



NOREC EXCHANGE PROJECTS IN NEPAL

Updated August 2024

NOR \Rightarrow C NORWEGIAN AGENCY FOR
EXCHANGE COOPERATION



**Copyright © Norwegian Agency for
Exchange Cooperation (Norec)**

Updated
August 2024

Photographs

All the images portrayed are real people working in a Norec project and their colleagues from all over the world. Consent has been granted to Norec to use these images to visualise our exchange projects and their effect.

For more information regarding specific photographs or any other content in this pamphlet, contact norec@norec.no

About Norec

The Norwegian Agency for Exchange Cooperation (Norec) is Norway's only competence centre for international exchange. As an executive body under the Norwegian Ministry of Foreign Affairs, we are a key part of Norway's integrated approach to achieving the UN's sustainable development goals.

Grant Management

Norec's uniqueness lies in supporting work exchanges that provide global learning opportunities for staff and organisations. With a grant for a Norec exchange project, workplaces send employees and volunteers on exchange to another country.

As of 2024, Norec also administers the grant Democracy Through Partnerships, which supports Norwegian political parties and their youth wings in their work to promote democracy globally.

The UN and World Bank

Norec coordinates recruitment of Norwegian citizens to positions funded by the Norwegian government at the UN and the World Bank. This includes positions as Junior Professional Officers and United Nations Volunteers, as well as other secondments. We are currently funding around 40 Norwegian citizens working for various UN agencies, the World Bank and the Asian Bank on all continents. Norec conducts pre-deployment trainings and follows up the secondees throughout their contracts, with an overall goal of increasing the number of Norwegian citizens in international organisations.

Training and Learning

Norec has an interdisciplinary team of trainers. They facilitate learning for staff and partnerships that work internationally. Yearly, Norec arranges between 35-40 courses with over a thousand participants. Norec's courses are interactive and inclusive in order to accommodate people from diverse and multicultural backgrounds.

Building Knowledge

In addition, Norec conducts action-based research to expand and build knowledge in the field of international work exchanges. Multi-method data collections are regularly carried out to inform and improve our trainings and programmes.

As a centre of competence, we strive to build and expand knowledge on how to conduct successful work exchanges – and how to build strong global partnerships.

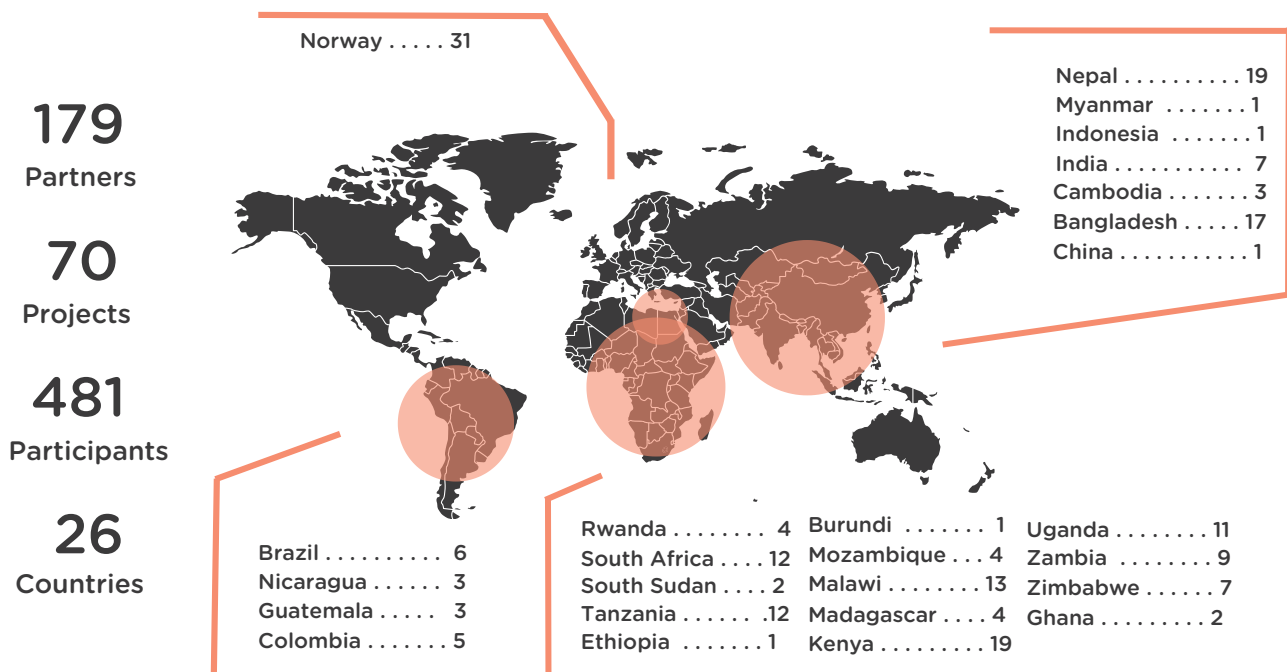
Norec exchange projects

Yearly, over 175 organisations send their staff to work abroad to learn from partners in other countries, creating new or stronger partnerships through practical experience in different contexts and specialisations.

Norec is founded on the principle that collaboration is essential for addressing global challenges. Whether the partnerships are formed with like-minded or different organisations, they strengthen international alliances and work to reach the UN’s sustainable development goals.

The majority of the staff that travel abroad in Norec supported projects, gain valuable work experience. Learning and skill transfer gives exchanged project staff professional growth, which upon their return, contributes to their organisations’ efficiency and innovation. Over time, the skills and learning are transferred between those that have been on an exchange, the new staff received on job-exchange and the institutions’ staff as a whole. This process also promotes organisational and community advancement.

Norec emphasizes the importance of bridging power imbalances and fostering international relationships as essential strategies for solving global issues. It fosters a sense of unity and shared purpose among diverse groups, laying the groundwork for long-term cooperation and mutual benefits. Through a Norec exchange project, organisations gain the expertise needed to achieve their objectives and push for impactful changes, showcasing Norec’s dedication to cross-cultural cooperation in global problem-solving.



Former Norec exchanged staff Jeromie and her story

Jeromie Akinyi Obwar grew up in an informal settlement in Kisumu, Kenya. She says this about her work exchange to Norway: “That is when I had my self-identity for the first time. I knew who I was. I knew the potentials that I had.”

Upon returning, she volunteered to inform young people about sexual health rights: “We realised that there was something going wrong in our community. The community members could not reach the higher people. We became the ladder for them to use.”

Jeromie was selected into the Health Management Committee: “that to me is so big. I can meet with those people. I can now influence change directly.”



Partner Youth Alive! Kenya (YAK) and achievements

Staff from Youth Alive! Kenya learnt how to conduct action research while on exchange with Youth Empowerment Transformation Trust in Zimbabwe. YAK applied this method to map the situation for youth in Kenya. A report was compiled, which highlights the gaps in current policies as well as youths' views of what should to be done differently. YAK used the findings to draw attention to the need for change in the electoral process to bring young people out of voter apathy and into politics. The government used key findings from the report to inform governmental youth-focused outreach programmes.



The Norec Network — a resource bank

Since we started in 1963, Norec has supported the exchange of more than 13 000 staff and volunteers between different organisations. These individuals are a resource we want to continue to support. Therefore, we launched the Norec Network in 2023.

We enable the members of Norec Network to share knowledge and expertise, expand their professional network and join physical and digital network activities, and this way, we help keep their engagement going even after their exchange period has ended.

This network works as a resource bank for Norec, where we can gather advice and input from the members. They have helped with facilitation, logistics and interpretation for trainings we have conducted in their home countries.

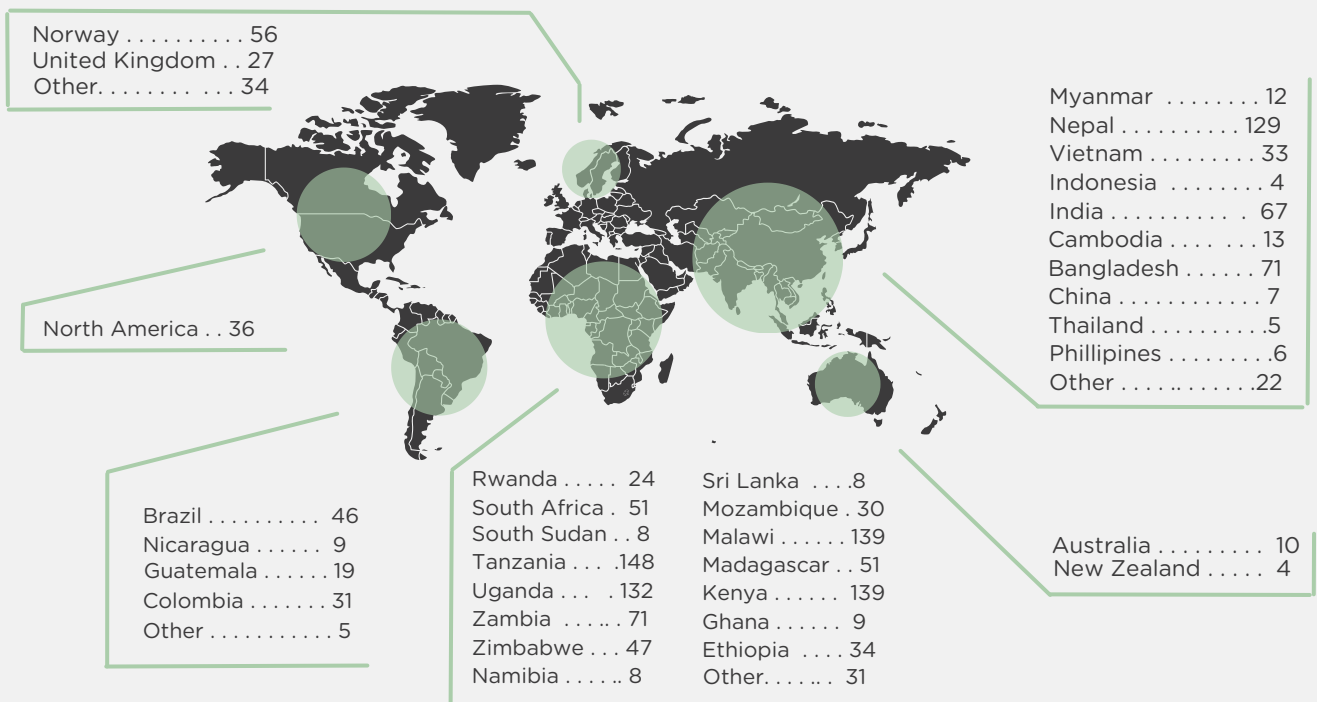
The Norec Network is available for the Norwegian Ministry of Foreign Affairs and associated embassies to utilise as a resource.

If you wish to get further information on how you can utilise this resource, or have any questions related to the network, please contact training@norec.no.

Norec Network members as of april 2024

1,638

Home countries of members of Norec Network as of 2024





Overview

Norec exchange projects in Nepal

The numbers

Total grants to organisations in Norec supported projects

The 12 projects with Norec support in Nepal, received funds totaling 700 000 USD in 2023.

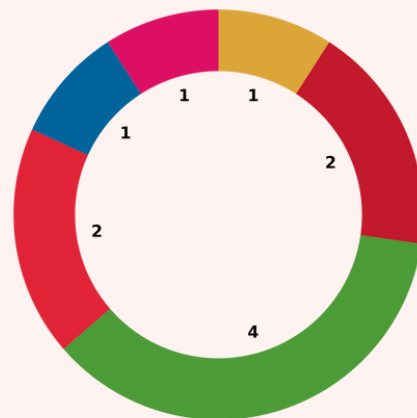
Out of the 12 projects in Nepal, all are with civil society organisations (CSOs).

\$700K

Supported projects are working towards the following Sustainable Development Goals (SDGs)

All Norec projects promote sustainability goal 17, both by strengthening the tools and methods used to achieve results, and by supporting new global partnerships for sustainable development.

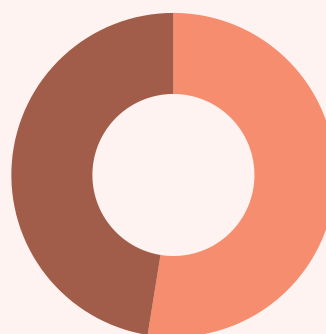
In Nepal, the most prevalent sustainable development goal is number 4, Quality Education.



- 2 Zero Hunger
- 4 Quality Education
- 3 Good Health and Well-Being
- 5 Gender Equality
- 16 Peace, Justice and Strong Institutions
- 10 Reduced Inequalities

Norec staff and volunteers from and in Nepal

There are 59 staff members from or in Nepal, receiving Norec support. 28 of them are Nepalese working abroad in a Norec exchange project, while 31 are Norec staff from other countries working in Nepal in 2024.



Organisations have partners in the following countries

In a partnership supported by Norec, organisations, public institutions and private business from over 25 countries cooperate to promote the Sustainable Development Goals.

For the projects with Nepalese partners, the collaborating organisations are spread over the countries listed to the right.

Bangladesh
Burundi
Ghana
India
Kenya
Madagascar
Malawi

Myanmar
Norway
Rwanda
Tanzania
Uganda
Zambia
Zimbabwe

Exchange projects in Nepal

SARTHI

DAC Sub Sector

31165
Agricultural
alternative
development

**Sustainable
Development
Goal**

2. Zero Hunger

The project focuses on youth, organic farming and sustainable agriculture in underprivileged communities in Nepal and India. Youth are mobilised from rural communities, and taught traditional cropping practices. Through an intensive 12-month exchange program, the projects will turn the youth into change-makers.

PROJECT KEY FACTS

Estimated total grant	Exchanged project staff	Project start	Project end
\$19800	18	2023	2026

PROJECT ORGANISATIONS AND INSTITUTIONS

- Parmarth Samaj Sevi Sansthan
- Integrated Village Development Service

COUNTRIES

- India and Nepal

Uphold Community Voice to Public Health-related Policy and Practice in Bangladesh and Nepal

DAC Sub Sector

12261 Health
education

**Sustainable
Development
Goal**

**3. Good Health
and Well-Being**

The purpose of the project is to enable marginalised and minority citizens understand their public health rights, and make informed demands from local government authorities. The project use community radios and broadcasters to spread the word, and to encourage citizens to demand better public health facilities. The idea is that in turn this will have an effect on the national level in Bangladesh and Nepal.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$26339,9	8	2020	2024

PROJECT ORGANISATIONS AND INSTITUTIONS

- Rupantar
- World Association of Community Radio Broadcasters (AMARC) Asia-Pacific

COUNTRIES

- Bangladesh
- Nepal

Championing Rights of Marginalized Communities through Mutual Learning

DAC Sub Sector

15160 Human rights

Sustainable Development Goal

10. Reduced Inequalities

The project, 'Promoting Dalit Rights through Mutual Learning' aims to promote the human rights of Dalits and marginalised communities collectively in Nepal and Bangladesh by mutually sharing and learning between the partner organizations.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$167745,2	8	2023	2024

PROJECT ORGANISATIONS AND INSTITUTIONS

- Nagorik Uddyog
- Samata Foundation

COUNTRIES

- Bangladesh
- Nepal

Empowering Persons with Disabilities through Mutual Learning

DAC Sub Sector

16010 Social/welfare services

Sustainable Development Goal

4. Quality Education

Both in Bangladesh and Nepal, the perception of people with disabilities are largely negative, especially in rural areas. To increase quality of life for this group, the partners work to promote disability inclusive societies. They focus on disability inclusive education, advocacy and responsible media coverage in both countries.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$10190,8	8	2023	2025

PROJECT ORGANISATIONS AND INSTITUTIONS

- Prochesta
- Nepal Disabled Human Rights Center (DHRC-Nepal)

COUNTRIES

- Bangladesh
- Nepal



Empowering Persons with Disabilities through Mutual Learning

DAC Sub Sector

16010 Social/
welfare services

Sustainable Development Goal

4. Quality
Education

Both in Bangladesh and Nepal, the perception of people with disabilities are largely negative, especially in rural areas. To increase quality of life for this group, the partners work to promote disability inclusive societies. They focus on disability inclusive education, advocacy and responsible media coverage in both countries.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$10190,8	8	2023	2025

PROJECT ORGANISATIONS AND INSTITUTIONS

- Prochesta
- Nepal Disabled Human Rights Center (DHRC-Nepal)

COUNTRIES

- Bangladesh
- Nepal

Tourism Based Vocational Skill Development of Youths to Promote Gender Equality

DAC Sub Sector

11230 Basic life
skills for youth
and adults

Sustainable Development Goal

4. Quality
Education

The partners share knowledge of tourism, administration and ICT. While both partners aim to improve the economic situation for disadvantaged groups, they have different methods: SUF targets income-generating skills to young people, while EWN empower Nepali women through training in tourism, entrepreneurship and through scholarships.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$25000	8	2022	2025

PROJECT ORGANISATIONS AND INSTITUTIONS

- Society for Underprivileged Families (SUF)
- Empowering Women of Nepal

COUNTRIES

- Bangladesh
- Nepal



Promoting Sexual & Reproductive Health Education through Exchange Expertise

DAC Sub Sector

13020
Reproductive
health care

Sustainable
Development
Goal

3. Good Health
and Well-Being

The project promotes sexual and reproductive health education. The exchange participants will share knowledge on good practices on menstruation, puberty changes and prevention of sexually transmitted infections, and share this knowledge with their organisations. Additionally, the project will work on how the partners can ensure reproductive health for specially challenged people and vulnerable groups in the face of natural disasters or other crises.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$37845	12	2022	2025

PROJECT ORGANISATIONS AND INSTITUTIONS

- Agrogoti Sangstha
- Aawaaj

COUNTRIES

- Bangladesh
- Nepal

Mutual learning for Improving Health and Nutrition Scenario in Bangladesh and Nepal

DAC Sub Sector

12220 Basic
health care

Sustainable
Development
Goal

3. Good Health
and Well-Being

The partners will share ideas and practices on how to promote health and nutrition in local communities. The partner ERA will learn how partner RICOD uses existing networks and schools to reach its target groups, despite challenges created by the regions' mountainous terrain, while RICOD intends to adapt how ERA works with volunteers, how they mobilise communities and work with women's groups to reach their goals.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$49500	12	2023	2026

PROJECT ORGANISATIONS AND INSTITUTIONS

- Efforts for Rural Advancement (ERA)
- Rural Institution for Community Development (RICOD)

COUNTRIES

- Bangladesh
- Nepal



Act Now

This project aims to get youth involved in civil society and in their communities to fight against injustice and reduce poverty. The partnerships will enable youth to make a difference and have an impact. Their method is to work with civil society organisations to promote youth participation and leadership.

DAC Sub Sector

15150
Democratic
participation
and civil
society

Sustainable Development Goal

**16. Peace,
Justice and
Strong
Institutions**

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$2343792	22	2022	2027

PROJECT ORGANISATIONS AND INSTITUTIONS

- Agro-Forestry, Basic Health and Cooperatives (ABC Nepal)
- Group of Helping Hands (SAHAS) Nepal
- Strømmestiftelsen
- Organization for Community Development (OCODE)
- Community Empowerment for Rural Development (CEFORD)
- CBS Pewosa

COUNTRIES

- Nepal
- Norway
- Tanzania
- Uganda

The YESS Girls Movement

The project aims to aim to create an empowering environment for young women, where young women will be leading, raising their voices and making a difference on issues important to them at local, national, regional and global levels. The project exchanges both professional staff and volunteers.

DAC Sub Sector

15170 Women's equality organizations and institutions

Sustainable Development Goal

5. Gender Equality

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$550360,6	240	2021	2026

PROJECT ORGANISATIONS AND INSTITUTIONS

- Bangladesh Girl Guide Association
- Burundi Girl Guides Association (BGGGA)
- Ghana Girl Guides Association
- Kenya Girl Guides Association (KGGA)
- Fanilon'i Madagasikara
- Mpanazava Eto Madagasikara
- Malawi Girl Guides Association (MAGA)
- Nepal Scouts
- Rwanda Girl Guides Association
- Tanzania Girl Guides Association
- Uganda Girl Guides Association (UGGA)
- The World Association of Girls Guides and Girls Scouts (WAGGGS)
- Zambia Girl Guides Association
- Zimbabwe Girl Guides Association

COUNTRIES

- Bangladesh
- Burundi
- Ghana
- Kenya
- Madagascar
- Malawi
- Nepal
- Rwanda
- Tanzania
- Uganda
- Uganda
- Zambia
- Zimbabwe



Norec partners in Nepal

Organisation	City	Contact person	E-mail	Start	End
Aawaaj	Kathman du	Irada Gautam	ktm@aawaaj.org.np	2022	2025
Agro-Forestry, Basic Health and Cooperatives (ABC Nepal)	Kathman du	Manoj Lamichhan e	abcnepal.ktm@gmail.com	2022	2027
Empowering Women of Nepal	Pokhara-6	Samjhana Baral	info@ewn.org.np	2022	2025
Group of Helping Hands (SAHAS) Nepal	Lalitpur	Surendra K. Shresta	info@sahasnepal.org.np	2022	2027
Integrated Village Development Service	Makwanpur	Sudha Sharma Chaulagai	ivds2056@gmail.com	2023	2026
Nepal Disabled Human Rights Center (DHRC-Nepal)	Kathman du	Prakriti Bhandari	dhrcnepal56@gmail.com	2023	2025
Nepal Scouts	Kathman du	Saru Gosai	info@nepalscouts.org	2021	2026
Peace Rehabilitation Centre (PRC)	Lalitpur	Sumiran Koirala	prcnepal1994@gmail.com	2022	2024
Rural Institution for Community Development (RICOD)	Chapaga on	Rachana Maharjan	office.ricod@gmail.com	2023	2026
Samata Foundation	Kathman du	Ujjwal Sundas	info@samatafoundation.org	2023	2024
The Leprosy Mission Nepal	Kathman du	Geeta Gyawali	geetag@tlmnepal.org	2023	2027
World Association of Community Radio Broadcasters (AMARC) Asia-Pacific	Kathman du	Suman Basnet	prativa@amarc-ap.org	2020	2024



Contact Information

Address: Fjellvegen 9, 6800 Førde, Norway

Phone Number: +47 57 99 00 00

Email: norec@norec.no

Website: www.norec.no

Social Media

Facebook: facebook.com/norecno

Instagram: instagram.com/norecno

X: x.com/norecno

LinkedIn: linkedin.com/company/norec

Visit norec.no

