







Girls in ICT Day Nepal 2025 – Overview of training programmes

Following the successful launch of **Girls in ICT Day Nepal 2025**, ITU in collaboration with the Nepal Telecom Authority (NTA), organized three focused training programs. These programmes aimed to empower girls and young women—especially from marginalized communities—with employable digital skills and the confidence to excel in the rapidly evolving digital world.

These training sessions took place at the following locations and dates:

1. **One-Day Coding Challenge**
 2–3 July 2025
 Venue - Palm International, Milan Chowk, Butwal and Saunrai Square, Uttar Mukhe Marg, Dhangadhi
2. **Inclusive ICT Workshop for Girls with Disabilities**
 10 July 2025
 Venue - Allice Reception, Subarna Shamsher Marg, Gairidhara, Kathmandu and Saiman Party Palace and Hotel Pvt. Ltd., Srijanachowk-8, Pokhara
3. **Skill Building in Emerging Technologies**
 23–25 July 2025
 Venue— Kaushik Event Venue, Birendranagar-8, Surkhet and Royal resort, Bhadra Tole, Itahari

Inclusive ICT Workshop for Girls with Disabilities: 10th July 2025, Kathmandu and Pokhara, Nepal

The Inclusive ICT Workshop for Girls with Disabilities was a pioneering initiative aimed at promoting digital empowerment and inclusion for girls with disabilities in Nepal. Organized concurrently in Kathmandu and Pokhara on July 10, 2025, the workshop was part of a broader effort to foster equal access to Information and Communication Technologies (ICT) for marginalized groups, particularly young women with disabilities.

Despite the growing importance of digital skills in today's knowledge-based economy, many girls with disabilities continued to face systemic barriers that limited their access to technology and digital education. This workshop sought to address those challenges by equipping participants with foundational ICT knowledge, introducing assistive technologies, and providing a platform for learning, collaboration, and self-expression.

Designed to be interactive and inclusive, the workshop focused on practical skills such as digital storytelling, cyber safety, and the use of accessibility tools. It also aimed to raise awareness about the digital divide and the transformative potential of technology in improving educational and employment opportunities for individuals with disabilities.

By bringing together participants, trainers, and advocates in a supportive environment, the event also helped foster a sense of community and belonging—essential components in building a more inclusive digital future.

Objectives:

1. Empower girls with disabilities by providing them with essential ICT skills and knowledge.
2. Raise awareness about the importance of assistive technologies and accessibility tools.
3. Promote digital inclusion by bridging the digital divide for girls with disabilities.
4. Develop foundational skills in coding, digital storytelling, and cyber safety.
5. Create opportunities for participants to network and share experiences.

Outcomes:

1. Participants gained a basic understanding of ICT and its applications in education and employment.

2. Participants became more aware of the digital divide and the importance of accessibility tools.
3. Participants had hands-on experience with assistive technologies and basic coding exercises.
4. Through digital storytelling, participants learned to express themselves creatively using multimedia tools.
5. Participants understood safe Internet practices and the importance of digital citizenship.
6. Connections among participants were enhanced, fostering a supportive community.

Participation Information:

Young women between the ages between 18-24 were participated in the event through in-person attendance.

Admission to this event was by invitations only.

Inclusive ICT Workshop for Girls with Disabilities: 10th July 2025 at Alice Reception, Subarna Shamsher Marg, Gairidhara Kathmandu, Nepal and Saiman Party Palace and Hotel Pvt. Ltd, Srijanachowk-8, Pokhara, Nepal

Program Agenda

Day 1: Thursday 10 July 2025

Venue: Alice Reception, Subarna Shamsher Marg, Gairidhara, Kathmandu, Nepal and Saiman Party Palace and Hotel Pvt. Ltd, Srijanachowk-8, Pokhara, Nepal

Morning session: 9h00 - 13h00

Welcome and Introduction

- Participants register and receive workshop materials.
- Welcome address by the organizers.
- Ice breaker activity - Interactive games to help participants get to know each other.

Bridging the Digital Divide: ICT for Empowerment and Accessibility

- Introduction to ICT and its importance
- Overview of ICT and its role in education and employment.
- Discussion on the digital divide and how it affects girls with disabilities
- Assistive Technologies and accessibility tools
- Demonstration of various assistive technologies.
- Hands-on session with accessibility tools like screen readers, speech-to-text software, etc.
- Navigation and Mobility Tool using google map, ride sharing app

Lunch Break

Afternoon Session: 14h00-17h00

Empowering Independence: Digital Wallets & Mobile Banking Essentials

- Digital Wallet and Mobile banking
 - Digital storytelling
 - o Workshop on creating digital stories using multimedia tools.
 - o Participants create their own digital stories.
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Safe and Smart: Navigating the Online World Responsibly

- Cyber Safety
 - o Discussion on safe Internet practices.
 - o Activities on understanding digital footprints and online privacy.
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Closing Reflections: Sharing, Feedback, and Connection

- Summary of the day's activities.
- Participants provide feedback on the workshop.
- Open Floor for questions