

Post-assignment Report

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UNV Nepal

UN University Volunteer in Communication



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“Made of hundreds of flowers” 唯一百花盛开的国度

<https://www.youtube.com/watch?v=IJayzbsldgc>

The most beautiful anthem I've ever heard. Recommended.

Part I: My duties

From July to December, as a UN University Volunteer in Communication, I joined the UNV Nepal with a passion for the mission of global sustainable development. This experience not only gave me a deep understanding of the operation mechanism of international organisations, but also enabled me to achieve breakthroughs in professional growth in cross-cultural collaboration.

¹ This is a cable car on the west side of Kathmandu about an hour's drive away and is highly recommended, you can see a lot of snowy mountains and overlook the whole of Kathmandu, but look for a good weather day

Within the team, I am primarily responsible for

- Maintaining social media accounts in close collaboration with the UNV Nepal FU team, providing timely, relevant and clear information; mainly IG
- Develop and maintain close cooperation with groups and organizations that are critical to the achievement of UNV's advocacy and communication goals; This one part of the presentation is where my colleagues and I need to interview volunteers locally and around the world when they come and make outputs out of these interviews.
- Organize and support media events or other special events; I will assist the UNV office in planning monthly and quarterly sessions to help volunteers in Nepal work, learn and integrate better. Other than that, we will be involved in the activities of other organizations, and I will be responsible for communication by taking photos, videos, and posting them on social media to increase the impact of volunteering on the public.
- Prepare background communications and promotional materials for briefings and visits by media, partners and other special guests or interest groups.



Part II: Learning experience.

I have acquired many skills through this program. One of the most beneficial to me was how to deal with cross-cultural conflicts. Nepal is a fairly slow country with warm and friendly people. They work at a relatively slow pace and are accustomed to achieving results in the right amount of time. It took me a lot of time to get used to their efficiency, especially as a member of UNV, where I had to deal with other people, and this strengthened my ability to handle cross-cultural communication even more.

More learning was about the structure of the UN and the spiritual core of inclusive understanding that they promote. Only after working and studying in this environment can you realize that the propaganda you usually hear is really working step by step, and the little-by-little work you do is also pushing for the betterment of the society step by step.



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As a photographer, I also feel fortunate with my job because I can organically combine my interests with my work, and I will know that every picture I take will better promote the United Nations and her ideas on social media.

² A youth volunteer from FAO shared her volunteer experience with us at the monthly meeting, behind a local style SDG creation from Nepal

Part III: Challenges encountered

The main challenges of living in Nepal are air pollution and unclean water as well as food. Tap water is a definite no-no, even when brushing your teeth and rinsing your mouth it is recommended to use bottled water, the water from the taps here is extremely poorly disinfected and prolonged use can cause you to have diarrhea and possibly even high fevers (I had it twice). Food safety is also a big issue, but it's hard to share what's good and what's not here, you need to make the judgment call yourself.



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³ Three Typical Foods of Nepal

Part IV: Reflections

It was a unique experience and I will always remember my time in Nepal. I gained a deeper understanding of the role of the United Nations in the sustainable development agenda and a clearer picture of what I want to do and be in the future. I witnessed the dedication of UN staff and volunteers. Personally, I have grown in my adaptability, empathy and intercultural communication skills. I will continue to be involved in social and humanitarian work. This trip has been life-changing and I am very grateful for the opportunity to contribute to positive change through the United Nations.



ps. Nepal is really a beautiful place and every inch of him is worth exploring.

