



ydf

Bhutan Youth Development Fund

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newsletter

2011 for YDF

A very happy new year to all our readers.

Reflecting back on the year that has passed, we experience a sense of both excitement and achievement here at the YDF. We have had a very productive and rewarding year. The success of our programs was possible only with the help of our supporters and friends like you. We thank all the companies that participated in the Annual Fund Campaign 2011 and the individuals who participated in the "250 for YOUTH" fund raising strategy. By the end of December, our campaign funds amounted to about Nu. 1.8m.

In 2012, while we will continue to raise funds and work with our partners and supporters, we will focus more on individual giving as our fund raising strategy. This will allow us to garner individual support and increase our donor base, a strategy hardly explored in the past in Bhutan.

We hope that individuals who can support the program will participate to make **"a better today, a brighter tomorrow for the youth"**.

Building a sustainable future....



Coinciding with the International youth day, the Bhutan Youth Development Fund launched a new fund raising strategy called the 250 for youth, on 12th August 2011. The event was graced by the President of YDF, Her Majesty the Queen Mother Ashi Tshering Pem Wangchuck. The event was also attended by Hon'ble Ministers, Heads and Representatives of the International organizations, Government Officials and Friends and Supporters of the YDF. In Her Majesty the Queen Mother's

address, she stated that '250 for YOUTH' was introduced as a strategy to continue raising funds without creating donor fatigue and to explore small individual giving.

The funds from this project will go towards running the programs of the YDF. It is our sincere hope that any individual wishing to contribute to making a difference will come to us and be a part of this very noble cause of building the future of the country together!!

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Collaborating to make a difference.....

The READ Bhutan established the READ Women Empowerment Resource Centre, at the Nazhoen Pelri Skills Training Centre in Punakha as a collaborative effort between YDF and READ in August 2011. The Centre was inaugurated by Her Royal Highness Ashi Chimi Yangzom Wangchuck during the graduation of the 2010-2011 batch of the Nazhoen Pelri Skills Training Centre.

READ, a non-profit organization based in the US dedicated to enhancing the quality of education and literacy and to promote community development through programs and enterprise and YDF share similar objectives to provide the beneficiaries with educational resources to allow them



to make more informed choices for themselves and their families. Hence, the resource centre serves to promote community development as well as ensure lasting economic well-being of the rural population and provides a haven

for rural women to gather, share experiences and access valuable livelihood opportunities. It is being utilized by our trainees at the centre, and is also open to school going children and all members of the community.

Enhancing education for children and youth with special needs.....

A four-day workshop for the Special Education teachers from eight pilot schools currently participating in the project, "Enhancement of Education Opportunities for Children and youth with special needs," was held in Thimphu from July 6-9, 2011. The workshop was resourced by three American Special Education Specialists. A total number of 75 participants including teachers, principals and vice principals and officials from relevant stakeholders attended the conference.

The workshop discussed leadership roles in special education and work with teachers in the areas of assessments, special designed instructions for disabled students, classroom strategies for children with mild or moderate disabilities. With the main objective of developing principals as instructional leaders and to integrate mild and moderate disabilities in the mainstream school, the workshop also talked about understanding best practices in special education and roles and

responsibilities of the heads in ensuring that quality education is in place.

The participants built their own Special Educational needs (SEN) guidelines based upon a model provided to them. And finally, the participants listed and committed to implementing strategies to meet the needs of students with special needs and completed a plan of action that included next steps, timelines, and needed resources in alignment with their quality indicators.



Sports Coalition in Action Project (SCIA)



YDF, Bhutan Partners an NGO based in the Netherlands, and support from the Dept of Youth and Sports, Ministry of Education has successfully completed two years of the SCIA project this year.

The main aim of the project was to support out of school

youth in Thimphu using Changjiji Youth Centre under the Department of Youth and Sports, Ministry of Education.

The center was managed by 4 youth workers and one project Coordinator who have been organizing various value based activities and trainings in sports

and other youth development activities such as team building exercises, youth forums, and other cultural programs. The team also invited guest speakers from RENEW, RBP, BBF, BFF, and the MoLHR to create awareness.

Since its inception in 2009 more than 50 youth have attended the program, of which 30 have either been employed, undergone training or gone back to continuing their education. Today the program continues at the newly refurbished Changjiji Youth Centre with trained youth workers. Any interested out of school youth are most welcome to avail of the facilities and support from the project.





Drug Education, Prevention, Treatment, Rehabilitation, Reintegration Programme

Happenings.....

//I am very happy because now I know how to operate a computer", a female client at the female rehab centre expressed her feeling after attending the three-month basic computer course at the YDF Chipen Rigpel ICT Learning Centre. The Chipen Rigpel Project was launched in three drug recovery centres, in January to 'Engage and Empower' vulnerable youth through ICT.

//Is it true that smoking can keep us slim and beautiful?" a young school girl asked the team of six people who kicked off a programme called "Watch to be Aware" in 9 schools in Thimphu in April. It was aimed to educate students and teachers about the ill effects of drugs and alcohol through the screening of a drug-related film, "Wake up Jigs", distributing IEC materials and interacting with them and it also carried out a rapid assessment of drug and alcohol use among the students. About 6000 students benefited from this campaign.

//Today I know that enjoying a life without drugs and alcohol is more fun", a recovering drug addict who actively participated in the 'Health on Wheels' bike rally to Paro in March 2011. During this rally, the staff talked to students and teachers of four schools in Paro-explaining to them about the ill effects of drug and alcohol abuse, and screened a film on drugs to disseminate more information.

International Day against Drug Abuse and Illicit Trafficking was observed on 26th June 2011 under the theme "Think Health, Not Drugs" in Thimphu and Bumthang. The celebration provided ample opportunity to raise awareness among the communities, especially, the youth, who participated in the activities.

Be What God Has Made You To Become

the true story of a recovering drug addict

Kinley Tenzin (Khalingpa) - Recovering Addict

I am recovering addict, I was admitted at the Rehab Centre in Serbithang on the 2nd December 2011 through judiciary. The first day at the Rehab was very welcoming and homely due to my fellowship and counselors as they were very supportive and motivation that brought ease to my mind. I never felt like I was left out at the first day. I felt like I knew them from before only. First day was like first day in school because there was schedule for everything that I missed outside when I was in addiction when my life was unmanageable. There are twice classes of lama Shenphen in a week and he is really a living Buddha for me as he helps a lot for those people who are suffering from the disease of addiction and alcoholism and motivates us a lot. As drops of water fill an ocean, a word from Lama Shenphen can fill our spirit with light. That's the fact I have realized after coming to the rehab center. I see myself very lucky to have this program at the rehab at the right time. After coming here I have learnt a lot such as the real meaning of life and its purposes, before, I was in complete denial state. It's really true that it works if you work it and I am really trying hard to work it on my recovery and happy that it's really working. Sometimes I wish that I should have come before to this program but I am happy that I am here at the moment as saying goes it's never too late for anything. After coming for this program I have learnt to be honest, open-minded and willing which I have never been before when I was high. Twelve steps and twelve traditions are very important to recovering addicts it is like a medicine for recovery.

God bless all the addicts wherever they are and give grace to those who are on their right way.

But god please show compassion and mercy to those who may never come. Finally, I would like to thank Her Majesty Ashi Tshering Pem Wangchuck and the people who have worked hard to set up this rehab centres for the benefit of the people who are suffering from the deadly disease of addiction and alcoholism.

BENEFICIARY SPOTLIGHT



My work with YDF drug and alcohol abuse treatment programs

This is a story of a young man I have known during my volunteer work with YDF in their drug and alcohol rehabilitation programs. This is a composite of several clients and is not the real name of any particular person. I want to give you an idea of the kinds of people YDF is helping to recover their lives.

Sonam is a 19-year old boy who is about to complete the 90 day drug and alcohol rehabilitation program at YDF facility, Treatment and Rehabilitation Center for Drug and Alcohol Dependence (TRCDAD), in Serbithang. Sonam recalls that his early years in Paro were happy. His mother was loving and kind. But when he was 4 years old she expired, leaving him alone with his alcoholic father who was cold and harsh. His father shortly remarried and had another child with his new wife, but she left him because of his drinking. His father blamed Sonam for this and when he was drunk even blamed Sonam for his mother's death and would beat him. His grandparents were in the east, they were old and worked hard as farmers and could not take him in. Sonam was always tense and unhappy. Kids sometimes bullied him in school because he was poor, and wore old shabby clothes. He felt very badly about himself, believing maybe his father was right and everything was his fault. He was drawn to older kids who he felt would protect him and make him look "cooler". When he was 12 some of the older kids offered him marijuana. It made him feel relaxed and happy for the first time. He later tried and liked alcohol and pills, he was seeking anything that would take away his unhappiness even for a short time. By age 16 he was addicted to pharmaceutical drugs and alcohol and was running wild. He sometimes stole things so he could sell them for drug money. His father threw him out. None of his relatives in Paro or Thimphu would take him in because of his addiction behaviour. For a time he hung out in bars or snooker halls and slept on the street. When he felt desperate and had no one else to turn to or no where to go he came to the YDF Drop-In-Center in Thimphu asking for help. He was admitted to the JDWNRH for a 7 day detoxification and then entered the TRCDAD 90-day rehabilitation program. He has been clean and sober now for almost 3 months and is determined to live a better life. His cousin in Thimphu has attended the family sessions offered at the rehab and has agreed to take him and give him a chance now that he is in recovery. He has been accepted into class 10 at a Thimphu secondary school. He is also hoping to attend music classes after school. He has strong interest in music and is a talented guitar player. When he leaves the TRCDAD in late December until he resumes his studies in February he will go to the DIC during the day and attend AA/NA meetings in the evenings. There is a meeting all 7 days of the week at the DIC and other locations in town. He will stay in touch with his counsellor from the rehab and make new bonds with others in recovery at the DIC. Addiction is a chronic illness. Relapse is always a risk but with the proper treatment and supports the risk can be minimized. The need for such services is growing in Bhutan. YDF is making a significant contribution but far more resources for young people like Sonam are needed. It has been a pleasure for me to contribute my expertise to the challenge of helping addicts live again.



Alexis Brosen, MD is a psychiatrist from New York City specializing in drug addiction, mental illness and homelessness for the past 30 years. She was previously a volunteer in Bhutan in 2009-2010 in the Department of Psychiatry at JDWNRH. At that time she became interested in the YDF TRCDAD, the only rehabilitation program in all of Bhutan. She returned for 4 months to offer her expertise to the YDF.

Dr. Alexis Brosen, MD

Simply Bhutan

Simply Bhutan, a unique project envisioned by Her Majesty the Queen Mother Ashi Tshering Pem Wangchuck, the President of YDF, is one of a kind under YDF. It is a live museum representing rural Bhutan and a photo studio which will be run by the youth for the youth.

It will offer visitors from both within and outside the country a fascinating experience of Bhutanese Culture and tradition that existed and still exists in some of the most rural parts of the country. With a vision "Once in Simply Bhutan, Happy Ever after, it is a project that signifies happiness in its true sense.

It is built in a traditional way to provide visitors a sense of existence during the medieval period and most materials are also collected from old traditional houses that were demolished in the country side. It features a photo studio that props costumes and life styles of the traditional Bhutanese people. It is constructed in such a way that every structure tells a legendary story of Bhutan and her people. It is a true tribute to many of our precious culture which, today, due to modernization, many of us seem to have forgotten.

With a mission, "**Engaging and empowering young entre-**



preneurs through preservation, promotion and showcasing of our traditions and cultural diversity", young people as the main employees of Simply Bhutan, are expected to learn and participate in the process of preserving and restoring our rich cultural heritage. This project is expected to train over 500 youth in various skills such as photography, videography, music, costume making, traditional cooking and generate employment for over 250 youth by 2017.

We believe that this project will also in return generate revenue for the YDF to run our youth programs in the future. The Simply Bhutan project is expected to be operational by April 2012 and we welcome visitors from both within and outside the country.

The project is being supported by the Drukyl Foundation based in the Netherlands.

Main Features of Simply Bhutan :

- Studios :
 - a. Pacchab studio
 - b. Thabstang studio
 - c. Backdrop studio
- Demonstration stall
- Special services :
 - a. Traditional music
 - b. Traditional sports
 - c. Sit massage

Core Values of Simply Bhutan

- **Respect** - We serve and value all participants, visitors and the members with respect.
- **Motivation** - We create an inspiring and engaging environment to capture the hearts and minds of all participants.
- **Team work** - We cultivate team work by appreciating other's efforts and fostering a sense of belonging.
- **Sustainability** - We strive to achieve sustainability by making it timeless.
- **Professionalism** - We strive for excellence. We are the living example.



Protection of children under difficult circumstances

WHAT'S NEW?



During its 31st board meeting held on 4th October 201, under the Chairmanship of Her Majesty the Queen Mother, Ashi Tshering Pem Wangchuck, the board endorsed the inclusion of Child Protection as a new program under YDF following the enactment of the Child Care and Protection Bill during the 6th session of the national assembly.

Due to the lack of a proper legal framework and system in Child Protection, YDF has been providing assistance to children under difficult circumstances through other programs by providing assistance such as schol-

arships, skills development, and providing shelter to those who are alcohol and drug dependent.

Today, the Child Care and Protection Act 2011 provides that much needed framework and system for child protection issues in the country and it has now become crucial that nongovernmental organizations play an active role in contributing effectively to meet the needs of children in difficult circumstances.

The main goal of YDF's program on Child Protection will be to *prevent and respond to violence, exploitation and abuse against children through provi-*

sion of services provided in the form of transit shelter, fostering, and rehabilitation and reintegration into the society along with prevention services to protect children at risk of violence, abuse and exploitation. .

YDF is also participating in the Mapping and Assessment Exercise of the Child protection system here in the country carried out by the National Commission for Women and Children and the Child Labor Task Force spear headed by the Ministry of Labor and Human Resources, Royal Government of Bhutan.



Young Volunteers In Action (Y-VIA) Tsirang

Ever Green Love



What better way to celebrate and mark the Royal Wedding than planting trees symbolizing the ever green love between our Beloved King and our beautiful Queen. Well that's just what the Tsirang Y-VIA did.

'Kuzuzangpo la, welcome to 'Happenings in Chumey'

This is how the Y-VIA in Chumey Valley Bumthang greets the locals on their local cable telecast. From a hilarious news of aum Doma's dentures going missing to the tragedy of the death of Ap Phintsho's age old bull who is the oldest bull ever to live in Chumey, each Saturday, the locals sit around the TV hoping to get a glance of themselves and smile.

The Y-VIA also use this opportunity to create awareness on issues of concern. Equipped with

a simple digital camera and using a window XP editor, the youth are doing wonders in Chumey! Next time you are there, tune on to 'Happenings in Chumey'.

We have created a facebook donation book and earned a sum of Nu 9000/ which we are planning to distribute to the fire victims of Chamkhar Town.

Contributed by
Chhimi Dhendup
Y-VIA , Bumthang

'Say Cheese' or 'Camera, Action. Cut'

250 Y-VIA across the country are trained in basic photography and videography. Each Y-VIA region will be equipped with digital cameras, flip or video cameras and an editing computer. The Y-VIA will initiate their first television show on their local cable. An hour of local news, fun and edu-tainment programs. Bumthang Y-VIA has already initiated this and the program is called, 'happenings in Chumey'. It is also envisaged that the Y-VIA in their regions can contribute news and pictures to the Bhutan Broadcasting Service Corporation!



Dungkharcholing - the Gakidh Village (Tsirang)

The visits of the Y-VIA to their 'Gakidh Village' which is twice a week, is something that the villagers of Dungkharcholing look forward to. Especially the old couple abi....and mimi..... The Y-VIA bring food, clothes and help patch their tiny one room hut. The villagers eagerly wait for exciting news and interesting

educative information. 'We learn so much from these young volunteers', says a villager who is a recent community Y-VIA .

Mother of two and a school dropout, helps the Y-VIA of the school to fulfill their dreams of making Dungkharcholing a happy village.



Umsang the Gakidh Village in Bumthang

An interesting village in Chumey with 99% of women populace, babies and children support each other . Bonded by strong determination to help to raise their children on their own, the women welcomed the efforts and initiatives of the Y-VIA. Twice a week, the Y-VIA in their luminous green vests trek the half an hour climb to Umsang. The Y-VIA takes the need of the villages to the appropriate agencies and seek their support to help the women. The Agriculture Extension officer makes a trip to the village with the Y-VIA and brings free vegetable seedlings and encourages the villagers to grow their own food.

The only literate villager, a school drop out, earns a certificate of completion of training in first aid. Her home has become the health unit and the first aid kit



that the Basic Health Unit gave the miracle box.

Umsang villagers do not celebrate birthdays of children but they certainly do celebrate their 'Bath Days'. Introduced by the Y-VIA, a giant cauldron of water is heated over blazing flame and the little children enjoy a hot bath in the wooden tubs. The Y-VIA scrub and clean them until they are red. The cleaning ordeal finishes with the Y-VIA handing out little tooth brushes with

toothpaste and teaching them to brush their teeth. The Y-VIA also explains to the mothers, the importance of hygiene and cleanliness. The Y-VIA continues to build bridges between the villagers linking them with organizations and agencies who can help in making Umsang a 'Gakidh village'. Umsang has indeed great potential of being the Happy Village. A visit to Umsang in Chumey is a must for those passing by to Bumthang.



GOLDEN YOUTH CAMP “unbelievable moments”

MY MEMOIR

Honestly speaking, the initial days in the camp made me feel like a fish out of water. But soon I realized I could be a bird also and fly freely in the open sky. There are no words that can describe how excellently the camp was organized and how much the participants learnt. We never became home sick.

The days in GYA camp are the most memorable moments of my life and time cannot erase them. The beautiful memories in the youth hostel, sunrise exercise, meditations, sports events, talent show, literacy programs, the delicious meals, social services and all the fun with helpful coordinators, fascinating Y-VIAs and healthy contestants, will stay with me for a long time. Experiencing and sharing the brief one week with the Golden Youth of Bhutan just made this camp so remarkable and memorable! Each one of them shone brighter than the other. Knowing them and interacting with them has given me a wealth of knowledge that no books could have given me and I felt proud to be one of the Golden Youth.



Golden Youth Award (2011) July
The 4th Golden Youth Award Camp was held in Thimphu, at the Nazhoen Pelri Center in July 2011. As usual 80 eager students from all the 20 Dzongkhags of the country participated in the camp. In this issue we hear the Golden Youth 2011 speak:

From me to you with love:

A Final say to future Golden Youth Award participants...

In the words of Confucius I quote; “Our greatest glory is in never falling, but in rising every time we fall.” I fell many times, but I rose each time much stronger and determined. In falling I learnt to rise. Therefore my friends, rise, compete and challenge your weaknesses and not someone’s strength. This sure will win you many laurels.

There was no sensation just a sense of emptiness of any feeling that overwhelmed me. That feeling was the greatest feeling I have ever experienced. Only after my friends hugged and congratulated me, I found the tears of joy and happiness flow down reminding me that I had just won the Golden Youth Award Title!

Lalit Kumar Rai

A Laurel on my Crown

My name was announced after much suspense. I was the winner of the Golden Youth Award. Numb and blank I just found myself running to receive the trophy from the Prime Minister who was the Chief Guest.





NAZHOEN PELRI WHILE (IN)G VACATION (WINTER 2011)

The While (in) g Vacation Program under the YDF Nazhoen Pelri Youth Centre Thimphu has for the last 4 years offered exciting activities that are fun and engaging. The While (in) g Vacation is a regular program specially designed for students to while away their vacation innovatively and productively. At the same time, the children get the opportunity to meet, mingle and make new friends out of their neighborhood and school.

This winter 2011 offered exciting activities:

Grandma's Recipe (Bhutanese Regional Culinary and others) allows the young people to know about:

1. Nutrition values
2. Hygienic preparation of food and cooking
3. Stories association with the food being prepared
4. Learning the food cultures of the Bhutanese

200 young people between the age group of 5- 24 participated in the winter program. Many enrolled in the Dance & Music activity.

Activities during the While (IN)g Vacation:

Fun Around Us (outdoor and environment Science)

- Our flora and fauna
- Nature walk
- Handling situations if confronted by a wild animals and snakes
- illegal poaching

Bookworm (Junior Reading)

- Reading
- Pronunciation
- Enhancing vocabulary
- Creative writing
- Debate/extemporary
- Story drawing



Colors of Life (Art)

Music

- Rhythm and beat
- Voice blending
- Composing lyric/tunes

Theatre

- Stage acting vs. film acting
- Techniques of stage acting
- Voice –body language
- Forum theatre

Painting/Craft

- Drawing
- Origami
- Traditional and modern painting

Dance

- Modern dance
- Freestyle
- Traditional



Fit & Fitness

- Introduction to Yoga
- Health talks and activities on health issues
- Sports (games)

Through the Lens (Media)

Photography

- Basic photography and best use of camera
- Photo project and exhibition

Videography

- Basic videography: pre production, production, post production
- Best use of video camera, flip camera
- Short document - movies

**Board and staff news**

1. Mr. Rinzin Ongdra and Ms. Daychen Penjor joined the YDF family formally in June last year as members of the board. The YDF now has eight board members including the Executive Director who is the member Secretary of the board.
2. Geley Gyamtsho joined the YDF from December 2011 as the Program Officer for 250 for **YOUth**.
3. Karma Gyeltshen joined the YDF from October 2011 as the Project Manager for the new project Simply Bhutan.
4. Dr. Alexis Brosen worked in YDF as a volunteer psychiatrist at the rehab Center from September 2011 until January 2012.

**Give online**

Donors can make a secure online donation via PayPal using a credit card through our U.S. based fiscal sponsor, the Bhutan Foundation.

Visit www.bhutanyouth.org and go to **Donate**, select **Online Donations** and it will direct you to Bhutan Foundation's PayPal account.

For other ways to give, please visit us online at www.bhutanyouth.org/donate

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