

## **Introduction**

Association for Rural Development – Kavre is registered in District Administration Office, kavre in 2049 BS (1992). ARD has years of experience in the successful planning, monitoring and implementation of various projects. Especially, ARD has been closely working in the sector of advocacy and localization of SDGs, youth empowerment, climate change, enhanced quality education and many more thematic areas. Since January 2022 ARD has been implementing the project titled “Achieving SDGs through youth changemakers in action and youth exchange from Nepal and Luxembourg in Panauti municipality of Kavre district, Nepal” at Kushadevi, Panauti Municipality of Kavre district, Nepal.

The agenda of climate change has been globally discussed as it is associated with increased uncertainty in the livelihoods of people in the least developed countries. Nepal, a least developed country, is considered to be one of the most vulnerable counties to climate change risks due to various factors such as its rugged mountain topography, acute poverty especially in rural areas, and political factors. Increasing climate change has impacted adversely peoples’ lives and livelihoods in terms of agriculture, water, forest, rangeland, human health, and infrastructure development.

Environmental degradation is one of the key causes of climate change with increased disaster events. If environment conservation is mainstreamed in all development sectors, next-generation obviously enjoys the harmony of humans and nature. And, involving youth in such environmental protection and conservation, would certainly contribute to achieving the goals of SDGs. Young people are always at the forefront of Climate Actions. Research illuminates that youth are the critical stakeholders to fight climate change and transform a better world for every individual. Young people can be climate advocates to revitalize public connections, raise awareness, generates innovative ideas, and create momentum across the border to adapt to the climate crisis. As youth are key activists in achieving SDGs, they play a significant role in implementing, monitoring, and reviewing the milestones of Agenda 2030 in their local and national context. In addition, they hold a huge responsibility to have potential effective social, economic, political, and ecological transformation. Therefore, youth in Panauti Municipality raise awareness of SDGs - 2030 Agenda for Sustainable Development exploring the multidimensional issues likely, right-based approaches, quality education, and climate justice.

Youth in Panauti barely own opportunities to participate in an international exchange program to discuss the agenda of Youth for SDGs in action. Youths require a platform to collaborate and integrate their ideas and perspective at the national and international levels. Youth plays different roles as change-makers, innovators, SDGs campaigners, leaders, and communicators. Therefore, across countries, exposure and exchange create a learning platform through exchanging ideas, sharing experiences, and collaborating to achieve the SDGs. It strengthens international partnerships for the SDGs and youth leadership development.

**Objective:**

**The specific objectives of the project are**

- Enhanced capacity, knowledge, attitude and skilled youths on SDGs, Climate Change, and youth participation through regular meetings, capacity building trainings, and environment protection activities in Panauti municipality.
- A better understanding of cross-cultural, quality education policies /practices, the situation of youth & international practices to achieve SDGs- Agenda 2030 among youth in Nepal and Luxembourg through the opportunity of youth exchange visits.

**Accomplished Program Activities in 2022**

**A.1.1. Youth Club formation/reformation & mobilization.**

In Kusadevi College, for the first time in the year 2022, a youth club was formed with 17 executive members who were persuading higher secondary and bachelor's level. Ms Sarita Sapkota is the chairperson of the youth club holding all responsibilities for conducting all youth and environment-related activities at college. The club has conducted more than 15 physical and virtual meetings to discuss various youth and environment-related activities like a discussion on localization of SDGs, youth leadership for environmental justice, facilitating campaigns like sanitation in school and college premises, plantation, and awareness campaigns against child marriage, drug addiction, and cybercrime at school and campus level. 5 active youth from the club hold an opportunity to attend international youth exchange program among nationalities of Luxembourg and Nepal at Luxembourg on October 2022.

### **A.1.2. Conduct 3 days of training on Agenda 2030- Sustainable Development Goals.**

Agenda 2030- Sustainable Development Goals (SDGs) are global agendas that required urgent action for their sustainability. Youth have a significant role in localizing global agendas through enhancing awareness, conducting research and data collection, conducting campaigns, and activism to advocate SDGs issues and agenda massively. ARD, therefore, conducted three days of training on Agenda 2030- Sustainable Development Goals on 28, 29, and 30<sup>th</sup> June 2022 at Kushadevi, Panauti Municipality. The main objective of the event was to educate young people on Sustainable Development Goals and highlight youth's contributions and opportunities to achieve the goals by 2030. Mr Ashok Khanal and Sanjeev Neupane – National level Child and youth activists facilitated entire sessions on 3 days of training. 25 active youth from Kusadevi youth club participated in the training and are able to understand the basic concepts of SDGs and the youth's role in the localization of SDGs. The youth participants widely discussed the definition of SDGs and their 17 goals, 169 targets, and 244 indicators. With the highlights of Nepal and Millennium development goals final status report (2000-2015), the facilitator shared the differentiation between Millennium development goals (MDGs) and Sustainable development goals (SDGs). Similarly, participants discussed five pillars of SDGs a. People – End poverty and hunger in all forms and ensure dignity and equality, b. Planet – Protect our planet's natural resources and climate for future generations c. Prosperity- Ensure prosperous and fulfilling lives in harmony and nature, d. Peace- Faster peaceful, just and inclusive societies, and e. Partnership- Implement the agenda through solid global partnership. The facilitator shared that the 14th National planning approach has a detailed discussion with regards to dimensions of sustainable development as economic, social, political, environmental development, and cross-cutting common agenda. Youth are motivated to play various roles like critical thinkers, supporters, innovators, communicators, inspirers, educators, contributors, and leaders in their society in order to achieve SDGs 2030. Mr Saugat Bolakhe inspired youth with his working experience at different national and international platforms regarding environmental sustainability and climate justice. At the end of the training, youth pledge to play their roles in the implementation of SDGs at the local level and create mass awareness regards to goals of SDGs.

### **A.1.3. Publication and dissemination of IEC material on climate change and its adaptation and mitigation.**

Information education and communication (IEC) materials are suitable tools to disseminate knowledge and information on any subject matter to the larger mass, ARD, therefore, prepared 1000 numbers of brochures that includes basic information on climate change, fact sheets for global and national context, youth roles to mitigate the climate change impacts, and etc. Similarly, it is relevant, and appealing, consisting of the simplicity of the context and language with accurate information. The brochures were distributed as IEC materials to 1000 people including children, youth, and local stakeholders of the municipality. It also provides thematic information and effective ways to disseminate knowledge on the environment and climate change.

### **A.1.4. Conduct a mass awareness program on the occasion of the Day celebration.**

#### **A.1.4.1. World Environment Day 2022**

World environment day is celebrated annually on 5<sup>th</sup> June for increasing awareness and action for environmental protection. ARD, showed solidarity with the international theme of WED-2022 “Living sustainably in harmony in Nature”, the slogan “Only One Earth” and organized Sanitation and fruit plantation at Kusadevi campus premises. Mr Sahashi Bolakhe-Campus chief inaugurated the program by the mango plant and encourage the promotion of greenery in all surroundings. Mr Ranjan Poudel disseminated his knowledge regarding the environment and climate change agendas at the international level. Human activities are leading to environmental degradation, and pollution and ultimately impacting climate change. Therefore, youth were encouraged to show their small efforts like plantation, sanitation, and disseminating knowledge and skills in solid and liquid waste management at their local level. Youth play a significant role in dialogue with local stakeholders and government regarding environmental sustainability and mitigating climate change impacts. Participants were provided with fruit saplings of avocado, lemon, and orange with technical instructions will planting.

#### **A.1.4.2. International Youth Day 2022**

On the occasion of International Youth Day -2022, ARD showed solidarity with the international theme- “Intergenerational solidarity: creating a world for all ages” and collaborated with different youth-based organizations like Good shepherd International, Stromme foundation, Nepal youth network for SDGs, etc. The convention was conducted on 13 and 14 August 2022 at Nepal Tourism Board, Kathmandu Nepal. A total of 120 youth participated from seven provinces in the conference, which focused on the role of youth in various youth-related agendas. The objectives of the convention were threefold to showcase the contribution made by young people in a range of fields, and the challenges they faced to advance and create policies that are youth-friendly in a variety of contexts. The convention strengthens the ties and networks between civil society members, media professionals, young leaders, and other proponents of democratization. Rt. Hon. Ganesh Prasad Timalisna – Chairperson of the National Assembly of Nepal inaugurated the ceremony which was followed by a welcome speech from a series of guests of the event. The primary thematic areas of focus of the events were the youth SDG localization forum, youth and tourism in Nepal, youth leadership in politics, youth entrepreneurship, and youth forum on climate change, biodiversity and disaster risk management.

#### **A.1.5. Conduct three days of orientation on Climate change and its impacts.**

The promotion of climate action depends on youth education as environmental rights and SDGs are the global agendas that required urgent action for sustainability. ARD, therefore conduct three days orientation on climate change and its impacts from 9<sup>th</sup> to 11<sup>th</sup> December 2022 at ward no. 3 office hall of Panauti municipality. The main objective of the program was to increase awareness of climate change and its impacts and equip them with the information, understanding, values, and attitude necessary to engage as change agents. Mr Hari bol Acharaya and Bidhaya Neupane – environment activists facilitated sessions on the youth and climate change agenda in Nepal. Mr Acharaya shared that the climate change agenda is not solely environmental agenda but it is human rights issue therefore, climate action for climate justice is urgent action. He inspired youth to become change-makers who could contribute to environmental sustainability. The youth discussed their roles like creating a mass awareness campaign on waste management along with the concept of refusing, reducing, reusing, and recycling solid waste, sanitation and plantation, and advocacy with local government and other

relevant stakeholders for environmental protection. A total of 25 youths showed commitment to disseminating knowledge and skills in the community and schools.

#### **A.1.6. Youth activities for awareness raising on environment protection, climate change.**

##### **Event 1: Essay Competition**

An essay writing competition was held within the premises of Kushadevi Secondary School with a joint venture from Kushadevi Youth Club and Kushadevi Campus on 17 April 2022. A total of 16 participants were in the competition. The topics for the essay competition were ‘My Country, My Pride’ and ‘Youth Issues of Panauti Municipality’. The main objective of the program was to make students realize the potential of their country so as to make them responsible towards their country and to reflect on critical issues faced by youths in their community so as to build their accountability towards society. A majority of participants writing essays on “My country, my pride” highlighted the beauty of the nation with its bio-diversity, cultural and linguistic diversity, and current socio-cultural, and political context. They also discussed the strengths and weaknesses along with opportunities for the sustainable development and prosperity of the country. Similarly, participants writing essays on ‘Youth Issues of Panauti Municipality’ discuss youth issues in different sectors like higher education, political representation, overall health status, leadership, and social engagements. The winners of the essay competition were awarded attractive prizes.

##### **Event 2: Oratory Competition**

Oratory skill is an art of public speaking which, enhance a good command of communication skills in form of speech. An oratory competition was organized by Kushadevi Campus Youth Club within the premises of Kushadevi Secondary School with a joint venture from ARD Kavre and AEIN Luxembourg on 26<sup>th</sup> August 2022. A total of 10 participants in the competition and 100 students attend the program as the audience. The topics for the oratory competition were “Sustainable Development and Youth” and “Role of Youths in Environment Conservation”. The participants reflected on their learning from the youth club’s meeting discussions, and sensitizing training on SDGs and Climate change and its impacts. They shared that youth have the highest potential to become ambassadors of SDGs and environmental sustainability. Their speech helped to disseminate the factsheet of climate change context from the global to the local level and

inspire youth to step up for the campaign of “Save the Earth”. The winners of the oratory competition were awarded attractive prizes.

### **Event 3: Support Kusadevi Campus to Conduct Sport- Week Program**

Sportsmanship promotes youth’s abilities to maintain physical and mental fitness so, that they are skilful, energetic, and creative. Kushadevi campus conducted a sports week program from 26<sup>th</sup> to 29<sup>th</sup> December 2022. More the 10 games were conducted including, Running, high jump, long jump, volleyball, Jabbing thro, short foot, chess and etc. The main objectives of the program were to motivate students to participate in extra-circular activities and to develop skills of leadership and sportsmanship. More than 420 students of the Kushadevi Campus excitedly participated in the program and expressed their happiness to participate. The opening and closing ceremony of the sports week highlights the significance of sports to spread the message of youth and child involvement in environmental protection. The guests of the program showed their acknowledgement of the great collaboration between ARD and the campus for the development of the sportsmanship of youth and children. The winners were awarded medals and attractive prizes.

### **Event 4: Classrooms cleanliness and sanitation Program at Kusadevi School/Campus**

Basic sanitation and cleanliness are necessary not merely for children’s health and development but also essential for environmental protection. In Kusadevi secondary school, most of the classrooms lack dustbins for the proper deposition of waste produced in classrooms. Meanwhile, the litter are shattered and seems to lack sanitation and cleanliness. After rounds of consultation with the key persons ARD, therefore, supported 30 dustbins for all levels of the school and the campus on 27<sup>th</sup> December 2022. Now, the classrooms are free of dust and litter and students are also aware of reducing to use of plastics. Youth club members disseminate knowledge to imply the 4 R concepts (refuse, reduce, reuse, and recycle) for proper waste management to all students and teachers of Kusadevi school and campus. More than 500 students are aware of basic sanitation and cleanliness at school premises and classrooms.

#### **A.1.7. Interaction with local government on the issues of localization of SDGs.**

The Sustainable Development Goals (SDGs) are a set of global goals adopted in 2015 that aims to end poverty and address inequality and justice, and climate change issues by 2030.

Meanwhile, multi-stakeholders consultation is an urgent need to meet the agenda of 2030. ARD organized an interaction with the local government regarding the localization of SDGs on 23rd December 2022 at ward no. 3 Office of Panauti municipality. A total of 25 participants including multiple stakeholders like representatives of local government, schools and campus, civil society, youth clubs, and children actively discuss the agenda of localization of SDGs at Panauti Municipality. The prime objectives of the program were to introduce the concept of localization of SDGs with the reference to guidelines prepared by the National planning commission and strengthen the networks and collaboration for achieving the agenda 2030. The discussion highlights attempts of the National Planning commission setup on the National SDGs platform to enable tracking of Nepal's progress towards achieving the SDGs by 2030. The discussion figured out some challenges and gaps on the issues of localization of SDGs as data and baseline gap of all indicators at local level, lack of awareness, lack of effective information, education and communication, and lack of laws and policies gaps. ARD seeks for further collaboration to achieve three dimensions: social transformation, economic growth, and environmental protection for building a prosperous Nepal.

#### **A.1.8. Prepare and disseminate IEC material on life skills, good habits, cyber-crime etc.**

Every individual has the potential to grow and develop through improvement in fundamental life skills of effective communication and self-organization. Targeting young people ARD, therefore disseminate IEC material that consists of valuable information on component life skills, good habits, and cybercrime. The material consists of basic 10 life skills that provide tools to deal with the challenges in everyday life through the skills of self-aware, effective communication, problem-solving, creative ideas, and wise self-decision-making. Similarly, it also consists of the concept of SMART for safe internet, youth's collective effort to advocate for safe and good use of the internet, and social media. 1000 young people are aware of life skills and safe internet in Panauti municipality.

#### **A.1.9. School orientation on climate change and its impacts.**

Youth and young people are at the frontlines of climate change impacts. Greta's school strike against climate change *#Fridays for the future* in 2018 brought mass awareness of the climate



change impacts on young people. Environmental children's rights have been an emerging agenda related to child rights. ARD, therefore provided an orientation to 20 active youth on climate change and life skills and organized a campaign for school orientation on climate change and its impacts. The program's prime objective was to sensitize children's rights to a healthy and sustainable environment through disseminating skills and knowledge on climate change and its impacts and SDGs. 936 students (including 526 girls and 410 boys) who studied at 7 different schools in Panauti municipality are aware of children's environmental rights and climate change and its impacts. Students were also aware of basic life skills and tips for safe internet.

#### **A.2.1.1 Preparatory workshops for Youth exchange.**

A kind of preparation or research is always required before travelling on any national and international visits. ARD, therefore, organized two days of the preparatory workshop for 8 selected candidates to attend the international youth exchange between Luxembourg and Nepal. The objective of the workshop is to familiarize participants with the geo-location and social-cultural context of Luxemburg. Mr Ramesh Twayan shared his living experience in Luxembourg and along with the sociocultural acceptance, introduced to changing scenario of Luxembourg. Similarly, participants were shared with tentative schedule itineraries inside-out, and basic logistic preparation. In addition, the participants prepared their speeches on different sociocultural, political, climate change and SDGs and presented them during the workshop. A cultural performance for *Festival Nepal 2022* which, is going to be held on 1st October 2022 in Luxembourg was also finalized.

#### **A.2.1.2 International Youth Exchange between Nepal and Luxembourg**

With a prime objective of better understanding cross-cultural and international practices to achieve SDGs - Agenda 2030 among youth in Nepal and Luxembourg, the International youth exchange between Nepal and Luxembourg was held from 27<sup>th</sup> September to 6<sup>th</sup> October 2022. 8 selected participants from Nepal attend different sociocultural programs in Luxembourg like a celebration of Dasain festivals, Festival Nepal 2022, a Foyer fundraising event, and Father's day. Nepalese youth were able to build good bonding with youth at ENAD (Ecolo Nationale pour Adultes) and enjoy the different lifestyle experiences and sociocultural contexts. The team had

the chance to visit different social service-based organizations likely Peitrushaus (Home for Adolescents), Stemm Vunder stross (Home for the homeless), and SOS (Home facility for children in difficult family situations). They were able to understand innovative social enterprises and youth start-ups based on social, environmental, health, and educational issues in Luxembourg. It was a great international youth exchange experience for individuals and organizations. Youth enjoyed their trips and enhanced their level of understanding of the cross-national cultural values and strengthen relations between communities in Nepal and Luxembourg. The returnee youth dispersed their skill, knowledge, and experience to their friends, family, and representative of the local governments.

### **Major Achievements of Activities**

- More than 1000 community people that including young people, children, local stakeholders, and the locally elected representatives are sensitized on Agenda 2030 goals (Sustainable Development Goals), and Climate change and its impacts.
- Strengthen the capacity and develop the understanding of 50 youths on different issues like quality education, localization of SDGs, climate justice and environmental rights, and life skills and safe internet through participating at local and national level capacity building trainings on those issues.
- The team of 8 people (composing 6 youths and 2 adults) had opportunities to explore international socio-cultural, economic, and political development through participating in the International youth exchange program. The team represented Nepali cultural and socio-economic development in Luxembourg
- Youth enjoyed their trips and enhanced their level of understanding of the cross-national cultural values and strengthen relations between communities in Nepal and Luxembourg. The returnee youth dispersed their skill, knowledge, and experience to their friends, family, and representative of the local governments.

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## Annex

### Case study

#### *Kushadevi Youth Club Becomes Subina's Growth Hub*

Even after completing higher education and joining an undergraduate degree program, Subina usually felt non-confident and unapproachable among her classmates and friends. Stage fright would scare her the most and she would rarely communicate in mass or with strangers. It was hard for Subina to adapt to her new environment and friends at Kushadevi Campus when she just joined her Bachelor Degree in Business Administration.



Subina Sapkota lives in Kushadevi, Panauti in the Kavrepalanchok district of Nepal. Kushadevi is a small semi-urban town in Panauti Municipality and it acts as a rural-urban linkage to some of the rural regions of Kavre. The place has its own beliefs and traditions, and so do its people. We cannot say all of Kushadevi's residents are conservative, but most of them surely keep high regard for tradition and religion. Kushadevi Campus is a public campus located in the same region. Subina joined Kushadevi Campus and she was looking for some opportunities to develop her personal and professional skills. Subina was once approached by one of her teachers in the classroom. The teacher explained about 'Kushadevi Youth Club'. Despite being a young and shy student, she decided to step out of her comfort zone and join the club.

Encouraged by her teacher and her family members, Subina's decision to join the club in February 2022 impacted her life in a positive way. She joined the club with the expectation to learn about networking and build her confidence to speak with a large group of people. Apart from this, she also wanted to get an exposure to activities that could be insightful and innovative to her. Miss Sapkota claims that she has improved her ability to interact with people and is participating in a variety of activities organized by the club. Looks like Sapkota's expectations regarding the club are fulfilled but she says there's a lot more beyond her expectations that she gained from the club.

Subina started getting the opportunity to participate in different trainings and sessions. She says one of the best sessions she has taken so far was related to Youth and Sustainability. She claims that she started feeling obliged to participate in environmental conservation and sustainability after she was engaged in the session. She participated in a plantation program organized by the club and she is looking forward to participating in more of such activities.

In addition to sustainability, Subina says, she often has discussions within the club regarding other different important topics. Some of the discussions mentioned by Sapkota are 'Issues related to Youth Development', 'Environmental Issues and its Minimization', 'Climate Change and its Impact', 'Role of Youths to Minimize and adapt to climate change', 'Environmental Rights to Youth', 'Internet Safety' etc. Sapkota also says that she was unaware of the 17 Sustainable Goals until she got the training from the

club. Subina feels that joining the club has not only made her feel confident about herself but also made her feel responsible towards her environment and community.

*“I was just a shy and introverted girl who remained silent among the group of people. After joining the club, I got the exposure to opportunities to learn and share my opinions. Most of all, I started feeling responsible towards my environment”* says Sapkota.

Subina says she has become socially active these days. She also said she recently participated in a mock youth parliament because she felt confident after her engagements at the club. She shares the change she observed in herself after joining the club as: *“Who knew Subina? No one. I also did not make many friends or knew any of my seniors before joining the club. After I joined, other students at college and even the people of the society started to recognize me. My engagements with the club have improved my leadership skills, networking skills and event management skills. The knowledge is expanding every other day”*. She also shared that she disseminates her knowledge from the club to her friends, family members and community. She says she is more than happy to integrate her studies and youth club together. *“I have a perfect balance of studies and social engagements right now. I feel energized. I aim to be the president of this club someday”*, says Subina.

Subina Sapkota is one of the many students who have benefited from Association for Rural Development supported Kushadevi Youth Club. In addition to improving leadership skills and making youth responsible towards sustainable development and environment, the club also has been setting examples of youth networking. Similarly, the club has not only been benefiting its members like Subina, but also the community as a whole through the social activities the club conducts. Subina says she is looking forward to more training and more discussions in the near future from the club.

A. 1.1. Youth Club formation/reformation and mobilization. Youth Club Regular Meeting



A.1.2. Conduct 3 days training on Agenda 2030- Sustainable Development Goals.



A.1.4. Conduct mass awareness program on occasion of Day celebration.

A.1.4.1. World Environment Day 2022



A.1.4.2. International Youth Day 2022







A.1.5. Conduct three days orientation on Climate change and its impacts.





A.1.6. Youth activities for awareness raising on environment protection, climate change.

Event 1: Essay Competition



## Event 2: Oratory Competition



## Event 3: Support School to Conduct Sport Week Program





Event 4: Dustbin Support Program to Kushadevi School/Campus





A.1.9. School orientation on climate change and its impacts.



### A. 2.1.2 International Youth Exchange between Nepal and Luxembourg

