

**RESTLESS  
DEVELOPMENT**  
POWERED BY YOUNG PEOPLE

# ANNUAL REPORT 2018



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We learnt about our own body and our rights which is not taught in our school or home. I have started to share and discuss the learning with my family and community members.

”

# Restless – by Choice, not by Chance.

In Restless we do things which others usually don't dare to do. And it is not just by chance, but because of our own choice. For example, the biggest community mobilization in Sierra Leone during Ebola was organized by Restless but it didn't occur by chance. Right after the big earthquakes, Restless Nepal built the highest number of Temporary Learning Centres, 511 in total. Our young activist Eva from Tanzania was quoted by President Obama in his speech, not because she was the President's relative!

We work in places where people don't usually dare to go. To reach some of our placements for example in Far Western Nepal, it will take 28 hours bus journey and then 2 days of proper hike. They are one of the remotest and lowest HDI places in Asia. And we are there working with our young people since last 4 years doing some of our finest programmes.

We dare to work with those people who are considered 'minority' even in our development culture. Commercial sex workers, drug users, LGBTQI are not our beneficiaries, but our working partners in Nepal. We work with them hand in hand to tackle some of the 'sensitive issues' in our societies.

We speak out things which people are shy even to hear about e.g. HIV, AIDS, Condoms, FGM. In Africa, our programme modules are taken as a best practices by our partners. Even the experts come to learn from us about campaigns against discrimination during menstruation and campaigns against child marriage. All these things are not just chance factors. We do work hard. We are serious. We are unique. And we are Restless.

Restless Development Nepal will play its part using all its unique features, most importantly its youth collective model, to inform, engage, and empower our young people. Restless will continue to advocate for the need of investing in children and young people. When we add new contributions to this window of opportunity, it will be by our choice not by a chance.

We are Restless, Restless for Development.

We are Restless Development!



**Ravindra Shakya**  
**Country Director**

# Colors of Rainbow – Advocating for the Rights of the LGBTIQ Community in Nepal.



Restless Development has been implementing the project Colors of Rainbow in partnership with Amplify Change in 35 out of 77 districts of Nepal since July 2018. The two year long project is implemented through the Federation of Sexual and Gender Minority – a network comprising of 52 CSOs/CBOs –with an overarching objective of creating an enabling environment for the LGBTIQ population within the country to claim their SRHR rights in a stigma-free society.

This year, we conducted various capacity building assessments, workshops and organizational development training for different stakeholders.

During the project orientation workshop organized in June 2018, a total of 32 CSOs/CBOs participated to work on a common understanding of program quality and financial reporting. Similarly, International Youth Day 2018 marked the beginning of a collaboration between the FSGMN, Youth Council and Ministry of Youth and Sports along with 50 youth organizations where FSGMN also led one of the plenary sessions on the role of youth for addressing issues of sexual and gender minorities.

We also organized events such as a rally, interaction program, and demonstration on the correct use of a condom in the World Aids Day.

Other achievements include successful implementation of various events such as Content Development Workshop for the EBA toolkit, Project Orientation Workshops, Training on Organizational Development at the district level conducted by CSOs that are affiliated to FSGMN.

The trainings have built a sense of responsibility among the participants and ownership about their organizations. They have also realized that to ensure their rights, they must be united as a network and must make their organization strong.

“

**I knew that organizational policies, strategies and objectives are important. However, I didn't know they need time to time review. During the self assessment, we realized that we need to improve in several area such as documentation and review of existing document for organizational development.**

”

Puspa Lama,  
District Project Coordinator (DPC),  
Shasaktikaran Nepal

# GBV Prevention and Response.



Restless Development Nepal has successfully developed a Social and Financial Skills Package (SFSP) ‘Rupantaran’ in collaboration with other partners for the holistic development of adolescent for positive change. The training module covers areas such as health, education and skills, civic rights, livelihood, gender and social inclusion among many others. Under the project GBV Prevention and Response, funded by UNFPA, we worked in three districts of Nepal (Sindhuli, Okhaldhunga, and Udaypur) to roll out the Social and Financial Skills Package.

We actively engaged adolescent girls and boys for the delivery of Phase I and Phase II training by building their capacity and providing technical support. In 2018 alone, we successfully reached 383 girl participants, 20 adolescent girl facilitators, and 30 adolescent boys facilitators in Sindhuli, Udaypur and Okhaldhunga.

Through this project, we were able to reach 383 girls participants, 2 representatives from District Education Committee and 4 representatives from Molung rural municipality, Okhaldhunga, Manevanjyang rural municipality, Triyuga municipality, Udaypur and Kamalamai municipality, Sindhuli.

**“During menstruation, I used to dry my menstrual cloth in the corner of the house in the shade so that no one would be able to see it. Nowadays, I dry it on the terrace in the sun because I’m not ashamed of what goes through my body for 5, 6 days. I used to be a reserved shy girl and avoid these talks, but now I’m not ashamed and shy to talk about these matters with my family. I think it’s necessary to be open about such practice and spread awareness among the surrounding communities about taking care of their women in the family. Even when boys mock and tease me, I confront them and don’t let their words affect me in any way.”**

Pramila Ghimire, participant of Kanchanjunga Kishori Samuha

## **On the path to becoming an educated and informed citizen.**

Manu Sunuwar is an active participant of Rupantaran session from Smriti Kishori Samuha. Her elder sister, who is currently studying in Kathmandu, was denied of her job because she didn't have a citizenship. Manu shares that after attending the Rupantaran Sessions, she became aware about civil rights and responsibilities and the importance of having citizenship; she was determined to get her sister her rights to citizenship. In the follow-up visit, Sonu’s (Manu’s sister) case was coordinated with the Crisis Management Center staff to further facilitate the case at One Stop Crisis Management Center (OCMC) located at Sindhuli hospital. Sonu was taken to the OCMC office by Restless Development and the Case Manager Ms. Bijaya Subedi registered her case, which was later reported to the CDO office for further action.

# National Youth Symposium on SDGs.

Young people play a direct or indirect role in achieving the 17 Sustainable Development Goals both as change agents. We recognize that they need to be seen as both programme recipients and partners to achieve the SDGs.

Restless Development in partnership with UNFPA has been playing an active role towards localizing SDGs on the community level; a part of which also included developing a comprehensive package for youth on SDGs which we were able to roll out in the year 2017.

Likewise, we also organize the National Youth Symposium every year with the aim of providing a platform for youths to interact and engage with experts on SDG

This year, the National Youth Symposium was organized on 4th December to mark the International Volunteers Day 2018. 121 young people participated in the event where they interacted with different experts from their respective backgrounds and provided their inputs on the five SDG goals.

Five experts (Dr. Aruna Uprety, Sabin Shrestha, Niran Khanal, Dipesh Ghimire, Narayan Krishna Shrestha) working on five SDG Goals; SDG 3, SDG 4, SDG 5, SDG 8 and SDG 16 also presented their paper to a group of 24 youth participants in individual group sessions and 190 participants observed the programme and participated in the plenary discussion with the invited guest speakers.



# International Citizen Service.



The year 2018 has been an exciting year for ICS. With the success of ICS 2 in Sindhuli district, the programme expanded to southern part of Lalitpur for two more cycles and for ICS bridge cycles with the support from partner NGOs Volunteer Service in Nepal (VSN) and Urjaa.

This year, a total of 44 UK volunteers and 35 In-Country volunteers were allocated who advocated against child marriage and to improve the sexual and reproductive health of young people. Alongside that, we also started ICS 2 B (bridge cycle) which focused on empowering the young people in the community so that they achieve decent and sustainable livelihood for themselves and communities.

**“ Students’ confidence has built up, they are more open whilst speaking and are talking about “tabooed” topics with no hesitation.**

School Teacher, Shree  
BaleshworiMadhyamik Secondary  
School –Bhardeu



Volunteers connected to work in the rural communities in Sindhuli and were able to deliver and lead more than 100 awareness-raising events and 117 trainings on environmental sanitation, opening up to talk about SRHR issues among young people, gender-based violence, self-defense, child marriage, menstrual hygiene and girls and women empowerment reaching more than 2000 community members.

The extended two cycles of ICS 2 were able to reach 631 (302 M and 329 F) young people in community schools of Southern Lalitpur through “Rupantaran” Gender-Based Violence and Life Skills sessions. The volunteers also delivered sessions on adolescence and puberty, menstruation practices, making alternative sanitary pads, gender stereotypes, child marriage, and its effects among others.

Through this project, the participated students were confident to discuss SRHR with their peers as well as volunteers. Girls were now able to make reusable sanitary pads and were also using them. They had greater knowledge regarding the effects of child marriage, changes in their body and their sexual rights after the SRH and GBV sessions.

# Zero Tolerance – Making Schools free from GBV.



Our Zero Tolerance programme is a collaborative effort between USAID, UNICEF, and Restless Development, which aims to reduce the prevalence gender-based violence (GBV) in Nepal, and establish child and adolescent-friendly procedures to respond to incidents of GBV when they occur. The programme provides training, mapping, advocacy and awareness activities for school actors to young people to know about their rights, the impact of GBV and the legal and social consequences.

It also helps in the development of systematic reporting and referral mechanism to monitor and respond to the incidents of gender-based violence to ensure that victims or young people at the risk of violence are appropriately supported and have access to child- and adolescent-friendly services and justice. The programme has been successful in reaching over 59,000 young people from 200 schools in 27 and 56 rural municipalities from far western to the eastern region of Nepal.

By the end of the project period in 2018, learners have reported having improved learning achievements, increased school attendance, increased participation in activities and received greater support from key stakeholders within the school and community too.

During the reporting period (2017–2018), 94 Junior Child Clubs (JCC) were formed, 151 trainings and 1356 meetings of JCC, 28958 homework sessions, 1181 life skill camps, 1382 learning camps and 13317 sports were conducted where female participation was given precedence which demonstrates the increasing trend of girls engaging in after-school learning activities. They have also reported having an increased level of confidence to lead the activities within schools and communities.

Similarly, 3 Orientations for Teachers, SMC, PTA on GBV, Complaint Box, Community level child protection, etc. were conducted in Parsa district where 79 teachers (male–59 & female–20) actively participated and enhance their knowledge and skill.

“ **The concept of having a complaint box in school is very impressive. In our school, we have identified various issues through the box and have been solved them. Now students feel free to share their problem with the teachers. However, parents should also take care of their child in the home in order to ensure that schools are free of violence. I would suggest the principal of our school to prepare a service directory so that service can be provided immediately if any cases are found in the school.** ”

Rudra Khadka (Chairman, SMC, Ne. Ra. Secondary School Odar)

# Fighting Against Child Marriage – Save the Date.



The "Save the Date" project has been implemented since 2015 in Nepal with a motto to end child marriage and provide awareness on youth sexual and reproductive health and rights. The Dance4Life program introduced Sexual and Reproductive Health and Rights (SRHR) issues in relation to child marriage, through a 30-session interactive curriculum for grade 5–9 students. It also targeted the respective communities through outreach activities.

By the end of the project period, we were able to reach 87,000 beneficiaries, including 83,293 students, 2,451 parents and community leaders, 557 teachers and 542 health providers. As a part of the program, we also broadcasted a radio drama focused on raising awareness against child marriage through 58 radio stations covering 85% of Nepalese territory.

A total of 118 episodes were produced and broadcasted on prime time. The radiodio soap created a wider level impact on the broader community in regards to the issues of child marriage alongside serving as an inspiration for amateur street theater and development of school materials.

The strategy and activities of the project successfully engaged the target communities demonstrating a stark increase in the level of awareness about the problem by the end of the project period.

Both the quantitative data and the qualitative findings point at the fact that the project has introduced not only a heightened awareness about early marriage in communities but has also provided resources to advocate against it, report it and take initiations to stop such incidences.

The fact that there was a 20% increase in students' engagement in anti-child marriage advocacy activities, and the 20% increase in students stating they won't get married before they turn 20 are signs of increased level of awareness among young people on the consequences of early marriage.

“**Save the Date programme has empowered me and honed my skills on so many levels that I feel much more confident and powerful to talk about social issues, like child marriage and GBV. It's due to the efforts of empowered youths like me and several others that my village Kalabanjar has been declared child marriage free by the government of Nepal.**

”

Laxmi Pariyar, Champions4Life, Save The Date Project



## Launching the Empowerment Model for Sustained Impact.

Evaluation of Save the Date program indicated a huge scope for the continuation of similar type of initiatives as different forms of malpractices and Gender Based-Violence (GBV) still remained prevalent in the communities.

According to a recent report from UNICEF, 37% of girls were getting married before the age of 18 and 10% before. The mean age of marriage among girls is 17.5 years (MOHP, 2011). Putting this context forward, Restless Development Nepal has decided to continue the important programme with dance4life to deliver the empowerment model in the schools.

While doing so, Restless Development will align the programme with its' on-going programme International Citizens Service (ICS). ICS is one of the ground-breaking programmes on youth volunteers' mobilization which supports young people from all backgrounds to make a real difference to some of the world's poorest people.

In this continuation, we will be equipping the champions4life (young volunteers) on delivering journey4life in the schools and communities.

We will train them through the support of in-country trainers4life and also provide mentorship and technical backstopping support during the delivery of journey4life in the schools. This component of delivering journey4life will be in-built with other components of ICS which aims for making young people active citizens.

We will continue to maintain the momentum in Nepal in partnership with dance4life, while equipping young people and school students to change their behaviours related to sexual health and GBV.

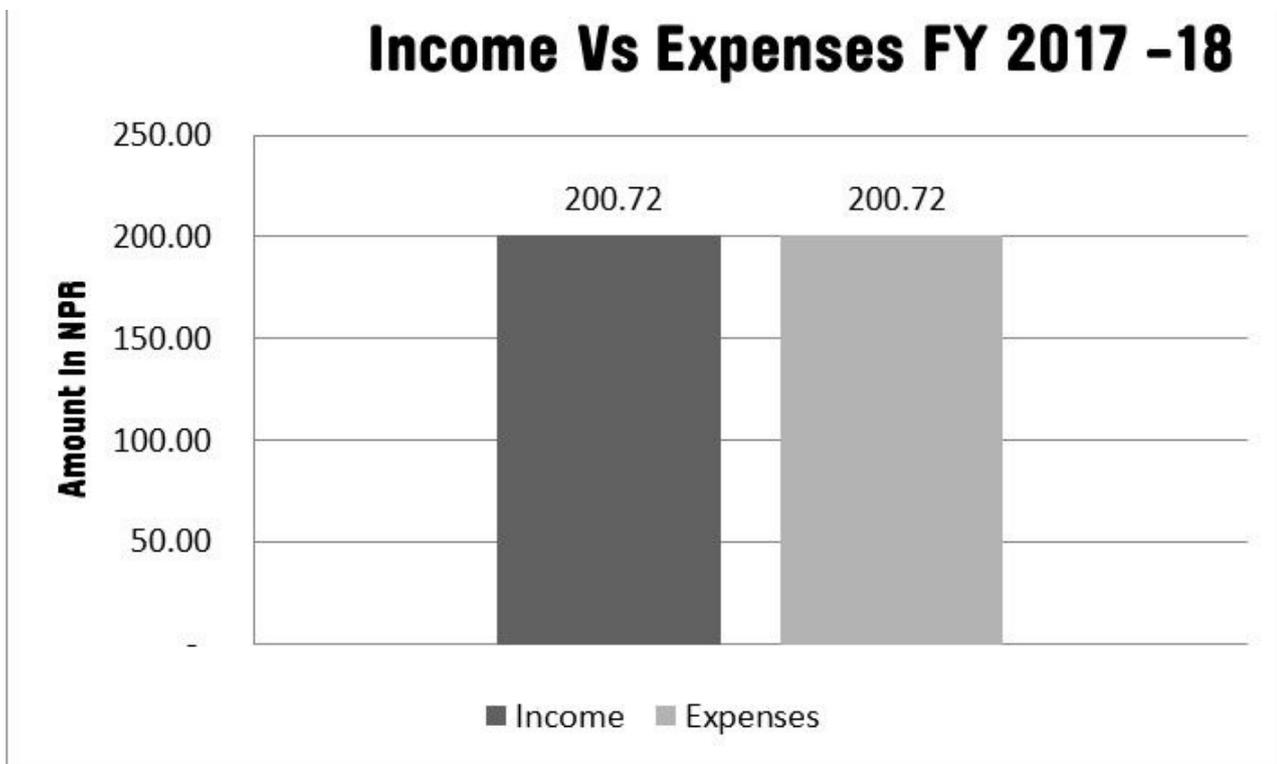
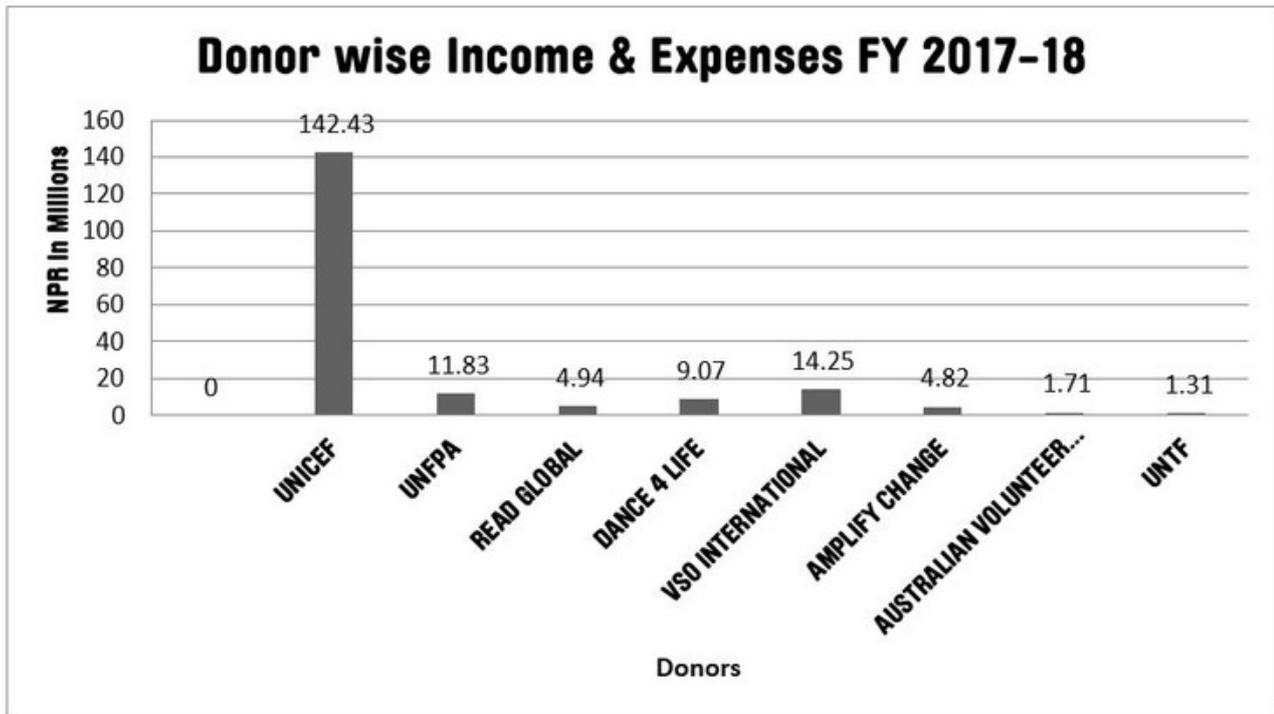


## Professional and Community Engagement.

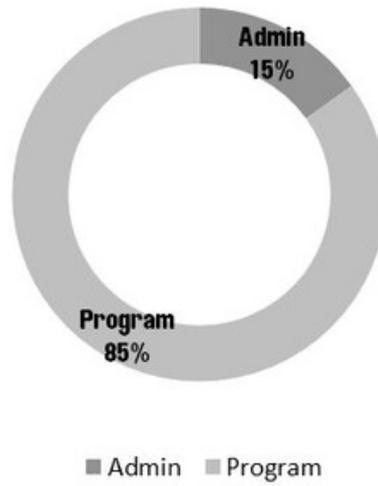
Macquarie University's PACE program is a university-wide initiative designed to provide undergraduate students with a distinctive educational experience involving community based experiential learning opportunities with a range of local, regional and international partners. PACE units provide the academic framework through which students engage with the community, learn through participation, develop their capabilities and build the skills valued by employers. To cater for those students wishing to undertake a PACE activity internationally, Macquarie University partnered with AVI to collaboratively design the PACE International program.

AVI has been coordinating with Restless Development to implement this program in Nepal. This year we had two AVI intakes beginning from 13th Jan to 10th Feb and second intake from 30th June to 28th July. The first batch of students worked with two Nepali volunteers to produce a report on Gender Based Violence in Parsa and the second batch worked closely with the Monitoring and Evaluation team to pilot a tool for in depth capacity gaps assessment of LGBTIQ CSOs in Nepal. Further in 2019, a group of 7 students along with a professor Rebecca Bilous were hosted in Nepal to study architecture in Changuarayan and explore tourism prospects.

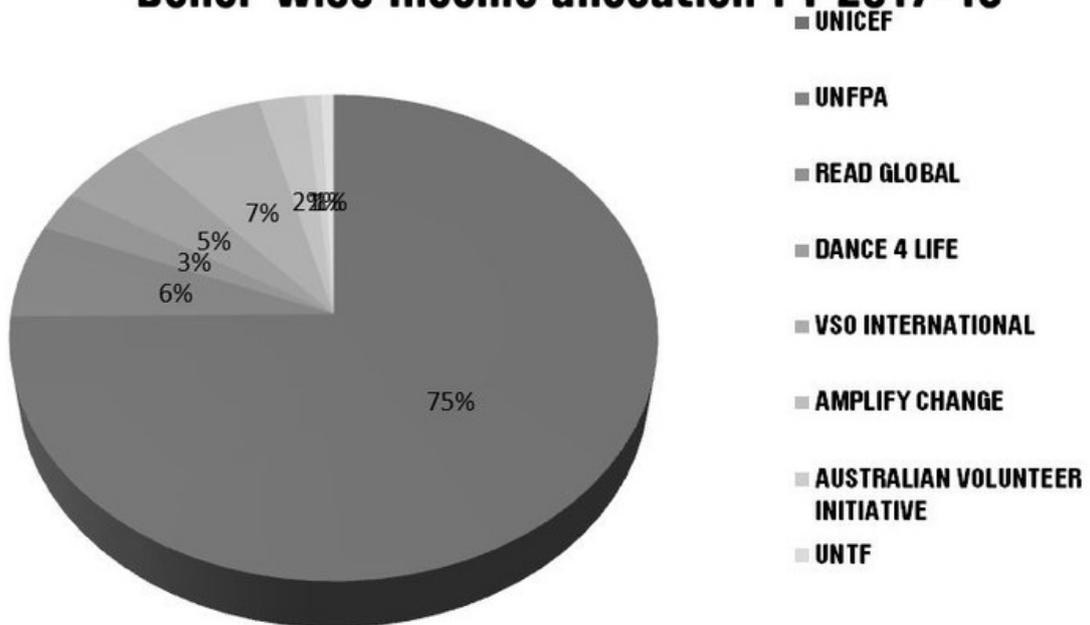
# Financial Statement.

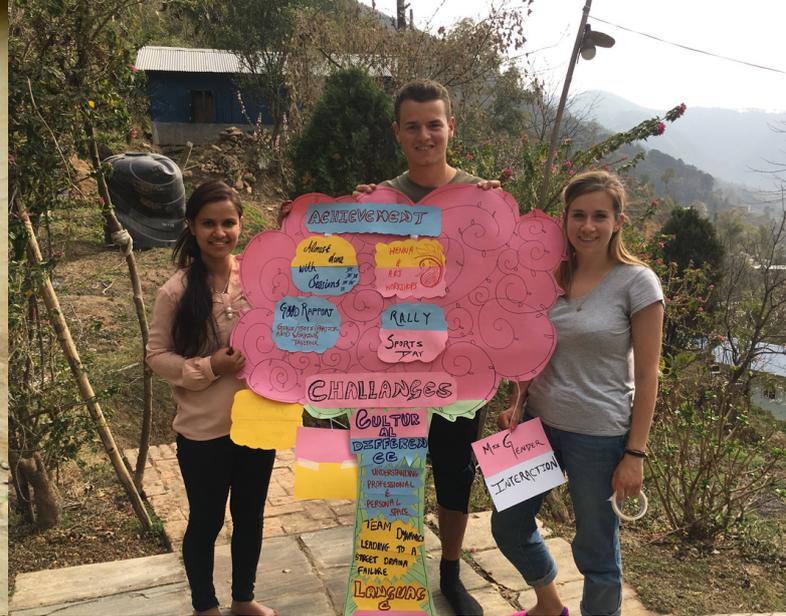


## Expenses allocation FY 2017-18



## Donor wise Income allocation FY 2017-18





# YOUTH POWER



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