



Seed of Change (Nepal)

Seed of Change

Reinforcing the role of young People with fewer opportunities in their access to Social Rights.

A Narrative Report



(November. 2013)

Report Prepared by:
Seed of Change project Team, WNSO-Nepal

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Acknowledgement

We would like to express my great appreciation to the project team in Nepal and international core team consist of many partners, the coordinating organization and Youth in Action.

We are particularly grateful for the assistance given by local partners, many colleges, schools and a local youth based organization, Yatra.

We would like to offer special thanks to entire team members of this project in Nepal who were actively involved in the project. Our special thanks are extended to the youth worker of this project, participants from YPFO and entire beneficiaries of the project for their active participation.

Jagannath Kharel
(A founder member of WNSO-Nepal)
National Project Coordinator/ Seed of Change

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Seed of Change: Germinating Youth to Create Change



Seed of Change is an attempt to create a change in a society by empowering, awakening and activating youth towards their access to social rights and social transformation. This project aims to reinforce the roles of youth in social rights through different learning, practices, experiences and their active involvement in bringing changes in society through a collection of activities called Gymkhana Activities, to tackle today's socio-economic crisis and ensuring the social rights globally. Thus this project was implemented in eight different countries around the globe including Italy, Lithuania, Greece, Spain, Kenya, Colombia, Argentina and Nepal. It does not only limit its aims at ensuring the social rights and initiation of youth towards it but also pushes policy makers for the creation of youth friendly policy assuring their social rights. Thus incepting its program from September 2012, Seed of Change has been sowed throughout the globe to create a change in the place where we live in.

Seed of Change in Nepal:

Since its inception in October 2012, as conceptualised by Jagannath Kharel from WNSO-Nepal and its international team, it has undertaken the responsibility to run the project here in Kathmandu, Nepal. Focusing on the disadvantaged youths or youths having fewer opportunities (YPFO) from 16-20 years, the project has covered the participants from the Bhaktapur, Lalitpur and Kathmandu Districts. Behalf of WNSO-Nepal, the project team has undertaking the responsibility of the Seed of Change has been operating its program, and has been able to finalise its Gymkhana Activities (anthology of activities) with the active involvement of the youth. They have both being direct beneficiaries as youths and indirect beneficiaries as participants of different programs extending the



outreach and the impact of valued non-formal education. This certainly has been able to create differences and changes in their lives and has certainly created the platform to show change in society.

Program Module and Objectives:

The program has been designed to create change in the society by giving the young people with fewer opportunities from urban background so that they can access their social rights and equally they can be capable of making impact in their own lives and in their society. Thus the program is designed to make 20 youths as core participants (also called direct beneficiaries), they will be given non-formal education/training sessions on Art-Workshop, Games, Video Research, Access to Job Workshop, Advocacy Campaigns and Peer Education. After their learning in the sessions, as an outcome they are expected to contribute to their community and society. This way they are expected to change, through their learning inside the sessions and implementing these learning into action in the society. Thus emphasizing non-formal education as one of the vital medium for the growth of youth in today's context is an important aspect of the project.

The prime objectives of this project are to promote the knowledge and understanding among young people with fewer opportunities about how social and economic situations (unemployment, poverty, economic difficulties, marginalization) interfere in the real enjoyment of social rights in the different partner countries to raise awareness among young people with fewer opportunities about their social rights and the ways to fulfil them. To promote the knowledge and understanding among the participants on the different mechanisms to defend their social rights in case of denial or violation of those and to encourage the autonomy, the personal and social development of the participants through non-formal education activities such as a gymkhana comprising several games and outdoors activities.

Equally this project has another objectives to make local partners as for school, colleges, and youth led organisation to create changes and impact in the society with hand on hand.

After planning meeting of the project, Mr. Jagannath Kharel and youth worker Mr. Anish Shrestha were visited many schools and colleges in Kathmandu valley to extend the partnership with local institution, especially from academy and youth based organisation. After series of meeting and consultation with many authority and colleagues at academy, as well as NGO/s, the project was selected some of the local institutional partners to implement the local activities of the project.

Thus Seed of change project has been **locally associated with 2 Schools, 10 Colleges and also collaborating with the lalitpur based local youth organisation- Yatra**, for the activities and outreach, utilising local youth human capital for the better impact and bond between the youths and organisations, together for a better cause.

Activities:

This project focused upon the multiple activities regarding the youth and their social rights. Empowering the youth with the closed training session like gymkhana activities, International understanding and common cultural sharing through International Youth Meeting and International Volunteer Service, policy recommendation through creation of good recommendation guide regarding the youth rights and social rights are the main activities. Whereas the gymkhana activities is designed to empower them through a sessions teaching them about the various content matter from different resource person and bringing them into action through community outreach.

Gymkhana Activities

Art workshop:

Art is the medium of self-expression. The program was designed to allow the participant to express themselves, their emotions and their imagination. The participant chose the theme on social rights, and among that also they chose “Equality on Work”



as main theme where they demonstrate the acting, music, photography and video by deciding to make beautiful photo collage with music, by acting on following theme, “**Equal pay for equal work and equal responsibilities**”, “**Equality on work – say NO to Nepotism**”, and “**Equal time and equal responsibility on work**”. As an outcome, participants realised the idea of social rights through art. They were exposed in photo, video, music and drama. Active involvement in other energizer games to engage team in art workshop by the participants themselves leading to team building practices has been fruitful in the workshop.



Art Workshop moments captured

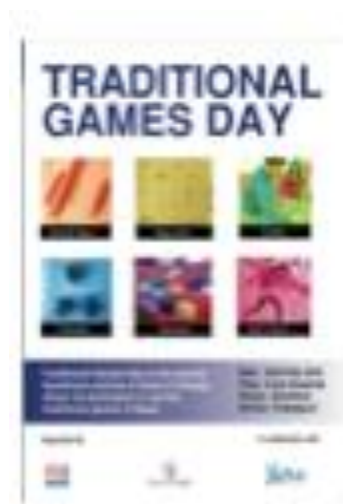
Person Involved	Program	Activities
PC, YC, Mentors	Art Workshop	<ul style="list-style-type: none"> • Visual Presentation on art • Anish Raj Shrestha took the session on Art Workshop • Different activities carried out to prepare participants for art workshop • Participants expressed themselves with different activities • Employability Skills session was introduced as a part of Job Workshop • Mentor Rupak Shrestha brief them about the importance of art to express oneself • Jagannath Kharel ended the session with the motivating remark to the participants about the inner belief to accomplish any task
PC, Mentors	Art Workshop	<ul style="list-style-type: none"> • Youth Worker Anish Raj Shrestha took the session on art workshop, variety of arts • Participants are given chances to put the verdict upon what art will they perform • Participants decided to make a video through the photo collage on one of the social rights issue, Equality on work; “Equal pay for equal work and equal responsibilities”, “Equality on work – say NO to Nepotism”, and “Equal time and equal responsibility on work” • Camera handlings and self expression activities were practiced by the participants during the session
Mentors,	Art	<ul style="list-style-type: none"> • Art workshop took place on Yatra from 8:00 am in

<p>Volunteers, PC, Participants</p>	<p>Workshop</p>	<p>the Morning</p> <ul style="list-style-type: none"> • Participants were indulged in different energizing games and acts • Photo Shoot was done on three topics under Equality on work: “Equal pay for equal work and equal responsibilities”, “Equality on work – say NO to Nepotism”, and “Equal time and equal responsibility on work” • Participants were divided for the photo collage in these topics • Participants painted different social rights issues in chart paper to demonstrate • Session concluded with the lunch
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Traditional Games Day:

Games remind us of fun, bonding, discipline, teamwork and sportsmanship- all required to be a healthy and conscious citizens. Also the game more often associated with fun but it also adds colours of teamwork and brotherhood.

Seed of Change conducted the Traditional Games Day where the participants and other indirect beneficiaries played the local traditional games reviving the childhood days and being nostalgic they united once again with the joy of playing local games like in childhood. Various local games “Gotta”, “Chungi”, “Dandi-Biyo” and “Baghchal” as traditional games and “Sweet race”, “Balloon-blast” and “Spoon race” as energizers were played in local partner Sunshine School ground. Team name was allocated after the traditional food “*Dhido*”, “*Sisno*”, “*Makai - Vatmas*” and “*Gundruk*”. Traditional Games were revised and given concrete shape as to how to play, which was dispersed previously. Participants, Team and Indirect Beneficiaries’ active involvement in playing and promoting games was a huge success in reviving the traditional games. Documentation of traditional games, their rules and regulations were done making it easier for future play.





Playing Traditional Games

Place	Person Involved	Program	Activities
Banes hower katha mndu and Thimi, Bhakt apur	IB, Participants, Collaboratio n team, Project Coordinator, Youth Worker, Mentors, etc.	Traditional Games Day	<ul style="list-style-type: none"> • Indirect Beneficiaries were invited • Participants, PC, YW, collaborating team members were got together for the games day at Sunshine School, local partner • Group was divided onto the four team • Team name was allocated after the traditional food “<i>Dhido</i>”, “<i>Sisno</i>”, “<i>Makai - Vatmas</i>” and “<i>Gundruk</i>” • First Game “<i>Chungi</i>” was played where <i>Makai-Vatmas</i> team emerged as victorious • “<i>Gatta</i>”, second game was played where boys team emerged victorious • “<i>Spoon-race</i>” game was conducted as a energizer game where one of the Participant BarshaManadhar became clinched the victory • “<i>Jeri (sweet) eating Competition</i>” was conducted as a energizer game where Prakash KC grabs the sweet fastest • Nepal’s national game and one of the traditional game “<i>Dandi-Biyo</i>” was played where <i>MakaiVatmas-Gundruk</i> team Clinched the victory • Nepal’s famous traditional games “<i>Bagchal (Tiger’s move)</i>” was played where BibekBhattarai hold the 1st place • Prize Distribution ceremony was done where the prize was distributed by the Participant SofiyaShrestha who was unable to clinch any prize either in team or in an individual game

			<ul style="list-style-type: none"> • JagannathKharel ended the session with the vote of thanks
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Active Video Research:

Research is strength of all logic. Research makes it possible to bring the real difference in outcome and it bridges people with the facts and reason. But in today's world of advanced technology people believe more in looking and watching than in reading and listening. Thus the participants were taken session primarily on concept of the research, research procedure, interviews, and concept on video element and art of videography, shot, sequence and scenes and video editing. After their session on research, video making and video editing they are set to discuss on social issues and social rights. They chose social rights of health, environment and current problems of load-shedding etc. They went on community for the interviews of the local people and the impacts of those problems on their lives. As outcome participants became more camera-friendly, they gained knowledge on camera handling, camera shots and movements and knowledge on conducting research and interview



An Overview of Active Video Research

Person Involved	Program	Activities
Youth Worker (YC), Participants,	Movie making Against Racism	<ul style="list-style-type: none"> • Participants were briefed about the hate online speech as well as the international day against the racism • Interaction between Participants and Youth Worker held to create a 60 second visual presentation • Team decided to work on concept to create movie.
YC, PC, Participants	Movie Making against Racism	<ul style="list-style-type: none"> • Team listed the set required for the movie • Team prepared the set designing as per requirement of the movie • Participants interacted and gathered various stuff required for the movie and they discussed about the camera holding, shot, angles and story
YC, PC, Mentors, Collaborating team, participants	Movies Making against racism & Refreshment	<ul style="list-style-type: none"> • Team finalized the set to shoot the movie • Seed of change Nepal organized the small refreshment program • All the participants involved into making the set of the movie and for the refreshment • Food making, snacks making and dance activities held on the day

		<ul style="list-style-type: none"> • Mentor Rupak Shrestha and Niraj Dahal took the charge on camera shots and cinematography • Movie was shot and edited • Interaction between YC, Seed of change Nepal members and Collaborating team members held during the day
PC, YC, Mentors, CT, Participants	Active Video Research	<ul style="list-style-type: none"> • Movie was screened among the participants and the team • Youth Coordinator Jagannath Kharel took the session on social rights and its importance and interacted with the participants • Mentor Abhas Dharananda Rajopadhyaya took the session on video editing and presentation • Youth Worker Anish Raj Shrestha divided the group and the participants were given a task to take an interview on the field • Participants practiced the techniques on vide editing, as well as they took the interview of the local guardian • Youth Worker taught the participants about camera handling, tripod handling and shooting the movie during the session
YW, Mentors, CT, participants	Active Video research	<ul style="list-style-type: none"> • Mentor Rupak shrestha took the session on video editing and publishing • Participants practiced on brining out the movie in a published form • Activities on camera and

		<p>interview held during the session</p> <ul style="list-style-type: none"> • “Something about myself 😊” an activity held where every participant presented on that day told something about themselves and the reason to participate in the Seed of Change project. • Every participant took the charge of being interviewer, interviewee, cameraman, and the Director
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Access to Job Workshop:

Employability is the ability of being an employable staff in an organisation or in institution. Thus what today’s youth need is correct idea about job, etiquette, and manners and their roles and responsibilities, which it is very hard to achieve through academic activities. Thus to expand their access to jobs, let them perform on their jobs brilliantly and implant job sense into them, Seed of Change conducted Access to Job Workshop for these young people where they are taught about active job search, employability skills; time management, action plan, careers plan, interviews, public speaking, safety and security. CV and resumes making, uses of ICT in work and finally interview and job hunt were the methodologies used to build confidence in them regarding search for a proper job, how to apply, how to use ICT for work and the lesson they need to learn as an employee. Participant came across different ideas as they built their confidence and sense in applying for a job with a proper working environment. They inherited the idea of proper job placement as a correct career pursuit and gained valuable ideas regarding the processes to follow it.

Access to Job Workshop on full progress



Overview of Access to job workshop

Person Involved	Program	Activities
Mentors, Resource person, Facilitators, YW, PC	Access to Job Workshop	<ul style="list-style-type: none"> • Access to job workshop were taken by Mr. Anish Raj Shrestha on Employability skills where youth learned about being employable • Resource Person Mr. Saroj Pandey took session on ICTs and their application based on internet, mail to the social medias, blogging and use of internet • Resource Person Mr. Hempal Shrestha took session on ICT and their used in workstation based on job hunt and application • Resource Person Abhas Dharananda Rajopadhyaya and Mr. Maheshwor Giri Took session on CV writing and resume writing • Resource Person Narayani Gaha took session on Interview and job application. • Participants were taken feedback and evaluation.

Advocacy Campaign:

Advocacy is a medium to advocate about the rights and changes needed. Thus the project designed its activities for advocacy campaign to deal with the social issues. The participant were taken session by the various resource persons about the concept of the



advocacy, steps of advocacy, advocacy structures, requirement of advocacy and branding of advocacy in multiple sessions wherein the participants were involved into figuring out a social issue and identifying the problems and solutions. After multiple discussions and brainstorming, the team finally came to the conclusion that we ourselves are the solution for the problems we f

ace. Thus the team created a campaign called “hami nai haun samadhan” meaning “We ourselves are the solutions” to create change in the society at the time when everyone blames each other for the problem that we face. They are



running and advocating this campaign through social media and community outreach. They are seeking changes and finally getting people showing some of the positive signs.

Peer Education: Peer education is the approach to teach peer groups about the

various things the young groups learned during their sessions. This activity aims to ensure the sustainability of the project results and the multiplying effect. By giving young participants tools to do peer-to-peer training with their friends and other young people it will be possible to multiply the project results reaching more and more young people. This way the project beneficiaries will increase. Young people will be motivated to do this peer training in an informal way or also by contacting schools and creating specific occasions where they will meet other young people. The following listing

- The young participants have peer training in Yartra, ongoing for the 5days, starting from 9th june till 13th june.



- They will be visiting different communities for the peer education after the accomplishing of the training.

- They are peer to resource Budhathoki having themes:



being involved into the peer training by the person Sagar where the They are trainings on following Team Building and

Trust Building, Techniques for Sharing Information, Techniques for Exploring Values and Attitudes, Gender Awareness and Sensitivity, Techniques for Building Skills, Motivational Tools, Techniques Co-facilitation skills, Use of Role Play, and Introduction to Public Speaking.



Participant involvement in Peer Education Training

Youth Conference:

After the completion of all other gymkhana activities, the youths conducted a youth conference to share about the outcome of the project, their learning and experiences to the local stakeholders about the situation of youth and involvement of youth, their assurance of social rights. On 2013, October 26th the participants organized youth conference in WNSO office to disseminate the outcome of the project and provide some suggestions and recommendations on youth's social right. The participant along with the youth worker briefed and summarized the project activities in the youth conference. Participant being the leading host of the conference delivered the overall outcome and experience with each participants presenting in the PowerPoint. Dolendra Nath Subedi presenting the Advocacy Campaign and International Volunteer Service, Elson Thapa presenting Peer Education, Himashu Rayamajhi presenting Art Workshop, Manasi Shrestha presenting International Youth Meeting, Manin Shrestha presenting Access to Job Workshop, Rajeev Sundas presenting Traditional Games Day, Prakash K.C. presenting Active Video Research. A Project Coordinator Jangannath Kharel, Youth Worker, Anish Raj Shresttha and Rajesh Pathak and long with Hempal Shestha from the team congratulated the graduated participants in their yearlong volunteering program and added the impact that has made upon the direct and indirect beneficiaries through this project.

The outcome and suggestion was also distributed in printed form in the program. Details is online published in project facebook, [seed of change Nepal](#).



Glimpses of Youth Conference

International Volunteer Service: This is a very important action to reach the objectives of the project because it foresees a hard impact not only in the volunteer and into the community where s/he will work, but also in his/her own community. In fact, at the end of the period of volunteering and at the return in his/her own country, he/she will do informal peer education in his/her community, continuing to work on this field adapting in own context the methodology that he/she has learnt during his/her voluntary experience. Each partner has selected the volunteer from the group of participants, on the basis of his/her motivation, the availability to stay the whole period foreseen and the active involvement in the previous activities of the project.

Dolendra Nath Subedi has been selected for the International Volunteer Service for the one month volunteering in United Societies of Balkans, Thessaloniki, Greece from July1-July30. He has been selected for his performance, initiation, and leadership in the project.

(As Reported by Dolendra Nath Subedi, Volunteer from Nepal to Greece, Seed of Change, 2013.

Introduction

United Societies of Balkan is non- profit and non-governmental organization established at Thessaloniki, Greece in 2008 by the group of young people who are sensitizing by rapid change and social transformation within and around Balkan region in order to improve living condition and protection of human rights. USB supports the values of non-formal education, voluntarism, active citizenship and democracy in order to build a better future for European generation.

USB is the responsible organization in the Greece for the international project seed of change “Reinforcing the role of young People with fewer opportunities in their access to Social Rights”.

Based upon performance, initiation, and leadership during the various gymkhana activities, I was selected for international volunteer service (Activities No 8) at

United Societies of Balkan, Greece from July 1st to July 30th, 2013 from
Worldwide Nepalese Student Organization

Objective of Volunteer:

- To explore and enhance the knowledge on Social Rights and status of Greece in it,
- To find out the main issues that are concern about violence of social rights of local people, and their effort to mitigate the problem,
- To learn the video editing,
- To meet the participants of seed of change Greece and share the gymkhana activities performed in each country and to present project summary,
- To participant in various training, activities of organization,
- To organize the one day activities to make the local people aware on sensitive issues either “proposed: Showing the movie in road” or “Exercise ”
- To gain idea about culture of Greece and share the culture, life style of Nepal.

Activities Carried Out

• **Interaction**

Interact with Member of United Societies of Balkan (USB) and Member of European Volunteer Service (EVS). Introduce each other their roles and responsibilities in USB and program that they were affiliated too. Interaction with them helps to known about organization, their activities and working area. Next to this, get opportunity to interact with Seed of Change Greece participants and exchange the project summary and activities performed in each other countries. Greece participant shared Learning and activities performed during International Youth Meeting.

• **Attained Creative writing Session**

Participated in creative writing workshop that was schedule for 5 day with other EVS member. The resources person of workshop was Photini Karamouzi, She focused how to be creative during the literature writing. She encouraged participant to thinks out of box and comfort zone. Group assignment were given to develop story and act, to map our though, to draw the image of poem, to write effective and attractive poem, to write poem, and to write bibliography of own imaginary book and interviewed to of other participants.

The workshop was closed with feedback and certification distribution.

- **16th Anti-Racist Festival Visited**

Behaviour of people to discrimination other people based to colour of skin is termed as racism, 16th Anti-Racist Festival Visited was held in Thessaloniki from 5th to 8th July, 2013. Festival embraces of discussion house, publication house, intercultural food, various organization stall, drama and musical performance to aware the general public to act together for racism. Short footage of the festival was captured in order to make short video summary of festival.

- **Lesson on “Video editing”**

Mr Burack, the member of EVS gave the lesson on basic video editing, how the footage are imported in software, how selected clips are cut and placed them in storyboard, how audio and video are displace with each others, Knowledge were shared on colour transaction, to add text and how other transaction are added between the two clips. Tools were introduced.

- **Video making**

After gaining basic knowledge, footage were watched and best clips were selected. Some of the admired quotes against the racism were searched in web; soundtrack to be place in video was also hunt. The condition of racism in the Thessaloniki was studied. After the several draft, final motion picture was prepared after receiving approval from Alexia Kalaitzi.

- **Article writing “Arriving in Thessaloniki”**

First week impression of Thessaloniki culture, traditional was appraising in shape of article as requested by the United Societies of Balkan. Comparative article consists of culture, traditional, food and life style of people between Nepal and Greece.

- **PowerPoint presentation**

Present the self-introduction to EVS and member of USB. PowerPoint methodology was used, which contain basic information about self, education background, hobbies and skill. Next to these also presented the presentation of Nepal, with the objective to let them known about Nepalese traditional and cultural. Total numbers of participants were 9. List of participant are in Annex II.

- **Reviewed European Convention on Human Right**

European Convention on Human Right (ECHR) was reviewed during the weekend. ECHR is an international agreement signed during late 1950 by the members of council (27 Countries); it helps to protect Human Right and Fundamental freedom within Europe. ECHR incorporates three sections and sixty-six article and fifteen protocols. International court of Human Right was established by the ECHR, which is responsible to hear all the application based on violence of human right.

- **Article based on “Review of European Convention on Human Right”**

After revising ECHR, short article was written that include its existences story, component of ECHR. Alongside relationship between European Convention on Human Right and Greece was also mentioned. Main Concern of human right violence in Greece was also mentioned with reference to Amnesty International.

- **Workout on extended report on “Youth and Unemployment”**

To understand the social economic condition of Greece, extended article on “Youth and Unemployment” was aim to prepare. Greece youth are facing the huge problem of unemployment despite county have lot of possibilities in economic growth. Report consists of definition of youth and unemployment by various reliable organizations, present demographic structure of male and

female between the ages of 18-30, Greece. It also includes unemployment rate between the years of 2008-2012. In order to understand reaction of general people, two young unemployment youth were interviewed.

- **Exercise**

Realistic knowledge are more reliable and interesting in learning process, understanding these thoughts some of the exercise that were learn during peer education training in Nepal was played with the member of USB and members of EVS, Alexia Kalaitzi assist the exercise. Objective and list of Exercises that were played are shortly explained below: The total numbers of participants were 9. List of participant are in Annex II.

Human Knot: All the participants are locked in human knot form enclosing themselves with their hand connect randomly with other participants. With active participation of all participants human knot is to be untied. The objective of this exercise was to let participants known about teamwork and group dynamic.

Power walk: The main objective of this game was to let participant known about the genuine social structure of our society and what are role of youth as been working in the youth organization. Before participants were let to pick of random Meta card (that contain role of prime minster, teacher, social worker, HIV patient, disabilities etc.) and requested them to feel the character of their role. After some time, few statement were read and requested the participant to move a bit forward if there character bout the statement, at the end of game participants position were noted, as a result higher authority was in front and people belonging to the vulnerable and disadvantage were in back and there was the youth and social work in middle. They were realized that social worker is connected with higher authorities and background people.

Pass the beat: After making a round circle, facilitator requested participant in left to clap the hand in same time with eye contact and pass the beat to person in the left to him/her and also make them aware them that another beat may be pass at anytime. Participant were insight the role of individual in team, and how

important concentration is required during the teamwork, team always want the best result was display through the games.

Monument Visited

Greece is rich in the art and culture from the ancient time; it is believed that human civilization started through Greece. Some of famous and touristic area of Thessaloniki like Trigoniou Tower, White Tower, Bey Hamam- paradise bath, Kamara, Agias Sofia Church, Aristotelous Square, Museum of Roman Agora of Thessaloniki, Byzantine Wall, Great Alexander statue, Aristotle University, Kaftatzoglio Stadium, Rotando, Theater of Forest, OTE Tower were Visited.

Conclusion

Volunteering one month at United Societies of Balkan has been the excellent experience, learning about video editing and during making the short Anti-racist festival video has insight the knowledge about racism and its present condition in Europe, as racism have never been such a big problem in Nepal. It gave understanding on how people are discriminate in base on colour. Learning European convention on Human Right enhance the knowledge regarding human rights that are been practice in Europe. How the collaborative effort came into existence and what are the components of ECHR was known. It also helped to differentiate the human rights of Nepal and Greece. Some of the issues concerning human right violence were also recognized. Preparing extended article on Youth and Unemployment help to discover the population of Greece including young people, rate of foreign employment. Unemployment is biggest social and economical problem of Greece was identity.

Presenting about self, Nepal and conducting exercise has help to develop the presentation and facilitator skills. Writing article has helps to improve literature based upon feedback and suggestion.

Learning about various phenomena in different setting and regular positive feedback, encourage have added enthusiasm and positive vibes to share the experience and learning in owns community.

Annex I



Group assignment and Certificate distribution Ceremony during "Creative Writing Workshop"



Museum of Roman Agora, Red tower and Kamara of Thessaloniki



Presenting About Self

Report by Olga Rovira Zamora, Volunteer from Spain to Nepal, Seed of Change, 2013

Nepal 2013



I'm Olga Rovira Zamora, a volunteer from *Fundació Catalunya Voluntària*, and I went to Nepal involved in Seed of Change Project. It started in November 2012 and finished in August 2013. The aim of this project was the approach of young people from disadvantaged areas, to social rights.

I departed the 11th July from Barcelona's airport and arrived to Kathmandu, Nepal the 12th, there were five boys waiting for me in the airport, we took a taxi from there to host place, we meet three girls more and after having some rest we went all to eat some "mo:mo" a typical spicy dish. Since that moment I realize that all the dishes would be spicy for me.

During the first three days was kind of hard for me, I just wanted to go home and I miss my language and my food so much. I hadn't lived alone before, and that's why staying by myself since 7pm to 11am was not easy for me, then I said to myself: "*you are going to be here for almost a month so, do you want to enjoy it or not?*" Then I tried to do everything that the other volunteers did, and eat what they eat.

I started enjoying the experience and it was better and better everyday. The first week I meet WNSO volunteers and they took me to a lot of awesome places of Kathmandu, I saw the main places that a student of tourism has to see and the non-touristic places also. We went to Godawori a botanical garden in Kathmandu Valley, where we took some pictures and stayed there for a while, we got our feet wet in a little river there and saw lots of different plants and kinds of butterflies that I hadn't seen before; we had a great time there. The next day we went to Bhaktapur, we feed some fishes in Siddhapokhari, we gave them some chips, and saw a beautiful sun set. We also went to see the highest Shiva statue of the world, that is 143ft high and that same week we walk through the old streets of Patan,

Lalitpur, and we went to Soyambhu, to the Kathmandu zoo and to the Bouddha Stupa.

In all of these places I learnt from the best guides that I could have, my friends, the local volunteers. They were incredible, I couldn't ask for anyone better, they not only show me the places but they explained to me all they knew and other cultural things that I asked or they thought I was wondering to know. Now I can understand why people say *"travel is the only thing you can buy that makes you richer"*.

The second week we started with the main project. We went to the offices of Yatra, a partner organization, and there they explained to us the project that we were going to do: PEC classes. PEC means Primary Environmental



Care, so we prepared those classes: we read documents about PEC, watch some videos, we were supposed to work with the kids by peer to peer education and share the knowledge, making them get involved in the topic. We started being creative and creating games, show them examples in the same moment, like a hand made dustbin with newspapers, show them two cities one clean and the other dirty and the had to say which one was their city (the same city made with recycled chart paper) and show them some videos and songs to made them realize that they were also part of it and it was something that all of us had to do, take care of the environment. At the end we prepared a game to summarize the lesson and also a commitment part were they had to write what were they going to do since that moment to take care of the world. They had a lot of different ideas, and they wrote them in a chart paper to stick it in the classroom wall.

We prepared all this activities during the week, and took the weekend to take some rest. So we went to Pokhara, and Bandipur. Pokhara is a touristic city,

where you can do risky sports like paragliding; there is also a big lake where you can find a temple in a little island. We went to the island on a boat, and visited the temple. We also went for a walk next to the lake and took some pictures (I was taught to take good pictures the week before), the place was awesome, the people with whom I was too and of course the pictures also. At night we went out to have dinner and take something to drink and we had lots of fun, but at 11pm we were in the hotel again. That was a great night though.

The next day we woke up so early (for me, but a normal hour in Nepal, 5.30 am) and went to see the rest of the city: the Mountain International Museum (about the Himalayan mountain range), we saw the views, some temples, a cave. It was a wonderful city, but when we decided to go to have something to eat there weren't so many places and it was hot enough to feel only tiredness and hunger. Once we ate something we felt better and we went to look for a *micro* (little buses, like vans

with seats inside). We took one of those to go to Bandipur. Bandipur is a little village up in a mountain that has great views of the Himalaya. To go there we went out of the micro in a village on the road and took a local

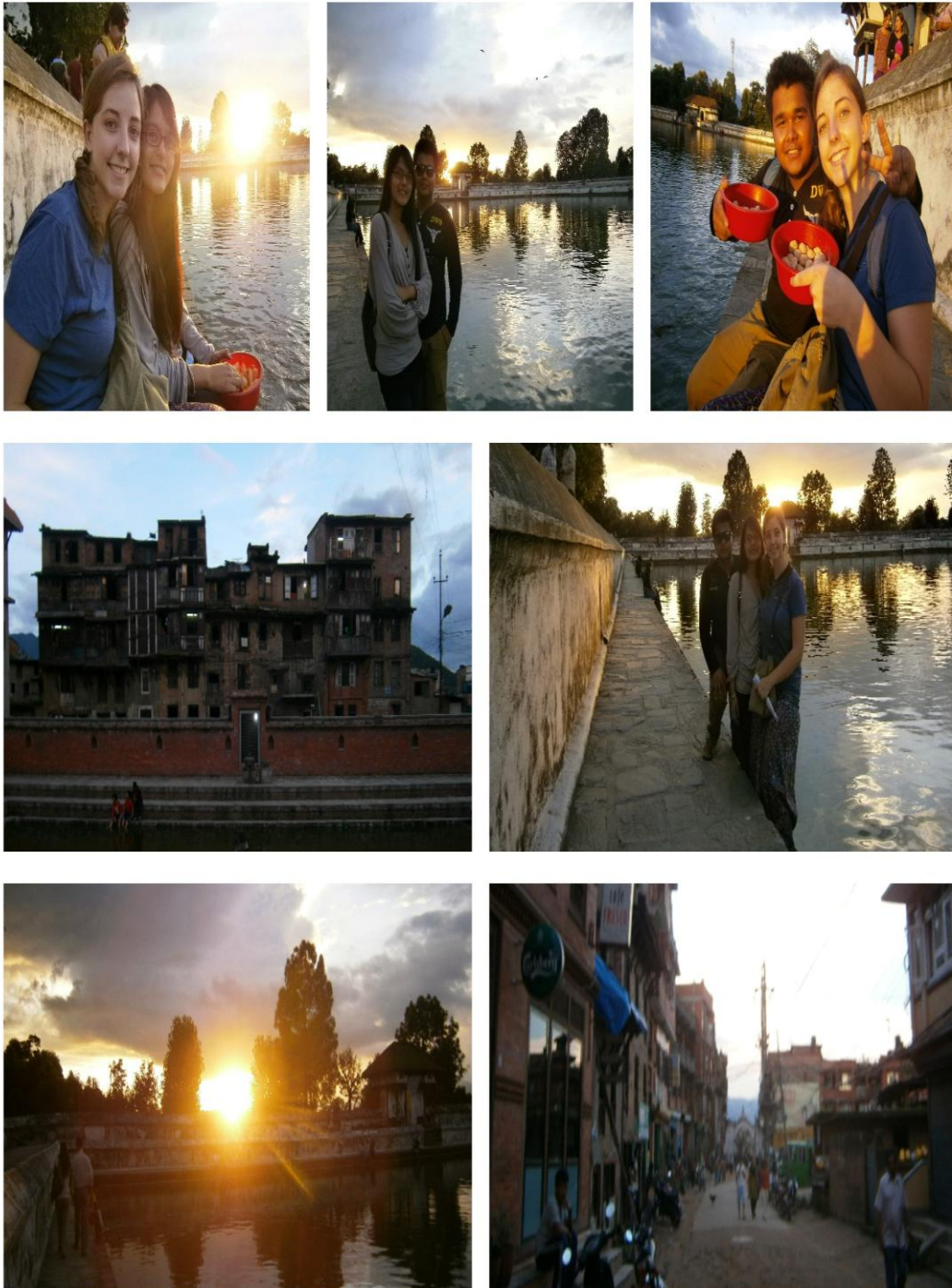


with seats inside). We took one of those to go to Bandipur. Bandipur is a little village up in a mountain that has great views of the Himalaya. To go there we went out of the micro in a village on the road and took a local

bus to go up to the hill. There we left the baggage in a guesthouse and went for a walk. In that village we found a lot of English people that were building a school. At night they sang in the street some English songs and we also had fun.

The last week we did the PEC classes. We went to three schools in Kathmandu. We started with the idea of making a class of 1.30 hours but the first one was of 2 hours, and we increased the length in the next schools, the last one was 3.15 hours, but we enjoy the activity a lot, the kids cooperate so much with us.

The stay in Nepal was so short for me I would love to spend more time there; I had a great time with the volunteers and the activities. If I have the chance in the future I'd love to repeat an experience like this again. May be the volunteer work



was quite short but as a personal growing experience was huge. Now I can recommend Nepal to everyone that asks me and also about the volunteer work..

International Youth Meeting: Four participants along with the youth worker from six countries visited in Palermo, Italy from July 1-July7 for the International

Youth Meeting. The programme was focused mostly in 3 main themes: sharing what has been done, intercultural learning, one very important dimension that can be mainstreamed through the opportunity of the international youth meeting and prejudicing/discrimination, that is strongly connected with access to social rights. Sophiya Shrestha, Rajeev Sundas, Elson Thapa and Manasi Shrestha have been selected for International youth Meeting along with the



Pictures of International Youth Meeting

Youth Worker, Anish Raj Shrestha. They have been selected on the basis of their performance in the project. Inter-cultural Dialogue and Inter-continental understanding were also addressed in the meeting.

Community Outreach and Seminar

Seminar

With on going project, Seed of Change. The SoC team Nepal organised the seminar cum Interaction on February 9, on **“State and Citizens’ Responsibilities to curve the violence against women”** by Prof. Dr. Madhavi



Singh Shah and Dr. Chapala Koirala. With the ongoing violence against women and the ongoing demand of safety and security, especially burning on south Asian context, the seminar gave the closed and wonderful insights

to the participants. The participants are given insights about the roles of the government, civil society and citizens to raise awareness to abolish such violent culture against the women violence. The interaction between the resource person and participants gave them a new dimension on perspective about the role of society towards women protection and legal status inside Nepal.

Community outreach

The SoC participants attended their first community outreach to interact with the same peer group. The SoC team visited to the Paragon Academy at Kamalbinayak, Bhaktapur on 31st June to have interaction and knowledge sharing to endorse them the essence of the advocacy campaign, “We are



solution ourselves”. The participants of the age group of 13-16 from the school attended the program where the SoC team organised different activities to show the



participants of the school about the solution and the problem. Targeting upon the common mentality of today's youth in Nepal about blaming upon others about the problem, the Soc team provided them with the idea of creating solution by them, as they are the main solution of the problem. The participant felt that they had new insights upon the problem and new perspective was developed to look after the problem and its solutions. Different energizing games, PowerPoint presentations, group work activities were conducted in the outreach.

Conclusion:

Seed of change has been able to sow the seed of social rights to the young people having fewer opportunities inside Nepal. Youths have been provided with the platform to learn and share about the different social rights. They have able to grasp the knowledge that how the interference in socio and economic condition will affect their social rights. Apart from it seed of change has been able to restore the values and self-esteem among the more vulnerable groups making them more aware about society, social transformation and social rights. The participants proved their eagerness to learn and explore by arriving continuously for the sessions for 7 long months despite their holidays. The outcome has been seen benevolent and impact making so far. Their involvement in traditional games day, active involvement in research, continuous practices and final play along with making of standard rules and regulations and publishing it in various portals and social media to let people know were the significant aspects. Accompanied by the indirect beneficiaries and playing along has definitely inserted the idea of teamwork and leadership and roles among the youths. Their different community outreach and participation in different programs have boosted their confidence towards interacting with people and finding out their problems. The lesson they learnt during the access to job workshop enhancing their quality and making them more employable has created impact in their thinking and behaviour.

The overall journey in seed of change is a new approach of bringing together the active youths in one places and giving them access knowledge and awareness about social rights. It has been able to aware the participants about their role as multipliers of the project results encouraging them to act out this role in an active way with their peers. Also it has helped develop a multicultural perspective of unemployment, marginalization and social exclusion issues as to promote the learning and understanding of the diversity of situations in the various places. Overall it has been able to provide the skills and competencies needed to make them aware and active breaking the unseen circle of disadvantage in society by the valuable non-formal education and the effective

enjoyment of social rights. From the time they first came to till date the aspiration, inspiration, and confidence has been boosted with the positive values and self-esteem to create changes in the society. The learning that they receive will be clearly reflect in society and the experience they will share after the visit will bring different inter cultural dimensions in the society and a new perspective to look for, to create change and to believe that the protection of social right is compulsion for socio-economic condition and the self belief that tells the solution are ourselves then to search somewhere else.



Annexes-1



Press release

Harvesting the Seed of Change:

Following the time of the paddy field are cleared and ready for the rice, like wise a year long volunteer of the Seed of Change participants has come to an end with their suggestions and recommendations for their social rights to the policy maker.

On October 26th the project, **“Seed of Change; Reinforcing the Role of Young People with fewer Opportunities in their Access to Social Rights”** was closed after the final youth conference held on WNSO Hall, Koteshwor. The project was actively run from September 2012 to October 2013, where the conference was held after the two-month extension of the project.

Young people have disseminated their suggestion regarding their social rights for social security. They advised as there are less information centers about the social rights and equally the youths are not aware about their social rights thus leading to different social injustice and indifferences.

After a year long of activities based volunteer in seed of change project, they believed that the non-formal education carry more value in shaping the youth’s conscience in today’s society and social competence. Theoretical based knowledge and modern day running towards today’s competence based learning has made the youth more incompetence, not realizing their own strength. Youth believed that the value based and practical based education should be enforced as to keep both mind and hand sharp.

Participants highlighted the need of social awareness in-terms of securing the social rights especially amongst the youth in the situation of economic conflict and social insecurity. They stressed that the way to ensure the social rights is the valued based learning, doing different activities involving the youth for creative response for their access into social rights. They admitted that the current situation of education has not been instrumental to aware youths for their social rights.

The participants organized the final youth conference concluding the whole project activities done through out the year. For each activities each participants presented their outcomes, and process during the period. Dolendra Nath Subedi presented in advocacy campaign initiated by the participants for ensuring people as they themselves and ourselves as the prime solution of every problem not depending upon others along with this experience in International Volunteer Service, Himanshu Rayamajhi presented on Art-Workshop as art a medium of self expression and creative tool to inspire and advocate the social rights.

Manin Shrestha presented on the activities where Access to Job workshop where he concludes that the requirement of non-formal education in shaping youth’s ability for modern day employability. He concludes that the session has been fruitful, as participants have been benefited by the session in their professional life. Equally Santa Bahadur Jirel highlighted on Peer Education Training experience on Seed of Change and focused upon today’s need to aware youth from peer group and importance of such training.

Manasi Shrestha presented her experience of International Youth Meeting on behalf of attended participants in the meetings that intercultural dialogue and international understanding in social rights had been instrumental to learn a global perspective about the theme. Prakash K.C. presented the Active Video Research done in Seed of Change in LGBTI and in Senior citizen and also extended the importance of today's world the value of video to aware the youths in social issues. Where as, Rajeev Sundas presented the Traditional Games Day played in the project and also urge everyone for its preservation from local level to national levels.

Rajesh Pathak, General Secretary of WNSO congratulated graduate participants, project team and partners for helping the seed germinated in the project. He urged that the talents that grew from the platforms needed to harness and explore in the society. He shared some examples how the egoistic attitude and selfish behavior ruin the team, and advised to young participants to follow Win-Win approach to build vibrant team to acquire success in life. Hempal Shrestha expressed his best wishes to the participants for their future career. Narayani Gaha, President form Yatra, a local collaborating partner extended her gratitude and happiness of being involved in the project and help grow the level of awareness to the participants.

Youth worker Anish Raj Shrestha put his remark on the development of the project from micro level to its completion and the ups and down the project went throughout the year. He remarked that the project has been success for its accomplishment in a very satisfactory way. He shared his experience and relevance of project activities for personal and professional life. He shared his unique experience during his international visit to participate in International youth meeting along with other four young people, representing the country.

Jagannath Kharel, a founder member of WNSO-Nepal/Project Coordinator thanked the entire person and institution involved in direct and indirectly in the project, he expressed the step by step development and success of project which was really hard earned. He shared some cases of complexities and challenges since project inception and explained how Seed of Change project overcome it and acquired amazing success. He expressed his gratitude that project beneficiaries- the Young People with Fewer Opportunities- have been empowering throughout intensive about a-year long project activities which is proved as an exemplary deed of the WNSO history. He also added that despite finance resource has been limited; it was possible to make a grand success due to the team believe 'we are solution'. He also expressed the ups and down and personal experience to select and recommend the participants for the project and also for an International Youth Meeting and overall project period.

Thank you.

The Team,
Seed of Change-Nepal/WNSO
Oct. 27, 2013

Annex- 2

“Seed of Change: Reinforcing the Role of Young People with Fewer Opportunities in their Access to Social Rights.”

Project No:

S.N.	Date	Title of the Event	Venue	Name of the Expert/Resource Person/Mentor/YW, PC and representative from the organisation	Phone No:	
Consultation and participation selection	Oct 15 to Nov, 30, 2012	Planning and consultation meeting with likely academy institutional partners in Kathmandu valley.	Bahaktapur, Lalitpur and Kathmandu	<ul style="list-style-type: none"> • Jagannath Kharel • Anish Raj Shrestha 		
	Dec. 14, 2012	Planning and consultation meeting with Yatra	Lalitpur	<ul style="list-style-type: none"> • Anish raj • Jagannath Kharel • Anish Raj Shrestha 		
	Dec 1-30, 2012	Participants selection	WNSO office	<ul style="list-style-type: none"> • Anish Raj Sherestha • Rajesh • Yadav • Jagannath 		
1	12 th Jan, '13	Kick off and Art workshop	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Rajesh Kumar Pathak • Niraj Dahal • Narayani Gaha • Anil Parajuli • Hempal Shrestha • Dibyesh Giri • Abhas Dharananda Rajopadhyaya 		

				<ul style="list-style-type: none"> • Jagannath Kharel 		
2	19 th Jan	Art Workshop	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Niraj Dahal 		
3	26 th Jan	Art Workshop	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Niraj Dahal • Jagannath Kharel • Rupak Shrestha 		
4	29 th Jan	Art Workshop	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Rupak Shrestha • Narayani Gaha • Krita Bhattarai • Anil Parajuli • Niraj Dahal 		
5	9 th Feb	Traditional Games	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Niraj Dahal • Jagannath Kharel 		
6	9 th Feb	Seminar (2)		<ul style="list-style-type: none"> • Prof. Dr. Madhavi Singh • Dr. Chapala Koirala Jagannath Kharel 		
7	11 th Feb	Traditional Games	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Jagannath Kharel 		
8	15 th Feb	Traditional Games	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Niraj Dahal • Rupak Shrestha • Abhas Dharananda Rajopadhyaya 		
9	16 th	Active Video Research	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha 		

	Feb			<ul style="list-style-type: none"> • Rupak Shrestha • Jagannath Kharel 		
10	23 rd Feb	Traditional Games	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Jagannath Kharel • Niraj Dahal • Narayani Gaha • Krita Bhattarai • Anil Parajuli 		
11	2 nd Mar	Active Video Research	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Rupak Shrestha • Sujeena Shakya • Niraj Dahal • Rajesh Kumar Pathak 		
12	9 th Mar	Active Video Research	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Rupak Shrestha • Abhas Dharananda Rajopadhyaya • Narayani Gaha • Niraj Dahal 		
13	16 th Mar	Active Video Research	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Rupak Shrestha • Niraj Dahal • Narayani Gaha 		
14	23 rd Mar	Active Video Research	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Niraj Dahal • Abhas Dharanda Rajopadhyaya • Narayani Gaha 		
15	30 th	Active Video Research	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha 		

	Mar			<ul style="list-style-type: none"> • Niraj Dahal • Narayani Gaha • Rupak Shrestha 		
16	6 th Apr	Access to Job Workshop	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Jagannath Kharel • Naryani Gaha • Maheshwor Giri • Abhas Dharanda Rajpodhyaya 		
17	13 th Apr	Access to Job Workshop	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Narayani Gaha • Niraj Dhal • Jagannath Kharel 		
18	27 th Apr	Access to Job Workshop	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Narayani Gaha • Rupak Shrestha • Niraj Dahal 		
19	4 th May	Advocacy + Job	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Saroj Pandey • Narayani Gaha • Anil Parajuli • Niraj Dahal • Rupak Shrestha 		
20	11 th May	Advocacy + Job	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Hempal Shrestha • Anil Parajuli • Jagannath Kharel 		
2	18 th	Advocacy + Job	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha 		

1	May			<ul style="list-style-type: none"> • Hempal Shrestha • Narayani Gaha • Anil Parajuli • Jagannath Kharel • Rajesh Kumar Pathak 		
22	25 th May	Advocacy + Job	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Jagannath Kharel • Narayani Gaha • Anil Parajuli • Rupak Shrestha • Niraj Dahal 		
23	9 th Jun	Peer Education Training	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Narayani Gaha • Maheshwor Giri • Sagar Budhathoki 		
24	10 th Jun	Peer Education Training	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Narayani Gaha • Maheshwor Giri • Sagar Budhathoki 		
25	11 th Jun	Peer Education Training	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Narayani Gaha • Maheshwor Giri • Sagar Budhathoki • Jagannath Kharel 		
26	12 th Jun	Peer Education Training	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Narayani Gaha • Maheshwor Giri 		

				<ul style="list-style-type: none"> • Sagar Budhathoki 		
27	14 th Jun	Community Outreach	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Rupak Shrestha • Abhas Dharananda Rajopadhyaya • Narayani Gaha 		
28	15 th Jun	Community Outreach	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Rupak Shrestha • Abhas Dharananda Rajopadhyaya • Narayani Gaha 		
29	21 st Jun	Community Outreach	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Rupak Shrestha 		
30	26 th Oct	Youth Conference	Kathmandu	<ul style="list-style-type: none"> • Anish Raj Shrestha • Rupak Shrestha • Jagannath Kharel • Niraj Dahal • Rajesh Kumar Pathak • Hempal Shrestha • Abhas Dharananda Rajopadhyaya 		

List of young participants (young 20) who were selected for the project young group

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Project title:	Seed of Change: Reinforcing the role of young people with fewer opportunities in their access to Social Rights						
N°	Promoter	Family name, first name	Country of residence	Email or mobile no.	Female (F) or male (M)	Participant (P) Youth worker(YW)	Signature
1.		Subedi, Dolendra Nath	Nepal		M	P	
2.		Shrestha, Sophiya	Nepal		F	P	
3.		Shrestha, Manasi	Nepal		F	P	
4.		Thapa, Elson	Nepal		M	P	
5.		Sundas, Rajeev	Nepal		M	P	
6.		Rayamajhi, Himanshu	Nepal		F	P	
7.		Shrestha, Manin	Nepal		M	P	
8.		Shrestha, Manil	Nepal		M	P	
9.		Aryal, Januka	Nepal		F	P	
10.		Jirel, Santa Bahadur	Nepal		M	P	
11.		Tamrakar, Nischal	Nepal		M	P	
12.		Nachhiring, Garima	Nepal		F	P	
13.		Manandhar, Barsha	Nepal		F	P	
14.		Dahal, Yub Raj	Nepal		M	P	
15.		Niraula, Sabin	Nepal		M	P	

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N°	Promoter	Family name, first name	Country of residence	Email or mobile no.	Female (F) or male (M)	Participant (P) Youth worker(YW)	Signature
16		K.C.,Prakash	Nepal		M	P	
17		Tamanag, Dil Kumar	Nepal		M	P	
18		Lamichhane, Prem	Nepal		M	P	
19		Poudel, Sujan	Nepal		M	P	
20		Baral, Binju	Nepal		F	P	