



**SUSTAINABLE
DEVELOPMENT GOALS**

MY SDGs MY RESPONSIBILITY

A YOUTH GUIDE FOR SUSTAINABLE DEVELOPMENT IN NEPAL

DISCLAIMER

The United Nations defines youth as those persons between the age of 15 and 24; and adolescents as persons between 10-19 years of age. The National Youth Policy of Nepal 2010 considers youth to be women, men and third gender between the age of 16-40.

The data used in this document comes from a variety of sources and thus the definition of youth varies according to the source. This means that the age of the youth from which the data was sourced ranges from 10-40.

For the purposes of this publication, youth are defined as people 10-40 years of age.

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NAMASTE

Namaste friend,

My name is **Youth**. I am the period of transition from childhood to adulthood. Just like you, I'm a young, energetic, dynamic, skilful, capable, and creative person, determined to bring about positive transformation in my community, nation and the world. Reading this guide helps me understand how the world is organizing itself to improve and eliminate several challenges faced by people like me and you.

This guide was produced in consultation with a diverse range of Nepali youth and teaches me about Sustainable Development Goals (SDGs). The SDGs are identified as priorities for everyone across the globe to focus on, to build a better world for us all. I am confident that this booklet will make us all realize how small individual steps and roles can add up to big transformations.

Enjoy reading!

BEFORE I BEGIN



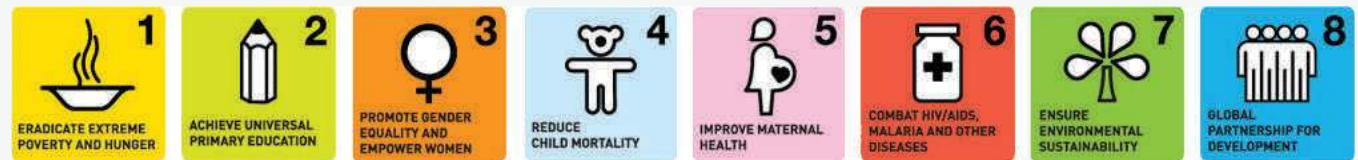
United Nations

The United Nations (UN) is an international organization of which almost all countries are members. Its job is to maintain the peace, security, human rights and development in the world.

As of year 2015, there were 193 UN Member States.

Millennium Summit:

In 2000, representatives from the (then) 189 Member States met to adopt goals for the world called Millennium Development Goals (MDGs). The eight MDGs were to be achieved by the year 2015.



Sustainable development is progress that improves living conditions in the present without compromising the resources of future generations.

The Global Goals for Sustainable Development:

Many of the targets of the MDGs were met by 2015, but the world still needed to keep working to fully achieve the Goals as well as tackle new issues and problems. So, in September 2015, UN Member States reached an agreement on a new set of 17 goals called the Sustainable Development Goals (SDGs) for the next 15 years – from 2016 to 2030.



UNDERSTANDING YOUTH

Youth is a period of transition from when we are dependent children to when we are fully independent adults. Youth are recognized as the change agents and key partners for economic, social, political, and cultural transformation.

Let's do an Activity

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

Instructions:

1. In the calendar circle your age in 2015 AD
2. Then circle what your age will be in 2030 AD

Before we get older, shouldn't each one of us use our youth to make a difference for all of us and for generations to come?

NEPAL IN NUMBERS

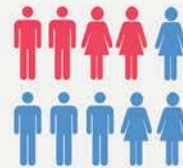
Total Population of Nepal



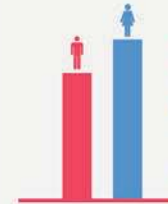
26,494,504



25 out of 100 people live below the poverty line



4 in 10 people in Nepal are youth aged between 16-40



84 male youth per 100 female youth

66%

of people can read and write



8 in 10 males aged 16-25



7 in 10 females aged 16-25

Around 1500 youth leave the country every day for foreign employment

3rd highest rate of CHILD MARRIAGE in South Asia

0.39 Youth Development Index

142 out of 170 countries

The index gauges youth development according to 18 indicators that are grouped into five key areas: Education, Health and Well-being, Employment, Civic Participation and Political Participation

2010

National Youth Policy

(a legal document for youth development in Nepal)

2015

Youth Vision 2025

(a 10 year plan for youth development)

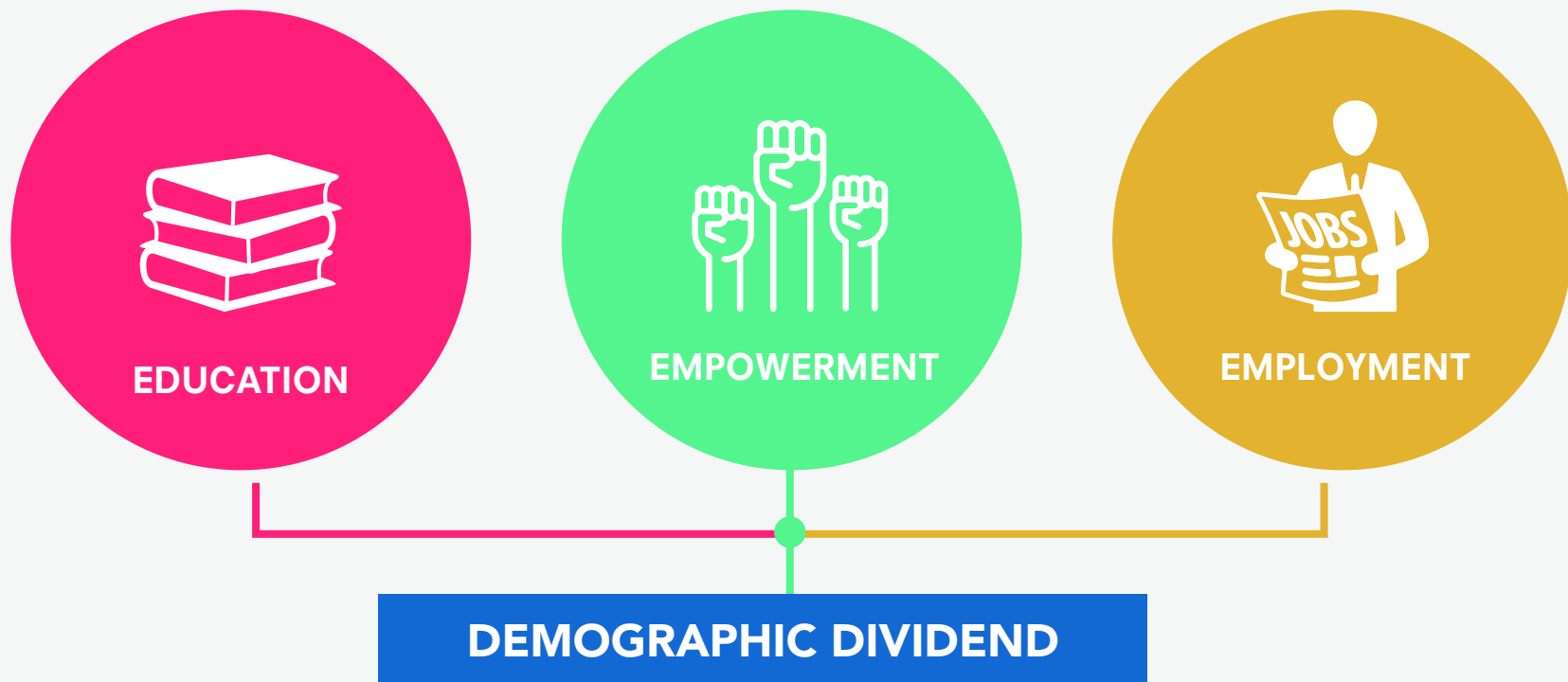
2016

National Youth Council

(an institution to implement youth vision 2025)

YOUTH AS DEMOGRAPHIC BONUS OR DEMOGRAPHIC CHALLENGE?

“The demographic dividend is the economic benefit that can arise when a population has a relatively large proportion of working age people, and effectively invests in their empowerment, education and employment.”



In Nepal, youth account for the largest section of the population. This youth bulge is a 'window of opportunity' to invest in youth and make sure a demographic dividend is reached.

MY ROLE FOR SDGS



I can be a critical part of carrying out actions, observing and reviewing the progress of SDGs and hold my government accountable.

1 NO
POVERTY



End poverty in all its forms everywhere

By:

Ensuring that everyone is protected against unemployment and has access to medical care

Ensuring that money is allocated to carry out policies that will give everyone equal access to social and economic opportunities



Global Facts & Figures

11 in 100 people still live in extreme poverty



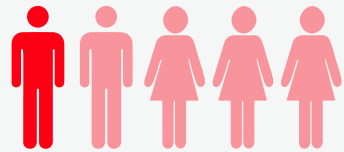
1 in 5 people in developing regions live on less than **\$1.25 per day**

Everyday **42,000 people** have to abandon their homes due to conflict

National Facts & Figures



1 in 4 people live on less than **\$1 a day**



1 in 5 youth

who belong to marginalized, minority and disabled communities are unemployed



The Social Protection Expenditure out of the total national budget is **11.3%**

In Nepal, by 2030

- Extreme poverty will be less than 5%
- Average income will be \$2,500 a year
- Social protection will make up 15% of the national budget

National Youth Policy

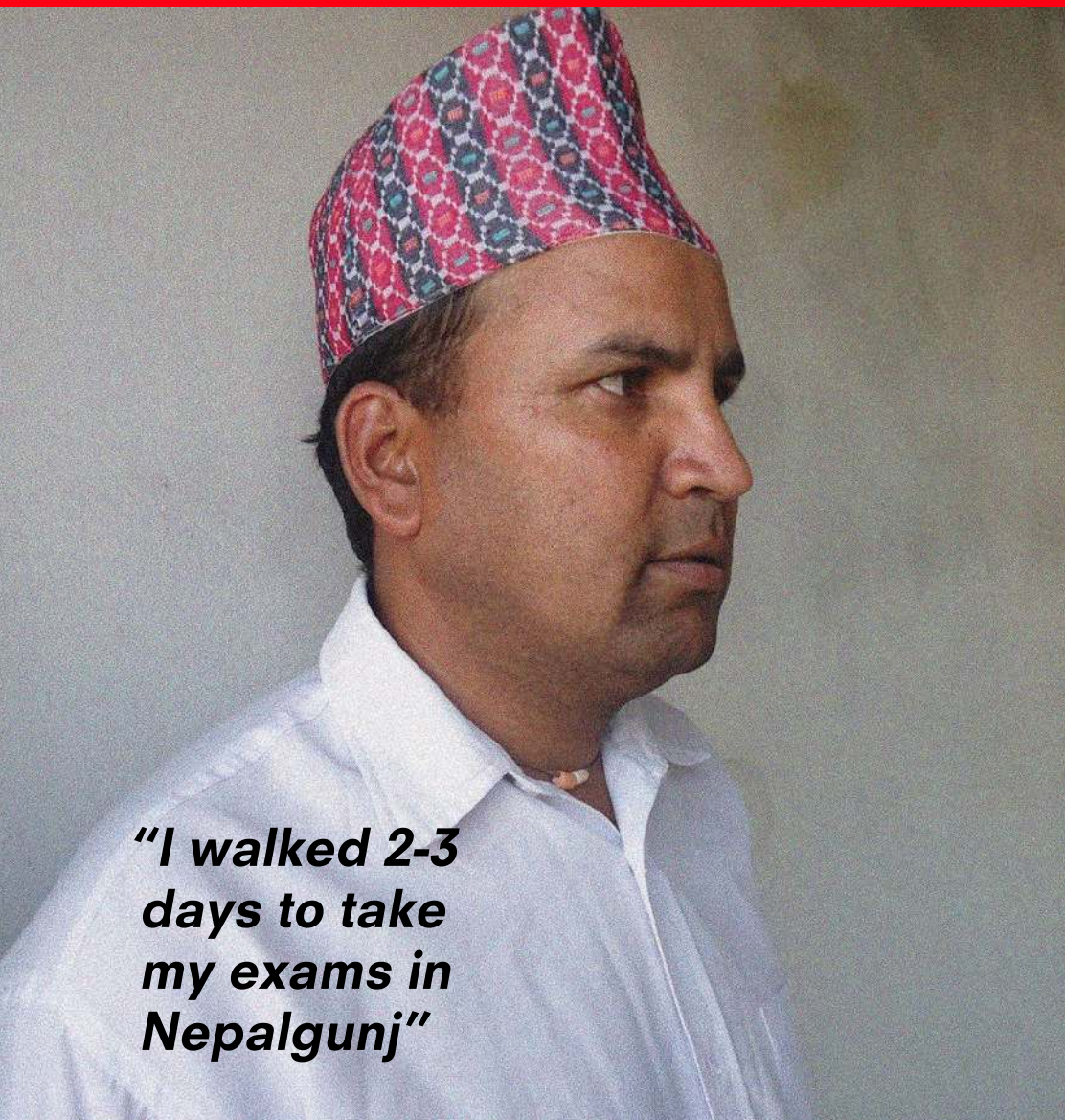
Through the National Youth Policy social protection will be provided to unemployed youth.

SOCIAL PROTECTION

Social protection is the set of policies and actions designed to reduce poverty, vulnerability, and risks as well as to enhance youth and other people's capacity to protect themselves against shocks or loss of income and employment. As part of its social protection scheme, Nepal aims to provide 100 days of guaranteed wage employment to at least one unemployed family member of every household in impoverished districts.

MY ROLES

- I can be a part of a local youth network to participate in the development and monitoring of poverty reduction work.
- I can start a local youth network in my area.
- I can reach out to relevant people and organizations for detailed data to identify groups of young people who are living in poverty in Nepal. I can then advocate to direct resources towards these groups.
- I can inform young people about government programs, such as the social protection scheme for guaranteed wage employment.



“I walked 2-3 days to take my exams in Nepalgunj”

Ending poverty through education

Education was not a normal practice in my Dalit community. But I insisted on the need to focus on education and would walk all the way from Humla for 2 to 3 days to take my exams in Nepalgunj. Life was not easy. After completing school, I started working in small offices to generate some income for my further studies, because I have always believed that the way to end poverty is through education.

I always loved learning and am currently doing my PhD, one of the few from Karnali to do so. My focus is to raise the voice of and focus on the needs of the unheard in Karnali. Through the Barbara Peace Foundation, I am helping to improve the economy of the Dalit community through livelihood and income-generation activities. I am also working to improve the standard of living of the Badhi community through the provision of shelter and construction of toilets.

As someone that was born into a family that had to struggle for a livelihood, I have now built a house for myself in Kathmandu, and own an apple farm in Jumla which has been a huge source of income, not just for me but for the five other people that I have employed.

Govinda Nepali, 36, Jumla

2 ZERO
HUNGER



End hunger, achieve food security and improved nutrition and promote sustainable agriculture

By:

Improving social programs for children, mothers and the elderly

Ensuring safe, nutritious and sufficient food year-round

Increasing agricultural production and income of small farmers and protect the variety of species of seeds, crops and farm animals



Global Facts & Figures



1 in 9 people are undernourished



1 in 4 children globally suffer stunted growth



Poor nutrition causes **NEARLY HALF** of the deaths in children under five



If women farmers had access to the same resources as men, the number of hungry people in the world could be reduced by up to **150 million**

National Facts & Figures



2 in 5 children suffer from stunting or chronic malnutrition, which is the cause of **1 in 3 deaths** in children under-five

Poor nutrition is involved in more than **half of all child deaths**

Casual agricultural laborers and people dependent on their own farms as their main source of household income are generally the poorest and most food insecure

The National Youth Policy specifies that youth will be educated to develop healthy habits regarding food and sanitation in order to prevent malnutrition and secure the right to food.



36% of people eat less than the minimum daily requirement of calories needed for a healthy life

The **Global Hunger Index** is a measurement of world hunger. On the Index Nepal's score of 21.9 is classified as **"Serious"** due to food security problems

In Nepal, by 2030

- The occurrence of undernourishment will be reduced
- The number of households with inadequate food consumption will be reduced from 36% to 1%
- The rate of anaemia among women of reproductive age and children will be less than 1% each
- Parental education and life-skills amongst adolescent girls will be enhanced
- The occurrence of diarrheal diseases and Acute Respiratory Infections among young women and children will be reduced

Malnutrition is the condition that develops when the body does not get the right amount of the vitamins, minerals, and other nutrients it needs to maintain healthy tissues and organ function. The minimum average adequate requirement of nutrition set by the Government of Nepal is 2,220 Kcal.



MY ROLES

- I can educate other youth to develop healthy habits, such as placing importance on nutritious foods and sanitation.
- I can involve myself in community actions and programs for people affected by famine and malnutrition.
- I can learn about nutritious behaviors, and inform youth and children about balanced diets and the 'Mid-day Meals' program at schools.

Ending Hunger with ICT

My family comes from a poor background but through scholarships I was able to gain a Bachelors degree. Inspired by the work of Nepali activist Mahabir Pun, I wanted to do good deeds in my community and so, I decided to focus on digital literacy. I built solar-powered computer labs in seven different schools and started teaching about computers to over 300 school children, 100 youth and women.

I also witnessed agricultural problems in my village caused by the lack of access to information on smart agricultural practices. To address this problem I built an SMS platform and mobile application called 'IFA Krishi' to help farmers. Since the product launch, my company has served more than 10,000 farmer families. These farmers can now decide when to harvest based on weather forecasts, use disease information to care for livestock and sell at better prices with market information.

Sibjan Chaulagain, 30, Sindhuli

“My company has served more than 10,000 farmer families”

**3 GOOD HEALTH
AND WELL-BEING**



Ensure healthy lives and promote well-being for all at all ages

By:

Ensuring the safety of mothers, children, youths and adolescents with quality medical care and access to affordable medicines and vaccines

Providing information about sex education and reproductive health

Ending epidemics such as HIV and AIDS

Educating on drugs, alcohol and mental health



Global Facts & Figures



Only **half of women** in developing countries receive the recommended amount of health care



In **2013, 2 million** adolescents were living with HIV

Each year **6 million** children die before their 5th birthday

In many places adolescent girls' report that their first sexual experience was forced

In Nepal, by 2030

- Preventable deaths of newborns and children will be reduced to less than 1% of live births
- 75% of women of reproductive age will have access to modern contraceptives
- The rate of first time drug use among youth will be reduced from 53% to 13%
- The percentage of youth aware of HIV and AIDS will be increased from 30% to 98%

National Facts & Figures



For every 100,000 live births, **258 women die**



8 in 10 drug users took drugs for the first time before the age of 20



Of people **aged 25-49**, the average age when they first married was **17 for women and 21 for men**



3 in 10 married women have an unmet need for family planning services

The National Youth Policy outlines that youth will be trained on family planning, maternal child care and the right to motherhood.

Comprehensive Sexuality Education (CSE) is an approach to sexuality education that is taught over several years and includes scientifically accurate information about human development, anatomy and reproductive health, as well as information about contraception, childbirth and sexually transmitted infections (STIs), including HIV. CSE is not just about sex and sexuality, it also covers topics such as family life, relationships, cultural and gender roles, and also addresses human rights, gender equality, and threats such as discrimination and sexual abuse. CSE has been included in Nepal's school curriculum.

Adolescent Friendly Health Services are services that meet the needs of youth and adolescents in a sensitive, effective and inclusive way. The services are delivered by competent and motivated providers and health institutions who know how to deal with adolescents' health rights and needs. AFHS is affordable and accessible, and available in 1,134 health facilities throughout Nepal.

MY ROLES

- I can make my friends aware about safe and positive sexual activities.
- I can educate my friends about the effects of smoking, excessive drinking and negative lifestyle habits.
- I can spread information about the risks of HIV and AIDS through public awareness programs.
- I can make friends and community aware of and practice good sanitation practices including menstrual management.



“I can motivate people to smash the social taboos”

End Taboos for Good Health and Well-Being

I was in sixth grade when I started menstruating and the start of menstruation meant the start of the restrictions. When I became a journalist, I travelled throughout Nepal and witnessed the stigma around menstruation all over the country. I learnt that it is common practice for women who are menstruating to sleep in a small shed and I found that menstruating women practiced exclusion in fear that the Gods will be angry and that they will bring misfortune to the family. The Supreme Court has outlawed this practice of Chhaupadi but women continue to suffer in the name of tradition.

This inspired me to become an advocate of sanitation and hygiene for women and girls. I believe that I can motivate people to smash the social taboos around menstruation and create an environment where women are free to lead a life of dignity. I have long been advocating that sending women to a menstruation shed is not a cultural issue, it is a human rights issue and that it is not part of religion but part of superstition. By meeting with women all over Nepal, using radio programs, blogs and articles I have been successful in spreading this message and creating change. But this is not exclusively a matter for women - it is time that both men and women fight against social stigma and taboos together. As a young professional working on these issues, I want more men to engage in awareness raising campaigns and advocacy.

Water, sanitation and hygiene (WASH) practices are important as unclean water and poor sanitation push menstruating women and girls into vulnerable situations. Over the last 4 years, I have visited more than 15 districts of the country and wherever I go, I meet with women and educate them on key aspects of menstrual management and WASH.

Pragya Lamsal, 28, Kathmandu

4 QUALITY EDUCATION



Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

By:

Ensuring education for all

Providing more opportunities for technical and vocational training to youth and adults

Ending inequality in educational opportunities between men and women, for children with disabilities, indigenous people and victims of conflict

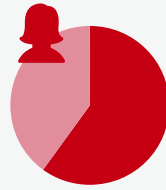
Increasing the number of scholarships for vocational and technical training



Global Facts & Figures

50% of children out of school and of primary school age live in conflict-affected areas

Although **91%** of children in developing countries are enrolled in primary education, **57 million children still remain out of school**



103 million youth lack basic literacy skills, and **60%** of those youth are women

National Facts & Figures



71% of youth in Nepal can read and write

1 in 20 formally educated youth have obtained vocational and skill based education



99% of children are enrolled in primary education



48% of students complete secondary education

1 in 2 youth and adults have technical and vocational skills

According to the National Youth Policy, as access to education is increased, higher secondary education will gradually become free and compulsory.

In Nepal, by 2030

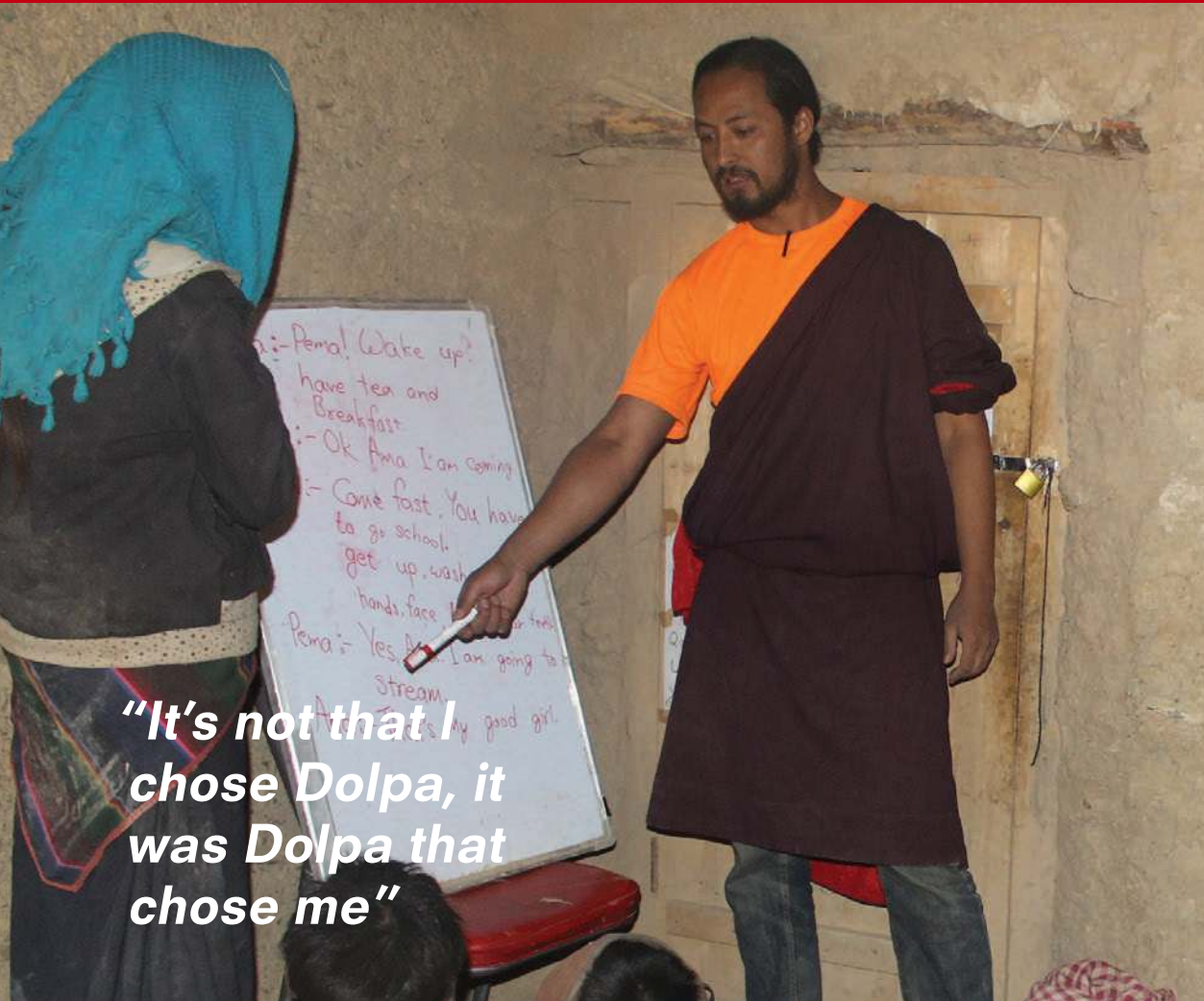
- There will be a 75% increase in the number of youth and adults who have relevant skills for employment and entrepreneurship
- All youth and at least 95% of adults will be able to read, write and have numeracy skills
- The percentage of students completing secondary education will be increased from 48% to 75%
- The percentage of students completing tertiary education will be increased from 13% to 50%
- The proportion of males and females completing higher education will be equal

Literacy is the ability to read and write. Literacy and continuing education form the basis for lifelong learning for all youth, enabling you to contribute and develop your ability to produce a livelihood and participate in society. Community Learning Centers (CLCs) have been established and are operating throughout the country to encourage continuing education.

CLCs are managed by the community, for the community. They are multipurpose organizations that look after the education of children, youth and adults combined with income generating programs and community development.

MY ROLES

- I can donate or collect books for schools that do not have a library.
- I can volunteer in a nearby school, college or CLC as a teacher or a life-skills tutor. I can approach my VDC to get more information about CLCs.
- I can connect marginalised, and disabled youth with scholarships and other opportunities that I come across.
- I can approach my VDC and encourage them to establish and make functional Youth Information Centres resources such as computers, etc.



"It's not that I chose Dolpa, it was Dolpa that chose me"

Education for the Isolated

When I was a teacher in Boudha, Kathmandu I met some students from Dolpa district - these children became my inspiration as I learned about their lives and how the education system in Dolpa faces tremendous challenges. This led me to move to Dolpa. It's not that I chose Dolpa, it was Dolpa that chose me.

The move to Dolpa was not easy as I had to take two flights and then walk for eight days to reach my destination. But when I reached Dolpa I saw that many children were deprived of a proper education as government schools were not running.

With the support of the community, I have established two primary schools, trained many teachers and supported 500 students from eight villages. I have also run community literacy classes, often walking for 5 hours to remote areas to deliver them and have also helped women in the community learn to read and write. In 2014, along with a group of motivated youth, I formed the Snow Yak Foundation which works in education and community development in Upper Dolpa. The dream that I am working towards is for all children in remote areas of Nepal to receive quality education.

Binod Shahi, 34, Kathmandu

5 GENDER
EQUALITY



Achieve gender equality and empower all women and girls

By:

Ending all forms of discrimination and violence against women and girls everywhere

Valuing women's work at home and encourage women and girls to have equal opportunities

Protecting women's rights to sexual and reproductive health

Promoting policies and laws to ensure gender equality



Global Facts & Figures

In South Asia, only **74 girls for every 100 boys** were enrolled in primary school in 1990. By 2012, the enrolment ratios were equal

In **46 countries**, women now hold more than **30%** of seats in national parliament in at least one chamber

National Facts & Figures

Only 46 out of 100 married women participate in major decisions in their life



37% of women currently aged 20-24 got married before the age of 18



There are only **7 women for every 10 men** enrolled in higher education



2 in 3 women have never told anyone about the violence they have experienced

The National Youth Policy outlines that youth, especially women, will be mobilized in the prevention of trafficking and child marriage.

In Nepal, by 2030

- Gender inequality will be eliminated at all levels of education
- Physical and sexual violence will be eliminated
- Child, early and forced marriage will be eliminated
- Women's share in public service decision making positions will be at least 28%
- Female youth involved in household activities will be reduced from 34% to 17%

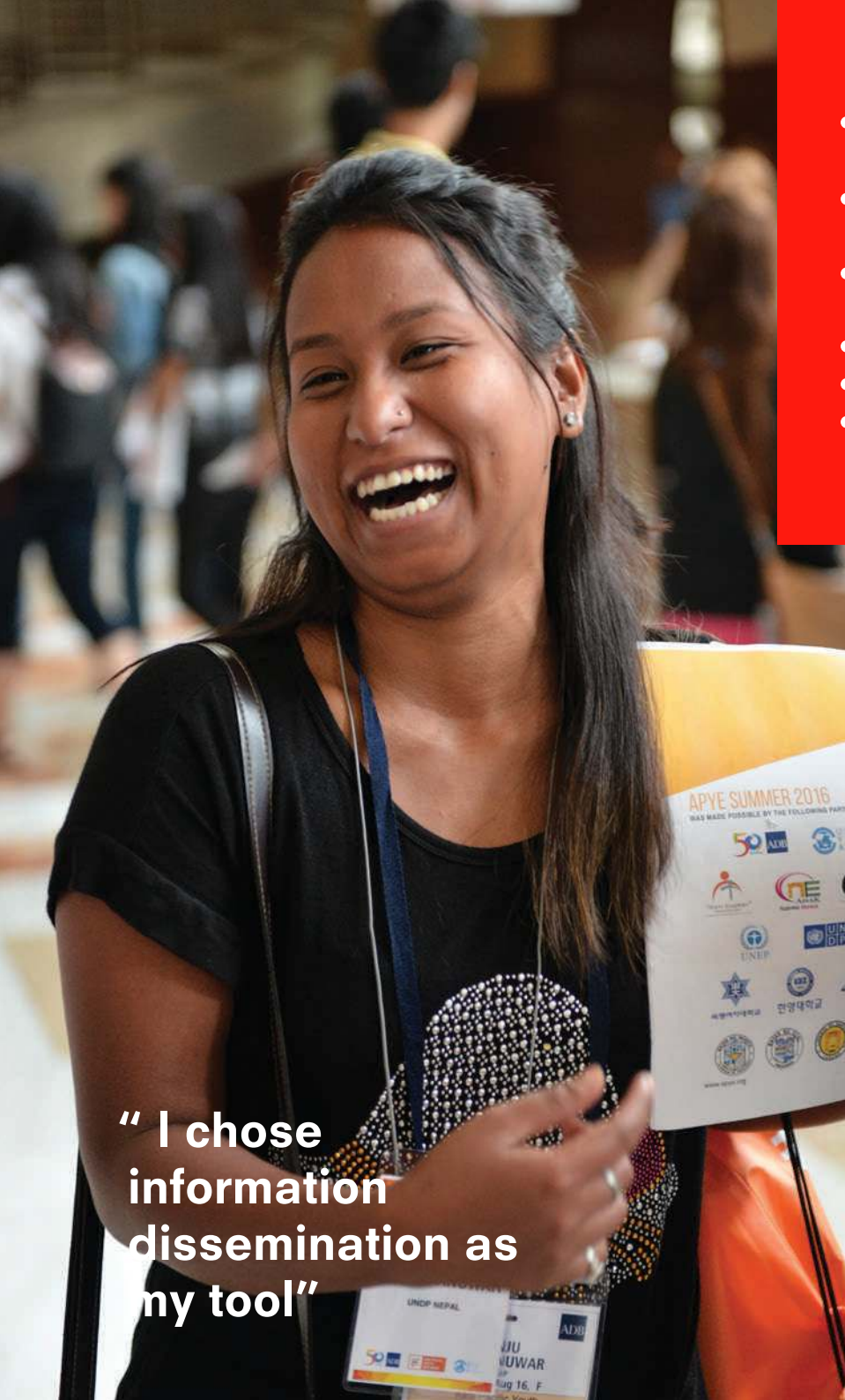
Engage Men and Media

Violence against women is not just a woman's issue. How can you involve men in your community to work towards less discrimination against women, the elimination of violence against women, empowering girls and women, and make society more gender-equal? Involving men on this issue will increase awareness among them about different forms of violence against women, and motivate men to become role models. Social media can be used to promote the rights of women and gender equality.



Did you know ?

There are Women and Children Service Centers (WCSC) in 75 districts to provide increased legal protection and social services to women and children survivors of gender-based violence and abuse.



“ I chose information dissemination as my tool”

MY ROLES

- I can raise my voice against sexist and discriminatory practices that I see.
- I can discuss ways to promote equity and justice with my family and friends.
- I can ensure that my family members promote and practice zero tolerance towards domestic violence and discrimination.
- I can report online bullies when I notice harassment online.
- I can make a mixed gender team for sports and recreational activities.
- I can go to my local Women and Children Service Center when I know someone that has faced gender-based violence needs legal protection.

Ending Child Marriage through Media

I was brought up in the Danuwar community and my parents forced me to marry when I was just 17 years old. After my marriage, my education suffered, I endured health issues, I had an unstable relationship with my spouse and I was a mother of twins. It was tough dealing with all these things at such a young age. This is not only my story; it's the story of many girls like me throughout the country.

But I did not stay quiet about these issues, I fought and I chose information dissemination as my tool. I am involved in the Women Empowerment Resource Center's Radio Program as an RJ, where I address various issues relevant to women in the community. Through the radio program, I empower and educate women on their roles and responsibilities, their part in decision-making, speaking up about violence against women, domestic violence, problems due to early marriage and child marriage. Through the radio, I am advocating for abolishment of child marriage and violence against women.

Ranju Danuwar, 24, Udayapur

6 CLEAN WATER AND SANITATION



Ensure availability and sustainable management of water and sanitation for all

By:

Ensuring all people have access to safe water

Ensuring all people have access to safe sewage disposal and good waste management

Protecting and restoring water-related ecosystems, including mountains, forests, and rivers



Global Facts & Figures



24% of people use a source of drinking water that is fecally contaminated



80% of wastewater is discharged into rivers or seas without any pollution removal



32% of people lack access to basic sanitation services such as toilets or latrines

Each day **nearly 1,000 children** die due to preventable water and sanitation-related diarrheal diseases

National Facts & Figures



More than half the population don't use a piped water supply



32% of the population practices open defecation

22% of the population has no toilet



6 out of 10 households have an improved toilet facility that is not shared with other households



3 in 4 households do not have access to sewage facilities

In Nepal, by 2030

- 99% of households will have access to basic water supplies
- All communities will be Open Defecation Free
- All urban households will be connected to a sewerage system

National Youth Policy

The National Youth Policy guides that health education will be incorporated in the school curriculum from primary level.

Open Defecation Free (ODF)

Open defecation means defecating in the open and leaving the faeces exposed. ODF means no faeces are openly exposed to the air. To achieve this, the government of Nepal is committed to implement the 'One House One Toilet' campaign.

MY ROLES

- I can take short showers or save water by filling up buckets while bathing .
- I can teach proper hand washing techniques to my family and friends.
- I will not litter around public taps, rivers, ponds,lakes and other water sources.
- I can raise awareness about the benefits of having a home toilet in my community.
- I can join with local youth networks to work towards making our community Open Defecation Free.



“To solve this problem we all need to take responsibility”

Cleaning up Nepal

Growing up in both Nepal and Australia gave me a different perspective on the issue of litter and illegal dumping of waste in Nepal. I was convinced that to solve this problem we all need to take responsibility to make our cities clean and so I started Clean up Nepal. We held the first nationwide clean-up campaign in 2013 and engaged 15,430 citizens to clean their neighbourhoods throughout Nepal. After the second clean-up campaign in 2014 I realized that to be effective, Clean up Nepal would also need to focus on the existing systemic challenges. This led to setting up Clean up Nepal as a not-for-profit organization, and along with my team, I am now working to address the environmental and public health impacts of illegal dumping, widespread littering and open-air waste burning.

So far through Clean Up Nepal 110,396 individuals have collected 575,494 kilos of waste in 38 cities. We have trained 100 women from villages to upcycle plastic waste into saleable products, have planted 300 trees which are being cared for by youth groups, 1727 students have participated in an essay competition on waste burning and 500 people have been trained on effective waste management. After the 2015 earthquake, we supported 19,000 people with food and water, constructed 300 temporary shelters, and distributed hygiene packs to 2,000 families. The needs on the ground are significant, and I will continue to work on addressing these needs to ensure a more sustainable and healthy future for Nepal.

Neelam Pradhananga, 32, Bhaktapur

**7 AFFORDABLE AND
CLEAN ENERGY**



Ensure access to affordable, reliable, sustainable and modern energy for all

By:

Ensuring access for all to affordable, reliable, and modern energy services

Increasing the use of renewable energy sources globally

Working together to research and develop renewable and other clean energy resources



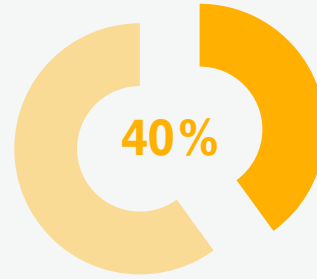
Global Facts & Figures



1 in 5 people lack access to modern electricity



Energy is the largest contributor to climate change, causing **60%** of global greenhouse gas emissions



40% of people rely on wood, coal, charcoal or animal waste for cooking and heating

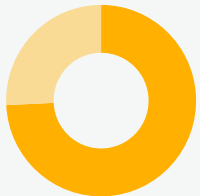
In Nepal, by 2030

- 99% of households will have access to electricity
- Only 10% of households will use firewood as their primary fuel for cooking
- Renewable forms of energy such as solar and wind will be further developed and used

National Facts & Figures



75% of households use firewood as their primary fuel for cooking



74% of the population has access to electricity through national grid and other alternative energy sources



Nearly **67%** of population has access to electricity

National Youth Policy

Through the National Youth Policy, scholarships will be available to encourage youth to develop modern technology such as hydro-power.

Other **alternative technologies** introduced in large numbers include solar drinking water projects; domestic, institutional and community-biogas plants; solar dryers and cookers; improvised water turbines, improved cooking stoves; and bio-brickettes.

MY ROLES

- I can raise awareness among my social circle about solar appliances and conserving daily energy usage.
- I can save electricity by plugging appliances into a power strip and turning them off completely when not in use.
- I can walk, car-pool, use public transportation or cycle when possible.



“Providing clean energy access to earthquake affected communities”

Solar Power for a Clean Future

After the 2015 earthquake I was inspired by the youth and community groups who were selflessly supporting the communities who were heavily impacted by the earthquake. This motivated me to provide clean energy access to earthquake affected communities in Sindhupalchowk district.

Reaching out to the earthquake impacted communities was difficult because of tough terrain, regular aftershocks, landslides and walking long to reach villages. But despite these challenges within the first week of the earthquake, I provided solar power facilities to the communities of Gunsu and Ichok in Sindhupalchowk. I also provided solar power to 10 earthquake impacted schools in Sindhupalchowk through the initiative ‘Building Back Better Nepal with Solar Power’.

Through the Digo Bikas Institute I am now engaged in a community solar micro grid project at Dhapsung village in Sindhupalchowk. A women’s group runs the community solar micro grid and we are working to demonstrate that solar is a powerful long-term solution to energy security, and climate change. I believe clean energy plays an instrumental role in shaping the future pathways for Nepal in low carbon development and building a clean powered future.

Abhishek Shrestha, 30, Morang

**8 DECENT WORK AND
ECONOMIC GROWTH**



**Promote sustained, inclusive,
and sustainable economic
growth, full and productive
employment and decent work
for all**

By:

**Promoting decent work and
safe working environments**

**Reducing the number of
unemployed youth by
increasing access to training**

**Preventing and ending forced
labour and child labour**

**Globally, taking actions to give
more jobs to young people**



Global Facts & Figures

In **2012** unemployment increased by **18%** leaving about 75 million youth unemployed

2016

2030

470 million jobs are needed globally for new entrants to the labour market between **2016 and 2030**

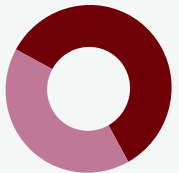
National Facts & Figures



More than **450,000** people are estimated to enter the job market every year



538,000 youth leave the country every year seeking foreign employment



59 out of 100 youth are self-employed






26% of graduate youth are **UNEMPLOYED**



1 in 5 youth are fully unemployed

In Nepal, by 2030

-  The worst forms of child labour will be eliminated
-  The number of youth leaving for foreign employment will be reduced from 1500 to 375 a day
-  The generation of direct employment will be increased from 35,000 to 325,000 a year
-  The number of micro enterprise and youth self-employment will be increased from 28,000 to 120,000

National Youth Policy

An action plan on employment will be prepared and implemented gradually to increase youth employment.

Youth entrepreneurs are the leaders of our generation:

An entrepreneur is someone who organizes, manages, and assumes the risks of a business or enterprise. An entrepreneur is an agent of change. Young entrepreneurs in particular are innovators, visionaries and risk takers.

MY ROLES

- I can take vocational courses to gain new knowledge and skills, and I can apply them to generate income.
- I can start a new venture through my personal savings or join hands with potential entrepreneurs like me to ask the government to provide youth friendly loans and seed money to new ventures.
- I can shop at and support local neighborhood businesses that keep people employed.



“We use media and technology to give a market to local products”

Giving Produce a Market

I am a storyteller, an environmental enthusiast and a communications student. This has led to me spending time traveling to different parts of the country and when I was in Jumla the people challenged me by asking how I can create economic growth by making Jumla products more visible. I accepted their challenge, after which the people of Jumla sent me 15 quintals of rice. I posted a status about the rice on social media and through this, surprisingly, all 15 quintals were sold. This made me think about the many places in Nepal where you can find local produce and food products of great value, but which do not have access to a proper market.

This inspired three friends and I to start the Weekly Bucket System where we sell fresh produce to our subscribers 3 days a week. We use media and technology to give a market to local products from different regions of Nepal. We get organic vegetables from Kavre, beans from Mustang, seasonal fruits from Jumla, rice and pulses from Mahottari and Tea and Ghee from Ilam. We call ourselves the Green Growth Group and now have 6 farms and 210 Kathmandu Valley based subscribers.

Saurav Dhakal, 37, Sindhuli

9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



**Build resilient infrastructure,
promote inclusive and
sustainable industrialization
and foster innovation**

By:

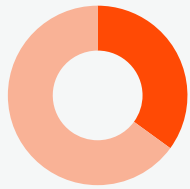
**Providing small businesses
with access to credit and
technical support for their
development**

**Ensuring that companies
promote sustainable
development and do not harm
the environment**

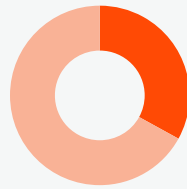
**Ensuring all people have
access to the internet and new
technologies**



Global Facts & Figures



35 out of 100 people in the developing world are facing difficulties accessing electricity full time



33 out of 100 people lack access to basic sanitation

Every 1 job in manufacturing creates 2 jobs in other sectors

National Facts & Figures



3 out of 100 households have internet



7 out of 100 households have a computer



34 out of 56 airports in Nepal are in operation



Nearly **65 out of 100** households have access to a mobile phone

2 out of 75 districts (**Dolpa and Humla**) do not have road connectivity

In the last 12 months only **27%** of young women aged 15–24 years used a computer

The Information Age is where the global economy is influenced by technological advancements, especially the internet. When developing countries like Nepal adapt technology, there is often a positive effect on the country's economy. This is because it becomes easier for people to share information and enter the international market. The challenge that faces Nepal is ensuring that technology is available evenly throughout the country, regardless of people's location or economic status.

In Nepal, by 2030

- Expressways will be built
- Existing roads will be upgraded and made shorter by building viaducts, tunnels and bridges
- More sections of roads will be built higher up to reduce the need for river crossings
- The growth of industries will be encouraged and certain percentages of jobs in those industries will be allocated to female and male youth

National Youth Policy

According to the National Youth Policy, youth with talent in science and technology will be encouraged into those fields through incentives such as training opportunities.

MY ROLES

- I can be innovative with modern technology to connect local products and people to global markets.
- I can let my local VDC know when any infrastructure needs repair.
- I can do research about global practices in innovation to alleviate poverty and create new jobs.
- I can be a part of local or national movements which encourage local innovators to showcase their talents, and share their stories through different channels.



“I believe that part of the solution is to inspire girls at a young age”

Girls in Technology

The first time I entered the classroom as a Computer Science student and saw that there were no other girls was scary and made me doubt my passion. I gradually met other women working and studying in the field of Science, Technology, Engineering and Mathematics (STEM) and together researched why women only represent 26% of people in STEM globally. The research showed that stereotypes are set in early childhood and often young girls are encouraged to pursue other careers.

I believe that part of the solution is to inspire girls at a young age. This is how the the social enterprise of Women in STEM Nepal (WiSTEM) was initiated. My team and I offer weekend educational and practical STEM programs for youth, including coding, electronics and design thinking, that promotes innovation and inspires girls to pursue STEM related careers.

With STEM being linked to 15 out of 20 jobs in the world, if we can involve more women in STEM, then women can be economically empowered as well. WiSTEM encourages young girls to embrace technology to enhance her skills and bring her ideas to the world through building infrastructure, machinery, software, websites and mobile applications.

Binita Shrestha, 23, Bhaktapur

10 REDUCED INEQUALITIES



Reduce inequality within and among countries

By:

Assisting people living in poverty to have access to support for economic growth

Ensuring laws and practices do not discriminate against any group

Ensuring laws and social programs protect disadvantaged and vulnerable people



Global Facts & Figures



People with disabilities are up to **5 times** more likely to have catastrophic health costs

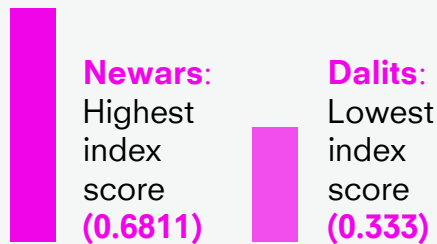


Women in rural areas are up to **3 times** more likely to die while giving birth than women living in urban centers

Income inequality increased by **11%** in developing countries

National Facts & Figures

Nepal's Social Development Index (SDI) score is **0.5359**



Tarai Dalits are the most marginalized group in terms of social and economic status.

Nearly 163,000 youth have some kind of disability and **45%** of those youth are female

Twice as many female youth are unemployed compared to male youth



Only **7%** of Representatives in Parliament are under 35 years of age

In Nepal, by 2030

- The poorest 40% of the population will increase their income from 12% of the national income to 18%
- The amount of farm households with access to micro-finance will be increased from 24% to 40%
- Youth representation in Parliament will be increased from 7% to 15%

National Youth Policy

The National Youth Policy outlines that schools will adopt special teaching methods and physical infrastructure so that youth with disabilities may access education more easily.

Transforming Nepal into an Inclusive Nation

An inclusive society means making sure that everyone is included in all aspects of growth, decision making and opportunities. A peaceful and prosperous Nepal is only possible when everyone is committed to creating an inclusive society and ensuring the fullest participation of all individuals in all spheres of life.

You can play an important role to make Nepal a more inclusive nation, what three new actions can you undertake in your everyday life to help your community to be more inclusive?

MY ROLES

- I can raise my voice against untouchability practices in my school, college, work and community.
- I can speak against practices and behaviors that continue discrimination based on caste, class, gender, ethnicity and religion.
- I can participate in social change movements and campaigns, and never neglect the voices and participation of minority and marginalized groups, including the disabled and LGBTIQ+. 🏳️‍🌈
- I can help institutions to identify youth that are economically disadvantaged and support their development.

“We used to be people no one would touch but through education this is changing”

Combating Inequalities through Dialogue

I belong to the Dalit community and I remember that when I was growing up my friends wouldn't let me close to their homes because of my “untouchability”. Being considered untouchable has caused me great disadvantage economically, socially and psychologically. My personal experience has led me to believe that caste discrimination should not exist as everyone has the right to enjoy things equally. This motivated me to work for the good of the Dalit community.

I started by running dialogue programs on non-discriminatory behaviours and practices, and inviting youth from various clubs who didn't belong to the Dalit community. Through my efforts, I helped to empower Dalit youth about their rights and create an environment for youth of other backgrounds to empathize with the Dalit community and change their behaviour.

I also helped to form the Dalit Youth Alliance into a registered organization. We have been working around issues of caste discrimination with different youth in my community. I think education is a very important tool for ending inequality. I am being sponsored to receive a Bachelors degree in Law and from this experience I have raised awareness about the importance of education, which I believe has played a really big role in uplifting the lives of the Dalit people. We used to be people no one would touch but through education this is changing and now we have access to different services.

Sundar Sheni, 28, Bajhang

11 SUSTAINABLE CITIES AND COMMUNITIES



Make cities and human settlements inclusive, safe, resilient and sustainable

By:

Giving all people access to quality and safe housing

Engaging communities in discussions and planning for city improvements

Increasing resilience to disasters

Ensuring monitoring of waste management and air quality



Global Facts & Figures



Half the world's population lives in cities



95% of urban expansion in the next decade will take place in the developing world

By 2030



6 in 10 people will live in urban areas

828 million people live in slums



Cities occupy only 3% of the Earth's land, but are responsible for **75% of carbon emissions**






Nepal is ranked 4th last at **177 out of 180** countries in terms of air quality

Nepal is the 11th most earthquake-prone country in the world. The April 2015 earthquake caused 8,790 casualties, 22,300 injuries and impacted the lives of 8 million people

Inclusive Urban Planning

Urban planning is only inclusive if youth are involved in all aspects of urban development activities. However, cities in Nepal are yet to become youth-friendly as most cities have limited provisions for recreational facilities including inclusive community spaces and sports facilities. To bring change, youth should be involved in the urban development process and decision-making.

In Nepal, by 2030

-  The percentage of households living in safe houses will be doubled to 60%
-  Air pollution will be substantially reduced
-  Deaths and injuries due to disasters will be prevented

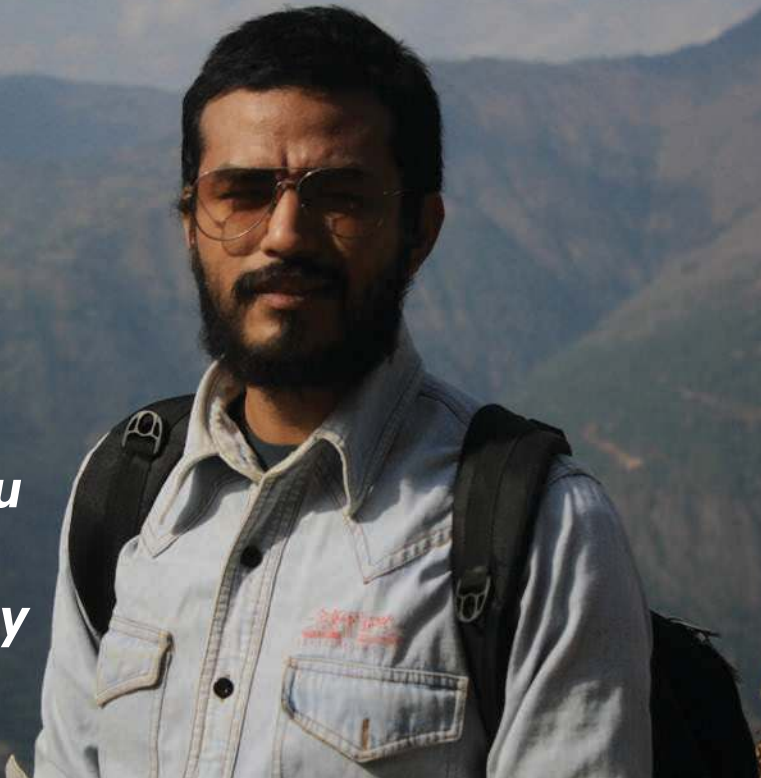
National Youth Policy

The National Youth Policy advises that youth be mobilized in the protection of the environment and cultural heritage sites.

MY ROLES

- I can lead campaigns to clean up public spaces, call for green cities, and seek ways to have my voice heard for youth friendly cities during city planning processes.
- I can stop throwing garbage on the streets and public areas and instead use rubbish bins or if there are none, keep it with me to throw away properly later.
- I can clean up any rubbish I see on the street, and encourage my community not to litter by calling out bad practices when I see them.
- I can look for simple ways to make my home, school, and workplace less dangerous in the event of an earthquake, such as not storing heavy items up high.
- I can be creative in how to recycle and reuse paper, plastic, glass and aluminium.
- I can bike, walk or take public transport.

“Our goal is to make Kathmandu a cycle friendly city by 2020”



Cycling for Sustainability

I grew up in Chitwan where cycling is a way of life, so when I first came to Kathmandu as an adult I was shocked to see the dust, pollution, traffic congestion and overcrowding in the streets. This inspired me to join a program called Campaign for an Effort where we discussed new solutions to the nation’s problems. It was through discussions in this group that I became a sustainability and urban campaigner. I began campaigning for the use of cycling in cities, cycle lanes, vehicle-free zones and sustainable city designs. Through Digo Bikash Institute I have been promoting the sustainable nature of our ancient cities and the potential that these traditions have for guiding how we build modern sustainable cities.

Since we started our campaign there are now cycle lanes in some parts of Kathmandu and cycling campaigns have expanded to more than seven cities across Nepal, with public campaigns to promote cycling, and lobbying local governments for cycling infrastructure and sustainable urban planning. With the impact that transport and cities are having on climate change, it needs to be a priority for us as a nation to commit to policies that reduce carbon emissions as rapidly as possible. Our goal is to make Kathmandu a cycle friendly city by 2020 while ensuring a pedestrian focus and car-free zones in newly built urban areas in Nepal.

Shail Shrestha, 29, Sunsari

12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



Ensure sustainable consumption and production patterns

By:

Halving the amount of global food waste

Ensuring that international agreements for handling harmful chemicals are met

Reducing the generation of waste through the three Rs: Reduce, Reuse and Recycle

Ensuring the practices of large companies are responsible, open and environmentally sound



Global Facts & Figures



If everyone switched to energy efficient light bulbs the world would save **\$120 billion** a year



14% of people do not have access to drinkable water

1.3 billion tonnes of food is wasted every year, while **1 billion** people are undernourished



If the global population reaches the estimated



9.6 billion by 2050, the equivalent of **three planets**



would be required to sustain the population

Organic materials account for **66%** of household waste

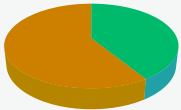
About **30%** of households in municipalities practice composting



In Nepal, by 2030

- Fossil fuel consumption will be limited to 15% of energy consumption
- Fossil fuel subsidies will be eliminated
- Food losses will be minimized
- The number of households that recycle, reuse and reduce will be increased through the development of policies

National Facts & Figures



26 of 75 districts suffer from food deficiency conditions and **41%** of the population consume less than the minimum dietary requirements



More than 25% of non-organic household waste could be either reused or recycled

National Youth Policy

According to the National Youth Policy priority will be given to increasing youth participation in sustainable development and environment protection.

As more and more people move to the cities, cultivable land has massively been replaced by physical infrastructures which has affected food production and resulted in food being imported from other countries to meet local demands. **Rooftop Gardening** can be a sustainable solution to the problem. Rooftop gardening means using our unused and sterile spaces like rooftops to grow vegetables, fruits and spices. Some of the benefits of rooftop gardening are:

- Use of vacant spaces and more greenery at home
- Consumption of more organic vegetables and fruits
- Turning organic waste into compost for rooftop vegetables
- Reduce spending on market vegetables

MY ROLES

- I can eat less meat, poultry, and fish. More resources are used to provide meat than plants.
- I can freeze fresh produce and leftovers to save food and money.
- I can use local products, carry my own bags for shopping, re-use and recycle.



"We are all responsible for the environment"

Saying No to Plastic Bags

Growing up in Kathmandu means that I've always been aware of the environmental issues that we face. I have to wear a mask due to pollution, I cover my nose when I walk past dump sites and I see the condition of the Bagmati River. I could not tolerate the debilitating environmental conditions that I was seeing and I decided to address the issue of plastic bags.

I found that everyday more than 10 million plastic bags are used in Kathmandu. My friends and I sought to address this problem through a campaign called 'No Thanks! I Carry My Own Bag'. The campaign made people aware of the ill-effects of plastic bags, educated business on plastic alternatives and provided a way for people in the plastics industry to transition to more sustainable industries. Through the campaign, we collected over 100 thousand signatures to pressure the government to ban plastic bags. As a result of our efforts, Kathmandu was declared a plastic bag free zone in April 2015. Shortly after that, all of Nepal was declared plastic bag-free. By changing people's attitude towards plastic bags, I hope to spread the message that we are all responsible for the environment.

Hardik Subedi, 19, Kathmandu

13 CLIMATE ACTION



Take urgent action to combat climate change and its impacts

By:

Ensuring people are well prepared for hazards related to climate and natural disasters

Addressing climate change issues in government's agendas

Allocating resources to combat climate change



Global Facts & Figures

1880

The average global temperature increased by **0.85°C**

2012



It is likely that by the end of this century the global temperature will increase by more than **1.5°C**



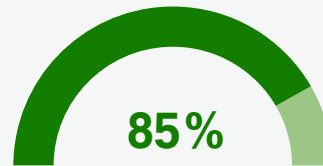
Global emissions of carbon dioxide (CO₂) have increased by almost **50%** since 1990

National Facts & Figures

The existing **CO₂ emission** level per person is **0.2**, which is enough CO₂ to take a person by car, from eastern Nepal to well beyond the western border into India



The current rate of increase in vehicle ownership is **12%**, which will rapidly expand the country's carbon footprint and increase pollution in urban areas



85% of energy needs are met by wood, dung, and agricultural residues

Frequent flooding, landslides and drought are often at the core of Nepal's economic problems

In Nepal, by 2030

- Existing CO₂ emission levels will be halved
- The use of Ozone Depleting Substances (ODS) will be halved
- GHG emissions from residential, transportation and industrial sectors will be halved

National Youth Policy

The National Youth Policy specifies the launch of training programs on environment protection for youth in order to prevent global climate change.

Air pollution and climate change will not be solved unless efforts are made by governments, businesses, and individuals. As equal partners and the beneficiaries or victims of decisions made, you(th) play a crucial role in tackling climate issues. You can make a difference by reducing the impact that your activities have on the environment, educating others about climate change and lobbying the government for change.

GHG stands for greenhouse gases. GHG trap heat in the atmosphere, making the Earth warmer and lead to climate change. CO₂ is carbon dioxide. It is a naturally occurring gas that is emitted by human activity. CO₂ is a greenhouse gas. ODS are substances which reduce the ozone layer and can be found in appliances, cleaning solvents and agricultural chemicals.

MY ROLES

- I can bring my own reusable bag when I shop.
- I can cycle instead of using a motorbike or car.
- If I see an interesting social media post about climate change,
- I can share it so that people in my network see it too.
- I can ask my local and national authorities, private and public-sector companies and industries, to engage in initiatives that don't harm people or the planet.
- I can avoid printing excessively. If I see something online that I need to remember I can save it digitally or write notes on reused paper.
- I can **REDUCE, REUSE AND RECYCLE** at home. I can teach family members about the importance of not wasting food, water or electricity.

Making the Environment Everyone's Business

I am from Chitwan and as a science student I understood the phenomenon of climate change but it was only when I came to realize the impact that it was having on my community, that it motivated me to do something. I have always wanted to live with a purpose and this motivated me to inform and empower my community about climate change.

I have been working to changing the mindset that the environment is only for professionals to worry about. I have established a primary school club to provide a platform for climate action and led training events for 150 university students on international climate change negotiations in Chitwan, Lamjung and Paklihawa. In 2016 I coordinated six campaigns throughout Nepal which includes simulation of the United Nations Climate Change Conference and community mobilization for climate action. I built partnerships with youth organizations to commemorate Earth Day and had a dozen environmental articles published to highlight the role of youth in climate action.

I have faced many challenges due to the fact that I am a female youth and am based outside of Kathmandu, but I have always seen the opportunities blooming amidst the challenges. My efforts are directed towards creating a sustainable environment through generating a better informed and proactive youth community.

Bindu Bhandari, 24, Chitwan



"I have always seen the opportunities blooming amidst the challenges"

15 LIFE
ON LAND



Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss

By:

Reducing deforestation and planting more trees to restore the forests

Protecting and urgently preventing the extinction of endangered species

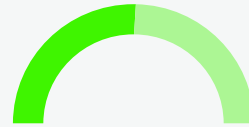


Global Facts & Figures

1 in 5 people in the world depend on forests for their livelihood



Forests are home to more than **80%** of all species of animals, plants and insects



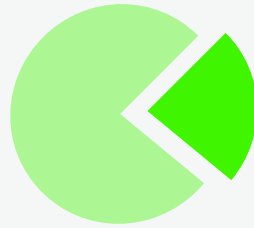
52% of the land used for agriculture is moderately or severely affected by soil degradation

35 out of 100 people in the world depend directly on agriculture

National Facts & Figures



Total of **2,194,350** households have directly benefited from community forests



24% of the total area of Nepal has been designated as conservation areas for conserving ecosystems and biodiversity



There are **1,727** conserved lakes, wetlands, and ponds



Forests occupy 40.36% of the total area of the country

In Nepal, by 2030

- Forest areas under community management will be increased from 39% to 45%
- The number of conserved lakes, wetlands, and ponds will be increased from 1,727 to 5,000
- Forest loss will be eliminated

National Youth Policy

According to the National Youth Policy technical schools will be established to provide training on resources such as water, forests and agriculture.

Forest Decade (2014-2023): Join the Cause

The Nepali government declared the current decade (2014-2023) as the 'forest decade' to improve urban and rural greenery. The major programs include promoting private forestry schemes, large scale tree planting in open spaces and fallow lands, and creation of public spaces wherever necessary to boost urban greenery.

MY ROLES

- I can start and/or partake in campaigns that focus on planting more trees to reforest the land, as well as in urban settings.
- I can raise awareness among community members to save our surroundings for the greater good.
- I can stop paper bank statements and pay my bills online or via mobile.

*“Making
a greener,
safer and
prosperous
planet for
all living
creatures”*



Restoring the Land with Community Conservation

I was born in a Tharu family of bonded labourers in the Terai. I have always noticed that Nepal has great potential for prosperity by tapping into the biodiversity, living cultures, natural and historical treasures it has to offer. I have always been passionate about working in natural and cultural tourism, to improve the financial situation of my family and support my country. Through sheer determination, I got a job as a Naturalist in some of the best tourism companies in Nepal, namely Tiger Tops Nepal and Rhino Lodge. Through my leadership, we have planted thousands of trees in our community forests to make them green again.

I have run many conservation awareness programs in my community and led campaigns against poaching and illegal trade. My friends and I used our passion for the land to start local conservation organizations such as the Bardia Nature Conservation (BNCC), Nature Guide Association (NaGA), and Community Based Anti-poaching Unit (CBAPU). In the future, I plan to raise further awareness about the importance of conservation and to contribute to my society, nation and earth by making a greener, safer and prosperous planet for all living creatures including humankind.

Ramjan Chaudhary, 38, Bardiya

16 PEACE, JUSTICE AND STRONG INSTITUTIONS



Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

By:

Ending violence and violence-related deaths

Ending abuse, exploitation, trafficking and violence against children

Ensuring that everyone has equal access to justice

Combating crime and corruption in any form

Ensuring citizens are consulted and their governments make decisions with the interest of children and adults in mind

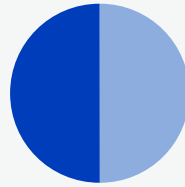


Global Facts & Figures



The institutions most affected by corruption are the **judiciary and police**

Corruption, bribery, theft and tax crime cost **\$1.26 trillion** for developing countries every year



The rate of children leaving primary school in conflict affected countries reached **50%** in 2011

National Facts & Figures

The Corruption Perception Index measures how corrupt a country's public sector is perceived to be.
Nepal's score is 27



Voter turnout in the November 2013 Constituent Assembly (CA) Election in Nepal was 77%

Nepal ranks **105 out of 180** countries in the Press Freedom Index which measures the violations of press freedom in the world

In Nepal, by 2030

- Direct deaths from violent and armed conflicts will be eliminated
- Voter turnout in elections will be 80%
- Everyone will have access to justice

National Youth Policy

According to the National Youth Policy the meaningful participation of youth in peace building, truth and reconciliation is needed.



Did you know ?

By institutionalizing youth development and youth mobilization, the Youth Council Act 2072 can help promote greater transparency and accountability

MY ROLES

- I can make sure that my actions promote a peaceful, just and inclusive society. I can be engaged in any decision-making process to ensure correct practices occur.
- I can discourage bribery and any forms of corruption. If I see it happening, I can report it to concerned agencies.
- I can ask for VAT bills when shopping.
- I can utilize my right to elect the leaders in my country and local community.
- I can talk with my friends and family about the concept of 'respect and equal rights for all'.

A portrait of Anita Jnawali, a woman with dark hair, wearing a red scarf and a black and white patterned jacket. She is looking directly at the camera with a neutral expression. The background shows a stone wall and some greenery with orange flowers.

“Unanimous voices for justice”

Working towards Sustainable Peace

I was 18 when my father was killed during the civil war and we were forced to leave our home. From this moment my life changed. My mother was too traumatised to work and I had to be the sole income earner for the family, meaning I could no longer pursue higher studies. About four months after my father was killed my family gathered in Kathmandu with the families of other victims to fight for truth, justice and reparation.

Since then I have raised my voice against injustice through the government, the court system, human right activists, UN agencies, European Union, and media. Recently I registered my case with the Truth and Reconciliation Commission Nepal (TRC) and encouraged and supported other victims to do the same. My effort has been instrumental in giving a voice to suppressed unarmed victims and inspiring them to fight against injustice and fight for truth and reconciliation. Now, thousands of family members whose relatives were either killed or had disappeared during the armed conflict, are raising a unanimous voice for justice. I believe this as a major milestone for sustainable peace and the reconciliation process in Nepal.

Anita Jnawali, 34, Arghakhanchi

17 PARTNERSHIPS FOR THE GOALS



Strengthen the means of implementation and revitalize the global partnership for sustainable development

By:

Helping to ensure that all countries met these Goals by 2030

Ensuring that each country allocates its own resources with developed countries supporting less developed countries

Respecting countries' policy decisions, provided they are consistent

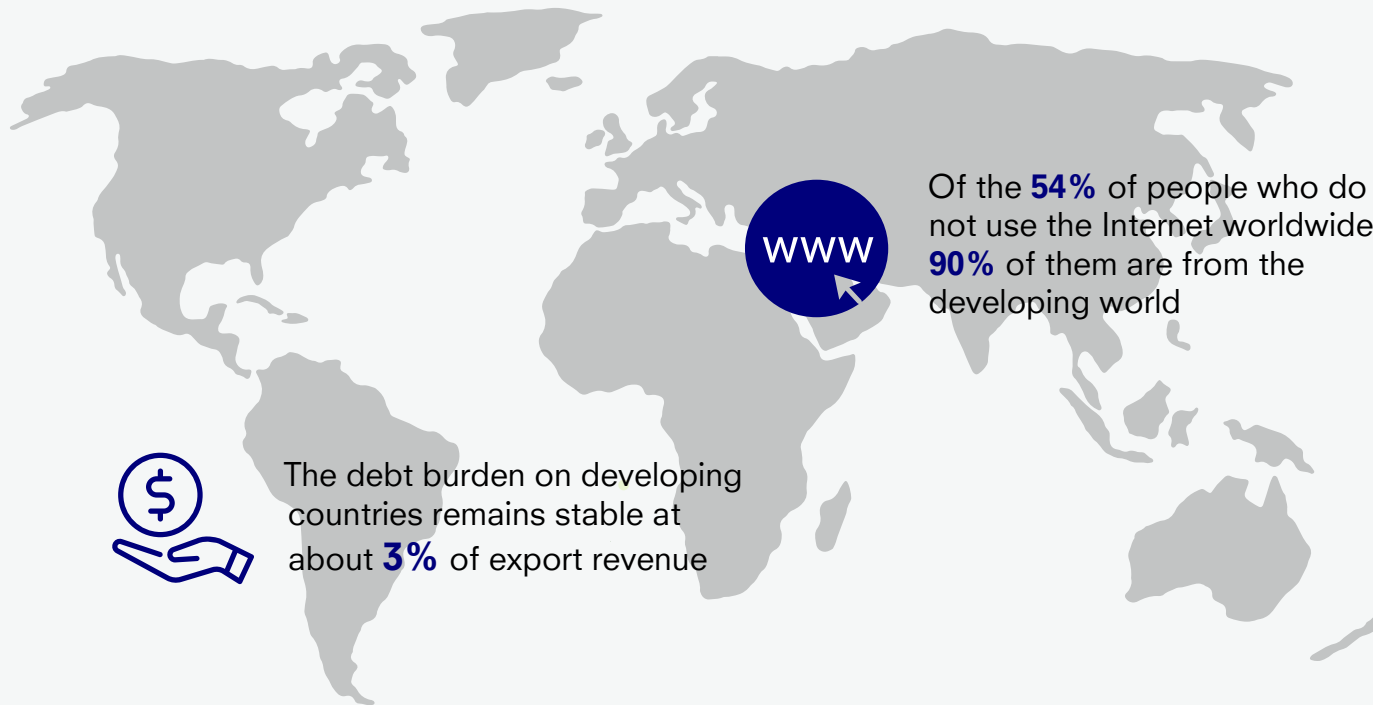
Engaging with the organizations and individuals who have been working for many years on topics that relate to the Goals



Global Facts & Figures



30% of the world's youth have been brought up around digital technology and have been active online for at least five years



The debt burden on developing countries remains stable at about **3%** of export revenue

Of the **54%** of people who do not use the Internet worldwide, **90%** of them are from the developing world

Official development assistance stood at **\$135 billion** in 2014, the highest level ever recorded

In Nepal, by 2030

- The local and global partnerships will be strengthened
- Public private partnership models will be improved for holistic development

National Youth Policy

According to the National Youth Policy the government, local bodies, youth organizations and the private companies will all work together for the development of the youth community.



Did you know ?

The Youth Vision 2025 wants to start a programme called "Youth for Global Partnership" to tackle global issues such as environmental protection, youth development, youth rights and peace.

MY ROLES


- I can be eager to listen to new ideas, share my thoughts on issues, and seek ways to collaborate within and across borders, without any prejudices through creative approaches.
- I can encourage like-minded people or institutions to come together with a common agenda and integrated approach to achieve the SDGs.
- I can stand by my conviction to achieve the SDGs and build a community of people who share similar values.

Partnerships for Youth Movements

As a child I was frightened of many things and would never speak to people outside of my family. This is such a contrast to me today where I spend most of my time talking to people, making deals, creating teams and speaking to the masses. I am who I am today because I was inspired to bring change. I noticed that it was very difficult to have news published about youth activities in national newspapers, so together with a team, I formed Glocal Khabar. Glocal Khabar is an online news platform where we cover positive youth activities. I also formed Glocal Teen Hero which is a competition to show that age does not matter, impact does. Through Glocal Khabar and Glocal Teen Hero, I have seen youth creating changes that cause ripple effects in society.

In my journey I have partnered with companies and organisations like United Nations Development Program, B.P. Koirala India Nepal Foundation, Chaudhary Group, Panchakanya Group and others; they have all been vital in the development of the Glocal ecosystem. I love working as a team and believe that nothing is possible without partnerships. Though you may need to start alone, forming partnerships and growing together as a team is very important.

Asish Thakur, 21, Siraha

A man with dark hair and glasses, wearing a brown suit jacket, a white shirt, and a red tie, is speaking at a podium. He is holding a piece of paper in his left hand and gesturing with his right hand. The background is dark with some blurred lights and a large red letter 'G' visible.

“Creating changes that cause ripple effects in society”

INTERNATIONAL CONVENTIONS AND RECOMMENDATIONS THAT RELATE TO YOUTH

1948

Universal Declaration of Human Rights | Freedom of Association and Protection of the Right to Organize Convention

1949

Right to Organize and Collective Bargaining Convention

1958

Discrimination (Employment and Occupation) Convention

1965

Declaration on the Promotion among Youth of the Ideals of Peace, Mutual Respect and Understanding between Peoples

1966

International Covenant on Civil and Political Rights | International Covenant on Economic, Social and Cultural Rights

1970

Special Youth Schemes Recommendation

1973

Minimum Age Convention

1975

Human Resources Development Convention

1979

The Convention on the Rights of the Child | The Convention on the Elimination of All Forms of Discrimination Against Women

1985

United Nations Guidelines for Further Planning and Follow-Up in the Field of Youth | United Nations Standard Minimum Rules for the Administration of Juvenile Justice (The Beijing Rules)

1986

Declaration on the Right to Development

1990

United Nations Rules for the Protection of Juveniles Deprived of their Liberty | United Nations Guidelines for the Prevention of Juvenile Delinquency (The Riyadh Guidelines)

1992	The Rio Declaration on the Environment and Development and Agenda 21 Universal Declaration of Youth Rights And Duties
1993	The Vienna Declaration and Programme of Action
1994	Programme of Action of the International Conference on Population and Development
1995	Copenhagen Declaration and Programme of Action of the World Summit for Social Development World Programme of Action for Youth to the Year 2000 and Beyond Platform for Action of the Fourth World Conference on Women
1996	The Habitat Agenda and The Istanbul Declaration of the Second United Nations Conference on Human Settlements (Habitat II) Rome Declaration on World Food Security and World Food Summit Plan of Action of the World Food Summit
1998	Braga Youth Action Plan Lisbon Declaration on Youth Policies and Programmes ILO Declaration on Fundamental Principles and Rights at Work
2000	Special Session on Social Development (Copenhagen+5), Geneva
2001	Dakar Youth Empowerment Strategy Millennium Development Goals (MDGs)
2010	National Youth Policy (Nepal)
2013	SAARC Youth Charter (Draft)
2015	Youth Vision 2025 (Nepal) Sustainable Development Goals (SDGs)

USEFUL LINKS

Youth Stakeholders in Nepal

<http://www.moys.gov.np/>
<http://www.nyc.gov.np/>
<http://nepal.unfpa.org/>
<http://www.np.undp.org/>
<http://www.unicef.org.np/>
<http://restlessdevelopment.org/nepal>
<http://ayon.org/>
<http://www.yuwa.org.np/>
<http://youthinitiative.org.np/>
<http://yuwalaya.org.np/>
<http://daayitwa.org/>
<http://www.youthaction.org.np/>
<http://yan.org.np/>
<http://www.ypeernepal.org/>

Providing Youth Education

www.cwy-jcm.org/
www.jhr.ca
www.iearn.org
www.gng.org
www.newzcrew.org
www.newzcrew.org
www.savethechildren.org.uk
www.hrea.org
www.nowarzone.com
www.kidsforcommunity.org

Youth Participation

www.heritage.org/About/Internships/
www.unesco.org/youth
www.unep.org/tunza
www.wildforhumanrights.org
www.fyi3.com
www.youthonboard.org
www.kids.nsw.gov.au
www.freethechildren.org
www.therightssite.org.uk
www.mtvu.com/on_mtvu/activism/
www.aegee.org
www.aiesec.org
www.reachout.asn.au

Connecting with a Young Audience

www.nigdywiecej.org
www.rockthevote.org
www.musicforamerica.org
www.46664.com
www.noise.net.au
www.amnesty.org/noise
www.makepovertyhistory.org
www.whiteband.org

Youth Activism

www.gysd.net
www.leaderstoday.com
www.amnestyusa.org/yak
www.seedsofpeace.org
www.advocatesforyouth.org
www.network.ngo.lv
www.ruckus.org/article.php?id=64
www.wsisyouth.org
www.un.org/esa/socdev/unyin/youth-rep.htm | www.moveon.org
www.unac.org/en/pocketbook/index.asp | www.dailysummit.net
www.controlarms.org
www.indymedia.org
www.photovoice.org
www.turnerlearning.com/cnn/soldiers/
www.20millionloud.meetup.com
www.humanrights.meetup.com
www.alternet.org/wiretap20945
www.act.greenpeace.org
www.newtactics.org/main.php
www.studentsforbhupal.org
www.ashoka.org
www.youthventure.org
www.youthlink.org
www.worldyouthcentre.com
www.youthjams.org
www.youthactionnet.org

Creating Youth Friendly Materials

www.adbusters.org
www.chattheplanet.org
www.oxfam.org.uk/generationwhy
www.youthnoise.com
www.amnesty.org/createchange
www.standonline.org
www.youthink.worldbank.org
www.vibewire.net
www.animafac.net
www.shine.com
www.global-action.org/
www.listenup.org/resources

<http://www.un.org/sustainabledevelopment/sustainable-development-goals/>

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