

Second cross-Regional Learning Visit: HKH-Arctic Youth Leadership Forum Exchange

Day 1 – ICIMOD HQ

Monday, 1 June

Theme: Orientation, youth leadership, and global climate processes

Time	Session	Action & Output	Lead
09:00 -09:30	Arrival & Check-in	Cohort member check-in, distribution of program packs, informal networking, coffee/tea (for youth group only)	Bhawana
09:30 - 10:00	Welcome to ICIMOD (<i>Open to ICIMOD All</i>)	Opening remarks and introduction to ICIMOD’s work in the HKH region. Skills developed: institutional awareness and understanding of regional collaboration structures.	ICIMOD leadership, Internal Youth Committee Facilitator: Karen
10:00 - 11:00	HKH–Arctic Youth Cohort Introduction & Dialogue (<i>Open to ICIMOD All</i>)	Introduction to ICIMOD's HKH–Arctic Youth Leadership Forum and interactive introduction of cohort members through guiding prompts such as where they come from, what climate challenge motivates them, and what change they hope to see by 2030. Moderated dialogue exploring: • What does youth leadership mean in respective regions? • What barriers do youth face in climate governance? • How can cross-regional	Karen

		<p>cooperation strengthen youth influence?</p> <p>Objective: facilitate cross-regional exchange of youth perspectives, establish a shared understanding of youth priorities across the HKH and Arctic regions, and introduce ICIMOD staff to the HKH-Arctic Youth Leadership Forum and its members.</p> <p>Skills developed: public speaking, articulating regional perspectives, cross-regional communication, and communicating youth climate priorities.</p>	
11:00 - 11:15	Tea Break for youth cohort		
11:15 - 12:00	Youth Project Presentations	<p>Participants present updates on the status and progress of their youth-led projects (approx. 5 minutes per group; ~7 groups), followed by questions from the audience.</p> <p>Objective: share progress and foster peer learning, setting the stage for group work in the following days.</p> <p>Skills developed: public speaking, active listening, leadership accountability, and peer exchange.</p>	HKH-Arctic Youth Leadership Forum members
12:00 -12:45	Lunch for youth group only		
12:45 - 14:30	UNFCCC Processes & Youth Engagement Training	Introduction to UNFCCC processes and negotiation structures, including an interactive simulation or advocacy exercise.	Prady / Kunzang

		<p>Objective: build participants' understanding of international climate governance and equip youth with foundational knowledge for engagement within global climate processes.</p> <p>Skills developed: policy literacy, negotiation awareness, climate diplomacy basics, and advocacy strategies.</p>	
14:30 - 15:00	Reflection & Key Takeaways	<p>Facilitated group reflection identifying key insights from the UNFCCC session and discussing entry points for youth engagement in climate policy processes.</p> <p>Objective: consolidate learning and connect global climate governance to participants' own work and initiatives.</p> <p>Skills developed: critical reflection and collaborative dialogue.</p>	Prady
15:15 - 16:00	Travel to Boudha Stupa	Transport from ICIMOD HQ to Boudhanath	Bhawana
16:00 - 17:30	Cultural Visit – Boudha (external funding for ticket cost)	<p>Visit to Boudha Stupa, introducing participants to Kathmandu's cultural and spiritual landscape.</p> <p>Objective: provide cultural immersion and contextual</p>	Ramesh / Karen, Bhawana on transportation logistics

		<p>understanding of the local environment and heritage.</p> <p>Skills developed: intercultural awareness and place-based learning.</p>	
19:00 – 21:00	Welcome Dinner <i>(Tentative: Vivanta)</i>	Small group dinner (Cohort + core team)	

Day 2 – ICIMOD HQ

Tuesday, 2 June

Theme: Intergenerational dialogue and youth project development

Time	Session	Action & Output	Lead
09:15-09:30	Recap & Agenda Overview	<p>Brief recap of Day 1 highlights and overview of objectives for Day 2.</p> <p>Objective: reconnect participants to key insights from the previous day and set expectations for the day’s sessions.</p> <p>Skills developed: reflective thinking and synthesis of learning.</p>	Prady
09:30-10:00	Coffee/Arrival Break	<p>Informal coffee/tea break allowing additional participants and ICIMOD staff to arrive before the intergenerational session begins.</p>	Bhawana
10:00-10:15	Welcome <i>(for external participants)</i>	Welcome remarks and brief introduction to the session,	DG/DDG

		<p>orienting external participants to the HKH-Arctic Youth Leadership Forum Champions and highlighting the importance of intergenerational dialogue in addressing climate and environmental challenges/triple planetary crisis</p>	
<p>10:15-12:00</p>	<p>Intergenerational Session and Dialogue (<i>Open to ICIMOD All + external participants</i>)</p>	<p>Intergenerational dialogue session examining the generational gap in climate leadership. The session to include a panel discussion that considers how the energy, perspectives, and innovation of youth relate to the deep experience, institutional knowledge, and long-term perspectives of senior practitioners. By bringing together participants from different generations in a shared conversation, the session actively creates space for dialogue and exchange across age groups, helping to narrow the generational divide. The discussion will explore how these different forms of knowledge and leadership can interact and complement one another, and how stronger intergenerational collaboration can help address some of today's complex global challenges, including the triple planetary crises.</p>	<p>Karen</p>

		<p>Objective: examine the intergenerational gap that exists while creating space for meaningful dialogue between youth leaders and senior experts, helping to narrow the generational divide and strengthen collaborative responses to climate and environmental challenges.</p> <p>Skills developed: intergenerational dialogue, communicating perspectives across generations, collaborative problem-solving, and confidence in contributing to multi-generational leadership discussions</p>	
12:00 - 12:45	Lunch (cohort group only)		
12:45-15:00	Youth Project Group Work (tea/coffee available during session)	Group work to refine and consolidate youth-led projects, identifying opportunities to align their work and present a more cohesive set of outcomes for the HKH-Arctic Youth Leadership Forum. Groups will explore how their individual initiatives can complement one another, adjust project approaches where needed, and begin shaping how the collective work of the cohort can be communicated as a unified effort. Participants will also engage with the communications team to consider how their work	Karen/Prady/Comms team

		<p>can be effectively documented and presented.</p> <p>Objective: strengthen and align youth-led projects while developing a coherent narrative and shared outputs for the HKH-Arctic Youth Leadership Forum.</p> <p>Skills developed: collaborative planning, project refinement, strategic thinking, teamwork, and communicating project ideas and outcomes.</p>	
15:00-16:30	<p>HKH-Arctic Youth Leadership Forum Organized Activities <i>(Open to ICIMOD All, Internal Youth Committee encouraged to join)</i></p>	<p>HKH-Arctic Youth Leadership Forum member-led session demonstrating alternative approaches for teaching climate change concepts through creative and participatory learning methods. Through movement, teamwork, and experiential learning, ICIMOD staff will learn engaging approaches for communicating climate science concepts in ways that help key ideas resonate and remain memorable, using hands-on activities that engage multiple senses and collaborative learning:</p> <p>Greenhouse Game Activity, illustrating how solar energy interacts with the Earth's atmosphere and how greenhouse gases trap heat.</p>	Aisha Akram + others

		<p>Sinking Island Activity, a simulation demonstrating the impacts of sea-level rise on communities and adaptation strategies.</p> <p>Objective: demonstrate creative approaches for climate education and communication and share youth-led methods for engaging diverse audiences in climate learning.</p> <p>Skills developed: experiential climate communication, creative facilitation techniques, multisensory teaching methods, and engaging audiences through interactive climate education.</p>	
Evening	Optional Social Gathering	Optional social gathering at Watering Hole (self-pay)	Bhawana

Day 3 – ICIMOD & Living Mountain Lab (LML)

Wednesday, 3 June

Theme: Mountain innovation and inclusive leadership

Time	Session	Action & Output	Lead
08:30-09:00	Travel to Living Mountain Lab	Transport from hotel to the Living Mountain Lab site	Bhawana

09:00 - 9:30	Welcome & Coffee/Tea	Arrival at LML, welcome remarks and introduction to the Living Mountain Lab	LML team
09:30 - 11:30	HKH-Arctic Youth Cohort Introduction & Dialogue <i>(Open to ICIMOD All)</i>	Educational tour and hands-on learning experience showcasing innovative approaches, technologies, and research addressing mountain ecosystem challenges. Objective: capacity-building through exposure to practical mountain innovation, sustainability initiatives, and applied climate solutions. Skills developed: systems thinking, understanding of mountain ecosystems, and exposure to applied climate innovation.	LML team
11:30- 12:30	Creative Media Capture	Participants document their learning through short interviews, photo stories, and video reflections with support from the communications team. Objective: generate creative content highlighting ICIMOD's work, youth engagement, and innovation in the HKH region for visibility and external communications. Skills developed: storytelling, science communication, and digital content creation.	Comms team
12:30 - 13:00	Lunch for youth group only		
13:00 - 16:30	GESI Training <i>(Half-Day Capacity-</i>	Gender Equality and Social Inclusion training with applied exercises exploring inclusive leadership and equitable climate solutions.	Chhaya

	<i>Building Session)</i>	<p>Objective: strengthen participants' understanding of GESI principles and build capacity to integrate inclusive approaches into youth leadership and climate initiatives.</p> <p>Skills developed: inclusive leadership, equity-centered program design, and application of GESI principles in climate work.</p>	
16:30 - 17:00		<p>Group reflection and dialogue on key insights from the day.</p> <p>Objective: reflect on lessons from the Living Mountain Lab and GESI training and discuss how innovation and inclusive leadership approaches can inform youth-led climate action.</p> <p>Skills developed: critical reflection, cross-cultural dialogue, and collaborative learning.</p>	Chhaya
17:00- 17:30	Travel Back to Hotel	Transportation back to Kathmandu	Bhawana