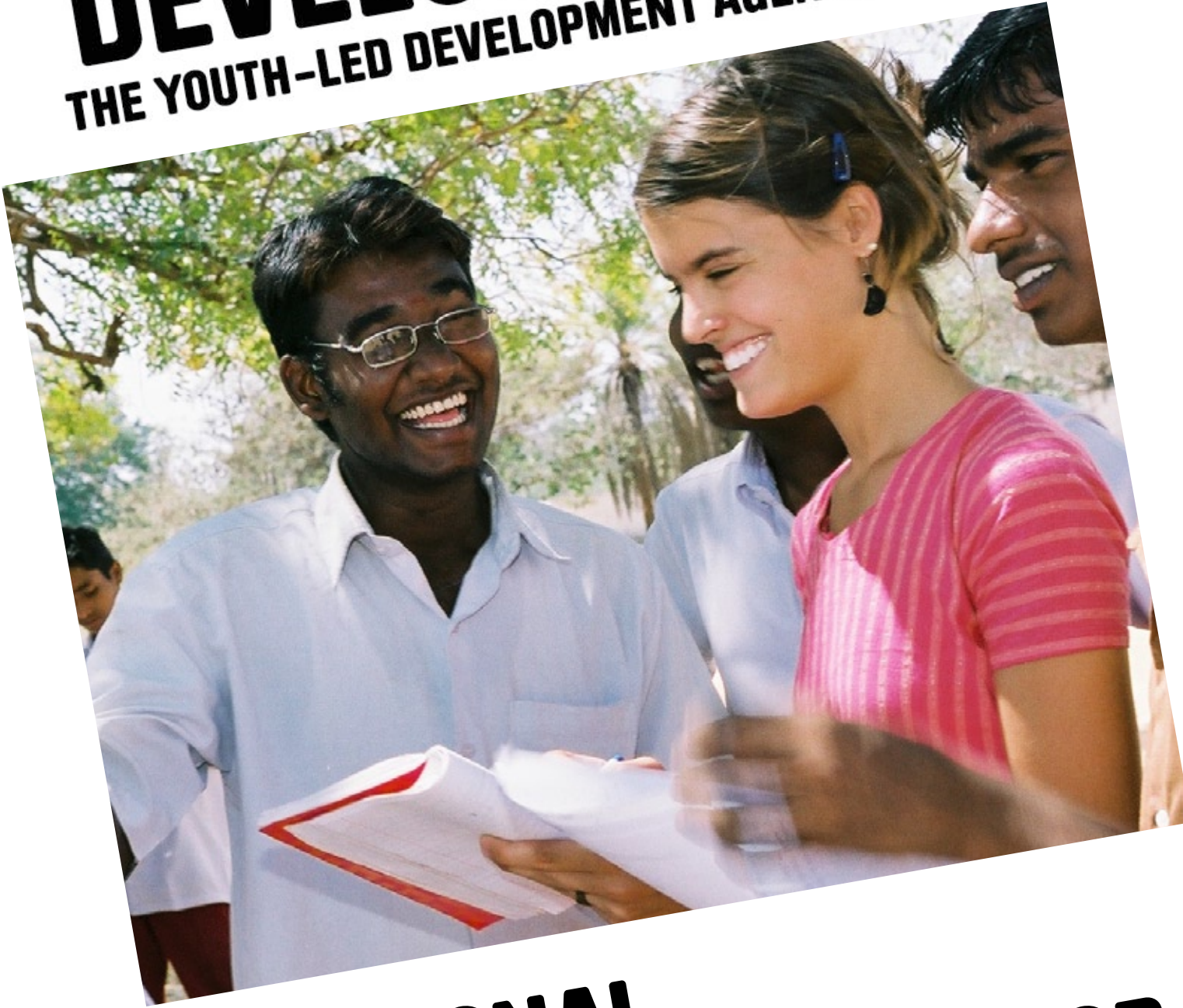


SPW IS NOW

RESTLESS

DEVELOPMENT

THE YOUTH-LED DEVELOPMENT AGENCY



**INTERNATIONAL
VOLUNTEER PEER EDUCATOR
INFORMATION PACK**

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INTRODUCTION TO RESTLESS DEVELOPMENT

WHO WE ARE

Restless Development is the leading global Youth-Led Development Agency with over 20 years experience of implementing internationally recognised programmes.

Our mission is to place young people at the forefront of change and development.

To make our mission a reality, all of our work concentrates on three critical areas:

1. Young people taking up significant roles as partners in the policy-making processes which affect their lives.
2. Young people making responsible decisions about their sexual and reproductive health.
3. Young people acquiring the skills needed to pursue meaningful livelihood opportunities

WHAT WE KNOW

Young people make up 50% of the world's population. And yet we are often seen as helpless, dangerous, or unimportant – frequently overlooked as part of the solution to the persistent issues facing the world.

WHAT WE BELIEVE

Young people can and must be part of the solution. We are the largest, most energetic group of people in the world. When we work together with a common purpose, anything is possible.

WHAT ARE WE HERE FOR?

To channel the indisputably positive power of young people to bring about real progress

HOW DO WE DO IT?

We train, educate, support and inspire young people to lead development in their own countries and communities. We help young people make responsible choices about their health and their livelihoods. We give them the skills they need to contribute positively to society. We create the opportunity for young people to play active roles in policy and decision making.

To find out more about our work globally, visit: www.restlessdevelopment.org



WHAT ABOUT YOU?

With over 25 years' experience of international volunteering, our newly graded **International Placements** provide a wide range of overseas opportunities for individuals of differing ages and skill sets.

If you are a young person aged 18–28 wanting to take up the opportunity to live and work in a rural community alongside national volunteers for 5 to 9 months, rolling out sustainable and effective grassroots development programmes, our **International Volunteer Peer Educators (IVPEs)** placements may well be for you. These **Grade 1** placements offer both an ideal stepping stone for those interested in gaining experience of the development sector, and or those looking for a meaningful gap year overseas.

IVPEs (Grade 1)

Our Grade 1 vocational placements are aimed at both school leavers, graduate and / or young professionals, who value the Restless Approach to Development:

WHY YOUNG PEOPLE?

As a group, young people are the most vulnerable to poverty and face numerous challenges in terms of their health, education and wellbeing. Large numbers of young people face unemployment and do not have sufficient access to education.

Globally, youth make up 25% of the working population, but 47% of the unemployed

Almost half of all new HIV infections globally are among people under 25

One billion young people will enter the global labour market in the next decade, the majority of which live in developing countries where jobs are most desperately needed but are least likely to be found.

Restless Development sees young people as assets, not as helpless victims or threats and Restless Development believes that it is essential to involve young people in their own development. Presently we have the largest generation of youth the world has ever seen, with half of the global population aged under 25. However this incredibly powerful resource remains mostly untapped. Imagine the future that could be created if a whole generation of young people united as an active force for change!

WHY RURAL AREAS?

Rural communities are frequently marginalised as development efforts continue to be based in capital cities and regional towns. As a result rural youth are often excluded from the development process and face additional challenges. They have limited involvement in the economy and are more likely to be affected by crises like conflict, famine and disease. Yet young people in these areas have the insight and enthusiasm to make a difference in their communities.



“THE TRAINING AND CONSTANT SUPPORT FROM RESTLESS DEVELOPMENT NEPAL HAS ENABLED ME AND MY FRIENDS TO WORK AND SUCCEED IN CHANGING THE THE RURAL COMMUNITIES FOR BETTER.

OUR WORK IN THE COMMUNITY WAS NOT EASY BUT WE NEVER GAVE UP. I HAVE TURNED INTO AN EMPOWERED WOMAN TODAY BECAUSE OF THAT WORK. I AM CONFIDENT THAT I CAN HANDLE CHALLENGES IN LIFE.”

MENUKA SHAHI,
NEPALI VOLUNTEER 2007-8.

COMMITMENT TO SUSTAINABILITY

- Restless Development placements for International volunteers are dedicated efforts, lasting 5 to 9 months. Restless Development works in each community for approximately 3 years, adopting a phased, sustainable approach, so your work will be carried on by the next year's volunteers.
- Restless Development's focus is on empowerment, not providing handouts. Over 90% of Restless Development's volunteers are recruited from within developing countries and local volunteers are given the knowledge and skills they need to be able to continue programme activities long after Restless Development has left their community.
- Restless Development programmes are designed to be easy to maintain and to flourish within communities. Restless Development continues to support communities even after programmes are completed.

PARTNERSHIP

- International volunteers (that's you!) live and work alongside national volunteers, recruited from the programme country, to form a multi-cultural partnership or team. Often local volunteers from the placement community will also be involved.
- Young volunteers are vital in empowering the local community, bridging the gap between the old and the young. Young people are essential for initiating more open conversations about sensitive issues such as HIV and AIDS, sexual and reproductive health and livelihoods.
- The entire programme is designed to unite enthusiastic people from different cultures, to take action together!
- Restless Development also works directly with local and national government and civil society partners, tackling the underlying causes of poverty whilst building local capacity.

EXTENSIVE TRAINING AND SUPPORT

- All Restless Development programmes include a pre-departure briefing, followed by 3-4 weeks of intensive in-country training. This training gives you vital knowledge, as well as the skills and self-confidence to carry out the programme.
- Training sessions are uniquely tailored to each specific programme, and include many topics such as non-formal education techniques, facilitation skills and language lessons.
- All volunteers meet national staff during training and then receive regular visits in their placements. Each volunteer has a line manager to contact for advice and help with any issues that may arise.

PEER-TO-PEER NON-FORMAL EDUCATION

- The Restless Development youth-led development model has repeatedly been cited as an example of best practice.
- When properly trained and supported, young people are one of the best channels to deliver sensitive information and bring about behaviour change amongst their peers.
- Restless Development volunteers use music, drama, art and sport to make lessons and workshops engaging and exciting for young people. While the delivery is fun, the messages and content of workshops are really important.

LIVING AND WORKING IN THE COMMUNITY

- Volunteers work hand in hand with the local community and with a diverse range of people and groups from out-of-school youth to village elders, women's groups and farmer's groups.
- Restless Development's partnerships with community members and local organisations allow us to identify the issues which locals themselves view as important and ensure any development processes put in place are sustained.
- Volunteers act as a bridge between community members and local services, helping the community access resources and facilities available to them.

“RESTLESS DEVELOPMENT IS SPECIAL. IT OFFERS MORE THAN JUST A QUICK TRIP TO SOMEWHERE EXOTIC AND THE DIPPING OF A TOE INTO LOCAL CULTURES.

I NEVER IMAGINED THAT I WOULD SEE SO MUCH, EXPERIENCE SO MANY NEW THINGS AND GET TO DO DEVELOPMENT WORK THAT IS BOTH REAL AND USEFUL, IN COMMUNITIES THAT DESPERATELY NEED IT.”

ALISTAIR RODERICK,
RESTLESS DEVELOPMENT
UGANDA VOLUNTEER.

INTERNATIONAL PLACEMENTS

Nepal

Nepal is a land-locked country in South Asia, situated between India and China. The UN estimates that about 40% of Nepalis live in poverty and the country is heavily dependent on foreign aid and trade with neighbouring India. Young people make up around 65% of the population, the majority of which live in rural, deprived areas and receive only limited education.

RESTLESS DEVELOPMENT NEPAL: COMMUNITY & YOUTH EMPOWERMENT PROGRAMME (CYEP)

The CYEP is an integrated development programme that focuses on youth and marginalised groups. It encourages sustainable rural livelihoods by improving awareness and skills regarding sexual and reproductive health, livelihoods, life skills, good governance practices and youth civic participation.

- **Duration:** 5 months, late October– March
- **Partnerships:** 1 international volunteer, 1 national volunteer and 1 local volunteer.
- **Location:** Placements are in Doti District (Western Nepal). They are very rural and not all have road access.

WHAT WILL I DO?

Volunteers work directly with in-school and out-of-school youth and marginalised sections of society, especially women and socially-excluded groups. The aim is to improve their understanding of health issues and practices, and to help them gain access to resources and services that will enhance their livelihoods in the long term.

EXAMPLE ACTIVITIES

- working with local health and environmental service delivery organisations to ensure their services are accessible and appropriate for young people and their communities
- delivery of non-formal health, environment and good governance curriculum in schools
- setting up or supporting Green Clubs in schools for informal learning and self-development. Green Clubs empower students with the knowledge and skills they need to protect their own health and livelihoods, and then enable them to promote what they have learned amongst their community.
- Implementing sustainable solutions to environmental problems such as pit latrines, smokeless stoves, recycling and kitchen gardening techniques.



INTERNATIONAL PLACEMENTS

Uganda

Despite a turbulent history of civil wars in the 1970s and 80s, Uganda has emerged as one of the rare success stories of sub-Saharan Africa. It has been one of the few countries to successfully reduce its prevalence of HIV/AIDS, as well as fostering a small but growing economy. Uganda is often described as a developing country with a bright future.

RESTLESS DEVELOPMENT UGANDA: YOUTH EMPOWERMENT PROGRAMME (YEP)

The YEP is a holistic programme with a double-focus of health education and livelihoods training. Volunteers work to educate young people in rural schools about sexual and reproductive health (SRH) and other health issues, as well as focusing on life skills and capacity building.

- **Duration:** 7 Months, January– early August
- **Partnerships:** Volunteers work in groups of 4 or 5; 1 international volunteer, 2–3 national volunteers and 1 local volunteer.
- **Location:** Placements are in rural communities in Southern and Eastern Uganda, including Kamuli, Mayuge and Jinja districts

WHAT WILL I DO?

Volunteers are trained with a focus on either SRH or Livelihoods and then work as a team to deliver an integrated programme. Work is mostly focused within schools and on the use of non-formal education methods, although community workshops and events remain key activities.

EXAMPLE ACTIVITIES

SRH Activities:

- Formal and non-formal education in primary and secondary schools based on SRH topics, as well as workshops for out-of-school youth and community volunteers.
- Working with local health clinics to deliver youth-friendly services
- Establishing and maintaining a Youth Resource Centre where young people can access accurate, youth-friendly information about SRH and related issues.

Livelihoods Activities:

- Class-based lessons and workshops with out-of-school youth on sustainable agriculture through organic farming practices, environmental education and entrepreneurship skills.
- Engaging out-of-school youth in livelihoods skills development and in small-scale income generating activities.
- Practical hands-on sessions with Farmers Groups.



PRACTICAL INFORMATION

ACCOMODATION

- Volunteers live in the midst of the rural communities they work in.
- Throughout the course of the placement international volunteers live with their national and local volunteer partners. They live together, cook together, work together and have fun together!
- Accommodation varies depending according to programme and placement. Volunteers must prepare for the fact that accommodation will be basic, with some placements having no running water or electricity.
- Whatever the living arrangements, Restless Development will ensure that the accommodation is safe and secure.

HEALTH & SAFETY

- Restless Development provides comprehensive medical insurance through **STA Travel**.
- Restless Development provides a health screening before the programme to ensure that volunteers are medically fit to complete their placement and so that our staff overseas can support you with any medical requirements.
- Restless Development works in developing countries with limited resources. We recruit volunteers who accept this serious challenge, then help them prepare and give advice as to how to avoid and deal with potential risks. Volunteers are thoroughly briefed on Health and Safety at the Pre-Departure Briefing and throughout training.
- Restless Development remains in constant contact with the US Embassies and High Commissions in the countries we work in, along with NGOs and organisations on the ground. We use this information to ensure that volunteers are always safe and kept up-to-date with the most relevant safety information and advice.
- Please note that all Restless Development volunteers are asked to undertake a police record check.



COSTS

- **Restless Development covers the costs of each volunteer's flights, insurance, health clearance, police check, work permit, training, and all in-country costs related to their placement.**
- In return, we ask that **each volunteer raises \$6,800** as a donation to Restless Development, which will be used to support Restless Development's work internationally.
- Restless Development is a non-profit making charity, and we need to undertake organisational fundraising activities to sustain our work.
- The actual cost to Restless Development to host an international volunteer is in fact far greater than the amount a volunteer raises, but these contributions are essential to our continued work.
- The volunteer is responsible for covering the costs of equipment (rucksacks, insect repellent, etc), clothing, vaccinations and an entry visa. Restless Development provides detailed advice on what to bring and how best to prepare.

FUNDRAISING

- PLEASE do not be daunted! Restless Development provides all volunteers with support for fundraising their donations.
- On selection, Restless Development supplies a **Fundraising Pack**, which is full of information about how to fundraise and lots of top tips, ideas and resources to help volunteers get started.
- Restless Development are on hand to discuss Fundraising efforts and to help come up with ideas and an Action Plan. The Restless Development Fundraising Team can also offer advice on planning and arranging events and taking part in sponsored activities.

HOW TO APPLY AND PREPARATION

Step 1: Email a copy of the **Application Form** to usainfo@restlessdevelopment.org and submit your Registration Fee of \$40.

To request an Application Form, please email usainfo@restlessdevelopment.org

Step 2: Participate in a bi-monthly **Phone Information Session**. These are an essential opportunity to talk to Restless Development staff and ex-volunteers, ask questions, learn from presentations on Restless Development programmes, gain tips on how to fundraise, and get a taster of the kind of work that Restless Development volunteers do!

Step 3: Take part in a **Selection Interview**, to further discuss the chosen programme and the experience of volunteering with Restless Development overseas. These interviews take place over the phone

Step 4: Upon successful selection, each volunteer will receive an Acceptance Pack.

Step 5: Complete the Volunteer Acceptance Form and send Restless Development a \$200 deposit payment to confirm your place.

Step 6: Fundraise the **\$6800 donation**, with support from the Restless Development team.

Step 7: Take part in a compulsory **Pre-Departure Briefing in the UK**.

Step 8: Fly out to your placement country.

Step 9: Arrive in-country and begin your Restless Development experience! Complete 3-4 weeks of training before moving to your placement community.

Step 10: On return home, complete a compulsory Debrief and learn how to stay involved with Restless Development and international development.

BACK HOME

Once they return home, all our volunteers become a member of the **Returned Volunteer Network**, and many go on to support Restless Development with activities in the US and Canada, including profile-raising talks and events, supporting prospective volunteers and fundraising,

Returned volunteers keen to pursue a career in international development may go on to complete an **Internship or Technical Assistant placement** with Restless Development. These placements are located in Restless Development's Country Programme offices and are designed to fill identified capacity gaps. Opportunities arise in a variety of exciting areas, from Marketing and Communications to Fundraising or Finance.