



Until we are all equal



Plan International Nepal Annual Highlights 2023

Message from our Country Director in 2023

Celebrating Milestones in Empowering Girls and Young People



I am filled with immense pride and gratitude for the remarkable efforts put forth by our team at Plan International Nepal, as we document the milestones we have achieved in the past year. The journey we have embarked upon to provide a safe and protective environment, enabling the development of girls and young people, has been one of dedication, resilience, and unwavering commitment.

This year, our collaboration with development partners, local government, influencers, and stakeholders has been instrumental in reaching more than 132,645 girls, boys, and their families. Through our collective efforts, these individuals have been empowered to learn, lead, decide, and thrive, laying the foundation for a brighter future.

Furthermore, our response to humanitarian crises in Jumla, Kalikot, and Bardiya has been impactful, covering 6000 households. Through strategic interventions, we have addressed immediate and specialized needs related to shelter, WASH (Water, Sanitation, and Hygiene), food security, hygiene, menstrual health and hygiene (MHM), protection from gender-based violence, and dignity.

Our support also extends to risk communication and mass awareness campaigns for waterborne diseases, ensuring that communities are equipped with the knowledge and resources needed to safeguard their well-being.

I am particularly proud of our efforts to develop a simple yet effective tool for local users and citizens, aiding in anticipatory actions during disasters. By harnessing early warning information from the Department of Hydrology and Meteorology (DHM), we have empowered communities to make science-based decisions, enhancing their resilience in the face of natural hazards such as landslides.

As we reflect on these achievements, let us renew our commitment to upholding the rights and dignity of girls and young people across Nepal. Together, we have made a significant impact, and I am confident that with continued collaboration and dedication, we will achieve even greater milestones in the days to come.

Thank you to each and every member of our team, our partners, and the communities we serve for your unwavering support and dedication to creating a brighter future for all.

Ram Kishan, Country Director
Plan International Nepal

Plan International Nepal in 2023*

We reached 1.3 Lakh children including
80,000 girls



2,620 communities
benefited from our work



We worked in over
11 districts



We supported
37,277
sponsored children



We carried out
32 Projects



We worked with
36 Partners

* Plan International Nepal's administrative fiscal year, from July 2022 to June 2023.

Impact of our programs in our main areas of development work

Early childhood development

All young children grow up well cared for and equally valued.

Impact:

8,616 girls

under 18 years of age of a total of
135,779 people reached.

"I learnt that the baby could sense and hear our conversations. I wanted us to only talk about positive things and start bonding with our child before it was born," says 20-year-old Sangita, young mother from Sindhuli.

Major achievement:

Endorsement of integrated Early Childhood

Development (ECD) strategies by nine local governments and the development of a draft ECD strategy at the provincial level.



Sangita, 20, and Vivek, 24, are the parents of a 10-month-old baby boy. © Plan International/ Uday

Inclusive quality education

Children, particularly girls, have the education they need to succeed in life.

Impact:

26,785 girls

under 18 years of age of a total of
77,677 people reached.

Plan International has installed interactive learning kiosks in secondary schools in Nepal to help students improve their reading and English language skills. Students from different grades can use the digital kiosks to complete various learning modules on core subjects. Using interactive digital technology, the children's learning is self-guided and fun with engaging digital content and information through a user-friendly interface.



Girls use interactive learning kiosk at their school in Bardiya. © Plan International

Highlights:

Five wards across five local governments being declared as Out-Of-School Children (OOSC) through OOSC campaigns.

Local governments were supported to draft local education plan, curriculum and policies whereas support was made to develop local education policies in six municipalities in Dolpa, two in Sindhuli and one in Dhanusha.

Young people driving change

Girls, boys and young people shape decisions that affect their lives by leading change within their own communities and influencing decisions at higher levels.

Impact:

27,487 young girls

under 24 years of age out of a total of 45,580 people reached

“Mostly when young people talk about politics, they don’t really want to get involved because they think politics is dirty,” explains Swastika, 19, who is from Sindhuli district and is currently at college in Kamalamai Municipality, studying political science.

In Nepal, it is common practice for political parties to visit local schools as part of their canvassing ahead of elections. Children as young as six are targeted with propaganda and taught to support the parties that their schools or teachers are affiliated with. Swastika, who believes that politics can and should be a force for good, feels uncomfortable with children being used in this way. “School should be a safe space for children to get an education,” she says.



Swastika (centre) takes part in group activity at Girls Out Loud meeting. © Plan International

Neha’s message



Neha, a Youth Reference Group participant in #StormingtheNorms event. © Plan International

“Being selected as one of 12 global youths and 3 from Asia Pacific to represent my country was surreal. During my 3-month internship with Plan International Global Hub and Nepal’s Campaigns Team, I co-created youth-centered campaign strategies and led a global webinar on International Youth Day. Working with energetic leaders worldwide was empowering. I learned valuable lessons, especially in content creation, and witnessed Plan’s commitment to ending inequalities for young girls globally. I’m honored to contribute to this vision and excited about the new youth-centered campaign strategies ahead.”

Protection from violence

Children and young people, particularly girls, grow up free from violence, fear or discrimination.

Impact:

16,383 girls

under 18 years of age out of a total of 60,850 people reached

Youth engagement is a vital aspect of Plan International Nepal's programmes which bring together young people from diverse backgrounds, developing their advocacy and leadership skills so they can become youth ambassadors and leaders in their communities.

"During events of child marriages, parents vehemently assert their autonomy, insisting that their children were marrying by choice and no intervention was necessary. Now if there are child marriages taking place, the parents and mothers are themselves raising their voices, saying that we have to stop the child marriages. I feel happy to see that change," says 20-years-old Rejina, Youth Ambassadors from Makwanpur.



Youth ambassador Regina shares what she has learnt with her mother. © Plan International/ Naresh Newar

Highlights:

The program played a role in forming, strengthening, and building the capacity of 98 Child Rights Committees (CRCs) at both ward and municipal levels.

Skills and decent work

Marginalised young people, especially young women, gain knowledge and skills, access opportunities and engage actively in decent work of their choosing.

Impact:

3103 young women

under 24 years of age out of a total 4079 people reached

"I feel happy to say that I am an excavator operator. I am one of very few women who have chosen a different profession, one



Sushma is not an excavator operator after taking part in training. © Plan International/ Mirage Gurung

mainly dominated by men,” says Sushma who has been working in the construction industry for the last few months after taking part in a training course supported by Plan International Nepal.

“Before joining the training, I didn’t have any idea that women could also be construction workers and operate heavy equipment,” says Sushma who joined the skills training programme along with nine other young women aged 18-24. “Among the ten of us, five now have jobs.”

Highlights:

We worked together with Ministry of Social Development and Health of Gandaki Province to strengthen Training and Employment Management System (TEMIS).

Under the Young Women Employment in Pokhara Project, the Hotel Association Nepal, Pokhara chapter, entered into a Memorandum of Understanding (MoU) that endorsed child protection, ethical hiring, and policies related to decent work.

Sexual and reproductive health and rights

Girls and young women have control over their lives and bodies

Impact:

16536 girls

under 18 years of age out of total of 46746 people reached.

Focusing on strengthening school-based SRH services through infrastructure support, including the construction of gender-friendly toilets and WASH facilities, the programme has constructed menstrual health management restrooms and adolescent friendly information corners in various schools in 11 districts.

“Before the menstrual health rooms were set up, we had to rush home when we got our periods. Now, Plan International has built menstruation restrooms here so whenever we have a stomach aches, we can go there and use hot water bottles to ease our pains. They also provide us with pads. Now, even if our clothes get stained with blood, we have somewhere we can get changed,” says 14-year-old peer educator Pratima from Bardiya.

Highlights:

Policy support included the development of orientation package for Adolescent-Friendly Health Services (AFHS) and an orientation package for health providers on AFHS with gender-transformative approaches.



Pratima, 14, is a peer educator at her school in Bardiya.
© Plan International/ Tilak Gharti Magar

Humanitarian Response



Sarita, 17, and her mother with one of the dignity kits from Plan International. © Plan International

**715
people
received
humanitarian
assistance in
2023.**

Nepal faced heavy rain in October 2022, with flooding and landslides in different parts of the country. Western Nepal was particularly badly affected, with Bardiya, Kalikot and Jumla districts among the most impacted. 6,000 households were damaged or completely destroyed, along with farmland.

Sarita, 17, lives with her six family members (two sisters, two brothers and parents) in Jumla, one of the most remote hill districts. The family depend on their farm for a living, however the floods damaged their crops so they were unable to harvest anything, leaving them without an income.

Plan International supported Sarita and her family with the provision of dignity kits to help them manage their personal hygiene. "The dignity kits included soap, sanitary pads, underwear, a towel, a solar torch, tooth paste and brush, safety pins, nail clippers and detergent, among other things," says Sarita.

Campaign

International Day of the Girl

Over

107 girls

took over the positions of power across the country demanding equal and meaningful participation in politics this year.

Over

29,000 girls

and young women across 29 countries have shared their views and experiences of political participation in this year's State of the World's Girls Report- Equal Power Now.

16-year-old Shreesti from Bardiya stepped into the role of Finland's Ambassador to Nepal advocating against child marriage and promoting girl's participation in decision making.



Shreesti, 16, takes over as Ambassador of Finland to Nepal.
© Plan International/ Santosh Shrestha

"We need to increase the full, meaningful, and equal participation of women and girls in decision-making. Women and girl are agents of change," says H.E. Riina-Riikka Heikka, the Ambassador of Finland.

Girls are political champions

"I feel proud to contribute to this great wave of progress and empowerment among young girls in Nepal." - Neha, 21, YouthHUB participant

YouthHUB is a coalition of youth-led organisations offering young activists and leaders – especially girls and young women-- space for interaction and innovation. YouthHUB is driven and championed by young people who best understand the challenges faced by girls. The coalition's objective is to encourage political literacy in girls, to stir them into collective action for systemic social and political change.

Draw a politician program with participants with hearing disability. © Plan International

2,078,463
impressions
reached through
2,617
campaign
activities.



YouthHUB



Learning tour to DARAZ office on Girls in ICT day. ©Plan International

Plan International Nepal established **YouthHUB**, a coalition of organizations that aims to offer youth activities and aspiring young leaders a space for ideation, interaction, and innovation. It is implemented with a focus on adolescents and youth, with special attention to girls and young women. This coalition is comprised of six organizations: Social Changemakers and Innovators (SPCHAI), We For Change, Hami DajuVai, Yuwalaya, YAV Nepal, and Yuwa.

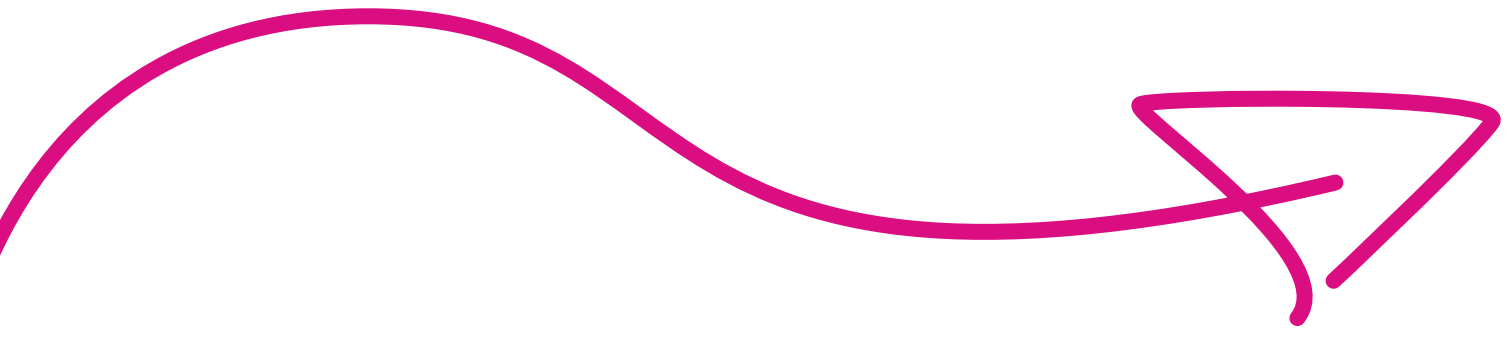
Nepal is equipped with a robust set of laws about the inclusion of girls in politics and political decision-making; however, the effective translation of these legal provisions into tangible outcomes may not always be evident in practice: out of 753 municipalities in Nepal, for example, only 25 are currently led by women. **YouthHUB**'s objective is to empower girls to take collective action for systemic social and political change, as well as to realise their sexual and reproductive health rights, which contribute to the realisation of human rights and gender equality.

From September 2022 to June 2023, the **YouthHUB** coalition members implemented various influencing, campaign, and communication activities in Plan Nepal's project implementation areas and Kathmandu Valley. Aligning with Plan International's Girls Get Equal campaign theme #EqualPowerNow, the six organisations worked under the theme of Girls in Politics.

Plan International Nepal and **YouthHUB**'s work can be divided into three workstreams: learning and engagement-based activities (creative workshops and training for girls); advocacy (with a special focus on the 2022 national elections); and digital advocacy (a social media campaign and podcast series).

Plan International Nepal's advocacy efforts extended to the "**Dear Leaders**" activity, encompassing a one-day event where girls had the opportunity to converse with a deputy mayor, addressing community concerns and sharing their perspectives. The discussions covered a range of issues, identifying challenges and highlighting the needs of young girls and women. A notable outcome of these interactions involved the signing of letters by the deputy mayor, pledging a commitment to enhancing the rights and overall well-being of young girls and women in their respective areas.

The final objective was to review the electoral manifestos of political parties running in the 2022 national elections. **YouthHUB** worked with girls to analyse these manifestos, and prepare a suggestion paper including girls' agendas such as ending CEFM, gender-friendly toilets, quality education, regular distribution of sanitary pads in schools and colleges, etc. This suggestion paper was delivered to the Central Office Secretary of the Nepali Congress, the Communist Party of Nepal (UML), the Communist Party of Nepal (Maoist Centre), and the parliamentarians.





A young participant from Srijana School of Art engaged during Draw a Politician. © Plan International Nepal



A young girl in process of making reusable pads. © Plan International



Babita, 19, attending Young Advocates for Climate Change. © Plan International



Young girls attending mock session on casting their vote during political literacy training. © Plan International

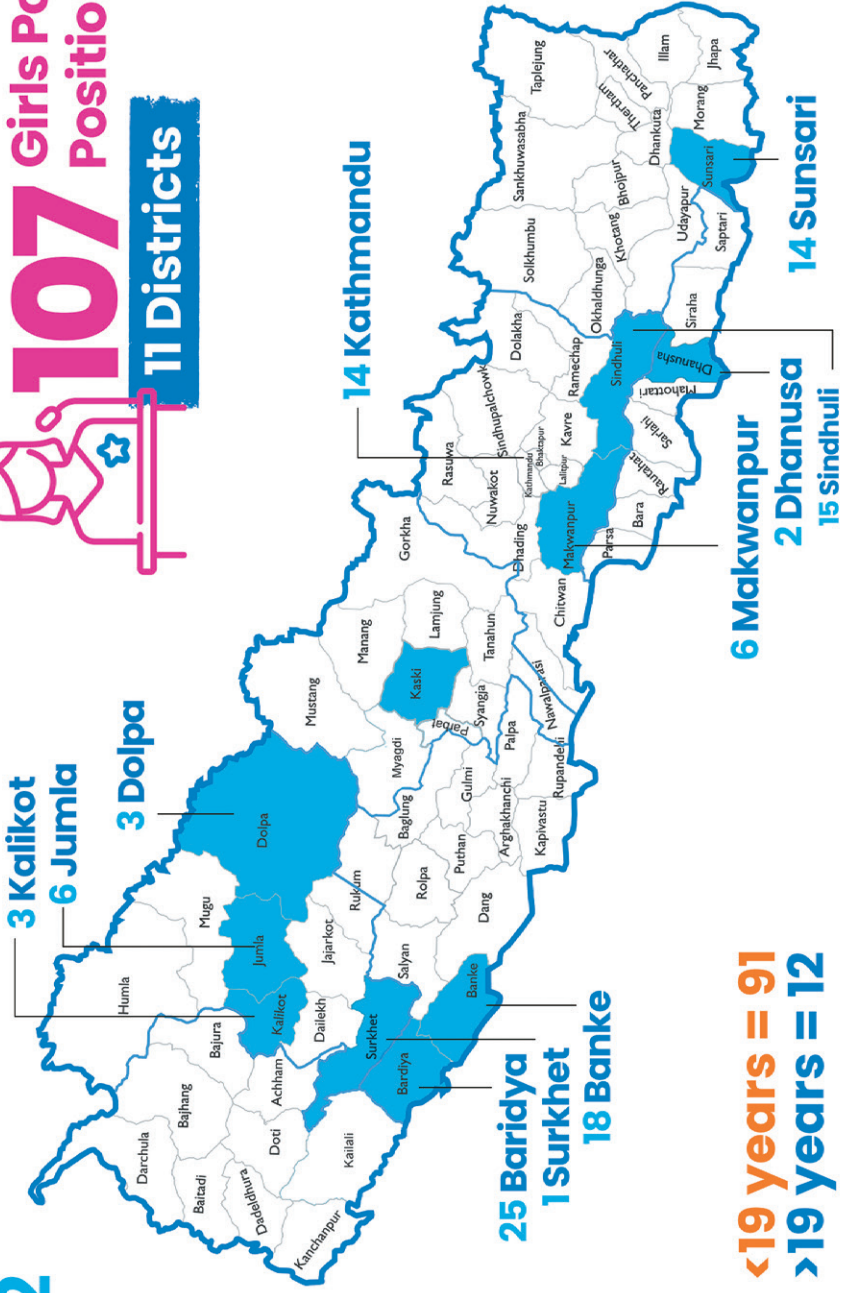


Young girls attending with Deputy Mayor of Mankwanpur Metrolian City. © Plan International

#Girls Take Over 2022

#Girls Take Over 2022

107 Girls Power Positions
11 Districts



<19 years = 91
 >19 years = 12

16 Implementing Partners

60% Sponsorship Families

40% CoC members & Youth ambassadors

103 powerholders committed to #EqualPowerNow

150 Media coverage

100K Social Media Reach



WASH SDG



Chiring sells one of her reusable sanitary pads to customer. © Plan International

WASH SDG project is funded by Dutch Government creating the WASH demand, improve community's behavior, improve institutional and community level sanitation, and improve governance for sustainability. Gender and Social Inclusion is the key component in the project. WASH SDG project applied gender and WASH monitoring tools to sensitize and monitor the gender outcomes. Gender and WASH Monitoring Tool is used to measure household workload of men and women, women's participation in community activities, leadership in community and decision making in household level WASH related activities.

After receiving training from Plan International, Chiring from Nepal has been able to triple her income by making and selling reusable sanitary pads in her community. She is now a successful entrepreneur despite losing a leg as a young child.

"When I sell the pads, I provide all the information I learnt about good menstrual hygiene management to the girls and women who buy them. Before the training, I was doing unhygienic things like using dirty rags and hiding the soiled rags in dark places. I did not know I needed to change them frequently during my period," explains Chiring.

Highlights:

Project-influenced local government for GESI integration in WASH plan as well as developed National WASH GESI manual for local-government

All working municipalities have Influenced through palika education committee for WASH integration in School Improvement Plan at Schools.

Influencing local government for initiation and policy formulation for WASH champions retention from their local budget.

One Home One Reading Corner

“One Home, One Reading Corner” is a literacy promotion initiative aimed at fostering a reading culture within households.

The program encourages individuals and families to create dedicated spaces for reading in their homes.

It has been implemented with the support of Plan International, facilitated by KIRDARC Nepal, and coordinated with Narharinath Rural Municipality in Kalikot.

Under the “Improving Reading and Writing Skills of Children in Kalikot” project, parents have established 724 reading corners, benefiting 1,120 children. Local materials like wood, mud, and paper are used to create furniture and decorations for these corners. The positive outcomes have led to additional reading corners set up by beneficiaries themselves.

Bimal says, “In the beginning, it was difficult to hold pencil. However, after several attempts, I was able to grip the pencil with my foot. I was so happy when I first wrote the Nepali alphabet,” he says.

Bimal, 14, has learnt to write with his feet. © Plan International



Pahiro Alter—Landslide warning and response app

Pahiro alter is an app that provides community members with early warnings about landslides and helps them to prepare.

shares rain forecast data and ensure it is contextualised and actionable to affected communities and households. Together with the forecasts, it also provides household level categorisation and early action planning for landslides risks based on vulnerability and capacity so that anticipatory actions will be targeted on the basis of actual and specific needs considering exposure, gender, age, caste, and other specific identities of the affected population rather than taking a blanket approach. It is currently being piloted in Narharinath Rural Municipality, Kalikot.





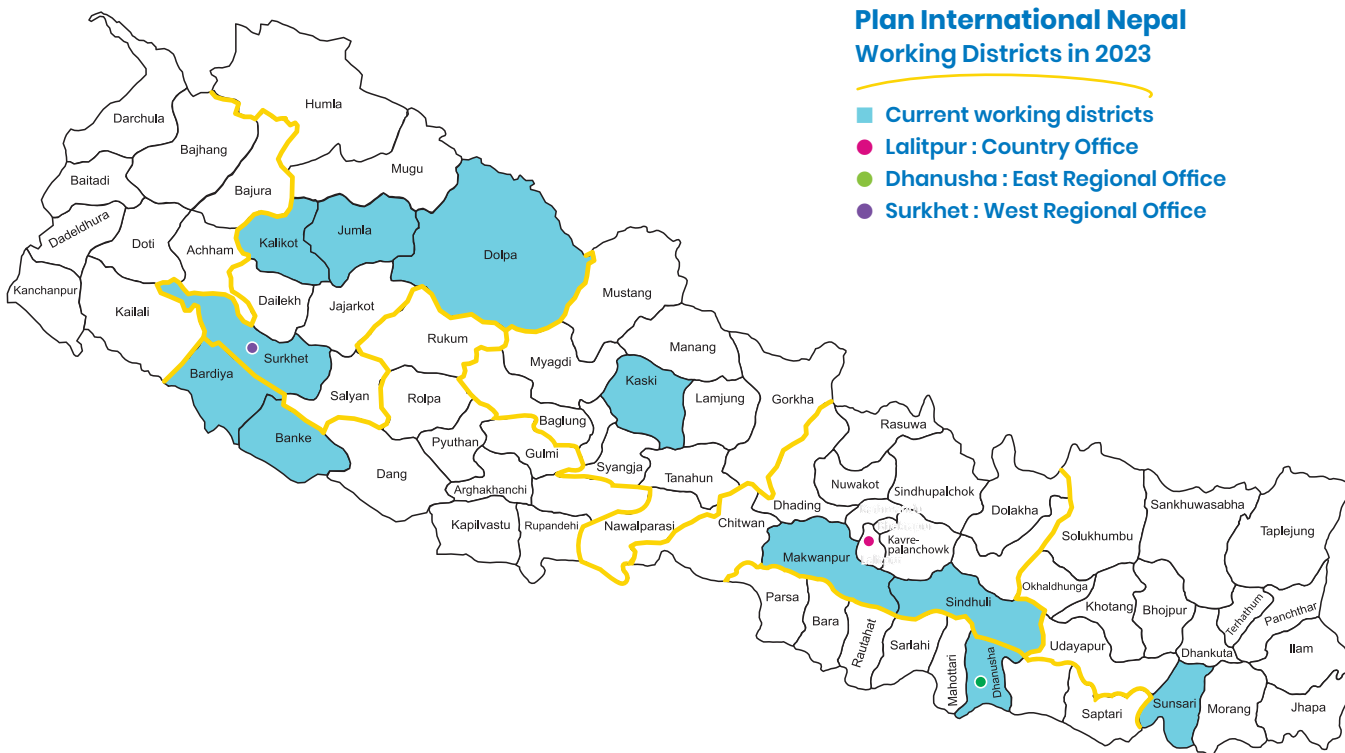
Pahiro Alert



Working Area

Plan International Nepal Working Districts in 2023

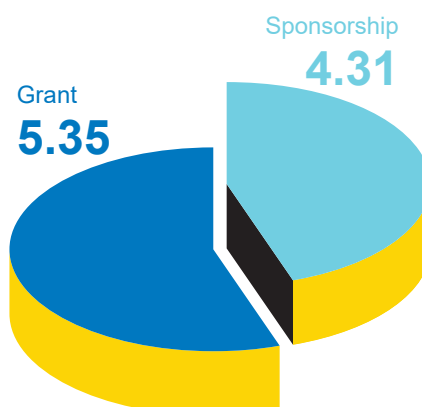
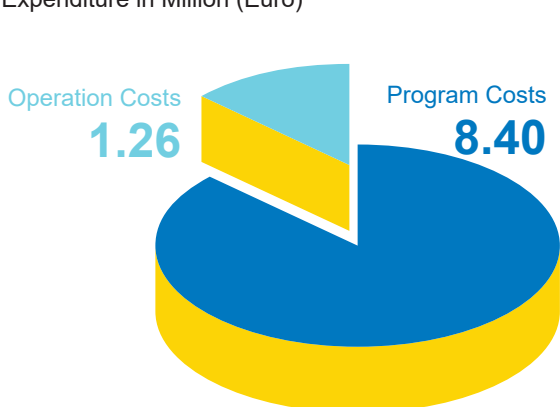
- Current working districts
- Lalitpur : Country Office
- Dhanusha : East Regional Office
- Surkhet : West Regional Office



Finance Statistics

Total budget: 9.66 Million Euro

Total Expenditure in Million (Euro)





Until we are all equal



Plan International Nepal

Plan International Nepal is an independent development and humanitarian organisation that advances children's rights and equality for girls.

We operated programmes through development partners in 11 districts in cooperation with government, civil society organisations and schools.

Vision 2030

An inclusive, just and safe society where all girls and young women enjoy their rights and live in freedom.

Goal

Girls and young women in all of their diversity reach their full potential as equal and active citizens.

Cover Photo: A girl balancing a book on her head.
© Plan International/ Tilak Gharti Magar.

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