

# THE POKHARA PROJECT



HELP BUILD A FUTURE. GIVE FREEDOM TODAY.





# A Life-Changing Venture

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Nestled in the foothills of the Himalayas lies the city of Pokhara, home to thousands of hard working people. But beneath the surface of this bustling, metropolitan area lies a hidden story—a darker side. One in which women and children carry the mental and physical scars left behind by human trafficking.

Our established Field Partner, 3 Angels Nepal, is working on the frontlines of this trafficking hotspot, rescuing and rehabilitating these women and children.

**The Pokhara Project is a sustainable building development designed to increase the capacity and impact of their established anti-human trafficking work.**

It will include a self-funding school, women's safe haven, vulnerable children's homes, a community medical centre and vocational training facilities, all designed to bring new life and hope back into the lives of those who have been trafficked or are at risk of trafficking.

Construction of the new facilities will begin once funding targets have been reached—and your generosity will take us a critical step towards achieving this important goal.



# Imagine a World

Imagine a world where children are snatched from their homes or sold by their parents—left to fend for themselves and vulnerable to the criminal gangs who make false promises to trap their innocent souls.

Imagine a world where women are enticed into marriage, only to find themselves enslaved in the sex industry where violence and blackmail are used to prevent their escape.

It is almost impossible to imagine, yet this is the unthinkable reality for millions of people worldwide. Women, men, and children—exploited for profit. The scenarios look different based on a person's geography, sex, age, and physical abilities, but the result is always the same—a loss of freedom, a life of slavery.

**Globally, there are nearly 50 million<sup>1</sup> people living as modern day slaves—this equates to twice the Australian population.**



<sup>1</sup>Source: <https://ilo.org>

<sup>2</sup>Source: [cdn.walkfree.org](https://cdn.walkfree.org) Global Slavery Index 2018

## What is Human Trafficking?

Human trafficking feeds modern slavery.

It is the recruitment, movement and exploitation of people for profit, and is fuelled by poverty and instability.

As a person's desperation to survive in a world of increasing unrest and insecurity increases, so does their vulnerability to the tricks and schemes of human trafficking.

In Nepal there were an estimated 97,000<sup>2</sup> victims of modern slavery in 2021.

Girls and women from rural areas with limited economic opportunities are most vulnerable to the tricks of traffickers, and the 1700km open border between Nepal and India means more people are being trafficked out of Pokhara than ever before.





# Untold Story

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*[Content trigger warning: child exploitation, trafficking and sexual abuse]*

Tika's\* story is a tale of two halves—one of unthinkable heartbreak, abuse and loss—and another filled with love and hope.

Before the tender age of 10 she had been exposed to domestic violence, child labour, homelessness, sexual abuse and human trafficking. She was forced to endure unspeakable hardship and her story makes for uncomfortable reading, but we urge you to hear her voice.

It all started when her father began drinking. There was a time before this when Tika was happy, when her parents laughed and her four sisters had a carefree childhood. But with the alcohol came violence, debt and deprivation.

Her parents would get so drunk the girls were forced to fend for themselves, and in the evenings they would cower in the shadows as the arguments grew more and more physical, or their father would pick which daughter to abuse.

When Tika was seven years old he walked out, leaving behind a large debt and a family struggling to survive. Her mother sold everything they owned to try and feed her girls, and sent Tika to live with an uncle in the hope he could offer her a better life, but he just made her work long hours looking after the animals and doing housework.

In desperation her mum turned to prostitution in a bid to survive.

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And it wasn't just her own body she exploited for profit—shockingly she took Tika's older sister to the hotels and forced her too into a life of sex work.

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It was a year before Tika returned to live with her mum and sisters in a bus shelter of a busy town. By the age of nine she had been forced even further into child labour, sieving sand from the river and carrying it to building sites, where she was paid just five cents a bucket. On other days she begged for money or stole food offerings from temples—anything to get food for her two younger sisters, aged just six and four.

Tika will never forget the day her mother drove up to the bus shelter and snatched away her two younger sisters—girls she had cared for like they were her own. The youngster was grief stricken.

She later discovered her six-year-old sister was sold to a hotel to pay the \$160 drinking debt her father had accrued. Here she was forced to wash dishes, clean the rooms,



work in the kitchen and was sexually abused by the guests. Her four-year-old sister was sold for \$270—money her father used to pay for his continuing alcohol addiction. She has not been seen since.

Utterly alone and completely afraid, Tika walked the streets in a daze. She found herself at the hotel where her older sister was working as a prostitute, and was about to be sold into a life of slavery when she was rescued by 3 Angels Nepal.

Tika was just 10 years old when she arrived at the women’s safe haven. Her trauma was so extreme she barely spoke or ate. It took years before the depression and suicidal thoughts lifted and Tika was able to go to school, where she took pride in the fact she never dropped below second in her class for any subject.

The past still haunts her, but she is using her experiences to shape the future for other trafficked women. The 22 year old is now working as an assistant manager, studying at law school, and supporting two of her sisters and two nieces. On completion of her studies she hopes to give legal advice to other women.

**“I can help women like me have a dignified, safe, life free from trafficking,” she said.**

*\* Name changed and representational image used to protect Tika’s identity*





# 3 Angels Nepal

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Our Field Partner, 3 Angels Nepal, is a reputable non-governmental organisation (NGO) working on the frontline of human trafficking. Since its founding in 2006, they have rescued or intercepted the trafficking of over 60,000 people. They are a well-respected organisation that fights trafficking at all levels through rescues, rehabilitation and education.

With your support, The Pokhara Project will build their capacity and impact. It will enable them to continue supporting trafficked women and children, while educating the community about the methods traffickers use.

**“The Pokhara Project is what we need. It’s our dream. It will ensure our future and sustainability in our fight against human trafficking.”**

— Rajendra Gautam  
Founder and CEO of 3 Angels Nepal







# THE POKHARA PROJECT






The Pokhara Project is a sustainable building development designed to increase the capacity and impact of established anti-human trafficking work in Nepal.

Nestled on the banks of the Seti River lie nine acres of land purchased by Give Freedom to provide a future home for 3 Angels Nepal. Our collective vision is to transform these fields into foundations of hope by building an earthquake-proof, environmentally sustainable centre.

It will include a women's safe haven, community medical centre, a self-funding school, vocational training facilities and vulnerable children's homes.

There will be clean drinking water, safe toilet facilities and 24 hour security. It will be a place for those rescued from trafficking to begin healing from the deep trauma of their past.

The Pokhara Project and its land is not owned by any individual entity and is legally protected to be used indefinitely for its intended purpose. This means, should 3 Angels Nepal cease as a charity or should The Pokhara Project be taken on by a new charity, the facility can only be utilised for education—such as schooling, vocational training, awareness programs—and all the buildings used for their original, intended purpose.

-  Education
-  Sustainability
-  Children
-  Women
-  Health
-  Protection
-  Water & Sanitation



## Built to Last

The Pokhara Project addresses the direct need for 3 Angels Nepal to own their own home and become sustainable.

For years they have run their rescue and restoration programs from poorly built, rented buildings which require costly maintenance, particularly after the damaging monsoon rains. These buildings have become outdated and outgrown, meaning 3 Angels Nepal continue to be reliant on the generosity of donors to keep them going. While they remain in these buildings, their dreams of self-sufficiency remain just that—dreams.

So, The Pokhara Project has been engineered to fit this brief. It will use the best, most cost-effective materials available, be able to withstand earthquakes and intense weather conditions, and boast energy saving eco-credentials.

*Dotted lines represent future expansion of the development site to accommodate the predicted growth of 3 Angels Nepal. Solid lines will be constructed as part of The Pokhara Project.*









# What the Experts are Saying

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The Non-Governmental Organisations (NGO) Federation serves as a national umbrella organisation, uniting and representing all NGOs operating in Nepal.

3 Angels Nepal has been a member of our organisation for a long time. Since the implementation of their projects, women taken from rural parts of Nepal—under the pretext of a job opportunity—have decreased in number due to 3 Angels Nepal raising awareness. The rescued women are provided with life skills that have made them self-sufficient, empowering them to reclaim their lives with dignity.

3 Angels Nepal has played an important role in changing the lives of marginalised people all over Nepal. They offer hope to the vulnerable, empower communities, and fight for a more just and equitable society. Their holistic approach and dedication serve as a model for others, inspiring positive change throughout Pokhara and beyond.

The Pokhara Project is crucial for both 3 Angels Nepal and the Pokhara community. The project provides 3 Angels Nepal with a permanent and self-sustaining infrastructure that allows them to expand their services and reach a wider range of individuals in need. Having dedicated facilities streamlines their operations, allowing them to work more efficiently and maximise their impact in the community.

For the Pokhara community, The Pokhara Project establishes a one-stop centre offering a range of crucial services—education, healthcare, skills development, and safe havens for vulnerable individuals. This holistic approach addresses diverse needs within the community, contributing to their overall wellbeing. The vocational training facilities equip individuals with marketable skills, increasing employability for members of the Pokhara community and for different individuals from all over Nepal.

The Pokhara Project represents a significant step forward for both 3 Angels Nepal and the Pokhara community. It offers a sustainable foundation for the organisation's work while providing much-needed services and fostering long-term development for the community it serves.

Dr. Buddhi Bahadur Thapa

**President, NGO Federation of Nepal Kaski.**



JOHN SANDAY ASSOCIATES

Every social evil relies on the awareness of any community. The less aware and educated [a community], the higher the probability of social imbalance and crimes.

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3 Angels Nepal is actively fighting against human trafficking and The Pokhara Project will be a strong foundation for rendering education to the community - it will make a huge difference in [expanding] the services 3 Angels Nepal provides.

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The eventual beneficiaries will be the women and children in their care. The presence of a school will be a [sure] path to awareness among the children and ultimately among society.

A good education is undoubtedly the foundation for a better future and The Pokhara Project will give women and children a once-in-a-lifetime opportunity.

SHUDHIR SHRESTHA



True North Architects was engaged by Give Freedom to assist with master planning the Pokhara Project for 3 Angels Nepal. Considerable consultation with 3 Angels Nepal and Give Freedom was required to establish the nuts and bolts of the brief.

From visiting the cramped conditions in the existing school facilities, it was obvious that space was a primary need, but so too was thermal comfort. Another obvious need for the project was low maintenance materials to reduce the cost burden to the school. Due to the nature of the school, security was also a high priority. Reinforced concrete will be used for the post and beam structural frame, primarily for seismic reasons but also because it is the most entrenched and endemic method of construction, and therefore the most cost effective.

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The Pokhara Project will deliver a self-sustaining vehicle that reduces maintenance and running costs, and allows 3 Angels Nepal to invest their time and funds into the core purpose of caring for and educating the students.

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Locally supplied bricks will be employed for external and internal walls. The local clay used to produce these are a beautiful ochre colour and being locally produced, are cost effective. Both brickwork and concrete are dense materials and therefore have a high thermal mass, which allows them to act like a thermal battery and absorb and reradiate heat. When utilised properly through passive solar techniques, these materials will help maintain comfortable conditions for the teachers and students all year round.

ANGUS CROWE



The Pokhara Project will be built above the banks of the Seti River.



# Education

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Imagine a world where children are free to learn, where they can go to school everyday, where an education gives them hope.

Education provides choices—it can break the cycle of poverty which in turn helps to reduce inequality.

The new 3 Angels Nepal school campus will be a safe place for children to learn, upskill and play—a place where they will gain the skills and knowledge they need to thrive.

Classrooms will create space for hundreds of children, from preschool to Year 12, to attend lessons six days a week. Students will be a mix of previously trafficked children, those at risk of being trafficked, and fee-paying children from the surrounding community.

The intentional blend of backgrounds will help break down damaging caste barriers, bringing children together as friends, and help create a generation free from prejudice and discrimination.



## **United Nations Sustainable Development Goal 4: Quality Education**

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.





## What's Included:

- ✓ Cafeteria
- ✓ Playgrounds
- ✓ Sports facilities
- ✓ Food tech
- ✓ Hospitality
- ✓ Science labs
- ✓ Library
- ✓ Art studios
- ✓ Music rooms
- ✓ Indoor and rooftop classrooms



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One child, one teacher, one  
book and one pen can  
change the world.

Malala Yousafzai



# Sustainability

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Imagine a world where the future is certain, where children don't fear natural disasters and where resources are used wisely.

To be resilient, people need the capacity to persist, adapt and transform in the face of change. The Pokhara Project will enable 3 Angels Nepal to do these things and achieve their long-term goal of becoming sustainable and fully self-sufficient.

Architects have purposefully planned the buildings and infrastructure to ensure their longevity using earthquake-proof engineering and passive solar principles.

High quality, cost-effective building materials will maintain the structural integrity long into the future and the project will be locally managed and maintained.

All these factors mean 3 Angels Nepal will be the owner of this project now and for generations to come.



**United Nations Sustainable Development Goal 11: Sustainable Cities and Communities**

Make cities and human settlements inclusive, safe, resilient and sustainable.



## What's Included:

- ✓ Earthquake-proof engineering
- ✓ Passive solar principles
- ✓ High quality building materials
- ✓ Locally managed and maintained
- ✓ Self-sufficiency for our Field Partner



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The real power belongs  
to the people.

Greta Thunberg



# Children

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Imagine a world where children are safe and loved, where they are free to laugh and play with friends.

Every child deserves a place to call home. A place to live, grow and thrive.

The Pokhara Project will include the construction of new vulnerable children's homes for girls and boys who have been rescued from trafficking, or who need protection from high-risk situations.

Overseen by qualified carers, the homes will be a refuge where children can form lifelong friendships, gain a sense of belonging—and have the freedom to simply be kids, free from the threat of trafficking.

They will provide a place where they can nurture their curiosity through formal schooling and grow healthy and strong with holistic health support.



**United Nations Sustainable Development Goals: Each goal is crucial for creating a bright future for the world's children. A future where children survive, thrive and learn. Where they are protected from violence, live in a safe and clean environment and have a fair chance in life.**



## What's Included:

- ✓ A place to belong
- ✓ Education and empowerment
- ✓ Love and safety
- ✓ Holistic healthcare
- ✓ Counselling and mentoring
- ✓ Play and development opportunities
- ✓ Nutritious food
- ✓ Friendship and connection
- ✓ Access to formal schooling



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Children are the living messages we  
send to a time we will not see.

John F. Kennedy





# Women

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Imagine a world where women are safe. Where they are not exploited or abused, where they have the opportunity to learn and work.

The majority of human trafficking victims are young girls and women. Tricked or abducted, they are sold into prostitution, forced into marriage or to beg on the streets.

If they are rescued, many face the further challenge of stigma. The negative connotations attached to prostitution and the sex industry means they can be shunned by their family and friends. They are alone, with no support to rebuild their lives.

The Pokhara Project will include a new women's safe haven to provide trafficking survivors with critical healthcare, counselling, vocational training, and a strong supportive community as they begin the process of recovering from extreme trauma.

It will restore precious freedom to hundreds of women and empower them to live a life free from the predatory tactics of traffickers.



**United Nations Sustainable Development Goal 5: Gender Equality**

Achieve gender equality and empower all women and girls.



## What's Included:

- ✓ 24hr safety and security
- ✓ Counselling rooms
- ✓ Bakery (vocational training facility)
- ✓ Tailoring studio (vocational training facility)
- ✓ Hair and beauty studio (vocational training facility)
- ✓ Private gardens

A portrait of Michelle Obama, a Black woman with long dark hair, smiling warmly. She is wearing a green sari with white floral patterns over a shimmering gold top. The background is a blurred outdoor setting with a crowd of people.

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There is no limit to what we,  
as women, can accomplish.

Michelle Obama



# Health

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Imagine a world where people are healthy, where they have access to medicines and trained medical professionals if they get sick, where preventative measures give them a healthy start in life.

When women and children arrive at the haven and homes, they are frequently in a poor state of health. Many have been forced to live in dire conditions, with very little nutritional food to eat. This leaves them vulnerable to infections and disease.

Stigma attached to them as victims of sexual exploitation, compounds their healing as many doctors refuse to treat them. Delays in testing, diagnosis and treatment, have significant detrimental effects on these already vulnerable women and children.

With your help, the medical centre included in The Pokhara Project will address this need and restore the health of the women and children. It will also be a flexible community space where medics can run programs for the local community who currently have to travel hours to see a doctor.



**United Nations Sustainable Development Goal 3: Good Health and Well-being**

Ensure healthy lives and promote well-being for all at all ages.



## What's Included:

- Consultation rooms
- Basic medical testing
- Wound treatment
- Developmental health checks
- Sexual health clinics
- Alternative therapies
- Childhood vaccinations
- Preventative healthcare education



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The greatest wealth is health.

Virgil



# Protection

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Imagine a world where children sleep safely in their beds, where they can walk to school without the fear of capture, where women are not used as commodities in the global human trafficking industry.

Rescued women and children continue to face threats of violence and abduction even once inside the four walls of the haven and children's homes.

Their freedom to move around is restricted as traffickers watch over the homes and prey on their vulnerabilities.

The Pokhara Project addresses the need to protect all those working for and in the care of 3 Angels Nepal. There will be a dedicated guard house, staffed 24 hours a day to monitor the movements on and off the site. CCTV will be installed, along with a retaining perimeter wall, to keep those inside safe and to deter potential traffickers from entering.



## **United Nations Sustainable Development Goal 16: Peace, Justice and Strong Institutions**

Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels.



## What's Included:

- Guardhouse
- CCTV cameras
- Camera monitoring room
- Secure perimeter wall
- Barbed wire fencing
- Staff tracking systems





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We owe our children, the most vulnerable citizens in our society, a life free from violence and fear.

Nelson Mandela



# Water & Sanitation

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Imagine a world where the water is clean to drink and the toilets are safe to use.

Water scarcity is a significant challenge in Nepal—a challenge that sees many people unable to access clean water or travelling miles, often on foot, to find it.

Thankfully, the site on which The Pokhara Project is located comes with its own borehole, which, thanks to your help, will provide clean drinking water for the women and children.

There will also be clean, accessible toilet blocks and hand washing facilities in all the buildings, aimed at reducing waterborne diseases and improving health outcomes for all those on site.



**United Nations Sustainable Development Goal 6: Clean Water and Sanitation**

Ensure availability and sustainable management of water and sanitation for all.



## What's Included:

- Borehole construction
- Safe drinking water
- Clean toilet blocks
- Hand washing facilities
- Reduced waterborne diseases



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Water is life and clean water means health.

Audrey Hepburn



# Who We Are

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Thank you for taking the time to consider this unique and exciting partnership opportunity with us here at Give Freedom International.



Our vision is to see a world free from human trafficking, where every person is able to reach their potential. Human trafficking is a global crisis, an atrocity that demands our urgent attention, but together we can make a difference.



We partner with communities at risk of human trafficking to deliver life-changing and sustainable development projects. Right now, our sole partner is 3 Angels Nepal, a highly respected anti-human trafficking organisation located in Pokhara, Nepal.

With the support of generous partners like you, our current joint focus is The Pokhara Project.

By supporting us you will help equip our Field Partner with larger, centralised, low-maintenance facilities where they can provide holistic support to trafficking survivors and those at risk.



## International Development

International development refers to the collective efforts made by countries, organisations and individuals to improve the quality of life and enhance the socio-economic conditions of less-developed regions.

The Pokhara Project is a bold and ambitious international development partnership, our approach to which is based on a set of international development principles that have evolved and been adapted over the years by experts in the field.

Give Freedom believes long-term positive change comes from community-focused solutions borne through the local community identifying their needs and designing interventions to address these in a sustainable way.

We remain flexible to the dynamic, ever-changing nature of international development work and mindful of the differences in behaviours, attitudes and practices created by our diverse cultural orientations.



# How You Can Support Us

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Your generosity will give women and children a safe place to learn and thrive.

By choosing to fund The Pokhara Project you are giving freedom back to the stolen and making a significant and lasting impact on their lives. You can help by funding the project in its entirety or a specific area that appeals to you directly—find out more in the supporting booklets.

Your tax-deductible gift will be maximised by our 100% Giving Model, which guarantees that every dollar you give goes directly to the field. Our model is highly unique among Australian charities and is made possible by our generous Give Freedom Foundation members, who cover all operating costs, including fundraising and administration.









## Questions?

Our partnership managers are available to answer your questions and talk with you about this giving opportunity in more detail. You can contact them on **1300 081 190** or **[partners@givefreedom.org.au](mailto:partners@givefreedom.org.au)**

Thank you! Your generosity will make a significant and lasting impact in the lives of vulnerable children. You can give online now or contact our partnership managers for more ways to give. Simply call **1300 081 190** or email **[partners@givefreedom.org.au](mailto:partners@givefreedom.org.au)**



# GIVE FREEDOM

Free. Restore. Educate. Empower.