



Familia
de Hetauda

PROJECT CONCEPT

**BUILD HOPE: NEPAL
WORKSHOP FOR DISABLED
YOUTH NOW!**



PROJECT'S SUMMARY

In Nepal, people with intellectual disabilities face severe social exclusion. Many children and young people with disabilities have no clear educational or employment pathways and remain confined to their homes, without stimulation, social participation, or future prospects, in a context where disability continues to be stigmatized.

For the past 13 years, Asha Schools have worked to combat this reality, supporting more than 100 children and young people and championing not only the right to education, but also social inclusion and gender equality. Today, our vocational workshops in Hetauda and Kathmandu provide continued support to 48 young adults with intellectual disabilities.

After completing their studies at Asha Schools, **the vocational workshop offers practical training** through activities such as cooking, crafts, painting, product making, and horticulture, fostering autonomy, routines, and pre-employment skills. Beyond training, **the workshop is a safe and dignified space where young people feel valued, useful, and recognized,** strengthening their self-esteem and building an active role in the community.

However, the current infrastructure in Hetauda is structurally limited. Only 24 young adults can attend the workshop there, while another 24 remain on the waiting list due to lack of space and adequate facilities.

This project envisions the construction of a new building adjacent to the existing center in Hetauda, including two classrooms, a physiotherapy room, and a kitchen-dining area. With this expansion, capacity in Hetauda will increase from 24 to 48 students, and from 48 to 72 across all workshops, creating 24 new opportunities for training and inclusion.

Without this resource, many of these young people would remain at home, without real opportunities for professional development or social participation. **The project will also benefit more than 150 family members,** reducing caregiving burdens and strengthening emotional and economic stability, while promoting an inclusive educational model within the local community.

Demand continues to grow because the model works. **The impact of the workshop is evident in the cases of Arun and Ksitish, former students who now hold formal jobs within our centers** — a pioneering milestone in Nepal. Their employment demonstrates that, with the right support, young people with intellectual disabilities can build dignified professional lives, contribute to their communities, and become role models for inclusion.



CHALLENGE

Thirteen years ago, there was no specialized education for children with intellectual disabilities in Nepal, and many lived in unfit conditions. **Familia de Hetauda & Si Asha Foundation opened the first school of its kind**, and over the years added residencies, new schools in Kathmandu and Bardibas, and a hostel to ensure safety, care and community.

Today, a new challenge has emerged: children are growing into adulthood. **In Nepal, participation in society and contribution to community life are central to dignity and inclusion.** We are demonstrating that young people with intellectual disabilities can also contribute, work and belong.

This gap is structural, **specialized vocational services barely exist in Nepal**, and outside Si Asha Foundation, they are virtually absent. Families want more for their sons and daughters, but the systems simply are not there.

The consequence is exclusion, not by choice, but by lack of infrastructure.

The Occupational Workshop in Hetauda was created to change that. It has already proven what's possible, but it has outgrown its space, and demand continues to rise.

The construction project is being developed in Hetauda, a municipality located in the Bagmati province of Nepal, in the south of the country. Activities take place at the Familia de Hetauda educational center, which houses both the Asha School (a special education school) and the vocational workshop, and where the new extension building will be constructed.

Hetauda is an area with very limited resources for special education, vocational training, and job placement for people with intellectual disabilities. Therefore, the Asha School and the Familia de Hetauda vocational workshop are among the few existing resources for this group in the region.

The extension will be built within the same grounds, ensuring the continuity of the project, **providing young people with access to a safe environment**, and integrating the workshop into the local community.



SOLUTION & ACTIVITIES

The project envisions the construction of a new building adjacent to the existing facilities of the educational center in Hetauda. **This expansion will provide the occupational workshop with four new functional spaces:** two classrooms, a physiotherapy and rehabilitation room, and a kitchen-dining area.



The classrooms will be dedicated to pre-employment training and the development of activities such as crafts, painting, product making, and horticulture, all geared towards acquiring skills useful for employment.

The physiotherapy room will offer rehabilitation services tailored to the needs of the young people, improving their physical and functional well-being, thus facilitating their participation in training and work activities.

The kitchen-dining area will facilitate training in daily living skills and basic hospitality services, reinforcing personal autonomy and preparing them for work.

The construction will be carried out by a local construction company with prior experience in projects with the organization, using materials appropriate to the context and adhering to accessibility, safety, and functionality standards. The building's design has been conceived as progressive and adaptable, allowing for future expansions if needed.



Once construction is complete, the building will be equipped with the necessary furniture and resources to immediately begin training, rehabilitation, and occupational activities. **The expansion will allow for the addition of new specialized staff** (teachers, a teaching assistant, a cook, and a physiotherapist), guaranteeing comprehensive, high-quality care aligned with the organization's inclusive educational model, as well as creating new employment opportunities in the local community.

CRITICAL ASPECTS OF THE PROJECT

Sustainability

The occupational workshop is part of a well-established educational model, developed by the organization for over 10 years in Nepal. Currently, three operational educational centers are managed, all with vocational workshops, and a stable local team of 63 Nepalese workers, mostly women. The workshop expansion strengthens an existing structure and responds to a persistent community need, guaranteeing the continuity of long-term training and employability programs.

Viability

The organization has proven experience in the construction and management of educational infrastructure in Nepal. The new building has been designed with a progressive and scalable approach, allowing for gradual and sustainable growth according to actual needs and available resources. The hiring of new specialized staff will strengthen job-oriented training and ensure the quality of the project.

Impact

The expansion will allow for an increase in the number of young people served, improving their autonomy, self-esteem, dignity, and job readiness, and strengthening their access to social and professional integration pathways. The impact extends to families, who will see a reduction in caregiving burdens and improved emotional and social well-being. Furthermore, the project generates new local employment opportunities, especially for women, and contributes to reducing the stigma associated with intellectual disability.



RISK MANAGEMENT

The main risks are related to potential delays due to weather conditions or material availability. **These have been mitigated thanks to the organization's prior experience in construction projects**, a predefined phased plan, and collaboration with local suppliers, which minimizes unforeseen events and ensures realistic execution.

The project will have the following human resources:

- Local construction company, responsible for the execution of the work.
- Technical coordination team, in charge of planning, monitoring, and managing the project.
- Current educational team of the occupational workshop, consisting of 2 teachers and 1 educational assistant (Ksitish, an Asha School alumnus).
- New hires planned after the expansion: 2 teachers, 1 teaching assistant, 1 cook and 1 physiotherapist.
- Management team of Familia de Hetauda and Si Asha Foundation, responsible for overall supervision, institutional coordination, and the sustainability of the project.

These additions will allow for more comprehensive, specialized, and high-quality care, as well as strengthening the training pathways geared towards employability.

The project requires the material resources specific to the construction and equipping of an educational and occupational building adapted to the local context. The main material resources include:

- Construction and structural materials, such as concrete foundations, iron pillars and columns, brick walls, and plaster finishes, necessary to guarantee the building's stability and safety.
- Roofing and ceiling materials, with an internal metal structure and appropriate coverings to protect the space from the area's climatic conditions.
- Basic installations, including the complete electrical system (wiring, lighting, outlets) and water and drainage systems for classrooms, bathrooms, and the kitchen.
- Carpentry and enclosures, through the installation of aluminum doors and windows with glass, ensuring ventilation, natural light, and functionality.
- Finishing and outfitting materials, such as interior and exterior paint, curtains, fans, and other basic elements to furnish the common areas and classrooms.
- Educational furniture and equipment, such as work tables, chairs, shelving, and basic equipment for carrying out training and pre-employment activities.
- Specific equipment for the physiotherapy room and the kitchen-dining area, necessary for training in rehabilitation, personal autonomy, and basic hospitality services.

These resources will create a suitable, safe, and functional environment for employability-oriented training for young people with intellectual disabilities.

WHO BENEFITS

The project will directly benefit 48 young people with intellectual disabilities, aged 16 to 35, residing in Hetauda and surrounding communities. Of the total participants, approximately 55% are women and 45% are men, ensuring equitable access to the resource without gender discrimination.

Currently, 24 young people participate in the vocational workshop, while another 24 are on the waiting list due to a lack of space and suitable conditions. The construction of the new building will double the service's capacity, guaranteeing access to practical training for all 48 young people in a safe, structured environment adapted to their needs.

The vocational workshop currently has a team of two teachers and one educational assistant (Ksitish, an alumnus of Asha School). The organization prioritizes hiring women, and currently more than 90% of the local staff are women. With the center's expansion, the hiring of two new teachers, one teaching assistant, one cook, and one physiotherapist is planned, strengthening female employment and the quality of educational services.

The families of these young people, **estimated at over 150 people in their immediate family circle, will also be direct beneficiaries.** The workshop expansion will significantly reduce the daily burden of caregiving, facilitate work-life balance, and improve the emotional, social, and economic well-being of families by providing a stable and continuous educational resource.

Furthermore, **the local community of Hetauda will be positively impacted** through the creation of local jobs, especially for women, and the strengthening of an inclusive educational model that contributes to reducing the stigma associated with intellectual disability and promotes the social participation of people with disabilities.

Overall, the construction of the new vocational workshop generates a clear and measurable multiplier effect, **consolidating a sustainable, inclusive, and replicable model of care for people with intellectual disabilities in Nepal.**



ACCREDITED RESULTS

- 157 children and young people with disabilities enrolled in three operational centers. Approximately 471 direct family members benefited, extending the impact to the immediate family environment.
- 63 local professionals (more than 90% women) with stable and qualified employment.
- Approximately 189 family members of these professionals indirectly benefited, strengthening community socio-economic impact.
- 47 young adults trained in vocational workshops focused on autonomy and transition to adulthood.
- 26 residential places operating for children in situations of particular vulnerability.
- 2 structured job placements of former students (Arun Badal and Tsitish Baniya) within the educational system itself.
- More than 300 international volunteers who have participated in capacity-building and knowledge transfer programs.
- More than 5,000 people reached in Spain through talks, conferences, and educational events.
- A conservative estimate of between 2% and 3% of the population in the areas of intervention in Nepal (Hetauda, Kathmandu, and Bardibas) having had direct or indirect contact with the project's educational, community, and media actions. Considering approximate populations of 200,000 in Hetauda, over 1,000,000 in Kathmandu, and around 45,000 in Bardibas, this represents a potential impact of more than 30,000 people sensitized within the local Nepali context.

In aggregate terms, the model generates a direct and indirect impact that significantly exceeds 1,200 individuals structurally linked to the project, in addition to its multiplier effect within local communities and educational networks in Spain and Europe.

The impact goes beyond numbers: it has contributed to changing social perceptions, strengthening institutional networks, professionalizing intellectual disability support in its context, and promoting official recognition by local authorities.

With the expansion in Hetauda, realistic medium-term outcomes include:

- Increasing capacity from 24 to 48 participants in Hetauda, and from 48 to 72 across all workshops
- Ensuring continuity from school to adulthood without an exclusion gap
- Strengthening life skills such as routine, communication, teamwork and autonomy
- Increasing community visibility of disability inclusion
- Expanding supported employment and internship pathways
- Reducing pressure on more than 150 family members and caregivers

LONG TERM IMPACT

The long-term impact of this project goes far beyond infrastructure. It is social, cultural and systemic. When young adults with intellectual disabilities gain access to training, employment pathways and community participation, stigma begins to break down at its roots. Families move from isolation to advocacy. Communities shift from charity-based perceptions to rights-based inclusion. Public institutions begin to adapt policies and practices in response to proven results.

With the expansion, 72 young adults across our workshops will access structured vocational training, and more than 150 families will experience greater stability and dignity. Each new opportunity challenges long-standing exclusion and sets a precedent for inclusive development in Nepal.

This is more than a building. It is a visible, replicable model that demonstrates what justice, equity and inclusion can look like in practice — not as theory, but as lived reality.

ORGANIZATION CREDIBILITY

Familia de Hetauda has worked in Nepal since 2012, with Si Asha Foundation since 2019, managing three integrated disability centers in Hetauda, Kathmandu and Bardibas, serving 157 children and youth. Programs are Nepali-led, locally staffed and embedded in their communities.

Use of Funds Total construction cost: €42,000

Funds will complete construction of:

- Adapted vocational classrooms
- Professional kitchen + sanitation
- Accessibility + safety features
- Fit-out for training modules



PROJECT CONCEPT

WHY NOW

Every year more students finish school with nowhere to go, and the waiting list grows. Without expansion, current graduates will return to isolation just when they should be stepping into adulthood.

This is not charity. This is justice: the right to work, to learn, to participate, and to be seen. Help us build the workshop, open the door, and ensure that no young adult with intellectual disabilities is left behind after graduation.





Familia
de Hetauda



Fundación
Si Asha

HOPE IS ACTION