



MYQUEST
FOUNDATION

Yearly Activity Report 2019



We cannot teach people anything. We can only help them discover it for themselves. Galileo

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QuestTrek

MyQuest Foundation organized 5 QuestTrek in April/May 2019 and 2 QuestTrek in November/December 2019. The list of youth who attended our QuestTrek in 2019 is listed as Annex 1. The background information of our partner organization that we worked in 2019 is listed below:

- i. **Creative Nepal and MyQuest Foundation** has been working together since 2019 and It is providing support to the young boys & girls who come out of the Children Home: financial support to cover school fees and school needs, help them to find a new place to live, good nutrition, health support, transport, career counselling and life skills training to improve their own future and the future of Nepal
- ii. **Namaste Children Foundation (NCF) and MyQuest Foundation** is working since 2016 which provides education, healthcare and support ensuring in a safe home-style environment for the poor, needy and orphaned and abandoned children. and MyQuest Foundation have been working since 2013, it works for the children who had been trafficked to India or displaced and put in a vulnerable situation.
- iii. **The Umbrella Organization and MyQuest Foundation** have been working together since past six (6) years. The Umbrella Organization is a children home, which was established in response to the growing number of illegal children home in Nepal with the aim of providing basic rights to the children.
- iv. **SOS Bainsi Nepal and MyQuest Foundation** has been working together since past three (3) years and it is a trusted partner organization that works to prevent and alleviate worse forms of violence, abuse and exploitation of children, girls and women in Nepal. It was established with the objective to educate, protect and empower our beneficiaries and help them to live a life in a safety and with dignity.
- v. **Ama Foundation and MyQuest Foundation** has been working together since 2018 and It is another reliable partner organization to MyQuest Foundation which has been working since 2019. It is a permanent care home in Nepal for at-risk homeless children who have been abandoned, trafficked or have lost their home and family to poverty, drug/alcohol abuse or illness. Ama Ghar is home for more than 80 children since 18 years.

- vi. **Saathi Foundation and MyQuest Foundation have** been working together since 2019. Sathi is a non-governmental organization established to address the different form of violence faced by Nepali women and Nepali youths.

- vii. **Education First Foundation (EFF) and MyQuest Foundation** has been implementing partnership together since 2019 with the aim to help youth in personal development and leadership skills. EFF provides resources to enrich and augment the student's educational experience through fundraising and grassroots efforts, the local community of stakeholders by providing opportunities to local schools within the Redding School District New Millennium Partnership.

- viii. **Common Platform for Common Goal (CoCoN) and MyQuest Foundation** has been implementing partnership together since 2019 with the aim to help youth in personal development and leadership skills. Since the early stage of its establishment CoCoN is also working in the field of anti-human trafficking and reconnecting the trafficked children with their families through coordination and collaboration with GOs, I/NGOs.

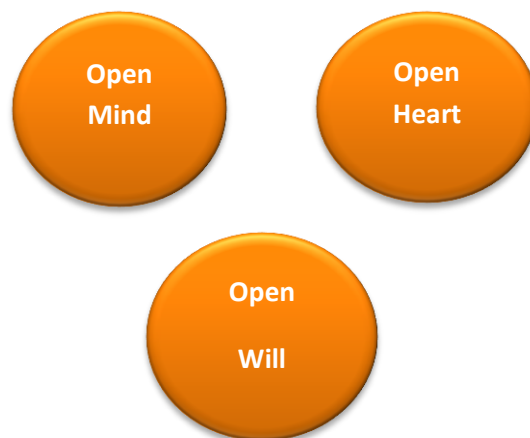
I. Screening and Introduction

Youth coaches from MyQuest Foundation visited the mentioned organizations before the QuestTrek for 1st Introduction Programmes where the youth were introduced to the programmes of Mountain Child Care–the QuestTrek, and the QuestTribe–The follow-up programme starts within a month after the QuestTrek and is made up of six days – QuestTribes. QuestTribes is the safe learning community in which Nepalese youths continue to learn after the QuestTrek and start realizing their Personal Development Plan and thus their potential.

After taking in account their commitment towards our programme, we invited them for 2nd Introduction where the Nepali participants met the Dutch participants and trekking gears were handed out to everyone.

II. QuestTrek Summary

QuestTrek is a six-day hike, through the Himalayas. Nepalese teenagers withofrom challenged family background parents and foreign participants_aged 16–23 years go hiking in search of their special talents. Accompanied by a skilled staff, everyone carries their own backpack and develops and completes their own personal development plan. The follow-up programme, QuestTribes, is the safe learning community in which Nepalese participants continue to develop and start realizing their Personal Development Plan and thus their potential. QuestTribes consists of six interactive and bonding group coaching days in which the youths can focus on their personal goals. The one year personal leadership programme gives these youth the capability to make their talent work after leaving their shelter homes. The QuestTrek Kit explains how interested young adults can apply and make the QuestTrek possible for the Nepalese participants. For foreign participants the intense encounter with oneself, the Nepalese youths and the totally different culture, the QuestTrek is a life changing experience. During the six days of hike, there are important processes which are based on theory U:



- Open Mind: access our intellectual/IO
- Open Heart and: access our emotional intelligence
- Open Will: access our authentic purpose and self

QuestTribes

After QuestTrek, MyQuest Foundation provides Questtribe as follow-up program which is the safe learning community in which Nepalese youths continue to learn after the QuestTrek and start realizing their Personal Development Plan and their potential. QuestTribes is the final part of MyQuest Foundation Personal Development Programme.

QuestTribes consists of six interactive, attractive and bonding group coaching and training days in which the youths can focus on their personal goals they found and set during their QuestTreks. Each QuestTribes day is separated by six weeks learning time in which the youths work on assignments, challenges or inquiries that they are given during each QuestTribes day. In this way the youths can work on their personal goals and can 'practice' and evaluate in real life. Each QuestTribes day contains a variety of activities regarding the implementation of the 5-years plan. Every day has a specific theme and goal:

The Programme Describes Six QuestTribes Days

QuestTribes	Goal	Theme
QuestTribes Day 1	Commitment	Commitment to your goals and your QuestTribe
QuestTribes Day 2	Setting priorities and learning how to work solution focused	Self-Confidence & dealing with obstacles
QuestTribes Day 3	Make your goals concrete	Setting clear goals
QuestTribes Day 4	Life skills and time management	Self-Management
QuestTribes Day 5	Learning job searching techniques and creating a network	Making talent work
QuestTribes Day 6	Learning how to present yourself in front of a mass by hosting an event and your future plans to the people those are important for you	Presenting your future plan

Day Hike

I. Manjushree Temple, Chobar

MyQuest Foundation organized a day hike to Chobar/Manjushree Park in March 22nd, 2019 for the participants of Youth Initiative Program. The main aim to organize a hike was to get to know about our programs and the way we approach our work. The Youths were from different countries that joined our one day hike program. And we also invited freelancers to join and practice the exercise together with the youths. MyQuest Foundation provided a general overview of our program where we included selected programs that we offer in the Quest Trek and gave an open space for the YIP youths to provide some of their programs in between as well.

II. Shivapuri National Park

MyQuest Foundation organized another day hike to Shivapuri National Park in Sep 14th 2019, for the Nepali Youths from Youth Home. The aim to hike with the EFF youths was to know their ability to understand the program and to build the relationship between coaches and the coachee since it was the first time that youths were participating in the QuestTrek without the social workers.

The decision to hike with the Nepali youths before the QuestTrek turned out to be fruitful in the QuestTrek as the program already created a bonding between the youths and the coaches as well. They felt secure even if there were no social workers in the QuestTrek

Field Visit for Aventus School

MyQuest Foundation organized the field visits program for the Aventus students, who came for QuestTrek last year. The main aim for this field visit was make bit more familiar with the traditions, to get to know about the cross culture, life styles and customs and simplicity of Nepal so that the students would get some idea before the Quest Trek.

I. Pashupatinath Temple

For the field visit program, the students went to Pashupatinath, It is a sacred Hindu temple that is located in the bank of Bagmati River. It is one of the oldest Temple in Kathmandu. The guide explained religious and cultural aspects of Pashupatinath temple to the students. Then they went to the elderly home to know the situation of the old age people. Later we discussed the

management for elderly people in Nepal and the management for elderly people in Netherlands. Students discussed it is normal in foreign country to send parents in the elderly home whereas it is not considered good in Nepal to send parents in elderly home.

II. Khagendra and BIA

Students from Aventus visited Khagendra and BIA center, a rehabilitation center for disabled people in Nepal. There the Dutch students learned the differences of the healthcare system in Nepal and Netherlands. This day included personal story by Krishna a patient who has been living in the rehabilitation center and visit at BIA, a training centre for disabled people.

Trainings for core team members and freelance youth coaches

MyQuest Foundation organized various trainings to enhance the coaching skills of freelancer as well as for the coaches. Freelancers and coaches shares and learn about the coaching skills and other soft skills that are required for the coaching program. Hence our freelancers are experienced coaches we focused on the major key exercises that needed practice once in a while. Therefore, according to their feasibility and need, we organized just 5 freelancers training this year to share ideas, to learn and to enhance the coaching skills.

The `training` we focused mainly on co-active coaching, reflecting and practice the exercises according to the coaches need.

As most of our Freelancers are experienced now, in one of our freelancers training, we invited freelancers to organize a training session for everyone.

Later in the middle of the year, we hired some of the new freelancers and a core team member. Hence for them, we organized a freelancers training just for new team member and freelancers is to learn more about MyQuest Foundation and our program, and to get to know each other. During the introduction we introduce the participants with various activities of the QuestTrek and by doing and experiencing the activities they learn in a playful way about our way of working with youth.

And in the last month of the year, MyQuest Foundation also provided opportunities to the interns to organize trainings for the core team members and freelancers. The main objectives were to know the various tools and techniques and share ideas from different background and people.

Annexes

Annex 1: List of the participants (Nepalese) who joined the QuestTreks in 2019

S.N	Name	Organization	Gender	QuestTribe Name
1.	Jeevan Upadhyay	Creative Nepal	Male	Gaurishankar QuestTribe
2.	Prakash Upadhyay	Creative Nepal	Male	
3.	Pawan Chaudhary	Ama Foundation	Male	
4.	Sangita Karki	Ama Ghar	Female	
5.	Prakash Bohara	Ama Ghar	Male	
6.	Pushpa Chaudhary	Ama Ghar	Female	
7.	Nisha Chauhan	Umbrella Foundation	Female	
8.	Sailesh Tamang	Umbrella Foundation	Male	
9.	Laxmi B.K.	Umbrella Foundation	Female	
10.	Mamita Upadhyay	Umbrella Foundation	Female	
11.	Ram Tamang	Umbrella Foundation	Male	
12.	Kamala Nepali	HCC	Male	
13.	Anukaran Tamang	HCC	Male	
14.	Shristi G.C.	HCC	Female	
15.	Kaman Moktan	HCC	Male	
16.	Rina Bhandari	HCC	Female	
17.	Dipa B.K	HCC	Female	
18.	Deepa nepali	SOS Bahini	Female	Ganesh Himal
19.	Durga Kumal	SOS Bahini	Female	
20.	Neelam Subedi	SOS Bahini	Female	
21.	Niruta kunwar	SOS Bahini	Female	
22.	Samjhana Poudel	SOS Bahini	Female	
23.	Sanjita K.C	SOS Bahini	Female	
24.	Amisha Dahal	SOS Bahini	Female	
25.	Ashish Sharma	NCF	Male	
26.	Deumaya Thapa	NCF	Female	

27.	Nandakali Pokharel	NCF	Female		
28.	Roshni Rana	NCF	Female		
29.	Aita B.K.	NCF	Female		
30.	Dal Bdr. Kuwar	NCF	Male		
31.	Dhanraj Singh	COCON	Male	Langtang QuestTribe	
32.	Barkha Budha	COCON	Male		
33.	Netra Rawat	COCON	Male		
34.	Pemba Chiring Tamang	EFF			
35.	Bijay Thapa Magar	EFF	Male		
36.	Bir Bahadur Tamang	EFF	Male		
37.	Suraj Nepali	EFF	Male		
38.	Farendra Kumar Biswakarma	EFF	Male		
39.	Upesh Khadka	EFF	Male		
40.	Sony Tamang	Umbrella	Female		
41.	Krishna Budathoki	Umbrella	Female		
42.	Subekshya Tamang	Umbrella	Female		
43.	Yanjen Ghale	Umbrella			
44.	Mahesh Thapa Magar	Sathi Foundation	Male		
45.	Ganesh Tamang	Sathi Foundation	Male		
46.	Bhakta Raj Sarki	Sathi Foundation	Male		
47.	Subash Gautam	Creative Nepal	Male		
48.	Santosh Sanjyal	Creative Nepal	Male		
53.	Shreskar Limbu	Freelancer Coach	Male		
Total=49			M=26/F=27		

Annex 2: Activities and Dates

<p>JANUARY -26th QuestTribe I Annapurna</p>	<p>FEBRUARY -12th Feb freelancers training -15th Feb QuestTribe Day 5 Sagarmatha</p>	<p>MARCH -3rd Freelancers Training - 15th QuestTribe II Annapurna -22nd freelancers practice with Youth Initiative Program, YIP. -29th Sagarmatha QuestTribe 6</p>	<p>APRIL -17-22 QuestTrek Helambu -17-22 QuestTrek Panchase -28Apr-3 May QuestTrek Panchase -29Apr-4 May QuestTrek Helambu</p>
<p>MAY -10-15 Panchase QuestTrek -29th QuestTribe III Annapurna</p>	<p>JUNE 9th Freelance Training 24th QuestTribe Day 1 ktm, Gaurishankar (April/May)</p>	<p>JULY -13&14 Qtribe1&2 Pokhara (Ganesh Himal) - 19 July Qtribe Annapurna, ktm - 26th Freelancers Training</p>	<p>AUGUST -9th QuestTribe 2 Gaurishankar</p>
<p>SEPTEMBER 13th Annapurna Questribe 5 14th Hiking with EFF 20th Gaurishankar QuestTribe 3</p>	<p>OCTOBER 13th QTrek Aventus 21st Pashupati visit Aventus 22nd Khagendra visit Aventus</p>	<p>NOVEMBER 8th Nov Gaurishankar QuestTribe 4 15th Annapurna Qtribe 6 22nd Nov QuestTrek</p>	<p>DECEMBER 15th Dec Quest Trek 23rd Freelancers Training</p>