

Restoring Hope for 100 Women and Girls Surviving Sexual Violence in Nepal

Project Summary

Every woman and girl deserve to live with safety, dignity and the freedom to determine her own future.

In Nepal, women and girls affected by sexual violence, exploitation, trafficking and gender-based violence often face multiple and interconnected challenges. Many experience trauma, stigma, economic insecurity, disrupted education, unsafe living conditions and limited access to justice and decent employment. For some, poverty and lack of opportunities can increase the risk of repeated exploitation.

Raksha Nepal has been working since 2004 to protect and empower women, girls and their children affected by sexual exploitation and violence. Through this project, Raksha Nepal will support **100 women and girls who are survivors of, or at heightened risk of, sexual violence and exploitation** in Nepal.

Over 12 months, the project will provide a combination of **safe shelter and protection, psychosocial counselling, health and medical referrals, legal assistance, education support, vocational and livelihood skills, employment and entrepreneurship support, and reintegration assistance.**

The goal is not only to help women and girls recover from immediate harm, but to help them regain confidence, build economic independence and move toward safer and more dignified futures.

The Challenge

Sexual violence and exploitation can have long-lasting effects on women and girls. Survivors may experience physical and psychological harm while also facing social stigma, discrimination, poverty and economic dependence.

Women and girls working or at risk of exploitation in informal entertainment environments can be particularly vulnerable to trafficking, coercion, violence and abuse. When survivors do not have access to safe accommodation, counselling, legal support, education or sustainable livelihoods, they may have few realistic alternatives to unsafe situations.

For adolescent girls, the consequences can be even more serious. Violence and exploitation can interrupt education, damage self-confidence and restrict future opportunities.

Raksha Nepal works directly with women and girls affected by these challenges and has developed experience in providing protection, shelter, counselling, skills development, employment support and reintegration.

However, many women and girls still need sustained, survivor-centred support to move from crisis and vulnerability toward safety, independence and hope.

Our Solution

Raksha Nepal will provide integrated, survivor-centred support to **100 women and girls** over 12 months.

Rather than addressing only one immediate need, the project will connect protection and recovery services with education, skills and economic empowerment.

Each participant will be assessed according to her individual needs and referred to appropriate services.

The project will provide:

1. Safe Shelter and Protection

Women and girls facing immediate safety risks will be provided with or referred to safe accommodation and protection services.

Support may include:

- Safe accommodation
- Food and essential supplies
- Clothing and personal-care items
- Safety planning
- Case management
- Protection referrals
- Family and community reintegration where appropriate

2. Psychosocial Counselling

Survivors will have access to confidential psychosocial counselling and emotional support.

Support will focus on:

- Trauma recovery
- Emotional wellbeing
- Confidence and self-esteem
- Coping strategies
- Individual counselling

- Referral to specialised mental-health services when required

3. Health and Medical Support

Participants requiring healthcare will receive assistance to access appropriate medical services.

This may include:

- Health assessments
- Medical referrals
- Treatment support
- Sexual and reproductive health information
- Referral for specialised services
- Follow-up support

4. Legal Assistance and Access to Justice

Survivors will receive information and support to understand their rights and available legal options.

Support may include:

- Legal counselling
- Referral to legal service providers
- Assistance navigating relevant procedures
- Documentation support
- Referral for protection and justice services

5. Education Support for Girls

Girls whose education has been interrupted or who face barriers to continuing school will receive appropriate educational support.

This may include:

- Educational materials
- School-related support
- Learning support
- Career counselling
- Life-skills education
- Referral to appropriate educational opportunities

6. Vocational and Employment Skills

Women and older girls will have opportunities to develop practical skills that can improve their access to safe and decent employment.

Potential training areas will be based on participants' interests and local employment opportunities, such as:

- Barista and hospitality skills
- Beauty and salon-related skills
- Driving
- Tailoring and other practical trades
- Entrepreneurship
- Digital and workplace skills
- Other market-oriented vocational training

7. Livelihood and Entrepreneurship Support

Skills training alone is often not enough.

Participants will receive support to move from training toward economic independence through:

- Career counselling
- Job-readiness support
- Entrepreneurship orientation
- Business planning
- Employment referrals
- Linkages with employers
- Support for small livelihood initiatives where appropriate
- Follow-up mentoring

8. Reintegration and Follow-up

Where safe and appropriate, Raksha Nepal will support participants to reintegrate with families and communities.

Follow-up will help assess:

- Safety
- Wellbeing
- Education continuation
- Employment or livelihood status
- Family/community reintegration
- Risk of re-exploitation
- Need for additional services

Who We Will Support

The project will directly support approximately **100 women and girls** in Nepal.

Priority will be given to women and girls who:

- Have experienced sexual violence or exploitation;
- Are survivors of gender-based violence;
- Are vulnerable to trafficking or re-exploitation;
- Have been affected by violence, abuse or unsafe working environments;
- Need safe shelter or protection;
- Face economic vulnerability;
- Have interrupted education or limited livelihood opportunities; or
- Require coordinated psychosocial, legal, health or reintegration support.

Participants will be selected based on vulnerability, need and available services rather than simply on a first-come, first-served basis.

Where We Work

Raksha Nepal is based in Kathmandu and has more than **22 years of experience working across more than 26 districts of Nepal**, with a strong focus on both **protection and prevention** related to sexual exploitation, gender-based violence and other forms of violence against women and girls.

Through its protection interventions, Raksha Nepal supports women and girls who have experienced or are at risk of sexual violence, exploitation, trafficking and gender-based violence. Through its prevention work, the organisation engages with vulnerable women, girls, families and communities to increase awareness, strengthen access to opportunities, and reduce the risks that contribute to exploitation and violence.

Under this project, support will be provided based on the individual needs and circumstances of women and girls, using Raksha Nepal's existing programme presence, referral networks and partnerships across Nepal.

Raksha Nepal will work closely with **local governments, health facilities, legal and psychosocial service providers, community organisations, educational institutions, employers and other relevant stakeholders** to ensure that beneficiaries can access appropriate, coordinated and sustainable support.

This combination of **protection, prevention, referral and empowerment** enables Raksha Nepal to respond to immediate needs while also addressing the underlying vulnerabilities that can place women and girls at continued risk.

Expected Results

By the end of the 12-month project:

Protection and recovery

- **100 women and girls** receive at least one form of direct protection, recovery or empowerment support.
- Women and girls facing immediate protection concerns are connected to safe and appropriate services.
- Survivors have improved access to psychosocial support, health services and legal assistance.

Education and skills

- Girls at risk of educational exclusion receive appropriate educational support.
- Women and older girls participate in vocational, livelihood or entrepreneurship-related training.
- Participants develop practical skills linked to employment or income-generation opportunities.

Economic empowerment

- Participants receive career counselling, employment guidance or entrepreneurship support.
- Participants are linked with employment, livelihood or income-generation opportunities.
- Women who complete livelihood activities receive follow-up support to strengthen sustainability.

Reintegration and wellbeing

- Participants receive individualised follow-up and case management according to their needs.
- Women and girls demonstrate improved confidence, knowledge of rights and awareness of available services.
- Participants who are safely reintegrated receive continued follow-up to reduce the risk of re-exploitation.

Measuring Our Impact

Raksha Nepal will monitor progress through participant registration and case-management records, attendance sheets, pre- and post-training assessments, counselling records, referral records, follow-up visits and beneficiary feedback.

Key indicators will include:

Indicator	Target
Women and girls receiving direct support	100
Participants receiving psychosocial support/counselling	70
Participants receiving health/medical referrals or support	50
Participants receiving legal information/support	40
Participants receiving vocational/livelihood training	50
Participants receiving education support	25
Participants receiving career/employment/entrepreneurship support	50
Participants receiving follow-up/reintegration support	70
Participants reporting improved knowledge of rights and available services	At least 80% of assessed participants
Participants progressing toward employment, livelihood or education goals	At least 60% of relevant participants

Why Raksha Nepal?

Raksha Nepal was established in **2004** and has more than two decades of experience supporting women, girls and their children affected by sexual exploitation and violence.

The organisation works with women and girls who may face exploitation, trafficking, violence, poverty and social exclusion, and combines protection with longer-term empowerment.

Raksha Nepal's approach includes shelter, psychosocial counselling, training, employment support, reintegration and rescue services. The organisation also works to increase awareness and socio-economic opportunities for women and girls vulnerable to exploitation.

Raksha Nepal's work is recognised through partnerships and collaboration with national and international organisations, including the Social Welfare Council, National Women Commission and international development and philanthropic partners.

Our Approach

Survivor-centred

We respect the dignity, choices, privacy and rights of every survivor.

Do no harm

Services will be provided in ways that minimise risks of stigma, retaliation, re-traumatisation and further exploitation.

Individualised support

Every participant has different needs. Support will be based on individual assessment rather than a one-size-fits-all model.

Empowerment

We want women and girls to become active decision-makers in their own lives—not dependent on assistance indefinitely.

Economic independence

Where appropriate, livelihood and employment support will help reduce economic vulnerability and the risk of re-exploitation.

Partnership

Raksha Nepal will coordinate with relevant government agencies, local authorities, health facilities, legal service providers, employers and community stakeholders.

Sustainability

The project is designed to create benefits beyond the period of direct assistance.

Participants will receive skills, knowledge, referrals and connections that can continue to support them after the project ends.

Economic empowerment will focus on practical skills, employment opportunities, entrepreneurship and market linkages rather than short-term assistance alone.

Raksha Nepal will also continue follow-up and referral support through its existing organisational structures and partnerships.

Safeguarding and Confidentiality

Raksha Nepal will maintain appropriate safeguarding measures throughout the project.

Information about survivors will be treated confidentially. Personal identifying information will not be publicly disclosed without appropriate informed consent and safeguarding considerations.

Photos, stories and quotations used for fundraising and reporting will follow appropriate consent and safeguarding procedures. Where necessary, names and identifying details will be changed or withheld to protect survivors.

What Your Donation Can Do

Your support can help provide practical, life-changing assistance.

\$25 can help provide essential supplies or contribute toward immediate support for a woman or girl.

\$50 can contribute toward counselling, health, education or protection-related assistance.

\$100 can help support vocational, livelihood or empowerment activities.

\$250 can contribute toward more comprehensive support, including training, case management, health/legal referrals or livelihood assistance.

\$500 can help provide a larger package of protection, recovery and economic empowerment support.

\$1,000 can make a substantial contribution toward comprehensive support for a survivor, including multiple services and follow-up.

Every contribution matters. Your donation helps a woman or girl move from vulnerability toward safety, confidence and independence.

Project Budget

Proposed Total: US\$ 100,000

Budget Area	Proposed Amount
Safe shelter, food and essential protection support	\$23,000
Psychosocial counselling and case management	\$12,000
Health and medical support/referrals	\$7,000
Legal assistance and protection referrals	\$5,000
Education support	\$8,000
Vocational and livelihood training	\$15,000

Budget Area	Proposed Amount
Employment and entrepreneurship support	\$10,000
Reintegration and follow-up	\$6,000
Community awareness and prevention	\$5,000
Monitoring, evaluation and learning	\$4,000
Project coordination and essential administration	\$5,000
Total	\$100,000

A Survivor's Future Can Change

For a woman or girl who has experienced sexual violence or exploitation, recovery is not achieved through one service or one payment.

- Safety may be the first step.
- Counselling can help her begin healing.
- Legal support can help her understand and pursue her rights.
- Education can reopen opportunities.
- Skills training can create a pathway toward employment.
- A livelihood can provide independence.
- And consistent support can help her believe in her future again.

“Your support can help make that journey possible”.

Join Raksha Nepal in restoring hope, rebuilding confidence and creating safer futures for women and girls in Nepal.