

PROJECT PROPOSAL TO YTHAN VALLEY ROTARY CLUB SCOTLAND

COMMUNITY RESILIENCE PROGRAMME, NUWAKOT DISTRICT, NEPAL



August 2020

www.firststepshimalaya.org

Project Title: Community Resilience Programme

Project Location: Bidur Municipality, Nuwakot District, Nepal

Project Period: November 2020- November 2021

Project Goals: To build community resilience in the rapidly changing situation of Nepal due to the COVID-19 pandemic. The project will build awareness on health and hygiene practices, create awareness on child and women trafficking, domestic violence and promote sustainable agricultural and environmental protection.

Name of Implementing Organisation: First Steps Himalaya in conjunction with First Steps Nepal

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Project summary: The Community Resilience Programme aims to build community resilience in the rapidly changing situation of Nepal as a result of the COVID-19 pandemic. The project will provide awareness on health and hygiene practices, the dangers of child/ women trafficking and alcohol abuse, domestic/family violence and promote sustainable agricultural as well as the importance of environmental protection.

Statement of Need: Prior to the pandemic, a large proportion of rural Nepali men worked either in the capital Kathmandu or overseas (in India, the Gulf, Korea and Malaysia) as migrant labourers. Until recently, approximately 25% of Nepal's GDP was comprised of remittances, however this came with a heavy price tag: terrible working conditions and an alarming number of bodies being returned to Nepal in coffins.

COVID-19 resulted in hundreds of thousands of migrant labourers returning to Nepal with no hope of returning back. Not only has this resulted in escalating COVID-19 case numbers but is creating social issues on a scale unknown in Nepal before. Men, who are unaccustomed to living with their wives and children, now find themselves unemployed and tempted by alcohol and domestic violence, under the growing pressures that they now face. Child and women traffickers are known to use such emergency situations to recruit unsuspecting and poverty-stricken victims with hideous results. Land that has been lying fallow for years (due to cheap food imports) now requires agricultural solutions that contribute to increasing self-sustainability. Environmental protection is also critical to conserve soil, waterways and prevent landslides and slips, through proper land management.

Proposed solution: The project will tackle these issues commencing in nine villages of Bidur Municipality, Nuwakot district where FSN is already on the ground working with communities through an early years' education programme. Nuwakot's proximity to Kathmandu makes it an easy target for traffickers and community awareness is poor due to the lack of education in the area. Now, thousands of migrant labourers are returning with little prospect of work.

FSN has developed excellent relations with the communities and with the local elected leader since establishing projects there in 2018. It has also constructed an eco-friendly earthbag built school to replace one that was damaged in the 2015 earthquake. FSN is well placed to work with these communities to bring about long-term sustainable change.

Community Development Clubs will be established in each of the nine villages to be a vehicle for change at the local level. Four community animators from each club will be recruited and trained to mobilise the community, in order to raise awareness. These animators will work under the supervision of an area supervisor who will be trained to oversee the project activities. Animators will be selected based on their enthusiasm and ability to communicate effectively. They will receive an allowance for their work as well as a certificate to show their commitment to community level change. Community animators are likely to be young highly motivated college students or older village leaders who understand the aims of the project.

A number of community events will be organised and held over a one-year period that attract community members of all ages to attend. These will cover the key focus areas of the project. Prior to each event, community animators will promote it widely within their community to ensure maximum participation. They will also follow up events with visits to community members to refresh and encourage positive changes. The events will use different mediums, including street theatre, story-telling and other interactive methodologies that are designed to bring about effective long, term change. Community Development Clubs will be able to compete for an environmentally friendly community award in recognition of best practices. These will be awarded at the end of the year based on set criteria to those villages that have made the greatest behavioural changes over the year. As well as a first prize, runner up prizes will be awarded.

Monitoring and evaluation: Monitoring visits will be made to ensure programme effectiveness and continuation beyond the project period to encourage long term change. A baseline and end of project survey will be carried out as well as an evaluation of project success with recommendations for the future.

Sustainability: This initial pilot project is planned to be rolled out in other parts of Nepal as part of FSN's ongoing commitment to improving the lives of children and their families. The Community Development Clubs will continue to function on an ongoing basis.

Beneficiaries: Community members in 9 villages in Bidur Municipality, Nuwakot including families and the extended community. Total men: 2500, women 2600, youth (18-25) 1500 and children: 2000. Total population: 8,600

Funding requested: GBP3,508

Implementation plan:

Start Date	End Date	Task	Inputs required
Oct 2020	Nov 2020	Develop COVID-19 Response and Resilience Memorandums of Understanding with local government	MOU's
Oct 2020	Nov 2020	Design and conduct baseline survey	Baseline survey

Oct 2020	Sep 2021	Develop peer education/community animation resources in line with, local, national and international best practice	Film clips Presentations Street theatre group Story- tellers
Oct 2020	Sep 2021	Develop peer educator/community animation training of trainers' syllabus/curriculum	Training of trainers curriculum
Oct 2020	Sep 2021	Develop and implement a community achievement award incentive scheme	Community awards Incentive scheme
Oct 2020	Sep 2021	Develop peer educator/community animator training course syllabus/curriculum	Community animators training curriculum
Oct 2020	Sep 2021	Develop peer education/community animation supervision monitoring schedules	Monitoring schedule
Oct 2020	Sep 2021	Develop peer educator/community animator programme implementation schedules	Implementation schedules
Nov 2020	Sep 2021	Conduct peer educator/community animation training of trainers' seminars	Training notes Presentations Video clips
Oct 2020	Sep 2021	Conduct peer educator/community animation training of trainers' seminars	Training of trainers notes, presentations and film clips
Nov 2020	Sep 2021	Conduct peer educator/community animator training courses for peer educators/animators selected by their communities	Training of animators notes, presentations and film clips
Nov/ Dec 2020	Sep 2021	Conduct peer education/community animation sessions at school/community venues	Venue Participating actors/presenters Electronic media Screen and projector
Nov 2020	Sep 2021	Conduct monitoring visit as per schedule	Supervisor Monitoring checklist
Aug 2021	Sep 2021	Conduct end of project survey	End of project survey
Sep 2021	Oct 2021	Project evaluation and dissemination of results	Reports for donors

Project Budget:

S.No	Budget line Items	Total Budget in NZ\$
1	Recruitment and training of trainers and community animators/mobilisers	GBP 1515
2	Development and procurement of awareness raising materials/activities including street theatre troupes, film and presentation materials.	GBP 1945
3	Community workshop venue costs	GBP990
4	Community animator/mobiliser allowances	GBP1470
5	Supervision and monitoring visits	GBP170
6	Community awards	GBP 675
	Baseline and end of project survey	GBP353
8	Project coordination, admin and reporting	GBP 890
	Total Costs	GBP 8008

Total requested for this grant: GBP 3,508. The balance of GBP4,500 will be raised by First Steps Himalaya from grants and donations.

Risk Management: The following risks have been identified and measures to reduce risk planned for.

Risk	How will the risk be managed?
Second wave of COVID-19	Risk management plan will outline procedures to be taken
Project staff contract COVID-19	Strict protocols in place around social distancing, hand washing and hygiene.
Floods and landslides make local travel difficult	Community events will be scheduled outside worst monsoonal weather months and will have some flexibility around implementation dates.
Major earthquake	Risk assessment plan and evacuation plan will be followed
Change in community leaders and unstable politics	Establish and maintain good relationships with the entire community without taking any political stance.
Suitable animators not available	Thorough vetting of animator candidates will be followed. If one area lacks suitable candidates, animators from a neighbouring village may get involved.
Communities unwilling to make beneficial long- term changes or attend events	Highly effective awareness raising methods will be used and animators will keep working at community level to model the benefits of behaviour changes.
Communities unmotivated by community achievement awards	Community awards will be designed to be highly desirable by communities and these will be mutually agreed to have maximum effect.

Organisational Information: First Steps Himalaya was established in October 2008 by Fionna Heiton and Durga Aran and is registered with the Charities Commission of New Zealand (Charity number: CC37534).

Mission: Building capacity in Himalayan communities through quality education

Vision: Expanding opportunities and life choices through learning

Values:

- Professionalism and integrity
- Transparency and accountability
- Incorporating the strengths and positive values of local tradition and culture
- Sustainable outcomes through community participation and local ownership

Partner Organisation: First Steps Nepal (FSN) was established in March 2009 by Durga Aran. First Steps Nepal is governed by a local board of trustees and is registered as an NGO with the Social Welfare Council of Nepal and the District Administration office. First Steps Nepal is FSH's implementing partner in Nepal.