

### Background

Family Planning Association of Nepal (FPAN) is proud to launch the Vaestoliitto Project third phase from January 2008 for three years after the significant gain made in Phase I and Phase II. Vaestoliitto Project was successful in bringing change in the life of young women, young men and communities in selected districts of Nepal. Both phases have demonstrated innovation and cost effectiveness and have developed new and successful approaches to work with young people, especially young women to address their sexual and reproductive health and rights.

The Vaestoliitto Project third phase has been running with financial assistance of Ministry of Foreign Affairs, Government of Finland. Funding of the project has been channeled through the Vaestoliitto; the Family Federation of Finland (member association of IPPF) and International Planned Parenthood Federation (IPPF). Besides, the larger agencies are key cooperation partners in technical assistance and other forms of support to the FPAN for effective implementation of the Project.

### Goal of the Project

Improve the wellbeing and livelihood of marginalized young women in Nepal.



### Expected Results

- Multi-Purpose Resource Centers will be established and strengthened to provide sexual and reproductive health information and service to adolescent girls and young women, and the broader community in seven districts of Nepal
- Adolescent girls and young women will be able to make informed decisions concerning their sexuality and reproductive health in seven districts of Nepal
- Trafficked returnees and young girls and women vulnerable for trafficking in project districts will be able to access services and information to improve their sexual and reproductive health status, offer advice on viable alternatives to sex work, and facilitate reintegration into community.

### Direct Beneficiaries

The project aims to improve the sexual and reproductive health and rights of adolescent girls (10-19 yrs) and young women (15-24 yrs, especially those who are marginalized and/or have been trafficked). They participate in various programs to be implemented by project such as awareness raising activities, training and orientation on sexual and reproductive health services, vocational training for skill development and income generation.

### Indirect Beneficiaries

Community gatekeepers, male adolescents and youth, parents and guardians, school teachers, local paramedics of the government, representatives of line agencies and staff and volunteers of FPAN are the indirect beneficiaries of the project.

### Location of Project

Rural, semi rural and urban areas in following district of Nepal

- New districts (Dailekh and Mahottari)
- Existing MPRC districts (Morang, Sunsari, Kapilvastu, Banke & Bardiya)

### Project Duration

The project has started on January 2008 and will phase out in December 2010.

### Strategies and Approaches

The project achieves the objectives through strengthening and expanding sexual reproductive health services; increasing the ability of adolescents and young women to make informed decisions and choices about their lives; improving social and economic well-being of trafficked returnees and trafficking vulnerable young women in selected districts of Nepal.

- Strengthen capacity of FPAN's staff and volunteers especially of youth volunteers
- Strengthen and upgrade clinical service delivery outlets to enable them as a youth friendly service centers
- Establish and up grade youth friendly services centers (Multi Purpose Resource Centers, Youth Information centers, Youth Clubs, CBOs etc.) to make them sustainable.
- Greater involvement of adolescent and youth in planning, designing, implementation, monitoring and research of SRH programs



- Community mobilization and advocacy
- Social marketing of contraceptives and other products
- Coordination and collaboration with line agencies
- Income generation for poor and marginalized young women through vocational skill enhancement and micro financing

### Highlights of Key Activities

#### Survey and Research

- 'Entitlement Index' to identify the right population.
- 'Explore tools' to involve young people in research works.
- 'Risk perception' one of the key indicator to see the changes in adolescent knowledge, attitude and perception on SRH.
- KABP(Baseline, mid line and end line)
- Study on empowerment of trafficked women
- Assessment of MPRCs

#### Capacity Building of Youth and Staff Members

- Nutrition training
- Community based first aid training
- Organizational development training
- Training on 'Explore' toolkit



- Study/exposure visit
- Training to peer group members
- Quality of care training
- On the job training
- Training on research method



### Innovative Strategies for Cost Recovery/Cost Sharing

- Development of marketing strategy and business plan
- Labeling and branding of MPRC products
- Social marketing of health and non health products
- Youth friendly cyber and computer training centers
- Youth run secretarial services and communication centers

### Educational Programs for Adolescents and Youth

- SRH orientation to school/college adolescents, adolescent workers and club members
- Tin and trunk (Mini) library in YIC
- Youth run Radio Program- 'Yuba Khulduli' through Radio Nepal Regional Transmission, Surkhet

- Orientation to overcome stigma and discrimination
- Legal literacy classes for trafficking returnees and young women vulnerable for trafficking

#### IEC/BCC materials production and distribution

- Poster on 'Chelibeti Bech Bekhan' in Nepali and Maithali languages
- Dot game
- Snake and ladder game
- Reproductive organ model

#### Economic empowerment of young women

- Scholarship
- Professional skill training
- Vocational skill training
- Micro credit program



#### Monitoring Activities

- Collecting monthly narrative and financial reports
- Regular supervision at all level of the project

- Meeting with clients to ascertain their views and satisfaction towards service provision
- Focus group discussion with target groups
- Interactive meeting with staffs and youth volunteers
- Interactive meeting with stakeholders
- Review meeting of the project



#### Supportive Supervision

The project activities at various levels are supervised on regular basis. During the supervision the supervisors give effective coach, provide suitable guidance and feedbacks to concern people involved in implementation process. Besides, the supervisors also interact with the beneficiaries to take their views, suggestions and feedbacks.



#### Evaluation

- The project uses the following indicators for evaluation:
- Number of young women that participated in the project activities

- Number of adolescent and youth that participated in the project programs
- Number of adolescent and youth that involved in the project in planning, implementation, monitoring and research activities
- Enrollment and continuation of project supported girls in school and campus
- Number of young people participated in trainings and orientations
- Number of youth forums formed and number of members in Youth Forum
- Income and expenditure of MPRCs
- Change in economic status of young women from marginalized community
- Improvement of youth friendly service centers
- Number of target group that received sexual and reproductive information and services
- Change in utilization of sexual and reproductive health services by adolescents and youth
- Knowledge and skills of staff and youth volunteers
- Change in community behavior and attitude towards SRH of adolescents and young people.

#### Sustainability Initiatives

- Integration of SRH activities
- Capacity building of staff and youth volunteers
- Demand generation and continued delivery
- Greater partnership of target population
- Social marketing of health and non health products
- Expansion and enhancement of MPRCs and youth forums
- Formation of cooperative society

**Youth Forum** is a natural innovation from the highly successful youth information centers formed during the 'Meeting Young People's Sexual and Reproductive Health in Nepal' (Vaestoliitto Project first phase) that concentrated on SRH. It is a multi-sectoral approach that diversifies broader development impact to young women SRH health and services. One youth forum has been established in each project district branches. Each youth forum comprises delegates from 5-6 youth sectors including schools, colleges, factories, youth/social clubs, and sex workers. Altogether, there are 30 to 40 competent, self-motivated and committed members in the district level youth forum. These volunteers have been involving in planning, implementation and monitoring of project activities.

**Multi Purpose Resource Center (MPRC)** is a new concept adopted by the Vaestoliitto Project first time in Nepal. The main purpose of establishing of MPRC is to deliver different types of SRH benefits to the young people especially the young women of the project areas in their active involvement. All the program activities under the MPRC are run by the self-motivated, competent and committed youth volunteers associated with youth forum. In this regard, seven Multi Purpose Resource Centers have been established in the strategic locations (Morang, Sunsari, Kapilvastu, Barha, Bardiya, Mahottari and Dolekh). Currently, the project, through the MPRCs launches different types of SRH services such as family planning, MCH, STIs, counseling, laboratory, nutrition. Similarly, the project also conducts different kinds of health related and other forms of skill development training programs. The skills achieved by the young people would be utilised through conducting income generating activities, social marketing and SRH services programs.



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Serving People with Care