



Youth Inclusion International Forum



Mobilization in Jagrati Nagar, Kathmandu, Nepal

Fighting for the professional inclusion of marginalized Youth with the **Youth Inclusion International Forum**

REPORT

YOUTH INCLUSION INTERNATIONAL FORUM

Connecting Nepal to the Global Youth Inclusion Movement

2nd August 2026, Kathmandu, Nepal

From right to left: Manisha, Project Manager, Y4CN, and Asmita Adhikari, Catalyst, LP4Y Nepal.



FOREWORD

CONTEXT OF THE YOUTH INCLUSION INTERNATIONAL FORUM IN KATHMANDU, NEPAL: Connecting Nepal to the Global Youth Inclusion Movement

How can we connect Youth and Youth inclusion actors in Nepal and globally to create more opportunities, collaboration, and meaningful participation?

Nepal is a diverse country with a young generation full of ideas, energy, creativity, and potential. Yet, many young adults, especially marginalized and excluded Youth, still face barriers to accessing quality education, relevant skills, opportunities, networks, mentorship, decent work, and meaningful participation in society. According to the World Bank's 2025 Human Capital Review, more than **one-third of Youth aged 15–24** in Nepal are not in education, employment, or training (NEET), highlighting the difficulties many young people face in accessing opportunities and moving towards greater independence.

At the same time, Nepal has a significant workforce in its young population, with 41% of the population between 16 and 40 years old. The World Bank also highlights **persistent underemployment at around 43%**, while the labour market remains largely informal. Regarding informality, according to the World Bank, **81.8% of employment was informal in 2023/24**, with the figure reaching 92.4% among Youth. These realities are particularly important for Youth from disadvantaged and marginalized backgrounds, who often face greater barriers to quality training, skills development, networks, exposure, and pathways towards decent opportunities.

Nepal also has a vibrant ecosystem of NGOs, Youth-led organizations, companies, universities, institutions, development partners, and social initiatives working to support and empower young people. There is no shortage of commitment or initiatives, but **many actors continue to work within separate networks**. There is therefore a need to strengthen the connections between Youth and the different actors working for Youth inclusion, and to create more opportunities for knowledge sharing, exposure, and partnership.

It was in this context that LP4Y Nepal co-organized with Youth 4 Change Network (Y4CN) and Youth Inclusion Network (YIN), the second Youth Inclusion International Forum (YIIF) Nepal on 2 August 2026, under the theme **“Connecting Nepal to the Global Youth Inclusion Movement.”**

Following the first YIIF Nepal in 2025, which focused on Youth unemployment and migration, this year's Forum looked at Youth inclusion from a wider perspective. The objective was to bring together Youth, NGOs, companies, universities, institutions, and international actors to share experiences, learn from one another, discover opportunities for collaboration, and connect Nepal's Youth inclusion ecosystem with the wider global movement.

Event Objective & Flow:

The objective was to connect Youth and diverse actors working for Youth inclusion in Nepal and globally, creating opportunities to share successful practices, strengthen connections, and explore collaboration. The Forum aimed to amplify Youth voices and turn dialogue into concrete commitments and partnerships for young adults and marginalized Youth in Nepal.

Human Library: Youth Storytellings – young women from Opportunity Village Nepal, Aakriti Dahal and Muna Tamnag, from Life project for Youth Nepal shared their lived experiences, challenges, learning journeys, aspirations, and inspiring stories, bringing Youth voices to the heart of the Forum.

Keynote Address – Delivered by **Hon. Nischal Rai, Member of Parliament**, offering a national perspective and highlighting the importance of connecting Nepal's Youth with wider national and global conversations.

Panel Discussion 1 – National Perspective – Youth in Nepal: Challenges, Opportunities & Inclusion in Action – Bringing together diverse perspectives on the current realities of Youth in Nepal and how organizations, companies, institutions, and Youth can work together to strengthen inclusion and opportunities.

Panel Discussion 2 – International Perspective – Connecting Nepal to the Global Youth Inclusion Movement – Exploring international perspectives, practices, and opportunities for Nepal to connect its Youth and Youth inclusion ecosystem with the wider global movement.

Interactive Workshop – From Dialogue to Action: Building Partnerships for Youth Inclusion – Participants moved from discussion to practical reflection, exploring opportunities for collaboration, partnerships, and collective action for Youth inclusion.

Networking - Networking opportunity to connect with different actors, explore collaboration, and share knowledge on advancing Youth inclusion in Nepal while learning from global experiences and practices.



“Inclusion is not about treating everyone the same; it is about making sure everyone has a fair chance to reach the starting line. Never underestimate the potential of a young person. The real loss is when talent is wasted because opportunity was never given.” — Hon. Nishcal Rai

Hon. Nishcal Rai delivering his keynote speech

Human Library: Youth Storytelling



Aakriti Dahal From OVN Nepal

Breaking Barriers, Building Futures

A Youth representative from **Opportunity Village Nepal (OVN)** shared her personal journey and lived experience, speaking honestly about the challenges young people from excluded backgrounds face in accessing opportunities and support.

Aakriti Dahal faced severe physical and mental harassment, unfair working hours, and very low pay. Her turning point came when she joined OVN for training and awareness, where she realized that these working conditions were not normal and learned to stand up for herself. She later shared her statement at the United Nations Human Rights Council. Today, she is trained in graphic design and barista work and is proud of overcoming self-harm and moving beyond poor labour conditions.

"I learned that the conditions I was facing were not normal, and I deserved better. Finding my voice helped me stand up for myself and believe that I could build a different future." — Aakriti Dahal

Stories of Courage, Growth & Opportunity

Muna Tamang shared her personal journey of overcoming **low confidence, unclear goals**, and difficulty expressing her thoughts and ideas while working under pressure. At that time, she often struggled to believe in herself and was unsure about what direction she wanted to take in life.

Her turning point came when she joined a three-month **training program with LP4Y**, where she gained new perspectives, learned to develop a more positive mindset, and received the support and encouragement to believe in her own abilities. Through the experience, she gradually became more comfortable expressing her ideas, and setting goals for herself.

Today, Muna has greater confidence, stronger communication skills, and a clearer vision for her future. She is continuing to work while pursuing her studies and is actively building the life she wants for herself. Her story shows how the right guidance, supportive environment, and opportunities can help a young person discover their strengths and move forward with confidence.



Muna Tamang Youth From LP4Y Nepal

"You are your own savior, so never forget that." — Muna Tamang



Youth Inclusion International Forum Nepal 2026

Panel discussio 2, : Left to right Asmita Lama, Prakriti Bhattarai

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EXPERT PANELS

Panel Discussion 1: Youth in Nepal: Challenges, Opportunities & Inclusion in Action



The first panel brought together voices from **academia, the private sector, civil society, and Youth** to discuss how Nepal can create more inclusive opportunities for young people.

A key focus was the **gap between academic learning and workplace expectations**. **Dr. Roshee Lamichhane** highlighted the need for universities to provide more practical exposure through internships, simulations, hackathons, social immersion, and other experiential learning. The panel also emphasized stronger collaboration between universities and employers, with companies becoming active partners in shaping curriculum and preparing Youth for changing market needs.

From the private sector, **Upaya Sangam Paudel** highlighted the importance of adaptability, communication, teamwork, problem-solving, and continuous learning. Companies can also contribute to Youth inclusion by creating more accessible pathways into employment, particularly for Youth from disadvantaged backgrounds.

“Current hardships do not decide tomorrow. Today’s difficulties can also hide new opportunities.” - Pramila KC

The discussion further highlighted the role of **compassion, mentorship, and community support**. Pramila shared her experience with the NGO **A My Small Help** emphasizing the importance of seeing a young person's potential beyond their circumstances and giving them the encouragement and support to move forward.

The Youth perspective, represented by **Dikshya Khadka**, highlighted the need for stronger connections between education and the real world, practical skills development, and greater opportunities for Youth to participate and grow.

Overall, the panel reinforced that **Youth inclusion is a shared responsibility**. Stronger collaboration between universities, companies, civil society, policymakers, and Youth is essential to create opportunities where every young person can develop their potential and contribute meaningfully to society.



EXPERT PANELS

Panel Discussion 2: International Dialogue- Connecting Nepal to the Global Youth Inclusion Movement

The second panel brought together voices from the **International Labour Organization (ILO)**, the **private sector**, **technology** and **digital governance**, and **Youth inclusion** to discuss how Nepal can strengthen Youth inclusion by connecting with global practices, knowledge, and opportunities.

Basanta Kumar Panta from ILO highlighted the barriers that vulnerable and marginalized Youth face in accessing decent work, including limited skills, informal employment, and lack of social protection. He emphasized the importance of learning from international practices while adapting them to the Nepali context, particularly through targeted skills development and stronger worker protection.

From the private sector, **Asmita Lama from Veritacore Nepal** highlighted the need for stronger connections between Youth and international opportunities, skills development, and learning. She emphasized that companies and international partnerships can play an important role in creating more inclusive pathways for Youth.

Basanta Kumar Panta sharing his perspectives

"When we connect local action with global possibilities, we create opportunities for every young person to see beyond their circumstances and realize their potential."

Prakriti Bhattarai, Technology Policy Specialist in AI and Digital Safety Governance, focused on the changing world of technology and the opportunities it can create for Youth. She highlighted the need to address the **digital divide**, **connectivity**, **access to technology**, and **digital skills**, particularly for Youth from rural and marginalized communities. The discussion also touched on the growing platform economy and the need for clear policies and worker protection.

From the **LP4Y Nepal** perspective, **Beauty Khatoon** highlighted that Youth inclusion goes beyond training Youth it also requires creating connections with companies, institutions, and wider networks so that Youth can access real opportunities and participate meaningfully in society. She emphasized the importance of **acting locally while connecting to a global movement**.

Overall, the panel reinforced that **global connection can create new pathways for Youth inclusion** when combined with local action. Stronger partnerships, digital access, skills development, and collaboration between Youth and different stakeholders can help ensure that Nepal's Youth is not only part of the global movement but also has the opportunity to shape it.



Group Pictures of Second panel

WORKSHOPS: From dialogue to concrete action

Following the two panel discussions, the workshop created a space for participants to move from **discussion to personal reflection and commitment**. Although the planned workshop activity could not be conducted in its original format due to time constraints, it was adapted to allow participants to reflect on their own role in advancing Youth inclusion.

Participants were invited to think about **what they can offer, what they can contribute, and what action they can personally take** to create more opportunities for Youth. They reflected from their own organizational and individual perspectives and wrote down **more than one concrete action or commitment** they could take forward after the Forum.

It also encouraged participants to connect with one another and explore possible areas of collaboration. Rather than keeping the conversation at the level of ideas, participants were encouraged to identify **practical next steps** that could be taken within their own capacity and networks.



"Inclusion becomes meaningful when a conversation turns into a commitment, and a commitment turns into action."- Ranjita Ray



The value of the event became visible immediately when participants started discussing opportunities with each other. During the discussion **one participant from a technology company offered a job opportunity to a Youth participant**, showing how a simple connection created during the Forum could translate into a real opportunity.

The workshop reflected one of the key messages of the YIIF Nepal 2026: **Youth inclusion is not only about talking about change, but about each of us asking what we can do to make that change possible**. The commitments and connections made during the event created a starting point for continued collaboration beyond the Forum.

CONCLUSION

The Youth Inclusion International Forum (YIIF) Nepal 2026 brought together **129 participants** from different sectors, backgrounds, and experiences around a shared purpose: **connecting Nepal to the global Youth inclusion movement**. The Forum created a space where Youth voices, national perspectives, private sector experiences, civil society, academia, and international practices could come together.

Through **Youth stories, two panel discussions, and an interactive workshop**, the conversations moved beyond identifying challenges towards understanding what each of us can contribute. The stories of Youth reminded us of the barriers that excluded young adults continue to face, but also of their resilience and potential when they are given the right support and opportunities.

The discussions highlighted that Youth inclusion cannot be achieved by one organization or sector alone. **Universities need stronger connections with the world of work, companies need to create more inclusive pathways, organizations need to work beyond their own networks, and Youth need to be given space to participate, lead, and shape the conversations that affect them.**

Most importantly, the Forum created **connections that could lead to action**. Participants reflected on their own contributions, made individual commitments, and explored new collaborations.

The YIIF Nepal 2026 was therefore more than a one-day event. It was a **space to connect, listen, learn, share, and commit**. It took one step towards breaking silos between Youth and stakeholders and strengthening Nepal's connection with the wider global Youth inclusion movement.

The next step is to **keep these connections alive, turn commitments into action, and continue creating spaces where every young adults can be heard, connected to opportunities, and empowered to realize their potential.**



TEAM OF Youths, VOLUNTEERS & PARTNERS

A big thank you to all the Youths and Volunteers who contributed to making this event a success.

The commitment and support of our speaking partners helped us explore the challenges and opportunities for Youth inclusion from different perspectives, while creating a space to share experiences, connect, and move towards action.



"The event was highly interactive and gave me the opportunity to learn more about Youth inclusion, Youth engagement, and the role young people can play in both government and the private sector. YIIF also helped me better understand the importance of creating opportunities for Youth to develop their skills, confidence, and potential, and the impact such spaces can have on their personal and professional growth."

Dinesh Jaiswal, Software engineer / Cyber security expert

"YIIF was a meaningful and productive experience, creating space for open conversations, new connections, and opportunities to learn from different actors working for Youth inclusion."

Ranjita Ray, Youth

"YIIF was a meaningful opportunity to share the corporate perspective and reflect on the gap between Youth skills and workplace needs. True Youth inclusion requires employers, training organizations, and Youth to work together to create fair and meaningful opportunities."

Asmita Lama HR, Veritacore Nepal

"It was a pleasure to attend the Youth Inclusion International Forum (YIIF) Nepal 2026, representing the International Labour Organization, and exchange information and experiences on how the ILO is committed to promoting decent employment for Youth in Nepal and beyond. The forum provided an opportunity to listen to Youth voices, exchange views, explore ways and forge meaningful collaboration with Youth networks like LP4Y and other relevant actors, most importantly the private sector."

Basanta Kumar Panta, ILO



Editorial committee: Manisha Chapagain, Puja Dhungana, Céline L'Hermite.



The event held a very pertinent discussion where the discussion identified issues and focused on solutions. I had a wonderful time moderating the session with such diverse panelists.- Amiksha Upreti, Panel 1, Moderator

Amiksha Upreti asking questions to the panelists during Panel Discussion 1.