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BHUTAN CENTRE
for MEDIA AND DEMOCRACY

**YOUR GUIDE TO
MAKING A
DIFFERENCE**

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THIS BOOK BELONGS TO

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“Democracy
is an everyday
exercise...”





“Remember, achieving democracy is not the goal. The real fruits of our efforts should be that democracy brings greater unity, harmony and prosperity to our nation. Democracy must be able to fulfill the aspirations of our people”

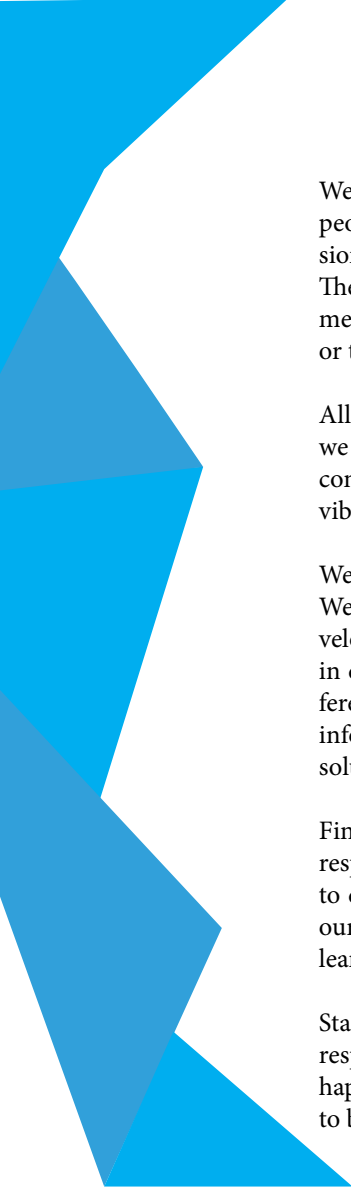
His Majesty the King Jigme Khesar Namgyel Wangchuck, 105th National Day address to the nation, 17th December 2012

His Majesty the King has described democracy as not just a “gift from the throne”, but as a “responsibility to strengthen Bhutan”. This reminder reinforces the need for us to learn how to make democracy a daily action.

Democracy is not just about exercising our vote once in 5 years. Having exercised the formal responsibility of choosing our leaders, we have the responsibility of keeping them accountable. We do this by listening, sharing our views in a spirit of mutual respect, and by being active members of the community. Every step moves us closer to becoming a strong democracy that is regarded as the path to good governance guided by the overall vision of GNH.

Democracy is a way of life and its success depends on the actions of each citizen. As the first generation of democrats in Bhutan, we have been given the responsibility to ensure that democracy actually reinforces good governance and builds a stronger future for Bhutan. It is an honour and a privilege, as well as a duty for this generation of Bhutanese to create this future.

Democracy is not what we have, it is what we do every day.



We can bring democracy alive through the active engagement of the people; democracy thrives when citizens exercise real choice in decisions and take actions to shift decisions that govern our daily lives. These issues can range from reasonable affordable homes to employment policies, to whether the country should open up more to tourism or to mining, or to electric vehicles.

All of us have a role to play in the community, and the extent to which we volunteer, sit on committees, attend community meetings, provide constructive feedback to legislators and to government are key to a vibrant democracy.

We can all learn skills to improve our ability to engage in a democracy. We need to understand the democratic processes in Bhutan, and develop our potentials to work in a group, to speak in public, and engage in dialogue with all kinds of people, including people who share different perspectives from us. The ability to obtain and analyse relevant information is crucial as are skills to evaluate social issues and to seek solutions to challenges.

Finally, democracy requires that we strengthen values of tolerance and respect for all kinds of individuals and groups, to learn to listen, and to develop an understanding and interest in working for the good of our communities and nation. Schools and homes are the best places to learn the values, competencies and responsibilities of being a citizen.

Start today by talking to your friends, parents or teachers about civic responsibility. What have we done to contribute to a safer, stronger, happier community and country? You'll be amazed at what you can do to build a strong future for Bhutan.

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THE ACTIVE CITIZEN'S CHECKLIST



TALK

Talk with friends about issues that are important to you. Having discussions and debates can help you reflect on your positions and understand other perspectives.



BE INFORMED

Read the newspaper or other media sources about current issues. Citizens must be well informed in order to make good decisions and hold their leaders accountable.



ASK QUESTIONS

Only by asking questions will we be able to understand what's happening in the world around us. If you do not understand a decision, an idea, or what someone writes – ask. Learn to ask your teacher, the authorities, and even MPs about anything that is unclear to you.



WRITE

Share your opinions by writing letters to the editor and op-editorials – and then submit them to the relevant newspaper. Engage in online forums as a registered member.



BE AN EVERYDAY ACTIVIST

Be an example for others by (1) acting responsibly and (2) bringing sustainable living practices into your life. What is a “sustainable living practice”? Any practice that uses the earth's resources in a way that induces less pressure on the earth: walking to school instead of driving, turning off the lights when you are not using them; buying local foods rather than imported, packaged foods like instant noodles.



VOLUNTEER

Give your time and assist in an activity to benefit the community.



KNOW YOUR RIGHTS + DUTIES



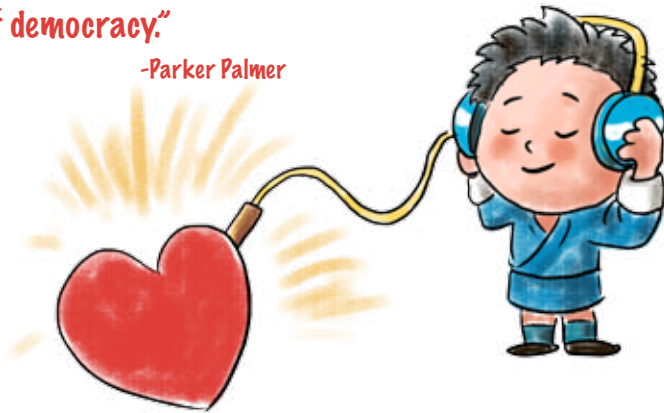
AND LAST BUT NOT LEAST... **VOTE!**

Vote for the representative that you think can **BEST LEAD** the country.

Developing “Habits of the Heart”

“The human heart is the first home of democracy.”

-Parker Palmer



“Heart” means more than what pumps our blood. In our hearts, we find courage to act on what we know and feel.

When we feel empowered, we feel strong and whole, and we live whole-heartedly. On the other hand, when we feel disempowered, our hearts are broken. In Bhutan, we use the word “sem” to describe the mind where we believe all emotions come from. Often we refer to the need to understand that just as our minds create fearfulness, or doubt, they can also create strength and appreciation.

When we encounter practices that threaten the community or the country, we feel hurt and upset. When we are unsure about options for our own health, or that of our neighbors, we feel fearful. When we are in conflict with someone in our own community, and don’t know how to resolve it, we feel the pain.

All of these conditions are related to democracy.

The good news is: when we feel all these emotions - whether it is directed by the mind or felt as our broken hearts – we should recognise that we are available to connect deeply with others – even strangers. In encountering challenging situations, we make ourselves more available to include others in the conversations we must have.

Reference- Healing the Heart of Democracy: The Courage to Create Politics Worthy of the Human Spirit by Parker J. Palmer

How do we do this?

One way is to learn to use our heart in ways that allow us to respond more fully with what's happening. If we care about honouring the responsibility of taking democracy forward - We need to consider how to build trust and to understand that we are all in this environment of change together.

There are some that we can bring into our lives.

1. **INTERDEPENDENCE:** Understand that we are all in this together. Let go of the illusion that we are separate from each other.
2. **DIVERSITY:** Develop an appreciation of the value of otherness. The stranger has much to teach us. "Us and them" does not have to mean "us versus them".
3. **HOLDING TENSION:** Learn to hold tension creatively. Otherwise, tension will limit our abilities to share our ideas and opinions.
4. **VOICE:** Build confidence in our voices and learn how to use them for positive change.
5. **COMMUNITY:** Strengthen our capacity to create community. Together, we are stronger than when we are alone.

All of these habits are about our own spiritual lives. They are about building a better world around us. And all of them need our attention!

Part of how we continue to build trust and connection is by sharing our stories. How did we experience the elections? Why do we believe in a certain idea? What inspired us to do what we do? What solutions can we suggest?

The more we know about a person's story, the less we can see them as an enemy or a stranger - it allows us to open our hearts to compassion and empathy.



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Bhutan's Constitution Explained



Think about the first time you played football (or any sport). Before you learned how to score a goal, how to defend, or even how to kick a ball, you had to learn the rules – principles and guidelines that all players have to agree to. The rules of a sport guarantee that everyone is playing the same game that they agreed to play at the beginning. Why do we have to learn these rules? Think, for a moment, what would happen if no one followed the rules. What if people started kicking each other instead of kicking the ball? What if people used their hands to score a goal? And what if a team came out with 40 players on the field instead of 11?

Clearly, we can see that rules exist for many good reasons. Rules are not restrictions. They're designed to set standards so that everyone is playing the same game! Just as we need rules in games, we also need rules in the society that we live in. These sets of rules that we live by are known as the law and the highest of all these laws is the Constitution. Bhutan's Constitution creates the foundation for a Democratic Constitutional Monarchy. This state is based on the principles of freedom, equality and justice. Most importantly, the Constitution belongs to all Bhutanese citizens.

The Constitution is a legal document with deep implications for all Bhutanese. Every citizen should understand at least Articles 7, 8, and 9 of the Constitution, which define the rights and duties of every citizen, including the state.

What is Justice?

The concept of justice is concerned with how people are treated. In a just society, people are treated according to what is considered 'right' or 'fair'. For example, to feed people when they are hungry, to care for people when they are sick; to clean the environment when it is dirty; and to treat each other with kindness and respect, no matter who they are.

Article 7

What are rights?

The Constitution gives us rights. Rights are things that all people have just because they

are alive. As long as you are a human being, you have these rights - no matter who you are, where you live, what your parents do, what language you speak, what religion you practice, whether you are a boy or girl, or if you are rich or poor. Rights are what every person should be able to have or to do in order to survive and grow to reach his/her full potential. The government has a responsibility to make sure your rights are protected.

Article 8

What are duties?

The word “duty” comes from the old French word, ‘deu’, which means “debt” or something that we owe. As members of a free and peaceful society, we are extremely fortunate – so fortunate, that we might consider this fortune a sort of “debt”. Why? Because this society has provided us with the conditions for happiness, for justice, and for peace. These are ideals that all humans strive for. Fortunately, we can repay this “debt” by fulfilling the duties listed in our Constitution. Even a small, local action can help make a difference to a larger community.

Article 9

What should the state do?

The Constitution not only sets the duties for individual citizens; it also sets the duties, and limitations, of the state. Remember – His Majesty the King is the head of state, and our Prime Minister is the head of government. If we think of Bhutan’s society as a family, then we can say that the government is like the head of our Bhutanese family. The first thing that the head of any family should be concerned about is that everyone has a good quality of life.

What is a good quality of life? It is a life in which everyone has everything that they need, including food, shelter, water, and electricity. It is also about having family ties and a sense of belonging to a community. Remember – needs are not the same as wants! Just because I want a new pair of shoes, a cool mobile phone, or a car, doesn’t mean that I need them. Think – what do I really need in life? In a country that aspires to Gross National Happiness (GNH) ideals, Bhutan has always emphasized that people’s contentment and wellbeing are more important than monetary and material gain.

For everyone to have everything they need, the government must ensure that society is more equal. By equality, we mean that all people have access to all the basic necessities and opportunities to realize their full human potential. This does not mean that everyone has to have the same income, personal possessions, and housing; instead, it means that there is not a huge gap between the rich and the poor. Every human being should be able to receive the same health care, the same education, the time to practice religion, and the same treatment before the law.

For a family to have a good quality of life, the most important condition is to be self-sufficient. This means that you do not depend on others to feed you; you can do it yourself. If we depend on others for our entire lives, we always put ourselves at risk. Think - one day, the people we depend on may leave or their help may end. What can we do to prepare ourselves to be able to stand on our own feet? To be self sufficient?

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THE CONSTITUTION OF THE KINGDOM OF BHUTAN

YOUR RIGHTS

BHUTAN IS A SOVEREIGN KINGDOM

AND THE SOVEREIGN POWER BELONGS TO THE PEOPLE

HIS MAJESTY THE DRUK GYALPO

is the Head of State

AND THE SYMBOL OF UNITY OF THE KINGDOM

AND OF THE PEOPLE

LIFE, LIBERTY AND SECURITY

FREEDOM OF EXPRESSION, SPEECH,
OPINION AND INFORMATION

CHOOSE YOUR OWN RELIGION

FREEDOM OF THE PRESS, RADIO,
TV AND OTHER FORMS OF MEDIA



VOTE

EQUAL PAY FOR WORK OF EQUAL
VALUE

PEACEFUL ASSEMBLY AND
ASSOCIATION



LEGAL OWNERSHIP OF YOUR
CREATIVE WORK ('INTELLECTUAL
PROPERTY')



BE EQUAL BEFORE THE LAW AND GET
EQUAL PROTECTION
OF THE LAW

BE INNOCENT UNTIL PROVEN GUILTY

NOT BE TORTURED



PRIVACY IN YOUR PERSONAL LIFE



NOT TO BE ARRESTED OR DETAINED ARBITRARILY

LEGAL REPRESENTATION BY A BHUTANESE LAWYER

YOUR DUTIES

RENDER NATIONAL SERVICE WHEN
ASKED TO DO SO BY THE PARLIAMENT

PRESERVE, PROTECT AND RESPECT
THE ENVIRONMENT, CULTURE AND
HERITAGE OF BHUTAN

FOSTER TOLERANCE,
MUTUAL RESPECT AND
SPIRIT OF BROTHERHOOD

STAND UP AND PROTECT OTHERS
IF THEY ARE BEING ABUSED
OR ATTACKED

HELP VICTIMS OF ACCIDENTS AND
NATURAL DISASTERS



UPHOLD JUSTICE AND ACT AGAINST CORRUPTION



ACT IN THE AID OF THE LAW

The Democratic Approach to Problem-Solving

1



EXPLORE CONDITIONS IN YOUR

COMMUNITY: Start with an inventory survey of your local area to get a basic overview of what residents have to say about their communities. Create a list of living and working conditions that influence the quality of life for people in that community and ask them to choose a number between 1 to 5.

ANALYZE YOUR DATA: Look for patterns based on the themes you pick up from the inventory. Choose what assets - the strengths in your community - or the problems that you want to focus on. Eg: Sanitary conditions, youth engagement, individuals doing good work, safety, spiritual facilities, etc.



3



UNDERSTAND THE NATURE OF THE PROBLEM YOU SELECT: What are the causes? Who are the individuals and organizations involved? What resources are required? Use interviews and photography to collect data and document your findings. Audio and video recordings can also help you to collect information.

IDENTIFY AND RECRUIT ALLIES:

Find like-minded individuals who feel the same way as you do about an issue. Form a group committed to bringing change on the issue.



5



COME UP WITH SOLUTIONS: Now that you understand the problems, try to come up with effective solutions. Remember: not all solutions require money. Be creative, and think about how you can create people-based solutions. Perhaps the solution is a matter of increasing awareness, forming effective partnerships, or getting volunteers to fix something. If it's a policy issue, propose public policy to your leaders and representatives.

Volunteering





“Volunteering is the ultimate exercise in democracy. You vote in elections once every 5 years but when you volunteer, you vote every day about the kind of community you want to live in.”

- Marjorie Moore

Civil society – in everyday organized life – expresses human caring. As the space where people come together outside the institutions of the market and government, the development of civil society is based on the understanding that none of us stands alone. As fellow occupants of this planet, our fate, and the fate of the societies we inhabit, are bound together. We have a responsibility to each other – and to the places we inhabit.

This notion of caring is not simply an input for the nourishing of life; it is also an output to enable the flourishing of others. In any society, this care for others manifests itself in the form of volunteerism – unpaid service done to promote good or improve the quality of human life. Cleaning campaigns in which people pick up garbage, tutoring children struggling in school, teaching children to read in a library, or helping rebuild damaged monasteries are all examples of people voluntarily taking action to improve the lives of their communities. Volunteering not only helps communities, but it also helps individual volunteers to integrate their own idealism and realism in a healthy way.

The commitment to care for others is widely promoted by all the spiritual traditions and it is not a conservative or a liberal issue. Caring and compassion simply helps to define us as being human. Caring and compassion simply helps to define us as being human. This impulse to volunteer is especially important in a democracy, which is by definition governance by the people. As citizens, people must recognize the rights and responsibilities that are inherent in a democratic government. A wise citizen is one who understands that volunteering is not merely an altruistic act, but an obligation that all of us share by being members and stakeholders of the same nation.

THE BOY + THE STARFISH



What difference will volunteering make? Consider this story:

One day, a man was walking along a beach. As he continued walking, he noticed a figure. As he got closer, he realized the figure was that of a boy picking something up and then throwing it back in the ocean.

Approaching the boy, he asked, “What are you doing?”

The youth replied, “Throwing starfish into the ocean. Soon the sun will set and the tide will go down. If I don’t throw them back, they’ll die.”

“Son,” the man said. Don’t you realize there are miles and miles of beach and hundreds of starfish? You can’t possibly make a difference.”

After listening politely the boy bent down, and continued picking up starfish and threw it into the surf.

Then, smiling, he said to the man. “I made a difference for that one.”

Whoever you are, wherever you are, whatever capacity you have, you can make a difference. Sometimes, others might feel that our actions are insignificant or we ourselves may feel that we can’t make a difference. Yet, just like the little boy who picked up the starfish, we can do small things that have big results.

CASE STUDY: AST



VAST (Voluntary Artist Studio, Thimphu) was started by a group of artists in 1998 to encourage and assist youth to explore their full potential through exposure and participation in art and social issues.

One of their main volunteer initiatives is the “Make a Wish” project. The project aims to improve the relationship between the young and the older generation, which, with lifestyle and culture changes, is breaking down in many places.

In 2009, members of VAST identified the first group of 27 elderly men from Kabjisa, Punakha. Most of them had never travelled out of their village and their wish was to go on a pilgrimage.

The VAST volunteers shared this idea to friends, family and others to contribute in any way they could. They organized everything starting from travel to Punakha to pick up the elderly, pitch tents, and ensuring the welfare of the elderly during the trip. During the 9-day trip the volunteers and elders visited the nyes in Trongsa, Bumthang and WangduePhodrang.

The trip gave the young and the old the opportunity to bond. The elders told stories of the past, the changes they see and shared personal stories. A few of them sang some of the very old traditional songs that most of us had never heard.

With dedicated volunteers and contributors, VAST organised two more “Make a Wish” projects, one in 2010 (elderly women from Punakha) and one in 2012 (for a mixed group from Nyabji-Khorphu, Trongsa).

Put that Aspiration to Volunteer into Action!

In Bhutan, there are a growing number of Civil Society Organizations (CSOs) – groups that focus on bringing positive social changes in people's lives. These groups are non-profits, meaning they do not provide services and products for profit like businesses do. Whatever funds they receive are put back into the activities they offer.

Rather, they rely on the kindness of organisations and individuals who provide funding and support so that the CSOs can focus on causes that the government and private sector cannot, such as women's empowerment, serving the rural poor, and engaging youth.

These organisations need your support!

Consider volunteering for one of the Public Benefit Organisations (PBOs) listed below:

Bhutan Centre for Media and Democracy (BCMD) Registered on 12/03/2010	Executive Director – Siok Sian Pek-Dorji 02-327903, pekdorji@bcmd.bt Administrative Officer- Jigme Choden jc@bcmd.bt www.bcmd.bt / www.bhutanspeaks.bt
The Loden Foundation (Registered on 12/03/2010)	Executive Director- Dorji Tashi 02-33739, dtashi@loden.org Co-Director – Dr. Karma Phuntsho kp287@cam.ac.uk www.loden.org
RENEW (Respect, Educate, Nurture & Empower Women) (Registered on 09/04/2010)	Founder & President - Her Majesty the Queen Mother Ashi Sangay Choden Wangchuck Executive Director – Chime Wangmo 02-332159, chimyd@yahoo.com Programme Officer- Yeshey Om yeshey.om@renewbhutan.org www.renewbhutan.org
BAOWE (Bhutan Association of Women Entrepreneurs) (Registered on 15/04/2010)	President – Damchae Dem 02-322027, damchae@pelden.bt Project Manager – Ngawang Tshering mail2ngawang@gmail.com www.baowe.org
Phuentsholing Sports Association (Registered on 13/06/2011)	General Secretary – Gyem Tshering 05-252433, plingsports@yahoo.com Office Assistant – Jambay 05-253964

<p>Bhutan Youth Development Fund (YDF) (Registered on 20/07/2010)</p>	<p>President – Her Majesty the Queen Mother Ashi Tshering Pem Wangchuck</p> <p>Deputy Director – Dorji Ohm 02-327483, dorjiohm@bhutanyouth.org</p> <p>Senior Development and Communication Coordinator- Tashi Choden, tashichoden@bhutanyouth.org</p> <p>www.bhutanyouth.org</p>
<p>Royal Society for Protection of Nature (RSPN) (Registered on 02/09/2010)</p>	<p>Royal Patron – Her Majesty the Queen Ashi Jetsun Pema Wangchuck</p> <p>Executive Director – Dr. Lam Dorji 02-322056/326130, ldorji@rspnbhutan.org</p> <p>Programme Manager -Rinchen Wangmo rwangmo@rspnbhutan.org</p> <p>www.rspnbhutan.org</p>
<p>Draktsho (Registered on 26/11/2010)</p>	<p>Chairperson – Ashi Sonam Choden 02-322558, wtara@druknet.bt</p> <p>Executive Director – Jigme Wangmo 02-327650/02-328750 jigmewangmo@hotmail.com</p> <p>Deputy Director- Deki Zam dekzang@hotmail.com</p> <p>www.draktsho-bhutan.org</p>
<p>Tarayana Foundation (Registered on 26/11/2010)</p>	<p>Founder & President – Her Majesty the Queen Mother Ashi Dorji Wangmo Wangchuck</p> <p>Secretary General – Chime P. Wangdi 02-329333, di@gmail.com</p> <p>Senior Programme Officer- Roseleen Gurung roseleengurung@gmail.com</p> <p>www.tarayanafoundation.org</p>
<p>The Disabled Persons Association of Bhutan (DPAB) (Registered on 26/11/2010)</p>	<p>Executive Director- Sonam Wangmo sowenmo@gmail.com</p> <p>Treasurer - Sonam Deki sdeki12@gmail.com</p> <p>www.dpab.org.bt</p>
<p>Bhutan Animal Rescue and Care (Registered on 14/06/2013)</p>	<p>Executive Director –Kinlay Gyaltsen bhutananimalrescue@gmail.com</p>

<p>LHAK-SAM (Registered on 26/11/2010)</p>	<p>Executive Director –Wangda Dorji 02-340878, wangdadorji1@gmail.com</p> <p>Programme Officer – Tsheltrim Dema tsheltrimdema@gmail.com</p> <p>www.lhaksam.org.bt</p>
<p>Royal Society for Senior Citizens (Registered on 21/02/2011)</p>	<p>Chairman – Dasho Karma Dorji 02-333213</p> <p>Programme Officer –Phendey Zangmo zphendey@gmail.com</p>
<p>Royal Textile Academy (RTA) (Registered on 13/06/2011)</p>	<p>Chairperson- Her Majesty the Queen Mother Ashi Sangay Choden Wangchuck</p> <p>Executive Director – Rinzin O Dorji 02-335117, zukijuno@gmail.com</p> <p>Programme officer- Rinzin Dema rinzeedt@gmail.com</p> <p>www.royaltextileacademy.org</p>
<p>Menjong Foundation (Registered on 10/11/2011)</p>	<p>Chairperson – Chenchod Dorji chenchodorji82@yahoo.com</p> <p>Executive Director – Tshering Tshomo tsheringmatsho@yahoo.com</p> <p>Treasurer- Mindu Tshering 02-337627, shaminduet@gmail.com</p> <p>www.menjongfoundation.org.bt</p>
<p>Ability Bhutan Society (ABS) (Registered on 10/11/2011)</p>	<p>Royal Patron – Her Majesty the Queen Ashi Jetsun Pema Wangchuck</p> <p>Executive Director – Beda Giri 02-340747, absbhutan@gmail.com</p> <p>Programme Officer –Thuji absbhutan@gmail.com</p> <p>www.absbhutan.org</p>
<p>Chithuen Phendhey Association (Registered on 29/11/2011)</p>	<p>Executive Director/Programme Coordinator – Tshewang Tenzin 02-333111, ttenzin86@gmail.com</p> <p>Programme officer- Dawa Penjor dawap46@gmail.com</p> <p>www.cpabhutan.com</p>

<p>Lho Mon Society (Registered on 07/02/2012)</p>	<p>Founder/Director – Dzongsar Jamyang Khyentse Norbu 08-271408, khyentse@mac.com</p> <p>Director – Tashi Tobgay yana@druknet.bt / office@lhomon.bt</p> <p>www.lhomon.bt</p>
<p>SAARC Business Association for Home Based Workers (SABAH) (Registered on 02/04/2012)</p>	<p>Project Manager/Executive Director – Yuden Dorji yuden.sabah@gmail.com</p> <p>Production Manager- Sonam Choden sonam.c.sabah@gmail.com</p> <p>www.sabahbt.org</p>
<p>Music of Bhutan Research Centre (MBRC) (Registered on 02/04/2012)</p>	<p>Chief Executive Officer– Sonam Dorji 02-333824, somdomusic@yahoo.co.in</p> <p>Programme Officer – Tshering Penjor penjortshering777@yahoo.com</p> <p>www.musicofbhutan.org</p>
<p>Rural Education Foundation (Registered on 05/04/2012)</p>	<p>Executive Director – Karwang Yohzin ruralbhutan@gmail.com</p> <p>Programme officer- Rinchen Pem 02-345678, programbhutan@gmail.com</p> <p>www.refbhutan.org</p>
<p>Construction Association of Bhutan (Registered on 30/04/2012)</p>	<p>General Secretary –Rinzin Namgyal 02-324421, caboffice123@gmail.com</p> <p>Administrative Officer- Sonam Rinzin</p> <p>www.cab.org.bt</p>
<p>Bhutan Center for Nature Conservation (Registered on 30/04/2012)</p>	<p>Executive Director –Sonam Chokie 02- 326284, sonamchokie@gmail.com</p>
<p>Bhutan Kidney Foundation (BKF) (Registered on 15/08/2012)</p>	<p>Chairperson – Dasho Yeshey Lhendup yesheylhendup@hotmail.com</p> <p>Executive Director – Tashi Namgay tashinamgay1@gmail.com</p> <p>www.bhutankidneyfoundation.org</p>

<p>GNH Centre Bhutan (Registered on 18/10/2012)</p>	<p>President – Her Royal Highness Ashi Kezang Choden Wangchuck</p> <p>Executive Director – Dr. Saamdu Chhetri 02-326357, gnh.centre@gmail.com</p> <p>Administrative Officer – Sherub Choki 02-322354</p> <p>www.gnhbhutan.org</p>
<p>Youth Media Centre (YMC) (Registered on 17/04/2013)</p>	<p>Executive Director – Pema Dorji 02-340753, pemaa.mstudio@gmail.com</p> <p>Programme officer- Nim Daw nimdawymc@gmail.com</p> <p>www.youthmediacenter.org</p>
<p>Jangsa Animal Saving Trust (Registered on 18/06/2013)</p>	<p>Chairman – Lama Kunzang Dorjee</p> <p>Focal Person- Sonam Norzin jangsamember@gmail.com</p> <p>www.animalsavingtrust.org</p>
<p>Keshet Foundation of Bhutan (Registered on 07/11/2013)</p>	<p>President –Sonam Wangmo 02-323270, soenamongmo@gmail.com</p>
<p>Jangtrul Community Service Association (Registered on 10/12/2013)</p>	<p>President –Jangtrul Yangsed Rinpoche memyselfandjangtrul@yahoo.com</p> <p>Secretary–Mr. Karma Yonten</p>
<p>Ogyen Choling Foundation (Registered 20/01/2014)</p>	<p>Kunzang Choden 02-323355, kcrjakar@druknet.bt</p>
<p>Royal Society for Protection and Care of Animals (Registered 20/01/2014)</p>	<p>Royal Patron – Her Majesty the Queen Ashi Tshering Yangdon Wangchuck</p> <p>Executive Director- Tashi Payden Tshering 02- 333147, tashipayden@gmail.com</p> <p>President - Tenzin Dhendup 02-324281, t_dhendup@moa.gov.bt</p>

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Handwriting practice lines consisting of 20 horizontal dotted lines.



Report Your Story!

As the fourth estate of democracy, the media are required to inform the public on what's going on in the nation, act as a 'watchdog' that oversees the activity of the government, and, importantly, to give every citizen a voice.

If you have a story that you think is going unreported or an opinion that you would like to share, you should inform the media!

Find the news outlet that reaches your voice.

BUSINESS BHUTAN

Bhutan's first business oriented news paper, Business Bhutan was launched on September 26, 2009. The paper mainly focuses on business and financial stories. It is a weekly paper published every Saturday.

Post Box No: 1190
Thimphu, Bhutan
Tel: 339904/339905, Fax: 339882
E-mail: editor@business.bt
www.businessbhutan.bt

BHUTAN OBSERVER

Bhutan Observer is Bhutan's first private bilingual newspaper launched on June 2, 2006. It is a weekly newspaper published every Friday. With nation-wide circulation, it covers a wide range of issues from across the country.

Post Box No: 1112
Thimphu, Bhutan
Tel: 334891, Fax: 327981
www.bhutanobserver.bt

BHUTAN TIMES

Bhutan Times was launched on April 30, 2006. With a blend of national, regional and international news, it covers wide range of news and issues. It is a public company owned by 289 shareholders and promoters. It is a weekly paper published every Sunday.

Post Box No: 1365
Thimphu, Bhutan
Tel: 975-02-335006, Fax: 975-02-328451
E-mail: btimes@druknet.bt
www.bhutantimes.bt

BHUTAN TODAY

Bhutan Today was launched on October 30, 2008. The paper provides the widest possible coverage on all issues confronting the nation. It is bi-weekly paper published every Thursday and Sunday.

Post Box No: 1532
Thimphu, Bhutan
Tel: 336806/4, Fax: 336805
E-mail: btoday1@gmail.com
www.bhutantoday.bt

KUENSEL

Kuensel, Bhutan's first national newspaper was founded in 1965 as an internal government bulletin. In 1986 it was reformatted and published weekly as Bhutan's only newspaper by the government. Later in 1992, a royal edict de-linked Kuensel from the government and made it an autonomous corporation to allow for the professional growth of the media. From a weekly paper Kuensel went daily in April 2009. It covers wide range of issues and is published from Monday to Saturday.

Post Box No: 204
Thimphu, Bhutan
Tel: 324688/322488/322134, Fax: 322975/326638
E-mail: editor@kuensel.com.bt
www.kuenselonline.com

THE BHUTANESE

The Bhutanese was launched on the February 21, 2012. The paper's focus is on bold and investigative stories that expose wrong doings and improve accountability. With the objective to improve systems through brave, intelligent and responsible journalism, it covers Bhutanese politics, economics and social environment. It is a bi-weekly paper published every Wednesday and Saturday.

Post Box No: 529
Thimphu: Bhutan
Tel: 335605, Fax: 335593
E-mail: bhutanesenewspaper@gmail.com
www.thebhutanese.bt

THE JOURNALIST

The Journalist was launched on December 20, 2009. It covers wide range of general issues. It is a weekly newspaper published every Sunday.

Post Box No: 1336
Thimphu, Bhutan
Tel: 327540, Fax: 321680
E-mail: markjournalist@gmail.com

TELEVISION - BHUTAN BROADCASTING SERVICE (BBS)

BBS Television was launched on 2 June 1999. It is the only television channel that caters local news and programmes in Bhutan and is available in more than 40 Asian countries.

Post Box No 101
Thimphu, Bhutan
Tel: 323071, Fax: 323072
www.bbs.bt

RADIO - KUZOO FM

Kuzoo FM is the second biggest radio station in Bhutan that was established on September 28, 2006. It is a forum where youth can enjoy music and express their views, opinions, and share their experiences. Kuzoo FM is one of the first project under the 'People's Project' coordinated by His Majesty's Secretariat. It covers a wide range of issues, news, information, entertainment and educational programs in Dzongkha and English and airs 24 hours daily.

Post Box No: 419
Thimphu, Bhutan
Tel: 335264,
Fax: 335263
www.kuzoo.net

Letter to the Editor Template

Before writing the letter, do some homework. Research the issue you want to talk about, and check facts and information.

Dear [Editor]:

State who you are, and your reason for writing. Explain the issues first, and then explain how they relate to you personally.

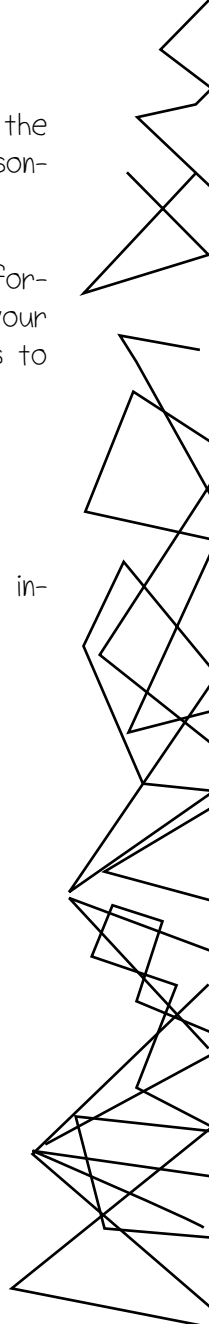
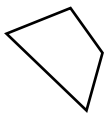
Establish your credibility by referencing resources and information related to the topic, and then tie the issues to your own life. Keep it interesting, human, and brief. Most letters to the editor are 200 words or less.

Anything longer usually warrants an op-ed.

Finish with a call to action. Offer some community resources, and include specific ways for people to get involved. Sign off with a positive, strong statement.

Sincerely, or Respectfully Submitted,

[Signature]



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You've got a choice

Use Your Voice!



“If you care, you will dare” Report Corruption!

“The rise in corruption in Bhutan is a challenge we face. How big the challenge is will depend on how soon and how strongly we decide to oppose it. There is no room for corruption – it is simple as that. Not now, and not in the future.”

- His Majesty the King Jigme Khesar Namgyel Wangchuck

Corruption occurs when somebody abuses his/her position for personal gain. Often, this behavior negatively affects the public at-large. When we talk about “position”, we mean someone who has been trusted with the authority or responsibility to perform a duty.

For example, we have certain expectations of our teachers: to educate our students, to treat all students fairly, and to inspire them to learn. If a teacher were to give a student high marks simply because the student was a relative, would that be “treating all students fairly”? Not likely; in this case, a teacher is favoring the student not because of the students’ ability, but because of who the student is – a relative. This is not fair to the other students who may have studied harder than the other student.

Likewise, we trust our politicians and elected officials to be honest, to work hard, and to act in our best interests. But we are all human, however, and sometimes they make mistakes and act selfishly. Think for yourself: Are your politicians using public funds – money collected from taxpayers and generous donors – in the interest of the people or in the interest of themselves or specific groups?

Here are some examples of political corruption – the use of power by government officials for personal gain:

- **Bribery:** Payment given to a government official in exchange for power. Example: A drug smuggler giving payment to a police officer so that they may cross the border from India into Bhutan.
- **Electoral Fraud:** Interfering with the process of an election. Example: Increasing the vote share of the favored candidate so that they will win the election.
- **Nepotism:** Favoring relatives or personal friends. Example: When people in authority promote relatives to high-ranking positions without considering whether they deserve this.

Corruption damages our trust in the system and is not fair for people following the sacred law of the land. Every citizen is encouraged to report corruption to the Anti-Corruption Commission (ACC) responsibly and in the larger national interest. Your identity will be protected with absolute confidentiality. You can report corruption:

online by filing a report at the Anti-Corruption

Website: www.acc.org.bt

By phone (334863)



Transparency and Accountability

“Transparency” is a word that is heard increasingly in Bhutan’s system of governance. The word refers to the ability of citizens to “see” and understand the workings of government. Access to information is the means by which we achieve “transparency; hence Bhutan’s legislature has been discussing a draft Right to Information Act, whose principal function is to ensure that the government provides all the information that is necessary to enable citizens to make decisions and to understand how the system of governance works.

“Accountability” refers to people’s ability to take action when public officials The means of achieving accountability include some of the most basic processes of democratic government, starting with the election of people who will hold public office.

How government ensure transparency and accountability:

There are numerous ways in which the government shares information to be “transparent” in their operations and decision-making. The Prime Minister of Bhutan provides an annual State of the Nation report to the country, the Parliament deliberates on the budgets for development projects, and the annual audits of government, civil society and other institutions are some of the measures to promote transparency and accountability.

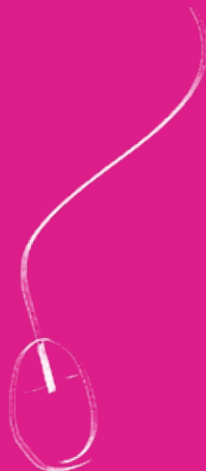
Journalism also plays a role in ensuring transparency and accountability. It has a watchdog role to hold people elected to office and the government accountable through investigative reporting. Media also provides the space for people’s concerns, voices, questions and feedback to be shared in the public domain.

Transparency is enhanced through access to information through the following means:

- Print and electronic media
- Public speeches
- Public meetings
- Through word of mouth
- Social media

Transparency is also assured in various ways through open legislative sessions (such as the broadcasting of Parliament sessions or when people are permitted to sit in on Parliament sessions), publications of formal proceedings, press conferences, public speeches, and open court proceedings.





Contact your Representatives



Contact Your Representatives



“Social accountability is not about demanding rights and my entitlements but it’s about creating the space for citizens to engage. Democracy means sovereign power in the hands of the people but it doesn’t mean anything if you don’t create the space, give the opportunity; build the capacity in the citizens”.

-Dasho Neten Zangmo, Chairperson of Anti Corruption Commission of Bhutan

In a democracy, when you vote a candidate into a position of power – be it a Member of Parliament (MP) , a Gup, or even a class captain – you vote for them to represent the larger interests of the people, including YOU. While these representatives are educated, and probably have good ideas and intentions, they cannot read your mind. As leaders, they have lots of work and even more people to please, so they can sometimes forget about an issue that is important to you and your community.

Rather than complaining and not doing anything, why don’t you take the time to contact your leader by writing a letter or even meeting them in person? Tell them about what issues matter to you, why, and bring your ideas for how they can change the current situation.

National Council Members

Sl. No	Names	Dzongkhag	Office Nos
1	H.E (Dr) Sonam Kinga	Tashigang	336616
2	Dasho Tshering Dorji	Haa	337157
3	Dasho Karma Y. Raydi	Eminent Member	339948
4	Dasho Kuenlay Tshering	Eminent Member	339945
5	Dasho Karma D. Nidup	Eminent Member	339951
6	Dasho Tashi Wangmo	Eminent Member	339932
7	Dashi Tashi Wangyel	Eminent Member	339931

8	Dasho Nima	Bumthang	339947
9	Dasho Pema Tenzin	Chhukha	339939
10	Dasho Sonam Dorji	Dagana	339936
11	Dasho Sangay Khandu	Gasa	339941
12	Dasho Tempa Dorji	Lhuentse	339928
13	Dasho Sonam Wangchuk	Mongar	339942
14	Dasho Kaka Tshering	Paro	339934
15	Dasho Jigme Rinzin	Pemagatshel	339949
16	Dasho Rinzin Dorji	Punakha	339930
17	Dasho Jigme Wangchuk	S/Jongkhar	339943
18	Dasho Sangay Khandu	Samtse	339937
19	Dasho Dhan Bdr. Mongar	Sarpang	339952
20	Dasho Nima Gyeltshen	Thimphu	339929
21	Dasho Tashi Phuntshok	T/Yangtse	339935
22	Dasho Tharchen	Trongsa	339950
23	Dasho Karma Bdr. Gurung	Tsirang	339940
24	Dasho Tashi Dorji	Wangdue	339946
25	Dasho Pema Drakpa	Zhemgang	339938

National Assembly Members (+975-2-322729/322793)

Sl. No	Name	Constituency	Ext. No
1	Hon. Khandu Wangchuk	Lamgong-Wangcha	2030
2	Hon. Wangdi Norbu	Bartsham-Shongphu	2031
3	Hon. Karma Rangdol	Gangzur-Minjay	2033
4	Hon. Nidup Zangpo	Nubji-Tangsibji	2001
5	Hon. Kinga Tshering	North Thimphu	2029
6	Hon. Choida Jamtsho	Nganglam	2026
7	Hon. Yeshey Zimba	South Thimphu	2021
8	Hon. Zanglay Drukpa	Khar-Yurung	2022
9	Hon. Dorji Wangdi	Pangbang	2008
10	Hon. Dupthob	Bumdeling-Jamkhar	2007
11	Hon. Rinzin Jamtsho	Khenkhar-Weringla	2009
12	Hon. Jigme Wangchuk	Radhi-Sakteng	2023
13	Dawa Gyaltsen	Bongo-Chapcha	2003
14	Rinzin Dorji	Phuentsholing	2001
15	Hon. Ugyen Wangdi	Drametse-Ngatshang	2027
16	Hon. Dophu Dukpa	Kabji-Talo	2024

17	Hon. Kuenga	Nyosho-Sephu	2025
18	Hon. Karma Tenzin	Wamrong	2015
19	Hon. Sonam Dondup Dorjee	Khamdang-Ramjar	2014
20	Madhan Kumar Chhetri	Ugyentse-Yoeseltse	2019
21	Hon. Tek Bdr. Subba	Dophuchen-Tading	2018
22	Hon. Kezang Wangmo	Doga-Shaba	2017
23	Hon. Lekey Dorji	Bardo-Trong	2016
24	Hon. Ritu Raj Chhetri	Tashichhoeling	2020
25	Hon. Tshewang Jurmi	Chumey-Ura	2032
26	Hon. Karma Dorji	Drujegang-Tseza	2006
27	Hon. Yogesh Tamang	Kilkhorthang -Mendrelgang	2034
28	Hon. Novin Darlami	Sergithang-Tsirangtoe	2012
29	Hon. Gopal Gurung	Gelephu	2011
30	Hon. Pema Dukpa	Khamed-Lunana	2013
31	Hon. Kinley Om	Bjii-Kartsho-Uesu	2005
32	Hon. Pelzang Wangchuk	Jomotsangkha-Martshala	2028
33	Karma Drupchu	Secretariat Staff	2010
34	Kencho Dema		3001/9
35	Namgay Pem		
36	Tashi Dorji		
37	Lobzang Dorji		
38	Tenzin Deki		



Students go for a field visit at Greener Way to learn about waste management and recycling. Community Mapping workshop, July 2013.

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Engage Online

“In a healthy democracy, citizens must be able to express themselves – individually and collectively. Facebook has provided a platform to do so. We can protest, rally, picket and demonstrate online.”

-Prime Minister Tshering Tobgay



Today, an increasing number of Bhutanese are beginning to use social media. As more Bhutanese blog and go on popular social networking sites like Facebook and Twitter, the channel of communication and social interaction becomes more fluid, impersonal and real-time. But social media is not just for socializing with friends; it can also be used as a space for sharing your views, advocating for causes, and creating positive change!

THE INTERNET'S IMPACT IN BHUTAN

182,338 INTERNET USERS

**76,360
FACEBOOK
USERS**



**5,000
TWITTER
USERS**



LUDE LOGO

Reference: *The Bhutanese* (newspaper), 2012

Social Media Guidelines

Here are some simple rules on how you can use social media to responsibly voice your opinions and help to create a world you can be proud of while inspiring others to do the same.

1. **Think before you post or text.** A bad reputation could be just a click away. Before you press the 'post' button, imagine the last person in the world that you would want seeing what you post – Ama? Your teacher? What if His Majesty saw it?
2. **What comes around goes around.** If you want your privacy respected, respect others' privacy. Posting an embarrassing photo of forwarding a friend's private text without asking can cause unintended hurt or damage to others.
3. **Spread a good heart, not a wounded one.** If you wouldn't say it in person, don't say it online. Stand up for those who are bullied or harassed, and let them know that you're there for them. In other countries, online bullying can lead victims to lose self-confidence, depression, and even suicide.
4. **Give credit where it's due.** We're all proud of what we create. Illegal downloading, digital cheating, and cutting and pasting other people's stuff may be easy, but that doesn't make it right. You have the responsibility to respect other people's creative work and the right to have your own work respected.
5. **Make this a world you want to live in – spread the good stuff.** Share articles that inspire you; debate on issues your friends raise; post a story or an article on your blog; and enjoy the most democratic space in the world in the most democratic way possible!

Also beware of social media sites that profess to be news sites. They often contain unstated biases (i.e. supporting one party over another), and the information on these blogs and others sites have not been verified or fact checked. Many of the social media sites that emerged during elections contained defamatory comments despite attempts to monitor and block such sites.

The Election Commission appoints a media arbitrator whose task it is to monitor social media use during elections to ensure objectivity and fairness, and to deal with complaints.

There is also a 48 hour black-out period for social media use just before the general elections during which Bhutanese social media users should not make any comments on the upcoming elections or candidates.

The image features a solid orange background. In the center, the word "Organise" is written in a white, serif font with a thin black outline. Surrounding the text are four interlocking puzzle pieces, also in white with a thin black outline. The pieces are positioned in the corners: top-left, top-right, bottom-left, and bottom-right, creating a frame around the central text.

Organise

“There is a higher responsibility – not written in any legal document, but instead enshrined in humanity and history – a natural responsibility and duty that we all must shoulder equally, irrespective of who we are. Of paramount importance to the strength of a nation is the ability of her people to live as one united family – a community in which interaction is marked by trust, understanding, and cooperation.”

- His Majesty the King Jigme Khesar Namgyel Wangchuck

Often, when there's a problem, we want somebody else to do something. But we all are somebody! Get together with friends to make a difference. By combining your collective talents and passions, you can:

Awareness campaigns: Conduct an awareness campaign on an issue that you care about. For example, recycling, the harmful effects of drinking, or the high rate of domestic violence.

Persuade elected leaders to take action: Power comes in numbers! If you want your local government to repair a road, provide more facilities, or enact a policy, let them know. It is their job to serve you and to listen to your concerns.

Start a community dialogue or forum: Community Dialogues are a great way to bring people together to address and solve problems. Host a public discussion at a school or community center.



Youth Community Mapping for Change

From July 1-11, 2013, 20 youth from high schools and colleges across the country came together to “map” 5 communities in Thimphu: Changzamtog, Changjiji, Changidaphu, Motithang, and Hong Kong Market.

For 5 days, the groups explored communities with cameras, recorders and surveys and assessed the conditions the residents lived in: from safety, to youth engagement opportunities, to spiritual facilities. Through in-depth interviews, observation, and research, the participants developed empathy with the challenges faced by residents. At the same time, however, they discovered the strengths that kept the community intact: the inspiring individuals working for positive change and the organizations that strove to improve conditions.

The whole process of mapping opened young people’s eyes to the urgency of the need to respond to the community-based challenges they witnessed. It empowered them to see, also, the possibilities of making interventions now before conditions worsened.

“This workshop has taught me more about my responsibilities towards my community and my country. I’ve to discover our potential as a team to bring positive change!”- *Lilly Yangchen, Luntenzampa Middle Secondary School.*

You can see some of the findings of the workshop digitally mapped on the website: www.thimphuspaces.crowdmap.com



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What do you
care about?

How do I Determine What I Care About?

Although we don't hear these stories every day, there are so many people in Bhutan who are taking personal initiative to improve their communities. We acknowledge their efforts and applaud them as we continue to encourage all citizens to take action in bringing about change. Can you think of someone or some group that has done something positive to make a difference? Think about what people care about and what is being done to address issues we care about?



Civil Society Supports Kidney Patients - Bhutan Kidney Foundation

The Bhutan Kidney Foundation (BKF) formally registered as a civil society organisation in 2012. The Foundation has been an advocate for improving the health conditions of people, in particular, sensitising the public on non-communicable diseases that lead to kidney failures. BKF works to improve health services for kidney patients.

The foundation's director, Tashi Namgay, was diagnosed with chronic kidney failure at the age of 21 in 2005. Fortunately a family member was able to voluntarily donate a kidney and he received a successful kidney transplant. Inspired by his experiences, he resigned from his government job to commit himself to helping those who struggle with similar illnesses like him. He informally started the Kidney Transplant and Dialysis Support Group and began counseling kidney patients and advocating for a healthy life style.

The foundation has donated basic amenities like groceries, clothing and room heaters to needy kidney patients and others at a patient guest house of the National Referral Hospital. The organisation also fundraises for the treatment of kidney patients.

Reaching Rural Students with Media Literacy- Sherubtse Media Society (SMS)

Whenever people talk about 'media,' the first thing that come to their minds is 'news.' Media is not news alone, it goes beyond that. SMS was established to promote media literacy



and critical thinking. The society was formed in 2011 and works to spread these ideas through their activities that include a student newspaper and podcasting.

As a part of their mandate, SMS has taken to sharing media literacy with their local community. Members have visited 8 schools in eastern Bhutan; each time interacting, sharing and inspiring students and teachers in these schools. The society continues its service towards a vibrant democracy by running a media club in Sherubtse College with members participating in workshops, presentations and through its monthly newsletter publication called 'The Tower.'

The Tower is a bi-monthly publication that features students' voice and stories from in and around the college. SMS members have shared youth concerns and issues through videos and podcast stories, thus amplifying youth voice in Bhutan's evolving democracy. .

Promoting Women's Participation- KCD Productions

The representation of women in politics is a major challenge for Bhutan's democracy. This is gaining increasing attention as women make up less than 7% of the parliament following the 2013 elections, which saw fewer women return to elected office. Women elected to local office such as the role of the gup is also low – at about 6%. But there's been increasing attention placed on creating more opportunity for women in political representation.

BNEW – the Bhutan Network for Empowering Women is an organisation that supports the training of women to strengthen skills and networking opportunities and to encourage more women to take part in politics. Leadership training workshops have been conducted in several regions across Bhutan, and BNEW continues to empower women in Bhutan to become leaders.

Another keen advocate for women in leadership is a film-maker, Kesang Chuki Dorjee, whose documentaries address social issues of women and children in Bhutan. She specializes in educational, awareness building advocacy material with a special focus on women and children.



Her most recent films focus on the importance of greater women's participation in leadership roles, including a documentary that imagines a woman as a prime minister - entitled 'La, Aum Lyonchen'.

Her film comes along with an educational resource book on 'Bhutan's First Women Leaders' tracing the stories of the women leaders elected from Bhutan's first historic elections at the Parliamentary Elections in 2008 and women leaders in local government.

BEFORE



A Small Contribution to the Community- Tsaenkhar Gewog, Lhuntse.

Although far from all the urban centres, this gewog has displayed a strong sense of community and tremendous co-operation amongst the residents to help one another. Such is the story of a sight impaired old lady and her malnourished son. Ugyen Wangmo and her son Karma Chimmi lived in a small make-shift hut with one single room, without any basic amenities struggled to make ends meet. Their lives improved quickly after a simple initiative undertaken by a local gewog administration officer, Kencho Tshering in 2012. The 'Helping Hand Project' brought the community together to build a new home for the family with an attached toilet, a kitchen, water supply and electricity.

AFTER



The community forest department under Autsho chiwog provided logs, local contractors provided CGI sheets, planks, cement and other materials, the villagers along with the local government and the gewog administration contributed their service.

Today, Ugyen Wangmo and her son live a better life and are also kidu recipients from His Majesty the King. "We cannot achieve Gross National Happiness (GNH) by being happy ourselves," Kencho says, "We can only achieve GNH by uplifting the lives of individuals in the community to bring them to the same level as we are." Kencho hopes to continue his project where ever he gets posted in the future.

Ways that Young People Change the World

- As voices against injustice or issues that need our attention
- As promoters of environmental and social awareness
- As trainers, mentors, coaches, and tutors
- As artists, musicians, and actors
- As organisers of petitions and campaigns
- As entrepreneurs creating businesses and jobs
- As volunteers and fundraisers for charity
- As conscious consumers
- As responsible users of natural resources

What do I care about?

Thinking back to your reflections on the things you would like to change or improve in the world, what stands out as most important to you? What issues are you passionate about? What would motivate you to act?

Take a moment to create a list of issues that are important to you. It is important to identify the issues that interest you most because they will help to guide your approach to change.

It could look something like this:

Climate change

Culture & identity

Youth violence

Substance abuse

Mental health

Educational technology

Women's rights

Now create a list of your own:





Get Informed

Develop your knowledge and expertise by getting informed about the issues that concern you. This will allow you to be more effective and have a greater impact as you carry out the changes you want to see take place. Based on the issues you identified...

Ask yourself

What more can I learn about the issues that concern me?

Develop a set of questions that you want to answer. Here's some you might want to use:

- What makes this issue unique and important to address?
- Who is most affected by the issue and why?
- How does this issue differ locally, nationally, and globally?
- What different approaches have been taken to understand and tackle this issue?
- What groups are currently working on addressing this issue?



International Days of Recognition



Did you know...the United Nations has many internationally recognized days, including:

February 21 International Mother Language Day

March 8 UN Day for Women's Rights and International Peace

March 21 International Day for the Elimination of Racial Discrimination

March 22 World Day of Water

April 7 World Health Day

April 22 Earth Day

May 3 World Press Freedom Day

May 17 World Telecommunications Day

May 21 World Day of Cultural Diversity for Dialogue and Development

May 22 International Day for Biological Diversity

May 31 World No Tobacco Day

June 4 International Day of Innocent Children Victims of Aggression

June 5 World Environment Day

June 17 World Day to Combat Desertification and Drought

June 20 World Refugee Day

June 26 International Day against Drug Abuse and Illicit Trafficking

June 26 International Day in Support of Victims of Torture

July 11 World Population Day

August 9 International Day of the World's Indigenous People

August 12 International Youth Day

August 23 International Day for the Remembrance of the Slave Trade and Its Abolition

September 8 International Literacy Day

September 15 International Democracy Day

September 16 International Day for the Preservation of the Ozone Layer

September 21 International Day of Peace

October 10 World Mental Health Day

October 16 World Food Day

October 17 International Day for the Eradication of Poverty

November 16 International Day for Tolerance

November 20 Universal Children's Day

November 25 International Day for the Elimination of Violence against Women

December 1 World AIDS Day

December 2 International Day for the Abolition of Slavery

December 3 International Day of Disabled Persons

December 5 International Volunteer Day for Economic and Social Development

December 10 Human Rights Day

December 18 International Migrants Day

Lead Your Project to Success

Identifying your skills and characteristics will help you lead your project with success. Start by understanding your own strengths and needs, and then consider how creating a team could help to better achieve your goals. Helping your team members identify and leverage their own strengths and talents for the project is an important part of leadership. It is also important to ensure that all those involved are able to share in the vision of what you are trying to achieve.

Can you think of someone who shows strong leadership? What makes that person a good leader?

How else would you know that it can work without trying?

Reflect on the following leadership characteristics. Circle the characteristics that most apply to your personality and abilities and add any that you think are missing.



Develop a Team

Teamwork involves having a group of people who work together towards a common goal, with a shared sense of purpose.

It is important to realize that everyone in the project can lead in different ways – and each member of the team can set personal improvement goals.

Have an open discussion with your team to allow each person to share some of the characteristics that they would like to develop and improve upon on both an individual and group level.

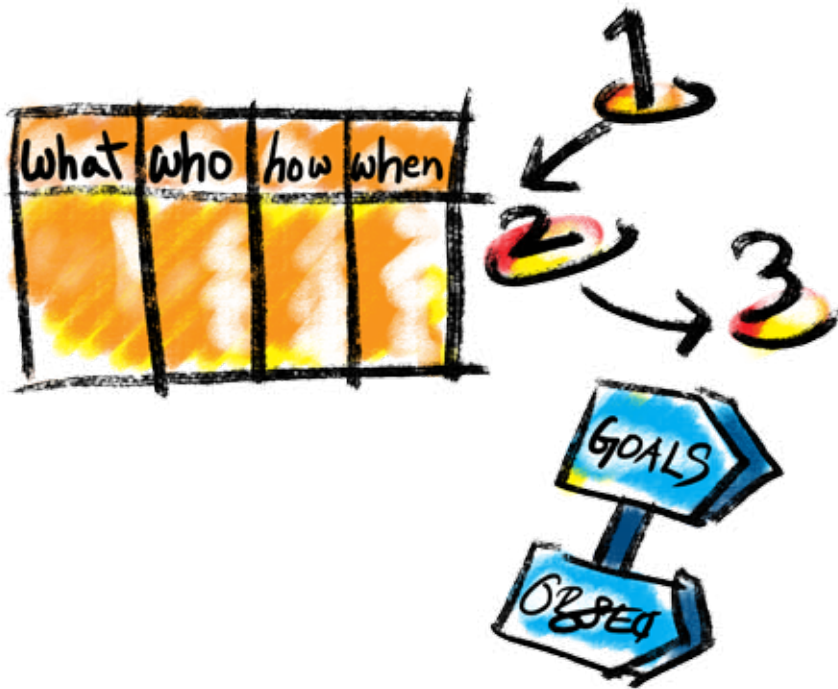
All team members can also fill out a chart, similar to the one below, in order to identify the ways in which each person can best contribute to the project. First discuss this in your group and then fill in the chart. You will find that each member of your team brings a unique set of skills and experiences to the table. This is good! It makes for a stronger team, and will ultimately help you to reach your project goals and objectives.

Name	Things I like to do	Words that describe me	My skills	What I like about this project

Develop Your Personal (or Group) Action Plan

Everyday we make decisions that have an impact. How we treat other people, what we buy and the resources we use all have an effect. It is essential to set goals and always work towards them in order to ensure your impact is a positive one.

Every great action begins with a single step. As you begin your action planning, the best place to start is with yourself and personal actions that you can take.



Handwriting practice lines consisting of 25 horizontal dotted lines.

Handwriting practice lines consisting of multiple horizontal dotted lines for tracing and writing practice.

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