



SUSTAINABILITY



BUILD A SUSTAINABLE HOME FOR TRAFFICKED WOMEN AND CHILDREN.



A Sustainable Future

Thank you for considering this unique opportunity to give freedom by supporting the construction of The Pokhara Project.

Once complete, the new facilities will give 3 Angels Nepal the capacity to persist, adapt and transform in the face of change. It will not only give them resilience, but the tools needed to achieve their long-term goal of becoming sustainable and fully self-sufficient

Construction of the new earthquake-proof, sustainable facilities, which include a women's safe haven, vulnerable children's homes, a self-funding school and medical centre, will begin once funding targets have been reached—and your generosity will take us a critical step towards achieving this important goal.

“Sustainability, ensuring the future of life on Earth, is an infinite game, the endless expression of generosity on behalf of others.”

— Paul Hawken



The Cause

The move toward sustainability strategically positions 3 Angels Nepal to be fully self-sufficient in their life-changing work of freeing, restoring, educating and empowering rescued and at-risk women and children in Nepal.

Practically, this means addressing country and community specific factors that contribute to implementing sustainability principles well. At the top of the list for 3 Angels Nepal, is the **structural safety and integrity of their new facilities once The Pokhara Project is complete.**

As one of the most seismically active countries in the world, Nepal has experienced several devastating earthquakes of magnitudes exceeding 7.5. The most recent of these in 2015 left more than 8 million people homeless and caused 8790 deaths and nearly 22,300 injuries. It almost completely destroyed the country's health infrastructure.

Many homes and buildings in Nepal lack seismic-resistant materials and are built using stone and mud mortar, which leads to extensive damage or complete destruction when earthquakes hit. Repair or rebuilding is expensive.

Floods and landslides have also been frequent hazards over the past 40 years, with the number of flood events doubling in recent years due to global warming. Monsoon summers are predicted to get wetter, with up to a threefold increase in rainfall¹.

The Pokhara Project will negate these threats to lives and livelihoods by using high quality, cost-effective building materials and earthquake-proof engineering that will stand for generations to come.

Becoming sustainable for 3 Angels Nepal also means becoming **financially independent**—owning their purpose-built facilities and reducing running costs through smart engineering and architecture so that resources can go where they are most needed. It means generating an income in-house that will reduce their reliance on foreign dollars or phase it out all together—a sustainability principle that will eventually see 3 Angels Nepal stand on its own two feet well into the future.

No longer limited by natural disasters, the financial drain of repairing damaged buildings, or other external factors, 3 Angels Nepal will expand its **impact on the local**

¹Source: worldbank.org Country Climate and Development Report 2022

²Source: worldbank.org Sustainable Cities and Communities

³Source: unicef.org Nepal Multidimensional Poverty Index 2021 Report



community from a place of greater strength—caring for the most vulnerable citizens, and equipping and empowering them to become economically self-sufficient.

Part of what defines a community as sustainable is an ability to provide jobs for its member ².

Though great strides have been made to reduce poverty in Nepal, five million Nepalis are still considered multidimensionally poor, where factors such as lack of education and nutrition contribute to their scarcity³. In a patriarchal society, women and children risk losing the most—a loss of livelihood resulting in increased poverty.

The Pokhara Project will provide a high quality self-funded school to educate both rescued children and children from the community. It will host income-generating activities that will equip women to earn money for themselves and their families.

By enabling children to attend school and providing women with vocational training, 3 Angels Nepal are placing the tools to sustainably thrive—and to help others in the community do the same—firmly into their hands.



Only 11%

of Nepal school buildings
are earthquake resistant



80%

of the population is at risk from natural
and climate-induced hazards



10th

most climate affected
country in the world



Help Women Like Geeta

[Content trigger warning: physical and sexual violence]

Geeta hums softly while she sews. With every stitch, the young Nepali woman is reminded of how significantly her life has changed in just a few years—since she was rescued from trafficking along the India-Nepal border.

Today, bright sunlight streams through the doorway of her tailoring shop, casting a warm and welcoming glow over colourful silks and the smiling faces of women deftly working the machines.

Yet, not that long ago, Geeta's life had felt completely void of colour.

She had been trafficked, earmarked for prostitution, with little hope of ever regaining her freedom. Those days had been filled with crippling fear and anguish. It was the darkest time of her life.



I came back to my community with a strong will to do something to help others.

Geeta never would have imagined herself where she is now: surrounded by such beauty, empowerment and genuine friendship, sewing delicate fabrics into beautiful clothes for the Nepali community she knows and loves.

Geeta opened her tailoring shop after she was rescued from human trafficking by 3 Angels Nepal.



It was with pure relief that she travelled with 3 Angels Nepal staff back to Nepal, away from the terrifying future that had been laid out for her in India.

Geeta was given refuge at the women's safe haven, where she was taught new vocational skills like sewing, and supported to regain her freedom and confidence through holistic activities such as counselling.

And as her skills grew, Geeta made a decision: not only would she become a self-sufficient business owner, but she would help other vulnerable women in her community too.

"3 Angels Nepal gave me encouragement and hope that my life was not finished" says Geeta. "I could start a new life with the skills I had learned.

"I came back to my community with high morale and a strong will to do something to help others."

Geeta made good on her promise. She began offering training to local women who had previously worked in the sex industry.

The tailoring workshops she now runs gives vulnerable women a way to learn income-generating skills and become financially independent, so they can break free from prostitution.

"I am very excited to run this shop. Not only am I learning and earning, but I'm also teaching others and helping to make the whole community self-sustaining."

Sustainability is so much more than building resilience against climate-induced disasters such as flooding and extreme heat. It goes beyond finding a balance between human and ecological systems, and encompasses the social responsibility of self-sufficiency

Geeta's tailoring shop has become a beacon of hope and empowerment for many local women who, like her, grew up surrounded by poverty—and the very real threat of human trafficking

Geeta has become an inspiring role model in her community. An astute business owner and teacher, Geeta is also a proud mother who is passing on her life skills and wisdom to the next generation.

"I'm excited to earn a living, to teach others, and to raise my children as people who help others—just like I was helped by 3 Angels Nepal."

**Give Freedom received permission to use Geeta's name and image.*





Sustainability

Sustainable development meets the needs of the present without compromising the ability of future generations to meet their own needs. A sustainable society must be socially responsible, focusing on environmental protection and an equilibrium in human and natural systems.

In 2015, the leaders of all the United Nations Member States agreed to the 2030 Agenda for Sustainable Development—a set of universally applicable commitments to be achieved by 2030. It is a blueprint for peace and prosperity for people and the planet, now and into the future.

At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for global action. They recognise that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth.



Goal 11 is to **make cities and human settlements inclusive, safe, resilient and sustainable.**

At the core of our organisation is our belief in strong local partnerships and sustainability plays an important role in this. We strive to ensure our Field Partner's activities are both financially and environmentally sustainable—with an eye to long-term change.

With your help we will continue to empower our Field Partner to fight human trafficking through rescue, prevention and rehabilitation.





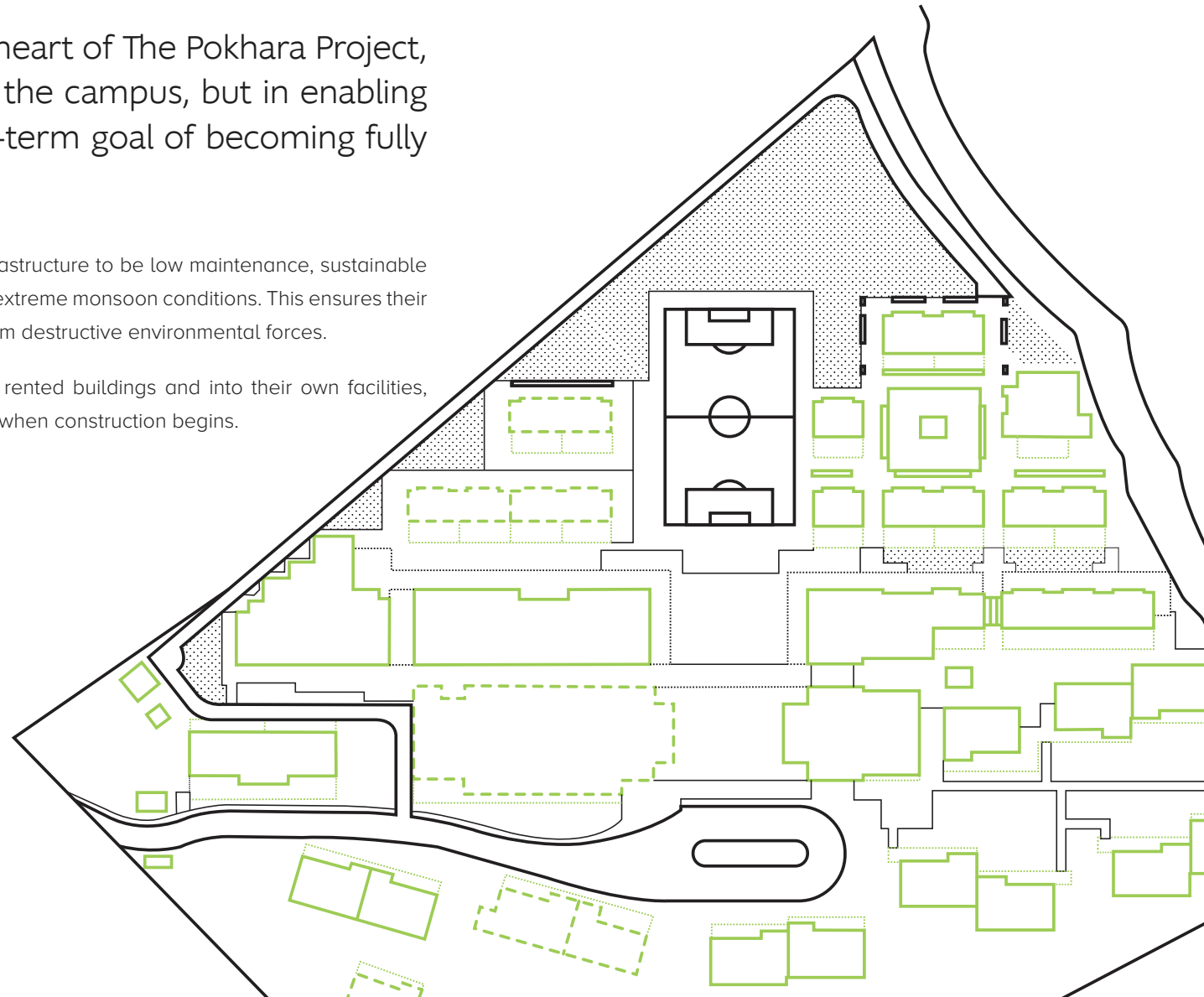


Sustainable Principles

Sustainability runs through the very heart of The Pokhara Project, not only in the design and layout of the campus, but in enabling 3 Angels Nepal to achieve their long-term goal of becoming fully self-sufficient.

Architects have purposefully planned the buildings and infrastructure to be low maintenance, sustainable and able to withstand Nepal's level 5 earthquake zone and extreme monsoon conditions. This ensures their longevity and the safety of resident women and children from destructive environmental forces.

Your support will enable us to get 3 Angels Nepal out of rented buildings and into their own facilities, while also employing local Nepali builders and contractors when construction begins.



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.



Earthquake-Proof Engineering

Earthquakes are one of the earth's most destructive forces. For buildings to withstand the horizontal pressures placed on them during a quake, they need reinforced foundations made from materials that can resist the stress and vibration of tremors. Materials like steel and wood are able to undergo large deformations and tension, and will be used in the foundations of buildings at The Pokhara Project.



Passive Solar Principles

The sun's energy is an incredible free resource that will be harnessed to heat and cool living spaces of the women's safe haven and vulnerable children's homes, and classrooms in the school. Architects have orientated and designed the buildings to include a large glass area through which sunlight will enter the buildings to warm them during the winter months. Roof overhangs shade this glass area during the summer to keep the living spaces cool.

At the school, there will be rooftop classrooms specially designed to allow outdoor learning in a space protected from the monsoon rains and shaded from the summer sun.



High Quality Building Materials

To ensure the longevity of all the buildings, and prevent the need for frequent repairs, The Pokhara Project will be built using high quality, cost-effective building materials. While these will be more expensive than traditional materials of mud mortar and stone, their quality will ensure the buildings' structural integrity long into the future.



Field Partner Self-Sufficiency

The Pokhara Project addresses the direct need for 3 Angels Nepal to own purpose-built facilities that holistically provide for them now and into the future. 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. Moving into their own buildings enables them to realise their dream of self-sufficiency.





From Our Field Partner

Our goal has always been to be self-sufficient, but for years this has felt like a distant dream.

When Sarah and I started 3 Angels Nepal we did so because of an urgent need. We knew about the tragedy of human trafficking in Nepal, but it wasn't until we visited a village and noticed there were no young girls that we were faced with the true extent of the problem. Tragically, we learnt they had all been taken by traffickers and sold into a life of prostitution.

We decided there and then that we had to make a difference even if it was just one child. We rescued an eight-year-old girl who was completely blind and soon our family grew to 14, all living in our tiny apartment.

We gave them a home, sent them to school and loved them like our own.

Over the years, Rajendra and Sarah Gautam have been responsible for rescuing thousands of women and children, and giving them a safe place to live. They have educated thousands of children in the 3 Angels Nepal school, which has made huge strides towards breaking down damaging caste barriers.

As they fight human trafficking on the front lines, they have developed programs that raise awareness to help Nepalis spot the signs of human trafficking. We will never know

how many people could have fallen prey to the tactics deployed by traffickers had it not been for these awareness campaigns.

A large portion of this work has been made possible thanks to the kindness of foreign donors—generous, invested individuals that Sarah and Rajendra are deeply grateful for.

But to be truly sustainable, 3 Angels Nepal needs to stand on its own two feet and be financially self-sufficient. Some of their programs generate a small profit and this money is invested back into the organisation. But the sheer scale of their operations mean they populate many rented buildings that are a drain on their resources.

In need of constant repair, these tired structures deplete their finances and push their dream of greater freedom and self-sufficiency out of reach

“Our goal is to be sustainable, to no longer rely on foreign dollars,” Rajendra says. “This will provide the stability that the community, and our women and children so desperately need.

“Children do not deserve hate, to be alone, to live in fear. They deserve the right to equality, love, safety and hope. The Pokhara Project gives us the chance to be the owners of our future and to become sustainable.”



Take Action

Your generosity today will give trafficked and at-risk women and children a sustainable future.

We invite you to consider funding The Pokhara Project's Sustainability objectives in their entirety or a specific area that appeals to you directly—find out more in the supporting proposals

Sustainability weaves its way throughout The Pokhara Project, a development that includes vulnerable children's homes, a women's safe haven, community medical centre, self-funding school and vocational training facilities.

So far, the land for the new facilities has been purchased, architectural designs are ready to go, and vital engineering works to stabilise the riverbank have been completed. Now we need to raise the funds required to complete the build.

We have carefully planned the most efficient and cost-effective approach to ensure the construction process achieves the best outcome for our Field Partner and their beneficiaries

The Pokhara Project will take time and resources to do well—and for good reason! This project will be built to last, providing care and education to vulnerable women and children for many, many generations to come. But the sooner we reach our funding goals, the sooner construction can begin.



Our Promise to You

Your generosity 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.

FAQs

Who has designed The Pokhara Project?

The design of The Pokhara Project has been a collaboration between Nepal-based company John Sanday Associates (JSA) and award-winning Australian architect Angus Crowe. John Sanday has had a long-standing involvement with the conservation and repair of Nepal's traditional and historic architecture as well as seismic engineering and maintenance projects.

Angus first came across JSA when he was living and working in Nepal, and it was here his passion for passive solar design and sustainability was fuelled. Both architects have worked closely with 3 Angels Nepal, listening to their needs and carefully crafting a sustainable design solution which will give trafficked and at-risk women and children a safe place to live well into the future.

How do the passive solar principles work?

Passive solar techniques capitalise on everything that nature provides for free. There will be deciduous vegetated screens to control light and therefore heat into the living spaces and classrooms.

The way the classrooms and living spaces in the women's safe haven and vulnerable children's homes have been designed ensures natural cross ventilation is achieved by scooping prevailing breezes through the spaces. Thermal buoyancy—the tendency of warm air to rise in cooler air—ensures the spaces purge heat at night during the hot monsoon summers. The building's thermal mass, which is its ability to absorb, store and release heat, is carefully controlled to be precluded from monsoon sun and exposed to winter sun penetration.

How are the buildings earthquake resistant?

Earthquakes are one of the earth's most destructive forces. For buildings to withstand the horizontal pressures placed on them during a quake, they need to have reinforced foundations made from materials that can resist the stress and vibration of tremors. Materials like steel and wood are able to undergo large deformations and tension, and will therefore be used in the foundations of buildings at The Pokhara Project.





A Life-Changing Venture

Sustainability is one of seven key international development objectives of The Pokhara Project—a sustainable building development designed to increase the capacity and impact of established anti-human trafficking work in Nepal.

This life-changing venture will also include vulnerable children's homes, a self-funding school and community medical centre, all designed to bring new life and hope back into the lives of those who have been trafficked.

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.

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



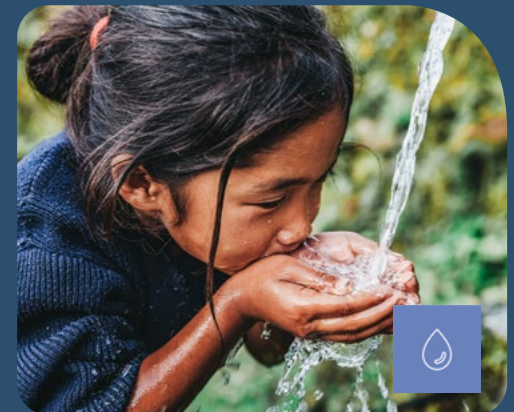
Health



Protection



Water &
Sanitation







Questions?

Our partnerships team is 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**

Thank you! Your generosity will make a significant and lasting impact in the lives of vulnerable and at-risk children. You can give online or contact our partnerships team for more ways to give.

Simply call **1300 081 190** or email **partners@givefreedom.org.au**



GIVE FREEDOM

Free. Restore. Educate. Empower.

