

# UNV JOURNERY...



UNRCPD



***Rainbow,  
Yan Tsz PANG***

BATCH 7

Kathmandu  
Nepal

Public Information  
UNRCPD

2023 September  
2024 March





# United Nations Regional Centre for Peace & Disarmament in Asia & the Pacific (UNRCPD)

## DoA: Public Information

Under the direct supervision of the Deputy Director, I

- Assisted the Centre with strategic communication and public outreach;
- Assisted in developing media products for web and social network platforms;
- Assisted in developing content management and development of disarmament stories and information to increase awareness on disarmament, non-proliferation and arms control;
- Assisted with drafting and editing publications;
- Assisted in content design;
- Contributed to brainstorming ideas on how to enhance the Centre's communication while keeping in line with UNODA's Communications Strategy;
- Participated and support coordination with UNODA-wide Communications Group;







some of my work

Meanwhile, my team collaborates extensively with other regional centers and UN agencies. We co-organize social media campaigns, such as Disarmament Week in October and the Gender-based Violence Campaign in December, to enhance social awareness.



some of my work



## *UNRCPD Team snapshots*





# International Day of Peace

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21 September 2023

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At the community level, my team visited the British School on the International Day of Peace to promote peace and disarmament. Despite being relatively new to the office, my supervisor entrusted me with high levels of autonomy and allowed me to take charge.

I was invited to share my volunteer experience and how it led me to the United Nations in front of an audience of over 300 students and teachers. It was fascinating to witness students' faces lighted up when I shared my journey and emphasized the role of volunteerism in achieving world peace.



**"PLEASE NEVER UNDERESTIMATE YOUR OWN ABILITIES, AS EACH ONE OF US HAS THE POWER TO CONTRIBUTE TO WORLD PEACE."**



# International Volunteer Day

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*If everyone did...*







On the occasion of International Volunteers Day, I am deeply honored to have the opportunity to share my UNV journey as a member of UNRCPD in front of other UN Volunteers and Head of Agencies.



I shared my experience in UNRCPD and how my work contributed towards strategic communication and public education about disarmament across the Asia Pacific.



# Regional Preparatory Meeting For Revcon4 Asia and the Pacific



*The Regional Preparatory Meeting held in January provided a platform for delegates from 23 Asia-Pacific countries to engage in interactive discussions on the UN Program of Action (UNPA) on Small Arms and Light Weapons (SALW).*

This meeting strengthened regional cooperation and prepared participants for the upcoming Fourth Review Conference in June. During the meeting, I had the privilege of conducting to amplify the overall message. I prepared a set of guiding questions about UNPOA on SALW and invited delegates from different countries and civil society organizations (CSOs) to conduct video testimonials. This allowed me to learn from diverse perspectives.

Furthermore, I was deeply honored to interview our High Representative of Disarmament Affairs, Ms. Izumi Nakamitsu, about gender mainstreaming and youth empowerment in disarmament. Her words ignited a sense of empowerment within myself, reminding me to never underestimate my potential as a young woman.



# UN Under Secretary-General pays courtesy call on CoAS Sharma

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2 Shares



Visiting Chief of the Army Staff of the Nepal Army



Interviewing Ms. Izumi Nakamitsu, Under-Secretary-General and High Representative for Disarmament Affairs



Interviewing Chinese Delegations about SALW control



Visiting The Ministry of Defence of Nepal



## *Opportunities and Challenges*







## Happy Lunar New Year

Unexpectedly, Kathmandu is full of the color of the Lunar New Year! The Tamang community, an ethnic group in Nepal also follows the lunar calendar so we celebrated the Year of Dragon together.



## Indra Jatra

The festival lasts for eight days and includes vibrant processions, masked dances, music, and offerings. People were waiting for the living goddess, Kumari.



## Dal bhat is my 24/7 power

This is a typical Nepali dish, which includes dal (lentils), saag (leafy greens), pickles, and rice. My favorite one is mutton dal bhat!

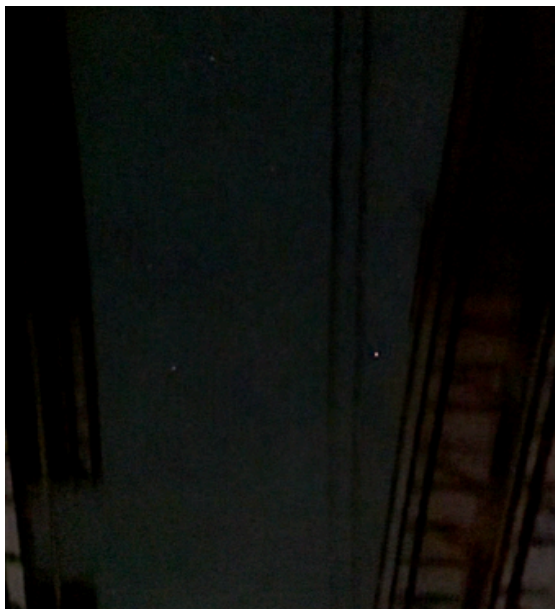


## Serving Mooncakes!

I brought traditional mooncakes to the office and took the opportunity to share the rituals and significance of the Mid-Autumn Festival with my colleagues.



# Challenges



## Power cuts

Power cuts are a common occurrence in Nepal, I was frustrated when I had no network at my office. However, I have come to appreciate the adventurous side of it at night. The darkness allows me to witness the brilliance of the stars.



## Monthly diarrhoea

My stomach has always been a bit sensitive. So, it's no surprise that dealing with diarrhea has become a regular thing for me, despite my best efforts to eat cautiously. Antibiotics and Oral rehydration solutions (ORS) are my good buddies :)



## Motor is my new transport

Public transportation and signboards are challenging to expats. Therefore, I used to commute with a motorcycle (even WITHOUT a helmet).



## Road Construction

The road to my office is closed due to ongoing construction. Therefore, I must find an alternate route and exercise caution as I navigate unfamiliar paths.



*Travel around Nepal*





Amazing!





Support

We are  
inspiration  
in action

Best Wishes 😊 SURAM

May

you  
Kavvi Love you

and bless you 😊

THANK  
KE

Praveen

1/1/2020

1/1/2020

passed

Thank you for  
your love  
for Nepal  
- Birita Kaur

you  
- Birita Kaur

Rainbow  
I will miss

Love

eternity

Rina

1/1/2020



# UNV Friends

Dedicating myself outside of my hometown has not been an easy journey. I have encountered various challenges and difficulties. Fortunately, I have made many UNV friends who have become my support system. Despite working in different agencies, we have formed a close bond.

The presence of fellow UNV has been a tremendous source of motivation for me since we can relate to similar situations and experiences. We enjoy each other's company outside of the workplace. We have organized various activities like Christmas parties, New Year's Eve dinners, and farewell parties, which created cherished memories in Nepal.





# Batch SEVEN



The members of Batch 7 from AVS have developed a remarkable bond with each other. Despite working in different countries like Thailand, Indonesia, and Nepal, we consistently share joy and laughter. Whenever we had holidays, we made it a point to visit each other's duty stations.

Their visit to Nepal had a profound impact on me, making me feel as if Nepal is truly my home. It reinforced the sense of belonging and connection within our group. The camaraderie we built transcended borders, reminding us that no matter where we are, we are united as a supportive and close-knit team.





## *Conclusion*







Working as a UNV has provided me with an excellent starting point to explore the operations of the United Nations. It is my pleasure to unleash my potential in contributing to UNRCPD. This experience has allowed me to expand my knowledge, engage in meaningful work aligned with the SDGs, inspire communities, and foster regional cooperation.

I am grateful for the support and camaraderie of fellow UNVs and colleagues, making this journey even more fulfilling. I look forward to continuing my contribution to peace and disarmament, and to furthering the mission of the United Nations.

