

RESTLESS DEVELOPMENT

THE YOUTH-LED DEVELOPMENT AGENCY

NEPAL COUNTRY REPORT 2013-2014



MESSAGE FROM THE COUNTRY DIRECTOR

Young People Can, Young People Do!

This year my team of young people has once again upheld this notion. We have shown what young people can do and what they can achieve. We live in the country where 40% of the people are official youth. In Restless Development we take this as a demographic dividend. Young People are Restless, they are Ambitious.

We work with Nepal Government under the leadership of Ministry of Youth and Sports to channel young peoples' Restless energy into mainstream development. We are happy to continue our partnership with Ministry of Youth and Sports(MOYS) to assist them in implementing the National

Youth Policy, strengthen the capacity of the Ministry on organisational development, develop Model Youth Information Centre in 5 development regions which are now replicated in 15 new districts by the MOYS. This year we have expanded our partnership base with new partners like UN Trust and UNFPA while continued our working association with UNICEF Adolescent Section, UNICEF Girls Education Section, STARS Foundation, Reach Out to Asia (ROTA), Women Without Roofs and DFID. We value these partnerships and commend their role in helping us to empower young people in Nepal.

This year has been full of big achievements. We have developed, published and nationally rolled out 17 manuals on adolescent and girls in partnership with UNICEF. Similarly we have launched the Big Idea Project for youth-led data driven accountability and governance in a post-2015 world "Youyh in Figures" in coordination with MOYS and UNFPA. With ROTA and READ Global we are reaching out to more rural youth through 12 community libraries and youth clubs. With International Citizens Service (ICS) and our partners we have mobilized 176 youth volunteers in our 7 programmes in 31 districts reaching out more than 35000 young people. We have successfully handed over our 5 Model Youth Information Centres to MOYS and expanded to new Centres in new districts. We believe in young peoples' ability and we hope to keep our stakeholders inspired from our works, expertise, values and professionalism. While we take satisfactions from our last year's accomplishments we look forward our new year with new vigor and greater feat. Join us to celebrate the spirit of youth for a brighter world.



Ravindra Shakya
Country Director, Restless Development Nepal



WE ARE THANKFUL FOR YOUR CONTRIBUTION!



Here at Restless Development, we know the strength of partnerships and we greatly value the endless knowledge, expertise and support we receive from our partners across the globe. We would like to especially extend our gratitude to Ministry of Youth and Sports, UNICEF, UNFPA, Reach Out to Asia (ROTA), Dance4life, STARS Foundation, Women Without Roof (WWR), UK Department for International Development (DfID), READ Nepal, chance4change, Renee and Terry Dover. We are very grateful for your continued support and hope to continue to work with you.

HERE'S WHAT SOME OF OUR PARTNERS HAVE TO SAY ABOUT US:

"I have known and worked closely with the restless development team for over 2 years. In this time they have proven themselves as not only driven, but also very professional and effective counterpart in adolescent development. Their holistic approach to adolescent development not only empowers the participants but also allows them to reach their utmost potential. Such a fantastic group of people and such great energy, I hope you continue the great work you do!" – *Nafisa Binte Shafique, Deputy Representative, UNICEF Azerbaijan. (Previous Adolescent Development And Participation Chief, UNICEF Nepal)*

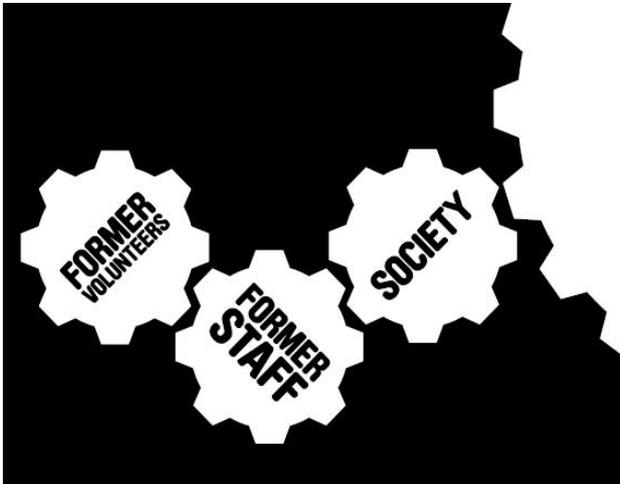
"Working with Restless Development has been a truly incredible experience. Their team is a group of energetic, vibrant and professional young people with a go-getter attitude. I hope to continue to work with them and enrich the lives of Nepali youth through their hands on approach!" – *Aradhana Gurung, Programme Officer, UNFPA.*

"We highly commend the outstanding roles played by restless development both at national and grassroots level to the execution of national youth policy. We highly appraise your strategic partnership with us and your roles in strengthening our systems and capacities." – *Shanti Ram Sharma, Joint Secretary, Ministry of Youth and Sports.*



MEET OUR PEOPLE

Here at Restless Development Nepal, we work not only as a team but as a family. We are very close knit and dedicated to professionalism as well as professional development of all our staff and volunteers. Since a great proportion of our team is comprised of young people, we are dedicated to ensure that they are nurtured as professional, productive and powerful go-getters. We follow our rule of thumb of investing in youth. We believe in investing into our volunteers, many of who turn into our staff and go onto become instrumental parts of the society. A total 39% of our current staff are under 28 years and a total 25% are ex-volunteer who now hold staff positions and 40% of the management committee are ex-volunteers. The figure below illustrates our vision of building capacity within our volunteers who go on to make a significant difference within the organisation, the community and the society as a whole.



KAAJAL PRADHAN: FROM VOLUNTEER TO HEAD OF OPERATIONS

Kaajal joined the Restless Development Nepal team (known as Students Partnership Worldwide at the time) as a volunteer in 2002 as a part of the Environment Program. Her immense potential was easy to spot and she was offered an internship at the end of her volunteer program. From then on till date Kaajal has held four different positions with Restless Development, each a step up from the previous. She is a Prime example of the power of youth, when invested in. She joined Restless Development fresh out of college, with vibrant energy and a strong sense of dedication to development. She has now become an instrumental part of the society, her contributions in both the Restless Development Nepal country office as well as the programmes has been of significant importance.

“Restless Development Nepal is the pioneer organisation for the development of youth in Nepal. It has the sole focus on youth, which makes it distinct from any organisation in the country. It has not only tried to make a difference in the life of youth through its focus on SRH, livelihood and Civic participation but also impacted in the policy level with its long term unique partnership with Ministry of Youth and Sport. Personally speaking, I have not only been impacted by Restless Development but I have also been able to make an impact in the lives of the people of the country that gave me so much.

I would give 100% credit for what I am today to Restless Development. This organisation has nurtured me to identify my aim in life. It has also helped me realize my strength and build my capacity to contribute towards the development of the society. There is a saying that goes, 'every individual is born with the talent'. I was not an exception.

But while I was volunteering with this brilliant organisation for 6 months in the rural western region of the country (where I have never been before), I found my talent and I realized that what I really wanted to do was to be a development professional. This wonderful organisation believed in me and my talent and helped me to become the best version of myself!”



REPRESENTING YOUTH IN THE MINISTRY



One of the youngest members of our team is Ankita Ghimire. Based in Ministry of Youth and Sports, she is a great example of the potential of youth when given an opportunity. She quotes, "I started my journey with Restless Development on March 2013 as Technical Assistant for Youth Sector Support Programme (YSSP). My role in the programme is to provide technical assistance to MoYS as well as to Model Youth Information Centers (MYICs) of MoYS. Apart of my job responsibility, I am bridging the voice of young people in MoYS. Restless Development gave me a platform in MoYS where I can not only share the voice of individual youth but also share the voice of young people from various part of Nepal. The voices of young people are collected through MYICs and are reflected in MoYS. Also, the common opinions of young people through youth led organisations are expressed in MoYS. This journey with Restless Development has helped me to act like a mediator between young people, government and non-government sectors at grass root level, policy making and implementing level."

Her experience working with MoYS has been instrumental in getting the message of youth heard and taken into serious consideration. Ankita shares her experience of working with MoYS: "Speaking about my personal experience in ground level, after my involvement in MoYS, I have observed some difference in involving young people in the programme planning of MoYS. In earlier days, the involvement of young people in the programme planning of MoYS was less. Only the representative of Association and Federations of Youth Organisation used to participate in the planning and decision making of government programs. However, in this journey of almost 2 years working with MoYS, I have seen increment in the numbers of young people representative in the programme and strategy planning of MoYS. There is representation of male and female youths. Also, third gender youth are invited in the planning process. Young people who are differently abled too share their voice whole planning programme and budget of MoYS, young people from marginalized groups too express their priorities. Voices from rural and urban youths are heard by MoYS and young people representing political youth wings too share their priorities in MoYS."



"Restless Development is a youth-led and youth-focused organisation, which aims for the development of young people. Young people like me can raise their voice and ensure their voice will be heard at national level.

Restless Development also serves as a facilitator for young people like me whose voice can turn into the priorities of Government of Nepal (GoN). It ensures the active participation of young people influencing decision-making process as well as helping young people to improve their livelihood not just by giving them infrastructures and tools, but also by capacitating.

Also, Restless Development has helped many young people like me to know about their sexual and reproductive health (SRH) through life skills. Also, it helped me to take right decisions regarding SRH rights."

OUR VALUES



Our values tie hand in hand with our best practices. We categorise what we consider good practice based on our four values – heart, hand, head and voice. All our projects correlate fully with these values and practices.



**We are 100% professional.
We prove that young people can.**



**We generate leaders.
We are proud to carry the banner
of youth led development.**



**We are who we serve.
We are brave.**



**We are in it together
We listen and learn.**

GIRL POWER!



In the last census, the Government of Nepal revealed that whilst the literacy rate of male is 75.1%, the literacy rate of females is still as low as 57.4%. Women in Nepal face discrimination on several folds, access to education being just the tip of the iceberg.

To address this pressing issue and empower girls from a young age, Restless Development Nepal in partnership with UNICEF has introduced the Adolescent Girls Empowerment Programme.

WHAT IS AGE?

AGE is a unique programme designed to specifically empower young adolescent girls by engaging them regularly in school-level activities, delivering peer-led sessions on livelihood options and life skills, and raising the awareness of parents in target communities on the importance of girls' education.

AGE responds to one of Nepal's most pressing issues of promoting adolescent girls' education by engaging girls regularly in school-level activities.



**"IF WE ARE TO SEE REAL DEVELOPMENT IN THE WORLD, THEN OUR BEST INVESTMENT IS WOMEN."
– DESMOND TUTU**



In 2014 alone we have reached a total of 14,170 adolescents in 84 targeted schools through 34 mentors across Kalikot, Mugu, Achham, and Bajura.

In Parsa and Saptari Restless Development is building the capacity of partner NGOs to implement their activities. These six districts were selected in order to close the existing large gender gap in secondary school enrolment by empowering girls from a young age.

THE SPIRIT OF YOUTH!

As Nepal's first youth-led organisation, our approach for all our programmes is very simple: our programmes are FOR the youth, BY the youth. Restless Development is dedicated to mobilising programmes that continually enhance the lives of youth and help them be the best version of themselves. In Nepal, Restless Development has a total of nine programmes spread out in 31 districts. These programmes aim to empower, educate and enrich the lives of participating youth. Our programmes provide a 360 degree approach in youth empowerment by allowing young people to not only part-take in the learning process of important life skills and other non-formal education, but also by directly engaging them in decision making and ensuring their participation in the entire process. Our youth focused programmes include Youth Participation and Development Process (YPDP), Youth Sector Support Programme (YSSP), International Citizen Service (ICS), Hamro Sawal Hamro Sahabhagita (HAMSA), Youth Junction for Transformation (YJT), dance4life (d4l) and AGE programme.

Youth Participation and Development Process (YPDP)

In Nepal, 58% of the population is under 25. However, a baseline survey showed that only 1.4% of youth has participated in DDC council meetings, and 1.7% has participated in district Integrated Plan Formulation Committee (IPFC) meetings. In order to make sure that youth in Nepal have their say in what is happening in their country, Restless Development Nepal partnered with UNFPA to introduce YPDP. Through this programme, Restless engages Nepali youth across 18 districts directly into decision-making.



This programme is very crucial in a context where participation of Youth in decision making is minimal. In fact, even the Local Governance and Community Development Programme (LGCDP) of the Ministry of Federal Affairs and Local Development (MoFALD) have realised the need for meaningful youth participation. In this light, YPDP aims to contribute on strengthening integrated planning, monitoring and evaluation and coordination amongst local governance actors. Since it's coming into being, YPDP has achieved several milestones, for example Curriculum Development and capacity development package delivery for Evidence based Advocacy training, Local Planning Process and Result Based Management Training. YPDP is representative of the core values and best practices of Restless Development. It strives to empower youth, giving them the say they deserve to have.



HAMRO SAWAL HAMRO SAHABHAGITA (HAMSA)

Restless Development engineered this project, from situation assessment, planning and implementation, in close coordination with Nepali Government, specifically Ministry of Youth and Sports, Department of Women and Children under Ministry of Women Children and Social Welfare, UNICEF and other UN agencies, INGOs, and Community Based Organisations (CBOs). The voices of adolescents were shared in UN General Assembly in the form of "Youth and Adolescent Charter". The charter was a result of Post-2015 consultations conducted among adolescents and youth in district and at central level. The Charter was submitted to the National Planning Commission (NPC) and Ministry of Youth and Sports, by the Nepali youth and adolescent who represented Nepal at the UN General Assembly. Restless Development together with CWIN Nepal and Renewable World has developed a holistic adolescent development package, which contains content related to social and financial skills for adolescents. The package is being rolled out by Department of Women and Children, MoYS and different INGOs.



INTERNATIONAL CITIZEN SERVICE (ICS)



ICS is a global volunteering experience, which supports young people from all backgrounds to make a real difference to some of the world's poorest communities. International volunteers aged 18-25 come from the UK to engage in several activities with Nepalese volunteers, in both schools and communities for youth empowerment. In 2014, the volunteers actively helped in campaigning and raising the voice against the social issues faced by young people. Since ICS started in July 2011, 10,000 national and international volunteers participated in ICS globally. Most of the Nepali volunteers participated in a campaign on 'Why they are 1 in 10,000?'. Restless Development Nepal hosted global ICS workshop in Nagarkot, Nepal, in September 2014 where representatives from ICS hosting countries (India, Nepal, South Africa, Uganda, Tanzania, Zambia and Zimbabwe) participated. ICS UK and Restless Development International Programme Support Team also participated. The objective of the workshop was to review the programme and plan for the following year. Also, the workshop focused on creating leaders and providing better support (especially in learning) to our volunteers.

YOUTH SECTOR SUPPORT PROGRAMME (YSSP)

YSSP aims to support National and Local Government institutions to achieve their targets around issues facing young people, through the capacitation of their human resources and technical support departments. Through our strategic partnership with the Ministry of Youth and Sports (MoYS), Restless Development is working to implement the National Youth Policy, plans and programme. We have also been providing our technical and financial support to Model Youth Information Centers (MIYCS) in 5 different districts of Nepal. Similarly, teams of MYICs along with a youth representative from each district were capacitated on Monitoring and Evaluation (M&E) and Fundraising. Through this project we support MoYS to inform young people about their rights. Restless Development delivered Financial Management Workshop to 10 Civil Society Organisations (CSOs) from five MYICs in the districts that have implemented the Youth Partnership Programme of MoYS.



YOUTH JUNCTION FOR TRANSFORMATION (YJT)

Through 'Youth Junction for Transformation', Restless Development integrates its programming in the community libraries, established in rural setting of Nepal in partnership with READ and supported by ROTA, to take youth engagement a step further and to provide a more robust youth engagement initiative. This is the first time that Restless Development formally worked with another INGO, READ Nepal; we plan to reach at least 3,000 youths in 12 communities of 5 Terai districts of Nepal through leadership, life skills and health training, career counselling, sports and academic support. The objective of the programme is to improve the education and opportunities offered to youths, to provide them with in-depth vocational skills as well as to create a sustainable environment for youth engagement.



DANCE LIKE NO ONE IS WATCHING!

dance4life unites young people around the world through dance and music, empowering them to push back the spread of HIV/AIDS. dance4life is convinced that a world without AIDS is realistic. It is the mission of dance4life to work together with young people to create positive change for themselves, their communities, and the rest of the world. With music, dance and role models, dance4life informs young people about sexuality, HIV/AIDS in a positive way. The personal stories of peers also contribute to awareness and involvement. This is our 4 step approach:

1. INSPIRE

Firstly, our local teams (Heart Connection Tour Facilitators) inspire young people through music and dance in the Heart Connection Tour. They get young people talking about sexuality and HIV and inspire them to join our programme. During this period, we have successfully reached 36 schools of Kathmandu, Parsa and Dolakh.



2. EDUCATE

Young people are encouraged to become educators and to educate their peers, increasing both their self-esteem and knowledge about Sexual and Reproductive Health Rights (SRHR), and HIV/AIDS. They educate their peers around what they need to know, both through information and skills. We have reached more than 10,000 young people so far.

3. ACTIVATE

Once inspired and educated, many young people are then motivated to take positive action and make a difference in their community. We call these young people AGENTS4CHANGE. Some of the activities performed by agents4change during this period are: street dramas, debate competitions, essay competitions, quiz contests, and folk song competitions on ending child marriage and discrimination during menstruation.



4. CELEBRATE

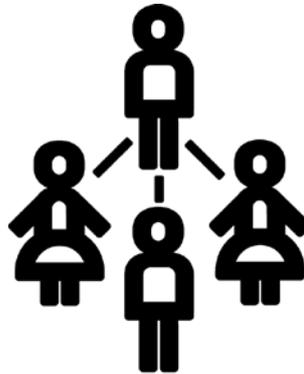
To celebrate their achievements, young people dance together on the Saturday before World AIDS Day (1st of December) to inspire and gain support from the rest of the world. The agents4change become part of the dance4life movement, pushing back HIV and standing up for their sexual reproductive health and rights. There are also local events in the districts and big events in Kathmandu with agents4change.

2013-2014 IN NUMBERS..

\$558,080
FUNDRAISED AND INVESTED
IN THE FUTURE OF NEPALESE YOUTH.



99 females volunteers



77 male volunteers

trained to lead our 7 programmes in 31 districts.

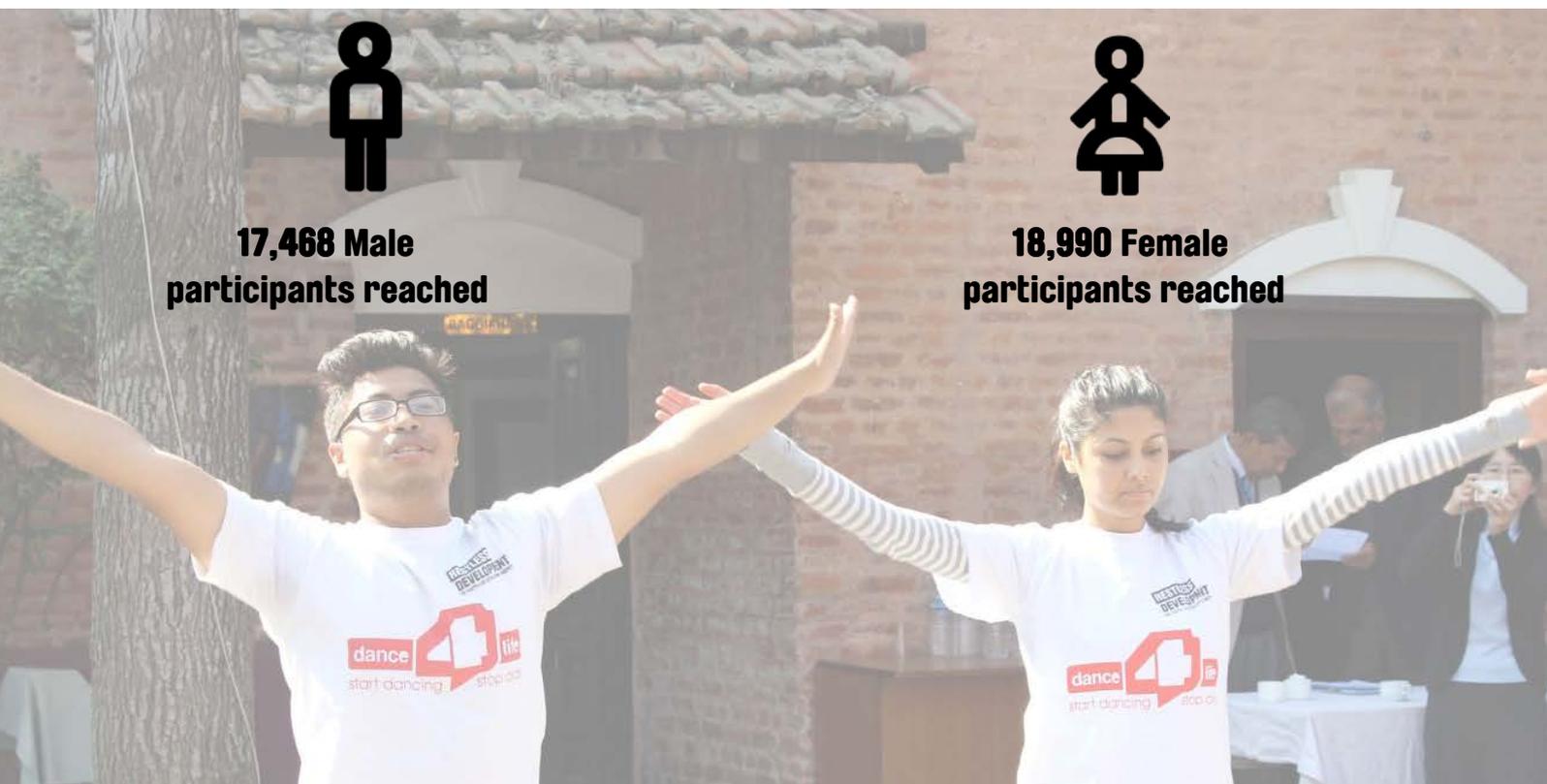
- 21,532 young people accessing life skills programmes.
- 9,617 young people accessing sexual reproductive health programmes.
- 3,461 young people accessing civic participation, good governance, and peace building programmes.
- 1,848 young people accessing business or employment schemes and training.



17,468 Male
participants reached



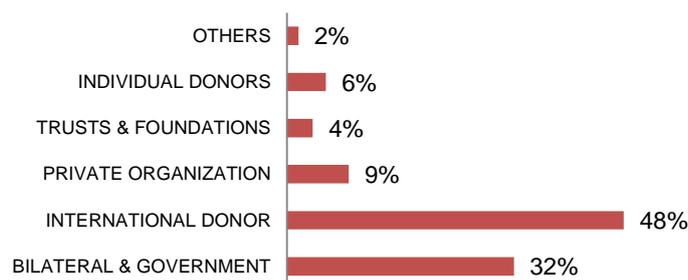
18,990 Female
participants reached



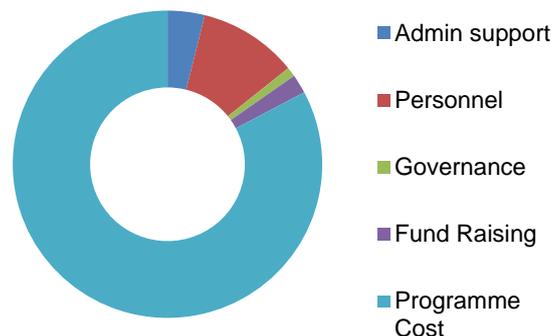
BALANCE SHEET-2013/2014

	NPR	THIS YEAR NPR
<u>SOURCES OF FUNDS</u>		
SURPLUS CARRIED FORWARD FROM RECEIPTS AND PAYMENT A/C		3,242,253
		3,242,253
<u>APPLICATION OF FUNDS</u>		
FIXED ASSETS	8,908,875	
LESS: DEPRECIATION	(5,575,952)	
		3,332,923
<u>CURRENT ASSETS</u>		
CASH AT BANK	3,771,966	
CASH IN HAND	7,407	
PRE-PAID EXPENSES	282,333	
PARTY RECEIVABLE	1,080,917	
ACCRUED INCOME	2,079,236	
TELEPHONE DEPOSIT	1,500	
RESTLESS DEVELOPMENT INT'L OFFICE UK	5,330,175	
		12,553,534
<u>CURRENT LIABILITIES</u>		
DEFERRED CAPITAL GRANT	(3,332,922)	
DEFERRED INCOME	(8,404,238)	
PARTY PAYABLE	(907,045)	
		(12,644,205)
		3,242,253

Sources of Funding



How we spent



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