



WOMEN



HELP US BUILD A NEW SAFE HAVEN FOR TRAFFICKED WOMEN IN NEPAL.



# A New Safe Haven

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Thank you for considering this unique opportunity to give freedom by supporting the construction of a new women's safe haven in Pokhara, Nepal.

Once complete, the new facilities will provide trafficking survivors—women and girls as young as eight years old—with a home, counselling, healthcare and education to restore their lives and recover from the significant trauma they have experienced.

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

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

— Michelle Obama

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# The Cause

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Globally, gender bias is devaluing women in significant ways. By denying women equal rights, we deny half the population a chance to live life to the fullest.

In Nepal, women and girls face discrimination every single day. Many girls are not allowed to go to school, others are forced into marriage at a young age, leaving them with no chance to create or control their future. Domestic violence and sexual abuse are widespread.

There have been great improvements over the past 10 years, but it is still estimated that one in four women in Nepal have experienced physical, sexual or emotional violence.

So what are the factors at play here? They are, as you would expect, multifaceted and by no means straightforward. The **patriarchal family** dynamic witnessed across Nepal means boys are seen as key providers for the home and are given extra privileges from birth. At the same time, girls have reduced opportunities for education, social development and freedom. The result is entrenched gender discrimination against girls and women.

With little autonomy, girls and women find themselves subjected to **arranged marriages**, with nearly 40% of girls in Nepal marrying before the age of 18. This in

turn binds them to the home, takes them away from an education and decreases their employment opportunities.

At these marriages, the now outlawed **dowry system** still prevails in many parts of Nepal. Some families continue to demand a payment, in either money, property or gifts, from the woman's family. They can end up consuming a substantial proportion of household savings and income, and ultimately reinforce the patriarchy and pressure on the girl's family.

This pressure, alongside **poverty** and **caste discrimination**, can play perfectly into the hands of traffickers, who prey on the vulnerabilities of families faced with debts and in turn offer princely sums for their daughters.

Further economic pressures placed on these women, be they family financial needs, unemployment or debt, can force them to migrate seeking employment. This migration and **economic desperation** also makes them vulnerable to trafficking. Many end up being exploited in hazardous work on building sites or forced into domestic or agricultural work. Women and girls from marginalised groups are particularly vulnerable to this exploitation due to their lack of education and opportunity.





Every day in Nepal, more than 54 women are **trafficked** into a life of slavery. Many of these women are teenagers, some are even children. Tricked or abducted, they are sold into prostitution, forced into marriage or to beg on the streets—even to sell their organs.

Abuse and poor working conditions are common stories amongst rescued women. Volatile legalities and informal arrangements further complicate their outcomes, leaving them with few rights and even fewer opportunities. They are frequently forced to work long hours, many without a day off, and few ever see their promised wages. They are enslaved.

Furthermore, **sexual exploitation** is a sensitive and often stigmatised topic in Nepal, meaning it goes unreported in the first instance and women become ostracised by their families and wider community once reported.

This stigma impacts every single aspect of women's lives. It can prevent them from accessing healthcare, finding somewhere to live, being reunited with families and finding work.

The new women's safe haven will give trafficked women a safe place to heal from their trauma and teach them new skills, ensuring they can find freedom, restoration, education and empowerment.



More than 54

Nepali women are **trafficked** into a  
life of slavery every day



40%

of Nepali girls are married  
before the age of 18



1 in 4

women experience intimate  
partner violence



# Help Women Like Neha

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*[Content trigger warning: child trafficking]*

**By choosing to partner with us you will make a lasting difference to vulnerable women and girls living in Nepal.**

Women like Neha, who at the tender age of 13 was sold into a sham marriage and forced to work on building sites where she was abused by her co-workers.

Neha still remembers the day her parents and grandparents reassured her the husband they had chosen would treat her with respect and love.

He claimed to be in the Indian Army with a good income, but sadly it turned out this man wanted Neha for one thing only—forced labour.

During the summer months Neha was forced to work long hours as a farm labourer, looking after animals and harvesting crops from the paddy fields. The land was a long, hot, two-hour walk from the marital home, where her husband would sit around all day drinking.

Instead of enjoying her early teenage years with friends, Neha was forced to drop out of school as work took over her life. Lonely and exhausted and suffering at the hands of her husband's violent outbursts, Neha took the decision to run away from her life of slavery.



But stigma and shame prevented her from returning to the loving home of her parents. With nowhere else to go, and desperate for food, she found work as a labourer on a building site, where she carried huge loads of sand and bricks.

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“ I got love when I came here. I was free to have a good life. This is how it should be.”

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She received no money for her efforts and was paid only in food.

“These years were like being in a prison for me,” she said. “I had to do everything I was told, I lived in constant fear.”

At the age of 15, Neha was rescued by 3 Angels Nepal and brought to the safe haven, where she slowly began to recover from the trauma of the past two years. She received counselling, training and was saved by the shared sisterhood the haven offers trafficked women.

“I got love when I came here,” she said. “I was finally free from the abuse and had nothing to fear. I was free to have a good life. This is how it should be.”

Neha is studying to become a nurse and hopes one day to help the women at the safe haven.

“I see myself as a role model for the women who have been rescued,” she said.

“In the future I want to make everyone happy, to wipe away their tears.”

**Your support today will help build a safe haven where women like Neha can rebuild their lives with the love and help they so desperately need and deserve.**

*\*Name changed and representational image used to protect Neha's identity.*









# Gender Equality

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Human trafficking disproportionately affects women and girls. They are often trafficked for sexual exploitation, but also into forced marriages, forced begging and domestic servitude. In Nepal, women are also trafficked into forced labour in agriculture or catering, garment factories, and in the cleaning industry.

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 5 is to **achieve gender equality and empower all women and girls.**

Target **5.2** specifically advocates for the elimination of all forms of violence against all women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation.

At Give Freedom, gender equality and women's empowerment are key components of our work. With your support, we strive to uplift and equip women in Pokhara, and give them a future free from trafficking.









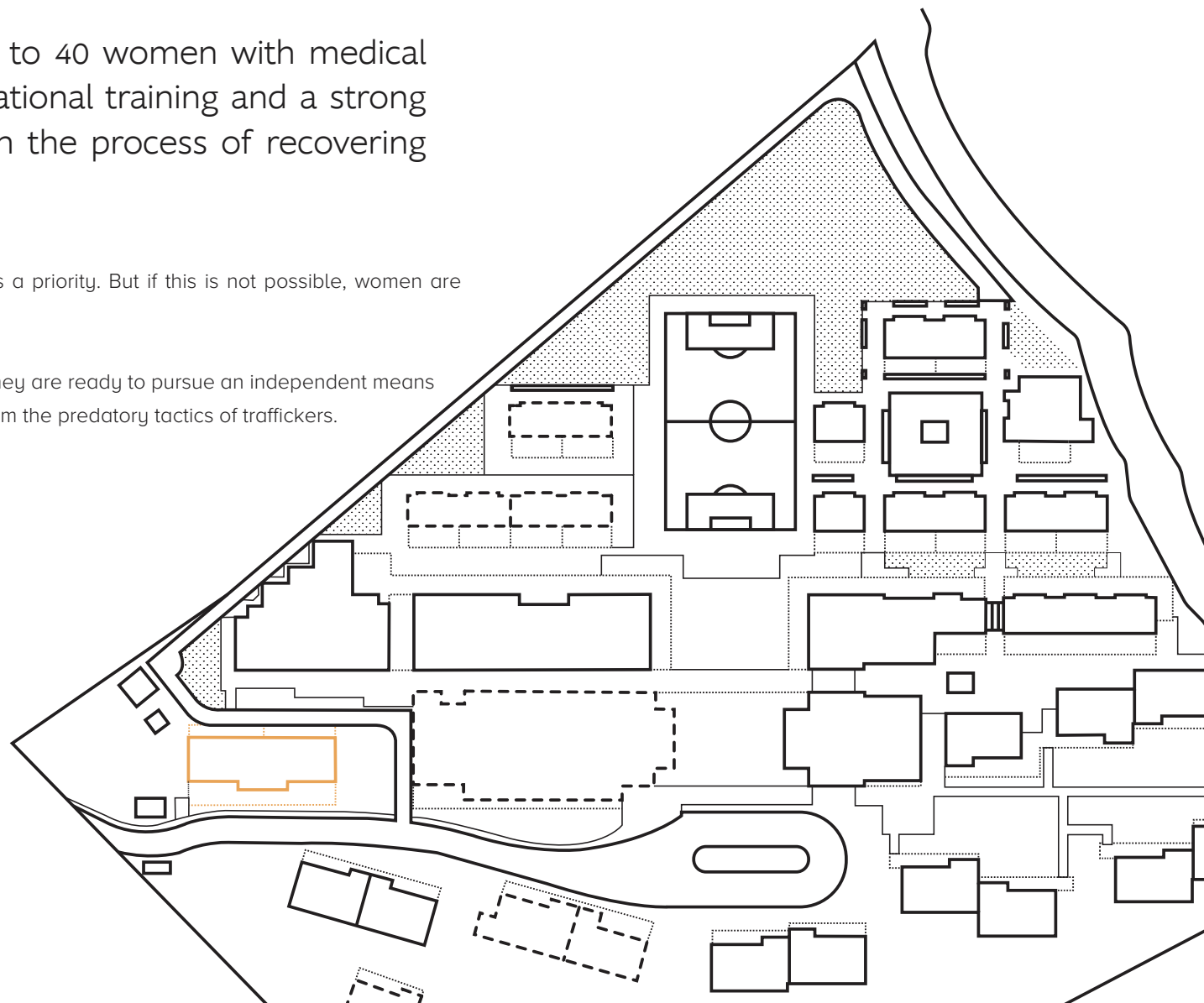


# The Women's Safe Haven

The new safe haven will provide up to 40 women with medical care, counselling, legal support, vocational training and a strong supportive community as they begin the process of recovering from extreme trauma.

Reconnecting with family and community, if safe, is always a priority. But if this is not possible, women are supported to establish a new life in a safe community.

Interest free microfinance loans are made available when they are ready to pursue an independent means of income generation—empowering them for a future free from the predatory tactics of traffickers.



*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.*





## Space to Heal

The Pokhara Project will create a unique space, surrounded by nature for women to heal. The current safe haven is in the middle of a busy neighbourhood and the stigma attached to the women, as former sex workers and victims of assault, means they can be threatened and harassed the minute they step foot outside.

The new safe haven includes plenty of indoor and outdoor space for a range of therapies, including singing, dancing, cooking and gardening, that are offered to help the women overcome their acute mental trauma. They will be given access to individual patches of land when they arrive and be encouraged to grow flowers, fruits or vegetables as 3 Angels Nepal staff gently guide them through the healing process.



## Building Features

The new women's safe haven has been carefully designed to be low maintenance, sustainable, and able to withstand Nepal's level 5 earthquake zone and extreme monsoon conditions. It will include private and group counselling rooms, vocational training facilities and extra security such as CCTV and 24/7 on-site guards.

Acute care rooms will provide a space for women who have suffered extreme trauma to heal in a private, safe space. When they are ready, women will sleep in shared bedrooms, take turns to cook in the large, fully equipped kitchen, and enjoy meals in the communal dining areas.



## Vocational Training

As the women begin to feel safe again in their new home and the scars of their slavery slowly fade, the emphasis of their healing moves to empowerment. To enable the women to reconnect with their family and community in a safe way, they are encouraged to learn new skills—either by going to school or taking part in vocational training.

With your help, the semi-basement level of the new safe haven will house vocational training facilities including a tailoring studio, bakery and a hair and beauty studio. A multi-purpose room will enable further trades and skills to be taught as and when opportunities arise.

Money generated from the garments and baked goods, along with the beauty services, will not only provide an income for the women, but a percentage of the profits will be invested back into the program by our Field Partner.

Your generosity today will enable women to learn income-generating skills, which in turn takes them a step closer to living a future free from trafficking.



## Passive Solar Design

One of the key sustainability features of the new women's safe haven will be its passive solar design. Its architectural design will embrace the local climate and use the sun's energy for heating and cooling—minimising ongoing running costs and maximising quality of life for the residents.





# Ceta's Story

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*[Content trigger warning: sexual violence]*

Ceta was trafficked across the India-Nepal border by her husband. Sold to a brothel, she was locked up alone in a dark room for days on end. Ceta's last memory, before being left frightened on a cold floor, was of being repeatedly raped by her captors.

Ceta had long lost track of the days and weeks when she was finally rescued from her prison. The police raid on the brothel's halfway house happened quickly. One moment, Ceta was locked up and alone, without hope for the future. The next, she was stumbling into blinding sunshine, tears of relief streaming down her cheeks.

The police helped Ceta find her way to a nearby bus station. She travelled by bus to the India-Nepal border, where she was met by 3 Angels Nepal and taken home to be reunited with her two sons.

"After I found 3 Angels Nepal, my life changed," she said.



I don't think about my past as much now, because I am happy.

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Ceta found refuge at the women's safe haven, where she was supported to start healing from the trauma she had experienced. She gained access to education, vocational training and counselling.

Painstakingly, Ceta and her sons began putting the pieces of their lives back together.

"Not only did 3 Angels Nepal give me good food, and a good environment in which to live, but they also taught me skills to earn a living," Ceta explained. "I don't think about my past as much now, because I am happy."

Today, Ceta runs her own shop near the Dhangadhi border. Her humble income is enough to meet her family's basic needs and put her sons through school.

Her biggest hope is that their future is bright—and that they never know the same horrors that she experienced.

"I want to see my boys grow up and become good people, with a good education."

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





# Take Action

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Your generosity today will give women a safe place to recover from the trauma of trafficking.

We invite you to consider funding the safe haven in its entirety or a specific area that appeals to you directly—find out more in the supporting proposals.

The women's safe haven is part of The Pokhara Project, a sustainable building development that will also include a self-funding school, vulnerable children's homes and a community medical centre.

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—including the women's safe haven—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

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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

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## **Why is the new women's safe haven needed?**

The current women's safe haven is in operation and continues to equip 3 Angels Nepal to serve many women who have been trafficked. Give Freedom International's goal is to increase the capacity and impact of established, locally run non-governmental organisations (NGOs) like 3 Angels Nepal, through sustainable infrastructure projects.

The new women's safe haven will secure the rescue and rehabilitation work of 3 Angels Nepal for the long term.

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## **What will happen to the current women's safe haven?**

We fundraised for the purchase of the current safe haven and adjoining block of land back in 2011. Moving out of rented facilities gave 3 Angels Nepal much needed stability and security.

When this new facility is built, the current safe haven home will be sold and the funds will be directed back into the running of 3 Angels Nepal's programs and support their dream of self-sufficiency.

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## **Will the safe haven be sustainable?**

Yes! 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 safe haven now and for generations to come.





# A Life-Changing Venture

Women are one of the 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](mailto: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](mailto:partners@givefreedom.org.au)**



# GIVE FREEDOM

Free. Restore. Educate. Empower.

