to identify problems, develop action plans, organize events, collect feedback and coordinate with stakeholders. After seeing his impact through ICS, Ujjwal says that volunteering has motivated him to continue leading social change in his community.
Interviewing and speaking to young people in Nepal was a powerful experience for Jackline, and she emphasized the importance of sharing youth-led and youth-driven solutions. “Talking to people has taught me a lot. People are facing different types of challenges, but they’re also great people trying to solve those challenges.”

During the exchange, Jackline gained valuable skills, including intercultural communication, storytelling, teamwork and work plan design. Now back in Tanzania, she is developing an advocacy plan for Restless Development Tanzania using the skills and experiences she gained in Nepal.

Jackline is also sharing what she learned from seeing positive examples of youth leadership. A young leader herself, Jackline holds a position on the youth-led Restless Development Alumni Board. She’s teaching the knowledge and skills she’s learned in Nepal with her team of young, energetic and ambitious people.

Jackline Chami is a passionate activist for women and girls’ empowerment. She grew up in Dar es Salaam, Tanzania, and knows that young people are a powerful force for change. Jackline lived and worked in Nepal for three months as a volunteer with Restless Development’s Youth Take the Lead (YTL) Programme in partnership with NOREC, where she learned about pervasive challenges affecting young women and girls worldwide and their innovative solutions to those problems.

Jackline applied to YTL as soon as she heard about the exchange. “Opportunities like this are very rare... 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.”

In Nepal, Jackline and her counterpart developed an alumni engagement campaign and interviewed some of the most dedicated Restless Development Nepal alumni, generating impact stories showcasing their work.

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Taking the Initiative

MANISH'S STORY

“We most of the young people think that when there are problems they should be solved by other people... But the main way we can solve problems is by taking the initiative ourselves. We don’t have to wait for other people.”

Manish Sakya started working in the Finance Unit at Restless Development Nepal in 2016. Because of his background in management, he thought he would never be able to work directly with programmes and other young people. “I could see how the staff from the Programme Unit were involved in different activities like gender-based violence, child marriage and chhaupadi. I could hear those kinds of stories... but I wasn’t directly involved.”

After hearing about Youth Take the Lead, Manish jumped at the chance to work with young people and learn more about other Hubs’ best practices. During his exchange in Dar es Salaam, Tanzania, Manish worked directly with Restless Development alumni and local CSOs. He admits that initially, he was worried about his limited experience with programmes. However the local Alumni Board members became his support system. “When I met the young people over there they helped me a lot... I had this confidence like yes, I can do all these things.”

Working with his counterparts, Manish felt that he had a lasting impact at the Tanzania Hub. He collected feedback from alumni to develop a new alumni engagement strategy and interviewed 7 CSOs, which allowed him to provide recommendations to the Hub about new working partners.

His proudest accomplishment was developing case stories and a video story about impactful alumni, teaching himself the skills he needed to shoot and edit professional-quality videos. Manish learned a lot about the importance of teaching yourself the skills or knowledge you need to grow by seeing the accomplishments of these young people. He says, “we should take the initiative in every part of our life to solve problems.”

After returning to Nepal, Manish is leading an advocacy workshop for young changemakers and training future YTL volunteers. With the skills and experiences he learned, Manish is confident that he can step outside his finance background to continue training and engaging young people.
Manashi Acharya is a young activist from Udhaypur district. In her community, gender-based violence (GBV) is a serious problem, because women’s and girls’ rights are restricted and they are often encouraged to stay at home to perform household chores rather than attending school.

Growing up, Manashi was reluctant to stand up against the harmful social practices that she witnessed on a daily basis. When she started attending programmes and trainings about GBV, she began to feel more confident about speaking up. After participating in Rupantaran training, a holistic package for adolescent development implemented by Restless Development Nepal in partnership with UNFPA, Manashi learned about the harmful effects of child marriage and GBV. She decided to become an adolescent girls facilitator and trained more than 20 youth in her community on preventing these harmful practices and valuable life skills.

Participating in Rupantaran training allowed Manashi to observe significant changes in herself. Working with her peers, she became more confident and improved her public speaking skills. Today, Manashi is also able to confidently voice her concerns and condemn bad practices in her community regarding GBV.

The work of Manashi and other young changemakers has led to tremendous impact in the district. Manashi sees this in her own community, as the increase in awareness about the harmful effects of GBV has led to fewer incidents in child marriage. More girls are prioritizing school and young women are starting their own businesses as a result of the Rupantaran training.

Manashi aspires to see a community where both boys and girls are able to enjoy their rights equally. She urges young people to act as change agents and stand up for themselves, because she believes that by speaking up, young people can make their voices heard.
OUR MAJOR PROGRAMMES

Colors of Rainbow

“I still feel we have a long way to go but programs like this help empower young people from the LGBTI community to find their own identity in a society where we are viewed as a different being.”
Subham, Young Champion

This programme works on three objectives to contribute to an enabling environment for LGBTI people in Nepal to claim their sexual and reproductive health and rights:
(1) strengthening the LGBTI network in Nepal by building capacity of CSOs focusing on LGBTI issues at the community level;
(2) strengthening the nationwide advocacy efforts of the LGBTI CSO network;
(3) building the capacity of LGBTI youth to lead evidence-based advocacy to ensure their SRHR are effectively recognized.

International Citizen Service (ICS)

“ICS introduced me to an area inside of myself that I have never known before...It was pivotal for my own personal and professional development, teaching me life skills and building confidence”
Sushma, ICS Volunteer

This year, the ICS programme worked with 264 volunteers from Nepal and the UK, training them and placing them in pairs across 10 districts in Nepal. Together, these volunteers equip young people ages 12 to 16 with the knowledge and skills they need to pursue healthy and fulfilling lives and livelihoods. Teams lead education and life-skills sessions, collaborate on community activities, and develop a plan to lead similar projects back home.

Youth Take the Lead (YTL)

“You’re also a resource to the community, to society in general, by being a contributing human or person to society. Take yourself, your body, your mind, and put it to good use by involving yourself in community projects.”
Sonwabile, YTL Volunteer

Youth Take the Lead (YTL), in partnership with the Norwegian Agency for Exchange Cooperation (NOREC), focuses on enhancing youth leadership through a volunteer exchange across Restless Development hubs in Nepal, Tanzania and South Africa, coordinated by the Nepal hub. For a three month exchange period, volunteers live and work in their host country, engaging CSOs and volunteers, and generating evidence on youth leadership best practices. During a two month follow-up period, volunteers share key lessons learned and develop an advocacy plan to address pressing issues in their home communities.
OUR RESULTS

SAMBHAV

"A lot of our female students have begun to shine and we never knew their potential."
Anil, Principle Shree Mabi Badiya School

Out of 437 young champions trained, those with good skills to advocate and motivate social change increased by 48.6%.

Students engaging in after school activities increased from 9.2% to 95%.

81.5% of adolescent students showed good life skills including critical thinking and interpersonal communication.

SAMBHAV, completed in December of 2018, supported young girls and boys, particularly from marginalized communities, to transition into and remain in school, improve their learning, and become empowered members of their communities. Young Champions provided targeted young people with peer support and activities that focus on life-skills. Through the project, 3,463 junior champions were trained and over 100,000 learners participated in organized after-school activities and homework clubs.

Zero-Tolerance: GBV-Free Schools in Nepal

“I can now turn my dreams to reality. I always thought about women riding bicycles as being brave. I can’t believe that I can do it too now.”
Manisha, President of Child Club

Students saying GBV is not acceptable in schools almost doubled, reaching 70%.

93% of the target student population demonstrated a comprehensive knowledge of GBV.

50% of students in target schools said they feel safe in school and in the community.

Zero Tolerance, completed June 2019, aimed to reduce the prevalence of school-related GBV incidents and establish child and adolescent friendly procedures to respond if GBV occurs. Young community leaders were trained to support young girls and boys from marginalized communities in and outside of school. Inclusive activities offered such as sport and homework clubs helped develop key individual and interpersonal skills. The project targeted 200 schools, and reached 67,773 children and adolescents between grades 5 through 9.
OUR IMPACT

Reaching out to more communities.
Our programmes reached 21125 people across Nepal.

Recognizing young leaders.
Over 6,000 changemakers and 300 volunteers played a key role to conduct review meetings and facilitate training for young leaders and organizations, take part in advocacy meetings and press briefings, and hold rallies, street dramas, and cultural shows.

Connecting to listen, learn, and make change.
We worked closely with 19 youth-led organizations and 3 international organizations to deliver programmes.

Reaching our goals

3,403 young people participated in programmes to ensure young people’s voices are heard and considered, influencing decision makers and informing policies affecting their lives.

1,000 young people participated in programmes to build the skills needed to make a living and succeed in life.

682 young people participated in programmes to ensure they have ownership of the decisions affecting their bodies, health, wellbeing, and sexual rights.

16,040 young people participated in programmes designed to build strong communities, ensure their voices are heard, have the skills to make a successful living, and own the decisions impacting their health and wellbeing.

WITH THANKS TO OUR PARTNERS

- Amplify Change
- Dance4Life
- Macquarie University
- Ministry of Youth and Sports
- National Youth Council
- Network on Humanitarian Action (NOHA)
- Norwegian Agency for Exchange Cooperation (NOREC)
- Right Here, Right Now (RHRN)
- VSO
- UK AID
- UNFPA
- UNICEF
- UN Women
- USAID
FINANCIAL STATEMENT

Donor wise Expenses FY 2018-19

Income Vs Expenses FY 2018-19

Statement of Account
FINANCIAL STATEMENT

Expenses allocation FY 2018-19

Donor wise Income FY 2018-19

UNICEF
UNFPA
AVI
AMPLIFY
VSO International
d4l
VSO Nepal
NOREC
STAR Foundation
UNR