



WATER &
SANITATION



GIVE WOMEN AND CHILDREN ACCESS TO CLEAN WATER, SANITATION AND HYGIENE.



Clean Water, Sanitation and Hygiene Facilities

Thank you for considering this unique opportunity to give freedom by supporting the construction of new water, sanitation and hygiene (WASH) facilities in Pokhara, Nepal.

Once complete, they will provide trafficked women and children with access to life-changing facilities aimed at giving them the best start in life.

Construction of these facilities will begin once our funding target has been reached—and your generosity will take us a critical step towards achieving this important goal.

“We never know the worth of water until the well is dry.”

— Thomas Fuller, Historian



The Cause

Clean water, basic toilets and good hygiene practices are essential for survival. Without these basic necessities, the lives of millions of women and children in Nepal are at risk.

For children under five, water and sanitation related diseases are one of the leading causes of death. Every day, children die from preventable diseases caused by poor water, and a lack of sanitation and hygiene.

Despite making significant improvements, Nepal is a country grappling with issues concerning water, sanitation and hygiene (WASH). Here we look at the unique struggles faced by Nepali women and children in accessing clean water, adequate sanitation facilities, and proper hygiene practices.

Nepal's water resources are abundant, yet access to clean and safe water remains a challenge for many communities, particularly in rural and remote areas. Women and young girls are overwhelmingly responsible for household chores and water collection, and therefore bear the brunt of this crisis.

The burden of collecting water falls disproportionately on them, with 82% of Nepali women and girls responsible for this task¹ that results in long and arduous journeys

to distant water sources. This not only consumes considerable time but also exposes them to potential dangers, including harassment and threats.

Moreover, the lack of access to safe drinking water puts women and children at risk of waterborne diseases like cholera, diarrhoea, and typhoid, further exacerbating health issues and affecting their overall wellbeing.

Inadequate sanitation facilities pose another significant challenge. Access to clean and safe toilets is limited, especially in rural areas, forcing individuals to resort to open defecation. For women and girls this practice compromises their dignity, privacy and safety, making them vulnerable to harassment and violence. It also leads to the spread of diseases, particularly affecting children, who are more susceptible to infections due to their underdeveloped immune systems.

Promoting proper hygiene practices is vital for preventing the spread of diseases and improving overall health. However, many communities lack knowledge about essential hygiene practices like hand washing with soap.



Women and children frequently bear the brunt of this knowledge void, leading to preventable illnesses that could otherwise be mitigated through better education and access to hygiene facilities.

Alongside these challenges, there remain attitudes and beliefs about menstruation that continue to place restrictions on menstruating women and girls. During this time, women and girls are viewed as impure which stems from Hindu religious beliefs of menstrual blood as a source of pollution.

Chhaupadi, the name given to this extreme menstrual exile, forces women and girls to sleep in small huts or animal sheds during menstruation and immediately after childbirth. Other menstrual restrictions affect 89% of women and girls in Nepal² and include being prevented from using communal water taps to bathe or wash clothes and being banned from entering the kitchen or courtyard of their house.

By empowering women and children in Nepal with better WASH infrastructure, education and awareness, we can pave the way for a healthier, safer and more equitable society.

¹Source: <https://unicef.org>

²Source: <https://nepal.unfpa.org>



10.8 million

people in Nepal don't have access to improved sanitation



96%

of household water is contaminated with E.coli



7%

of households are connected to a sewer system

Help Children Like Raju

[Content trigger warning: child trafficking]

Raju* grew up in one of the most remote regions of Nepal. A picturesque, mountainous village with no running water or electricity, and limited education and healthcare facilities. Life was unforgiving and hard.

From his basic home, Raju would make a daily pilgrimage with his mother and siblings to collect water from a spring located 5km down the mountain. Each carrying a five-litre container, they would set off at 3am in a bid to be the first at the spring and draw the precious water from the ground. Any later and they risked the spring running dry, forcing them to collect dirty, contaminated river water instead.

Raju and his family would spend the rest of the day working in the fields and looking after the livestock, before having to repeat the same gruelling task the next day.

“ There was clean running water at the house, it was like I was in the royal family.”

In the monsoon season his family relied on the rainwater and trips to the spring were less frequent. And as he got older, piped water was pumped into a large tank in a neighbouring village, but this was still not enough to go around.



Waterborne diseases were rife in Raju's village. Most, if not all, the children suffered from diarrhoea, and damaging beliefs about not drinking water when you have dysentery only made them sicker.

At the age of nine, Raju, his brother and sister were rescued by 3 Angels Nepal. The remote region in which they lived had made them vulnerable to the tricks and false promises of traffickers.

When he arrived at the vulnerable children's home in Pokhara he was overwhelmed by the modernity and facilities available.

"Everything was clean and there was clean running water at the house, it was like I was in the royal family," he said.

Raju didn't speak Nepali when he arrived at the vulnerable children's home, his community favour a local dialect. He is now tri-lingual, speaking both Nepali and English on top of his native tongue, and works for 3 Angels Nepal raising awareness about human trafficking

Years after he was rescued from the remote village, Raju returned to help educate those still living there about human trafficking, only to discover the once peaceful village had already fallen victim to the sinister and cruel tricks of traffickers

The same natural spring he visited every day with the women of his village became the breeding ground for lies and false promises. He learnt that six young girls had been snatched away from their families. Their dreams were shattered, their innocence stolen.

"This is not just happening in my district, it's happening in many other areas," Raju explained.

"The spring is the one place far away from the village, it is the perfect place for traffickers to prey on girls and promise them a better life, a life where they don't have to collect water every day.

"Who doesn't want that? Who doesn't want a sophisticated life?"

**Name changed and representational image used to protect Raju's identity*





Water, Sanitation and Hygiene

A lack of access to water, sanitation and hygiene (WASH) facilities affects women and girls disproportionately. In addition to meeting women's needs around menstrual, sexual and reproductive health, WASH is also essential for their economic development.

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 6 is to **ensure availability and sustainable management of water and sanitation for all.**

It aims to improve water quality, end open defecation, increase water use efficiency as well as protect and restore water-related ecosystems.

By choosing to partner with us today you will be contributing towards this vital global goal and empowering vulnerable women and children to reach their full potential.







The Facilities

Running through the core of the entire Pokhara Project will be state-of-the-art water, sanitation and hygiene facilities for the women, children and staff to use.

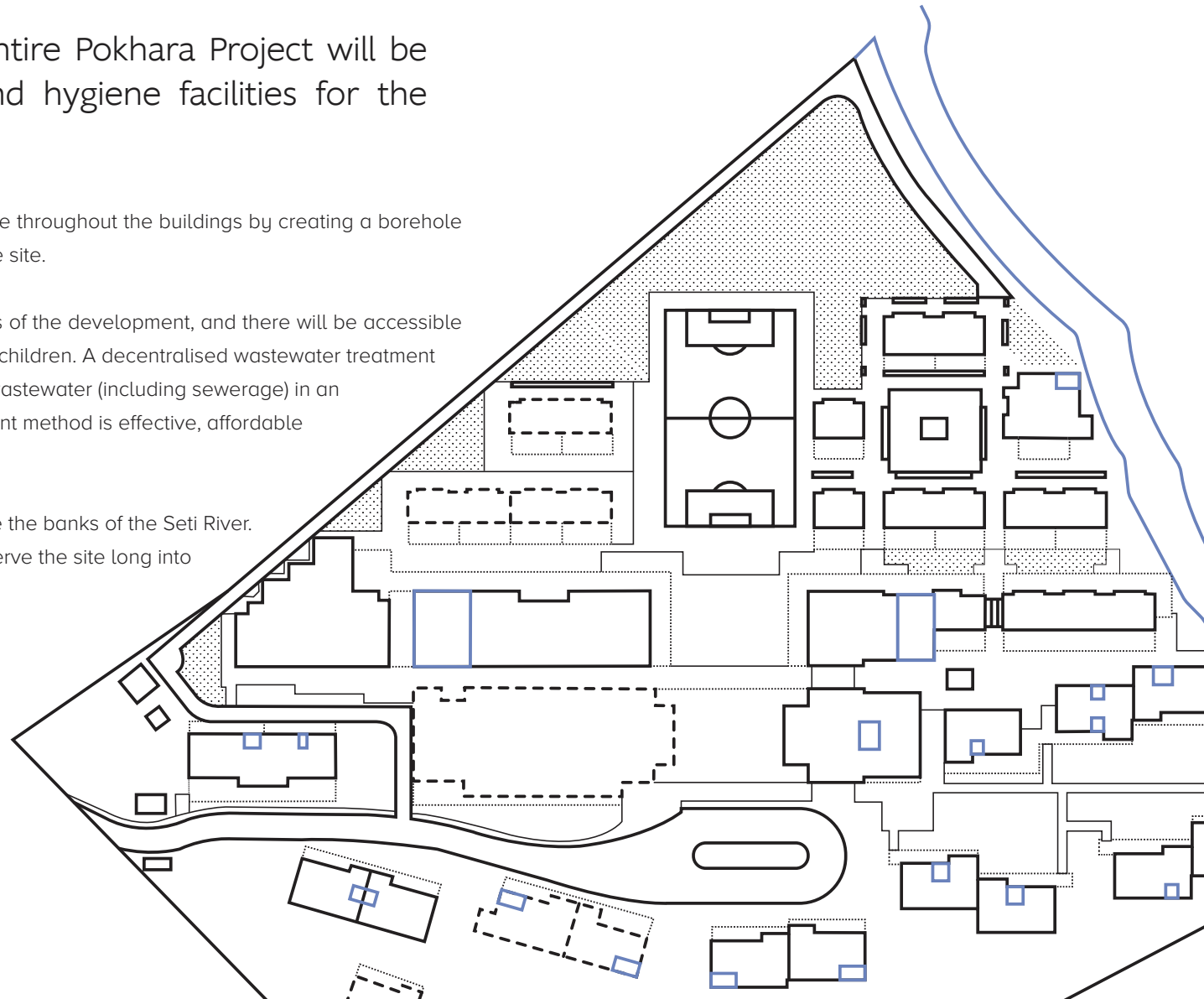
Engineers will ensure fresh, clean drinking water is available throughout the buildings by creating a borehole and pump, tapping into the natural resource available at the site.

Clean, private sanitation facilities will feature in all buildings of the development, and there will be accessible toilet blocks and hand washing stations for the women and children. A decentralised wastewater treatment system (DEWATS) will ensure appropriate management of wastewater (including sewerage) in an environmentally safe way. This passive wastewater treatment method is effective, affordable and low maintenance.

Alongside these features, The Pokhara Project will sit above the banks of the Seti River. Essential works to stabilise these banks and therefore preserve the site long into the future, have already been completed.

Your support will enable us to provide all of these important facilities for trafficked and at-risk women and children, giving them a healthy start to their recovery.

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.





Riverworks

Reinforcing the 250-metre stretch of river adjacent to The Pokhara Project, using a combination of spurs and revetments, forms a key part of the site's sturdy, earthquake-proof foundations.

These measures are preventing significant soil erosion which risks compromising the land on which 3 Angels Nepal's new long-term facilities are to be built.



Borehole Construction

A borehole on site will provide all the clean drinking water required. Natural springs are also available, ensuring a backup should problems with the borehole arise, meaning the challenge of water scarcity is removed.



Hygiene Facilities

Handwashing stations and menstrual hygiene management will empower women and children with the tools needed to maintain good hygiene, promoting healthier living and reducing the prevalence of disease.



Safe Toilet Blocks

Clean and private toilets will be a part of every building, including the women's safe haven and vulnerable children's homes. The individual toilets will address the challenges women in particular face related to privacy, safety and dignity. The provision of toilets will help break the cycle of waterborne diseases and help end open defecation.



DEWATS

A decentralised wastewater treatment system (DEWATS) will provide The Pokhara Project with sustainable treatment of grey water (from showers, sinks or laundry machines) and black water (sewerage) on site.

In areas without centralised treatment systems, DEWATS provide reliable, efficient and cost-effective processing of domestic and industrial wastewater making it environmentally safe by removing up to 90% of contaminants.





Self-Sufficiency

Safe drinking water has been a central feature for the women and children at 3 Angels Nepal. It's so important, they have turned it into an income stream which supports their life-saving anti-human trafficking work.

In towns and cities like Pokhara, many families and organisations buy their drinking water. This way they can be sure it is clean and free from waterborne diseases.

But buying drinking water for all the women at the safe haven, and the children at the homes and at the 3 Angels Nepal school, was a sizable expense for the organisation.

The current women's safe haven happens to be situated above a natural underground spring. As 3 Angels Nepal owns this property, they also own the spring and the water pumped from it.

Spring water is usually free from the bacterial toxins found in other water sources, and therefore is a fantastic resource to have for the women and children living at the safe haven and vulnerable children's homes.

Local engineers have erected a pump which brings safe drinking water from the spring and up into tanks. It is then filtered through a series of large basins and pumped into one of two tankers. These tankers distribute the water to the children's homes and the school, saving 3 Angels Nepal thousands of dollars every year.

Any available excess is sold to the local community and this has a twofold benefit

Firstly, more people in Nepal have access to safe drinking water, meaning their chances of getting sick are significantly reduced. And secondly, it is an important income stream for 3 Angels Nepal, who can invest this money back into the organisation.

With your help we can ensure the women and children continue to have access to safe drinking water when they move into their new facilities.

3Angels Drinking Water Supply

Foresty Campus, Pokhara-15

Mo6.9805840379, 9815549144

TURBO INTERCOOLER

700 Ex
BSIII

Ex



Take Action

Your generosity today will give trafficked and at-risk women and children access to clean drinking water as well as new sanitation and hygiene facilities.

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

WASH infrastructure is central to The Pokhara Project, a sustainable building development that will include 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

Where will the water for the new facilities come from?

Surveys have identified underground freshwater which engineers will drill into using a borehole. This water will be pumped up to ground level where it will be purified and stored in water tanks.

Why are safe toilets so important?

Many of the women and children who arrive at 3 Angels Nepal have suffered from extreme trauma and been denied basic privacy, forced to defecate in the open or in unclean latrines. The absence of proper facilities compromises their privacy, leaving them vulnerable to harassment and violence. Safe toilets provide a secure and private space for women and children to meet their sanitation needs, safeguarding their dignity and wellbeing.

Can you tell me more about the riverworks?

Before building for The Pokhara Project can start, the banks of the Seti River must be stabilised and excess water drained from the site. This is because every year the Seti River floods. This flooding dumps excess sediment along the riverbed and banks, and causes land around it to flood. Upstream deforestation and farming also cause obstructions to the natural flow of the river. Left unchecked, these would compromise the land.

Site surveys conducted by hydrology and geotechnical engineers have identified the most effective design of spurs and revetments to stabilise and protect the riverbank. These will keep flood water away from vulnerable banks, reduce the amount of debris deposited on the riverbed and absorb the river's energy. Together, they will protect the land from further erosion and ensure 3 Angels Nepal's new facilities are sustainable long into the future.











A Life-Changing Venture

Water and Sanitation 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.

