



FINAL REPORT

YWC ESC - 2 WOMEN EMPOWERMENT PROJECT

Jitpurphedi, Tarkeshwar - 3, Nepal

December 2024 - April 2025

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2025

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We extend our heartfelt gratitude to Volunteers Initiative Nepal for providing us with the platform and resources to implement the YWC ESC-2 Women Empowerment Project in Jitpurphedi, Tarkeshwar - 3, Nepal.

A special thank you to the local community members, participants, and stakeholders whose enthusiasm and dedication made this project a success. Their active engagement and willingness to learn have been truly inspiring.

We would also like to express our sincere appreciation to VIN staff, mentors, and fellow volunteers for their continuous support, guidance, and encouragement throughout the project. Their contributions played a crucial role in overcoming challenges and ensuring the smooth execution of our initiatives.

Lastly, we recognize the dedication and hard work of our team members—Ms. Calypso Chosson, Ms. Doreen Regenscheit, and Ms. Jemini Shrestha—who worked tirelessly to implement this project with passion and commitment.

This experience has been invaluable, and we hope our contributions will leave a lasting impact on the empowerment of women in the community.

Thank you!

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ABBREVIATIONS

YWC Youth We Can

ESC European Solidarity Corps

VIN Volunteers Initiative Nepal

WBC Women's Business Center

CHAPTER I INTRODUCTION

1.1 Project Overview

The YWC ESC-2 Women Empowerment Project was implemented in Jitpurphedi, Tarkeshwar - 3, Nepal, from December 2024 to April 2025 under the Volunteers Initiative Nepal Women Empowerment Program. This project aimed to uplift disadvantaged and marginalized women by equipping them with essential knowledge, skills, and resources to achieve economic independence and gender equality.

The project addressed key areas such as education, life skills, financial literacy, entrepreneurship, and women's rights awareness. Through various training sessions, workshops, and community engagement activities, the initiative worked towards enhancing women's self-confidence, leadership abilities, and decision-making power within their households and communities.

By focusing on education, microfinance, and vocational training, the project contributed to broader social development, ensuring that women have access to sustainable opportunities for growth and self-sufficiency.

1.2 Objectives

- To conduct life skills training using participatory methods to build confidence, communication, and decision-making abilities among women.
- To organize workshops on women's rights and gender equality to empower women with knowledge about their fundamental rights.
- To facilitate an advocacy camp featuring successful women, inspiring local women through real-life success stories.

- To offer basic computer literacy training, covering essential applications and internet safety to enhance employability.
- To support community women's entrepreneurial activities.
- To provide English language courses to improve communication skills and broaden job prospects for women.

1.3 Target Group and Location

The project primarily targeted community women, with a special focus on those from marginalized communities, as well as school students. These groups were engaged in various training sessions, workshops, and empowerment programs aimed at enhancing their education, skills, and awareness.

The YWC ESC-2 Women Empowerment Project was implemented in Jitpurphedi, Tarkeshwar - 3, Nepal, where many women and students face limited access to education, financial resources, and employment opportunities. The Women's Business Centre, local schools, and community places served as key hubs for training, workshops, and outreach activities.

CHAPTER II ACTIVITY ALLOCATION

Table 1: Activity Allocation

| SN | Activities | Status | Number of Beneficiaries |
|----|---|--------|-------------------------|
| 1. | Life Skills Community Workshops | ✓ | 219 |
| 2. | Women's Rights and Gender Equality Community Workshops (<i>Shifted to Schools: Need-based</i>) | ✓ | 137 |
| 3. | Women's Advocacy Camp | ✓ | 15 |
| 4. | Digital Literacy Training | ✓ | 2 |
| 5. | English Language Course | ✓ | 5 |
| 6. | Financial Literacy Community Workshops (<i>Replaced by School-Business Soap Partnership</i>) | ✗ | 1 |

CHAPTER III MONTHLY ACTIVITIES SUMMARY

3.1 DECEMBER 2024

1. **Orientation and Community Engagement** – Gathering information from past volunteers, VIN staff, and women's groups to understand community needs.
2. **Workshops on Soft Skills** – Conducted soft skills training for 81 women and collected feedback to improve future sessions.
3. **Advocacy Camp** – Interviewed successful women entrepreneurs and created articles and video clips to highlight their stories.
4. **Partnership Proposal** – Developed and received approval for a proposal linking schools with skilled women in vegetable farming and soap making.

3.2 JANUARY 2025

1. **Continued Workshops on Soft Skills** – Conducted sessions in far communities, adapting content based on women's feedback (127 new participants, total 219).
2. **Continued Advocacy Camp** – Interviewed 5 more empowered women (total 7 interviews), preparing articles for social media.
3. **Partnership Proposal Implementation** – Initiated home-made soap product registration and quality testing for women's entrepreneurial activities.
4. **Skill-Based Training** – Conducted computer classes (9 sessions, 2 participants) and yoga classes (8 sessions, 5 participants).
5. **School Workshops Preparation** – Finalized materials for 3 workshops in 3 schools for February.

3.3 FEBRUARY 2025

1. **School Workshops** – Conducted 3 workshops on Women’s Rights and Gender Equality, Soft Skills and Societal Expectations, and Advocacy Camp for 137 students in 3 schools:
 - a) North Star Boarding School, Chisapani, Tarkeshwar -3
 - b) Shree Kalika Sharan Secondary School, Tinpiple, Tarkeshwar - 3
 - c) Shree Jitpur Higher Secondary School, Jitpur, Tarkeshwar - 3
2. **Continued Advocacy Camp** – Added 2 new interviews, showcasing successful women’s stories through articles and posters.
3. **Partnership Proposal Implementation** – Continued the quality testing phase for homemade soap products.
4. **Continued Skill-Based Training** – Conducted 12 computer classes for 2 participants.

3.4 MARCH 2025

1. **International Women’s Day Exhibition (March 7 and 11)** – Engaged 60+ participants through an advocacy wall, film screening, and creative discussions on gender equality.
2. **English Classes** – Conducted 15 sessions for 5 women, with certificates planned for April.
3. **Business Partnership** – Successfully registered Ambika’s soap business, designed product labels, and advanced school distribution plans.
4. **Computer Training Evaluation** – Held final exam for a participant, with a high score (41/50) and certificate awarded.
5. **Community Cleaning Campaign** – Volunteered Public Health and Youth Empowerment Team for community cleaning campaign in Tarkeshwar – 3 with 34 participants.

3.5 APRIL 2025

- 1. Report** - Compiled all previous monthly reports into a final project statement and presentation summarizing the team's five-month contribution.
- 2. Yoga Volunteer** - Volunteered with the Public Health team to facilitate meditation and yoga sessions for 8 participants at Thumki.
- 3. English Course Certification** - Awarded certificates to 5 English course participants and conducted interviews for VIN's success story documentation.

CHAPTER IV IMPACT AND OUTCOMES

- Empowered 22 women's groups (219 participants) with leadership and soft skills, addressing their immediate needs.
- Interviewed 15 inspiring women, motivating others through advocacy and storytelling.
- Reached 137 students with school workshops on Women's Rights and Gender Equality, Soft Skills and Societal Expectations, and Advocacy Camp fostering awareness and confidence.
- Improved digital literacy to 2 women and language skills to 5 women through training programs.
- Advanced product registration for "Ambika Soap and Surf Suppliers" soap business initiative, promoting economic independence.
- Displayed advocacy posters in schools, motivating students with real success stories.
- Secured and progressed with a school-business partnership, creating sustainable opportunities for women and students.
- Increased gender awareness through interactive exhibitions.
- Produced a comprehensive final report, ensuring all activities and outcomes were clearly recorded.

CHAPTER V CHALLENGES AND SOLUTIONS

Table 2: Challenges and Solutions

| SN | Challenges | Solutions |
|----|---|---|
| 1. | Limited access to previous activity documents. | Developed a new curriculum and adapted workshops. |
| 2. | Low interest in soft skills workshops. | Made sessions interactive and practical. |
| 3. | Repetitive soft skills training history. | Focused on new initiatives like the school-business partnership. |
| 4. | Inconsistent feedback from VIN staff. | Addressed concerns through management discussions. |
| 5. | Women's group workshop scheduling conflicts. | Adjusted to their meeting schedules and engaged young women personally. |
| 6. | Bureaucratic delays in partnership implementation | Coordinated with VIN for guidance. |

| | | |
|-----|---|---|
| 7. | School workshop scheduling issues | Ensured persistent follow-ups with headteachers. |
| 8. | Teenagers' discipline challenges. | Adapted teaching methods based on age and class dynamics. |
| 9. | Yoga classes had low participation. | Kept the offer open for interested women. |
| 10. | Limited awareness of International Women's Day. | Used posters and word-of-mouth promotion to encourage attendance. |

CHAPTER VI LESSONS LEARNED

- Women prefer practical training over repeated soft skills workshops.
- Young students are more receptive to gender equality and empowerment topics.
- Schools are effective platforms for educating both boys and girls on gender issues.
- Advocacy camp is impactful, capturing women's personal struggles and successes.
- Women's products sell better with organizational support, but building sales networks takes time.
- Flexibility is crucial in school workshops, adapting to classroom dynamics.
- School workshop content needs adjustment—effective for older students but should be more concise for younger classes.
- Community events generate strong engagement when interactive methods are used.
- Women's economic empowerment requires long-term support, not just training.
- Small-scale initiatives, like English and computer classes, benefit individual learners, even with low attendance.
- ∄ School-business partnerships take time but have high potential for sustainability.
- ∄ Consistent documentation throughout the project eases final reporting and ensures clarity.

CHAPTER VII CONCLUSION AND RECOMMENDATIONS

7.1 Conclusion

Over the course of five months, the YWC ESC-2 Women Empowerment Project made meaningful contributions to the empowerment of women and youth in Jitpurphedi, Tarkeshwar - 3. Through a combination of leadership workshops, gender equality education, digital and language training, and community engagement events, the project addressed both practical needs and long-term empowerment goals.

Despite challenges such as limited access to past records, low workshop attendance in some areas, and bureaucratic hurdles in business registration, the team adapted through flexibility, innovation, and active collaboration with the community and Volunteers Initiative Nepal (VIN).

Key successes included:

- Empowering over 200 women through leadership and life skills workshops.
- Reaching 137 students in schools with tailored workshops on gender, rights, and leadership.
- Supporting the full registration and branding of a local women-led soap business.
- Sharing inspiring stories of 15 successful women through an advocacy campaign.
- Promoting mental wellness and recognizing achievements in digital and English literacy programs.

These efforts not only built capacities but also strengthened confidence, visibility, and community connections for the women involved. The project created a sustainable foundation for future growth, advocacy, and empowerment in the community.

As the project concludes, the team leaves behind a body of work that is both impactful and replicable. With continued support and local ownership, the seeds planted through this initiative will continue to grow—promoting gender equality, economic opportunity, and lasting change.

7.2 Recommendations

- **For VIN:**

- ✓ Focus on five women's groups per cycle for deeper engagement and learning progress.
- ✓ Provide volunteers with previous project materials to avoid redundancy.
- ✓ Shift soft skills workshops to schools for better student engagement.
- ✓ Considerate the men and the boys as a part of the women empowerment dynamic.
- ✓ Update, not redo, past interviews to improve advocacy transparency.
- ✓ Improve communication within VIN (e.g., written meeting records).
- ✓ Ensure consistent leadership guidance to avoid conflicting instructions.
- ✓ Track past workshops to prevent repetition and better address women's needs.
- ✓ Include short-term volunteers in the suggested projects below as described in "Networks" to prevent the repetition of the workshop activities for the long-term groups.

- **For Future National and International Volunteers; and Local Interns**

1. **Workshops for Women Groups**

- ✓ Review the Tracking and Feedback Sheets to understand past insights.
- ✓ Gather direct feedback from women after each workshop.
- ✓ Design workshops based on their stated needs, including hard-skill training coordination with VIN/WBC.
- ✓ Offer Women's Rights workshops in remote areas and follow up.
- ✓ As we focused on leadership and self-esteem but covered every soft-skill related topic you can tailor again the soft-skill content like communication, decision-making etc. per group interest.
- ✓ Combine hard and soft skills to show their complementary value.
- ✓ Implement a weekly leisure-based activity to build trust and connection.

2. Workshops for Men

- ✓ Conduct workshops for men on gender equality and women's rights.
- ✓ Create men's discussion groups (e.g. together with the youth club) to address toxic masculinity and promote allyship.
- ✓ Integrate women's voices and advocacy stories into these sessions.

3. Market Support for Women

- ✓ Continue supporting Ambika Phuyal's soap business and expand to other products (e.g., jewellery, bags, vegetables).
- ✓ Read and build upon the existing partnership proposals.
- ✓ Provide marketing, branding, and social media training. Activate and promote the Tarakeshwar women's Instagram account.

4. Mentoring

- ✓ Develop a mentorship program, training mentors on how to effectively guide others.
- ✓ Refer to initial volunteer efforts to shape a sustainable structure.

5. Advocacy Camp

- ✓ Review existing list of interviewed women; check with VIN for any updates from STVs.
- ✓ Identify and interview new women or update existing stories if needed.
- ✓ Share stories via creative channels for community access (e.g. school visits, social media, exhibitions, videos).
- ✓ Add thematic focus to interviews (e.g. women's rights, leadership, feminism, famous Nepali women).

6. Special Activities/ Awareness Days

- ✓ Use awareness days (e.g. International Women's Day, Endometriosis Day, Violence Against Women Day) to raise visibility.
- ✓ Combine events with product sales opportunities and networking platforms.
- ✓ Reopen and update the women's exhibition at WBC for new audiences.
- ✓ Collaborate with other volunteer teams or networks for joint events.

7. Networking

- ✓ Create strong networks and partnerships, important for market support, mentoring and special activities.
- ✓ Include short-term volunteers in widening the network and in supporting in the related project (e.g. in a special day, or as support for one businesswoman etc.)
- ✓ Connect with the Gender based violence support organisations (s. Gender Equality Flyer)
- ✓ Connect with local gender equality groups, organize eg standup comedy/ dance workshops etc. with partners (e.g. instagram: Pass the mic, yogconnection, Duluwa Outdoors women-lead, facebook: Women's Room Reloaded)
- ✓ Connect with local women business groups e.g. Kathmandu Entrepreneur network, women handicraft shops in Thamel, etc.
- ✓ Connect with international NGOs from Europe/ some of our home countries eg Alliance française, Goethe Institute for money or other support.
- ✓ Networks especially for selling women's products: local authorities, local markets, tourist places, special market events, hostels/ hotels/ homestays, tourist tours for guided car/ hiking tours to Tinpale to visit WBC basement and buy local products, etc.
- ✓ Raise awareness in the communities that nonbinary/ queer people should be part of women empowerment programs. If possible, include in your activities/ workshops.
- ✓ Create a network list and track the collaboration.

8. Project Area

- ✓ If possible, include other schools for the workshops around Tarakeshwar.
- ✓ If possible, visit/ establish other women's group that could be supported by VIN.

CHAPTER VIII GALLERY



Figure 1: Soft Skills Community Workshops



Figure 2: Women Advocacy



Figure 3: School Workshops



Figure 4: Digital Literacy Program



Figure 5: English Language Course

अम्बिका साबुन तथा सरफ सप्लायरस

Multipurpose Liquid Soap | तरल साबुन



- मुख्य फाइदाहरू:**
 - शक्तिशाली साफाई, चिल्लो तथा दम हुटाउँछ।
 - हातका लागि कोमल।
 - सुग, गन्ध र सवह साफाइका लागि उपयुक्त।
- सावधानी:**
 - अलसले सम्पर्क हुन नदिनुहोस्।
 - बालबालिकाबाट टाढा राख्नुहोस्।
 - चिसो, सुख्खा छर्केमा राख्नुहोस्।
- प्रयोग विधि:**
 - भोडाको लागि: १ चम्चा साबुनलाई १ लिटर पानीमा मिलाएर प्रयोग गर्नुहोस्।
 - लुगाको लागि: १० ml साबुनलाई ५ लिटर पानीमा मिलाएर धोनुहोस्।
 - सवह साफाइका लागि: १ कप साबुनलाई २ लिटर पानीमा मिलाएर सफा गर्नुहोस्।

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रखयोगी अभियान नेपाल
Volunteers Initiative Nepal
को सहयोगमा

९८६३३८९३०८ | ठुलागाउँ, तारकेश्वर - ३, काठमाडौं

अम्बिका साबुन तथा सरफ सप्लायरस

Toilet Cleaner | हार्पिक



- मुख्य फाइदाहरू:**
 - दाग तथा बेइटेरिया हटाउँछ।
 - चम्किलो बनाइ दिन्छ।
 - दुग्ध हटाएर ताजा सुगन्ध दिन्छ।
- सावधानी:**
 - बालबालिका र घरपातुवा जनावरबाट टाढा राख्नुहोस्।
 - आँखा र छालासँग सम्पर्क हुन नदिनुहोस्।
 - खाना वा पिउने पानीसँग टाढा राख्नुहोस्।
- प्रयोग विधि:**
 - १ बिको सिधै ट्याबलेटमा हाल्नुहोस्।
 - झर्सेले साफा गरेर २० मिनेट पछि पछाल्नुहोस्।
 - साप्ताहमा २-३ पटक प्रयोग गर्न सुझाव।

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अम्बिका साबुन तथा सरफ सप्लायरस

Phenol Cleaner | फिनोल



- मुख्य फाइदाहरू:**
 - ९९.९% कीटाणु नष्ट गर्छ।
 - दाग र दुग्ध हटाउँछ।
 - ताजा सुगन्ध दिन्छ।
- सावधानी:**
 - बालबालिका र घरपातुवा जनावरबाट टाढा राख्नुहोस्।
 - आँखा र छालासँग सम्पर्क हुन नदिनुहोस्।
 - चिसो, सुख्खा छर्केमा राख्नुहोस्।
- प्रयोग विधि:**
 - साधारण सफाईका लागि १ बिको १ लिटर पानीमा मिलाउनुहोस्।
 - गहिरो दागका लागि तिर्ने प्रयोग गर्नुहोस्।
 - मुँद, माथिल्लो र खतरा सफाइका लागि उपयुक्त।

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Figure 6: Soap Label Designs



Figure 7: Women's Day Exhibition