



## The Facts

- 42% of Afghanistan is chronically poor, which is approximately 12.6 million people.
- Among the poorest are widows and orphans, the product of decades of war.
- The average age of an Afghan widow is 35 and 94% are illiterate, persons who otherwise are in the prime of life. Roughly 90% have children.
- A recent study of 50,000 widows in Kabul, the nation's capital, found that 65% saw suicide as the only option to escape their misery.



## The Founder

William Seo was a U.S. army medic deployed to Afghanistan in 2009 who saw a need and acted. Racked by guilt for sending an old man home from his clinic with no shoes, he started a shoes and clothes drive that attracted international attention. Items flowed in from around the world helping more than 3,000 Afghans. Yet, Seo wanted more, something truly sustainable. In 2010, he launched a vocational school with a local Afghan doctor that is today the core of HEMEFund Worldwide and with support from branches in the United States and South Korea.



Housing.  
Education.  
Medical.  
Employment.

Heme in blood transports oxygen throughout the body, critical for survival. H.E.M.E. represents the building blocks of survival for adults, children, and families in poverty.

HEMEFund Worldwide is a 501(c)(3) non-profit dedicated to transforming lives among Afghan widows and orphans through the power of education and economic sustainability.

**Helping enable  
sustained peace in  
Afghanistan through  
the empowerment of  
women and children.**



# How can you help?

**\$10** covers school supplies for a student.

**\$50** provides a sewing machine and a business kit to a graduate.

**\$80** covers one-month rental cost for one vocational training center.

**\$130** buys one-month supply of fabrics for a sewing class of 20 students.

**\$360** sponsors a student.

**\$7,200** sponsors a full class of 20 students.

**Monthly commitment that can do even more.**

Visit the HEMEFund website for information, including how to make a contribution  
[www.hemefund.org/](http://www.hemefund.org/)

Alternatively, you may contact William via email:  
[william.seo@hemefund.org](mailto:william.seo@hemefund.org)

## Let's Build Vocational Training Centers!

**HEMEFund is dedicated to the establishment and support of unique vocational training centers that:**

- (1) are low cost to establish via rented space and with other limited overhead;
- (2) teach students basic literacy, numeration, hygiene, and peace-building;
- (3) provide a marketable skill, sewing and embroidery, and
- (4) graduate students in six months with a gift of a sewing machine to start a business.

### **Project Outcomes to date:**

- 4 vocational training centers in Kabul, Jalalabad and Lagman, Afghanistan.
- 500+ graduates.
- More than 2,500 children have been benefitted (either getting fed, going to school, or both)
- Project assessment that tracks graduates on a regular cycle.
- 9 Community-Based Vocational Training Centers by April 2010
- Vision of expanding the model nationwide