

Activity Report (Summary version)

Fiscal Year	FY 2021
Code No	22-A-177

Name of Organization	Initiatives of Change International	Applied Amount
		USD 8600 (JPY/USD)
Project Title	Initiatives of Change Trust Building Programme Nepal	Granted Amount
		USD 8,600 (JPY/USD)
		Country which project was operated
		Nepal
About organization and granted activity		

■ **About organization** (Such as Year of establishment, Vision, Name of main activity >

* **With in 500 characters**

Initiatives of Change (IofC) Nepal is a movement of people of diverse cultures and backgrounds, who are committed to the peaceful transformation of society through changes in human motives and behavior, starting with their own. Initiatives of Change (IofC) Nepal is founded in the year 2019. The objective of our Trustbuilding program is to bridge the conflicting gaps that exist between Madhesi communities and Pahadi communities. This project also aims to develop the capacity of youths and strengthen their trustbuilding and peace-building skills from both communities.

■ **Done activity by NPF Grant * Within 1000 characters**

Nepal Dialogue 2022: KATHMANDU, SEPTEMBER 16-19, 2022

Nepal Dialogue 2022, an international gathering initiated by IofC Nepal has brought together 32 people in Dhulikhel from different regions, communities, and cultures. The Third Nepal Dialogue brought together new connections, friendships, inspiration, and transformation, emerging from the diversity of thought, backgrounds, and communities represented in the dialogue. *“Attending this program has made it easier for me to let go of fear and step outside of my comfort zone.” “Because of my fear, I didn't express my suffering to others, thus I felt the need to do so.”*

OUTREACH PROGRAM: We believe in motivating individuals through our personal change stories. Participants were youths, government officials, journalists, and political leaders. *“I've taken a lot of counseling sessions, yet I wouldn't open up. After joining IofC, I've learned how to express my inner feelings. I still cannot open up completely, but I believe that I'm in the process and can soon be able to share my story and take steps. I'm grateful to IofC for being my safe space.”*

■ **Output or Outcome * Within 1000 characters**

The participants had the chance to get to know one another better and form lasting friendships while working together before returning to their different areas. We believe that these participants will be key Changemakers to their communities and set the foundation for honest conversations.

This dialogue provided an opportunity to deeply analyse the concerns, reflect on the past, and express personal experiences that involved discrimination, unfair treatment, or other issues. The activities assisted them in stepping outside of their comfort zones and in creating a private, open and safer environment for them to reflect and share their varied experiences. The participants had the chance to develop relationships or a sense of community with one another for a longer time, which help them collaborate when they return to their respective communities. We have been able to reach out to different 305 young people who enhanced their capacity and trust-building abilities as changemakers. We facilitated personal sharing since young people from both communities gathered for a dialogue.

*To report writer: Please try to keep your describing within this one page/sheet only.
(Total around 2500 characters)