

Education and Medical Support to 50 Survivors

Every survivor deserves the opportunity to heal, learn, and build a future with dignity.

Project Summary

Introduction

Raksha Nepal is a non-governmental organization (NGO) established in 2004 with a mission to protect and empower women and girls affected by sexual exploitation, human trafficking, and abuse. The organization works particularly with women and girls at risk of or affected by exploitation in the informal entertainment sector, including dance bars, massage parlors, cabin restaurants, and similar workplaces.

Over the years, Raksha Nepal has remained committed to preventing human trafficking and addressing various forms of exploitation and violence, including child marriage, child labor, sexual and gender-based violence (SGBV), and other harmful social practices. Its approach goes beyond immediate protection and focuses on long-term recovery and empowerment, enabling survivors to rebuild their lives, access opportunities, regain confidence, and participate meaningfully in their families and communities.

To support this process, Raksha Nepal provides a range of services, including safe shelter, rescue and protection, legal assistance, psychosocial counselling, education, vocational and life-skills training, healthcare, and advocacy. Through these integrated services, the organization works to create a safe and supportive environment where survivors can recover with dignity and gradually move toward greater independence.

Through Global Giving, Raksha Nepal is seeking support to provide **education and essential medical assistance to 50 women and girls who are survivors of sexual violence and exploitation** and are currently receiving protection and rehabilitation support at the **Raksha Nepal Safe Home in Kathmandu, Nepal**.

For many survivors, entering a safe home is only the beginning of their recovery journey. Experiences of violence and exploitation may have disrupted their education, affected their physical and emotional well-being, limited their access to healthcare, and created financial insecurity and uncertainty about the future. Even after reaching a safe environment, survivors may continue to face significant barriers to completing their education and accessing timely healthcare.

This project will provide practical and individualized support to help 50 survivors continue their education and meet essential healthcare needs. **Education support** may include school or college fees, examination fees, books, stationery, uniforms, learning materials, and other necessary educational expenses. **Medical support** will include health check-ups, medicines, diagnostic services, treatment, and other essential healthcare based on each survivor's individual needs.

Alongside education and medical assistance, Raksha Nepal will continue to provide appropriate counselling, life-skills support, and individual guidance to strengthen survivors' confidence, well-being, and ability to make informed decisions about their futures.

With your support, 50 survivors will have greater opportunities to continue their education, access essential healthcare, strengthen their well-being, and rebuild their lives with dignity, confidence, and hope for a safer and more independent future.

2. The Problem

Survivors of sexual violence and exploitation often face complex challenges long after they have reached a place of safety. Reaching safety is an important first step, but meaningful recovery requires continued support that helps survivors rebuild their lives with dignity, confidence, and hope.

For many girls and women, violence and exploitation have disrupted their education and future opportunities. Some have been forced to leave school, while others struggle to continue their studies due to financial hardship. The costs of tuition, examination fees, books, uniforms, transportation, and other educational materials can become significant barriers, particularly for survivors who lack family or financial support. Educational assistance can help them return to or remain in school and pursue their aspirations.

Healthcare is another critical need. Survivors may require regular health check-ups, medicines, diagnostic tests, treatment, reproductive and general healthcare services, as well as mental health and psychosocial support. Access to these services is essential for healing and rebuilding confidence, yet financial constraints can prevent survivors from receiving timely and appropriate care.

For survivors living in a safe home, recovery means much more than having a secure place to stay. They need opportunities to continue their education, address their health needs, develop practical and vocational skills, strengthen their confidence, and prepare for an independent and dignified future.

Without sustained support, survivors may remain vulnerable to educational exclusion, poor health, economic dependency, social isolation, and further exploitation. Investing in education, healthcare, skills development, and psychosocial well-being can help survivors move beyond

survival toward recovery, independence, and a future filled with greater choices and opportunities

3. Our Solution

Raksha Nepal will provide individualized education and medical assistance to **50 survivors** based on their needs, circumstances, educational status, and health requirements.

The project will focus on three interconnected areas:

A. Education Support

Survivors who are studying will receive support according to their educational needs. This may include:

- School and college fees
- Examination and registration fees
- Books and educational materials
- Stationery
- School uniforms
- Learning equipment and supplies
- Transportation support where necessary
- Other essential education-related expenses

The objective is to ensure that financial barriers do not force survivors to discontinue their education.

B. Medical and Healthcare Support

The project will help survivors access essential healthcare services, including:

- General health check-ups
- Medical consultations
- Medicines
- Diagnostic tests
- Treatment and follow-up care
- Reproductive and sexual health services when required
- Mental health and psychosocial support
- Referrals to specialized health facilities when necessary

Medical assistance will be provided according to individual needs and available resources.

C. Recovery and Empowerment Support

Education and healthcare are most effective when combined with emotional and social support.

Raksha Nepal will therefore connect beneficiaries with appropriate counselling, psychosocial support, life-skills activities, and individual guidance available through its rehabilitation services.

This integrated approach will help survivors strengthen their confidence and prepare for a more independent future.

4. Project Goal

To strengthen the recovery, wellbeing, education, and future opportunities of 50 survivors of sexual violence and exploitation through access to essential education and healthcare support.

5. Specific Objectives

1. To support 50 survivors to continue or resume their education.
2. To reduce financial barriers that prevent survivors from accessing education.
3. To improve survivors' access to essential healthcare and medical treatment.
4. To support survivors' physical and psychosocial wellbeing during their recovery journey.
5. To strengthen survivors' confidence, life skills, and readiness for independent living.

6. Target Beneficiaries

The project will directly support: **50 women and girls who are survivors of sexual violence and/or exploitation and are receiving protection and rehabilitation support through Raksha Nepal Safe Home.**

The beneficiaries may include survivors who are:

- Currently studying;
- Seeking to resume interrupted education;
- Preparing for examinations or further education;
- Recovering from physical or emotional trauma;
- Requiring medical treatment or regular health care; or
- Preparing to transition toward independent living.

Beneficiaries will be selected based on vulnerability, educational needs, health requirements, and available project resources.

7. Project Location

Raksha Nepal Safe Home, Kathmandu, Nepal

The project will primarily serve survivors currently staying at or receiving rehabilitation support through Raksha Nepal's safe home.

8. Key Activities

Activity 1: Beneficiary Assessment

Raksha Nepal will assess each beneficiary's educational, medical, psychosocial, and financial needs.

An individual support plan will be developed where appropriate.

Activity 2: Education Assistance

Education-related costs will be covered according to identified needs and available project resources.

Activity 3: Medical Assistance

Beneficiaries requiring healthcare will receive appropriate medical consultations, medicines, diagnostic services, treatment, and referrals.

Activity 4: Counselling and Psychosocial Support

Survivors will have access to counselling and psychosocial support as part of their rehabilitation journey.

Activity 5: Life Skills and Personal Development

Where appropriate, beneficiaries will participate in life-skills, confidence-building, and personal development activities.

Activity 6: Monitoring and Follow-up

Raksha Nepal staff will regularly follow up with beneficiaries to assess:

- Educational continuation;
- Health and wellbeing;
- Use of support;
- Emerging needs;
- Progress toward personal goals; and
- Transition and independence plans.

9. Expected Results

By the end of the project:

- **50 survivors** receive education and/or medical support according to their individual needs.
- Survivors facing financial barriers are better able to continue or resume education.
- Beneficiaries have improved access to essential healthcare services.
- Survivors receive appropriate follow-up and psychosocial support.
- Beneficiaries demonstrate improved confidence and awareness of their rights and available services.
- Survivors are better prepared to pursue education, skills development, employment, and independent living.

10. Expected Long-Term Impact

The project aims to contribute to a future where survivors are not defined by the violence they experienced, but by the opportunities available to them afterward.

Education can provide survivors with knowledge, confidence, qualifications, and improved opportunities for employment and economic independence.

Access to healthcare can help survivors address immediate and ongoing health needs and prevent untreated conditions from becoming further barriers to recovery.

Together, these forms of support can help survivors move from **survival toward recovery, independence, and dignity**.

11. Monitoring and Evaluation

Raksha Nepal will maintain appropriate records to monitor project implementation and beneficiary progress.

Key indicators will include:

Indicator	Target
Survivors receiving education/medical assistance	50
Survivors receiving education-related support	According to assessed need
Survivors receiving medical/health support	According to assessed need
Beneficiaries receiving counselling/psychosocial support	According to assessed need
Beneficiaries followed up regularly	50
Beneficiaries continuing/resuming education	According to individual educational status

The project team will maintain supporting documentation such as beneficiary records, education-related receipts, medical records where appropriate, referral records, and monitoring reports while maintaining confidentiality and safeguarding beneficiary privacy.

12. Safeguarding and Confidentiality

Raksha Nepal recognizes that survivors of sexual violence require particularly strong protection of their privacy, dignity, and safety.

All project implementation will follow Raksha Nepal's safeguarding and confidentiality procedures.

Personal information will only be collected and used when necessary for service delivery, monitoring, and accountability. Photographs, names, personal stories, or other identifying information will not be publicly shared without appropriate informed consent and safeguarding considerations.

The project will follow a survivor-centred approach that prioritizes **safety, dignity, choice, confidentiality, and non-discrimination**.

13. Sustainability

The project is designed as part of Raksha Nepal's broader rehabilitation and empowerment approach.

Education support can generate long-term benefits by helping survivors gain qualifications and skills that can contribute to future employment and economic independence.

Healthcare support can help beneficiaries address health needs early and connect them with appropriate services.

Raksha Nepal will also continue linking survivors with available counselling, vocational training, employment opportunities, government services, community resources, and other rehabilitation programmes where appropriate.

The long-term objective is to gradually reduce dependency on direct assistance by helping survivors build the skills, confidence, health, education, and resources necessary for independent living.

14. Why Your Support Matters

A contribution to this project is more than paying a school fee or a medical bill.

It means:

- **A girl stays in school instead of dropping out.**

- A survivor receives the medicine she needs instead of delaying treatment.
- A young woman completes her education and gains a pathway toward employment.
- A survivor receives care while rebuilding her confidence and planning her future.

Every contribution can help remove one barrier standing between a survivor and an independent life.

15. Project Budget Framework

The final budget can be adjusted according to the amount approved through GlobalGiving and the actual needs identified among the 50 beneficiaries.

Budget Category	Purpose
Education fees	School/college tuition and related fees
Examination fees	Registration and examination costs
Educational materials	Books, stationery, uniforms and learning materials
Medical consultations	Doctor consultations and health assessments
Medicines	Essential prescribed medicines
Diagnostic services	Laboratory tests and other diagnostic services
Treatment and referrals	Necessary treatment and specialized services
Psychosocial support	Counselling and related support
Monitoring and follow-up	Beneficiary follow-up and project monitoring
Project administration	Essential implementation and documentation costs

Raksha Nepal will prioritize direct beneficiary support and ensure that project funds are used responsibly, transparently, and in accordance with donor requirements.

16. Organizational Capacity

Raksha Nepal is a Nepal-based organization working to prevent sexual exploitation and trafficking and to support women and girls affected by violence and exploitation.

The organization provides protection, rehabilitation, education, counselling, health-related assistance, skills development, and empowerment support to vulnerable women and girls.

Through its safe-home and community-based interventions, Raksha Nepal works with survivors and vulnerable groups to help them move toward safety, dignity, empowerment, and independent living.

17. Project Timeline

Proposed duration: 12 months

Months 1-2

- Beneficiary identification and needs assessment
- Education and health needs assessment
- Individual support planning
- Initial education and medical assistance

Months 3- 10

- Continued education assistance
- Medical consultations and treatment
- Counselling and psychosocial support
- Life-skills and empowerment activities
- Regular monitoring and follow-up

Months 11- 12

- Final beneficiary assessment
- Outcome monitoring
- Documentation of achievements and lessons learned
- Sustainability and transition planning
- Final project reporting

18. conclusion: Help 50 Survivors Build a Brighter Future.....

- For a survivor, a school fee can mean staying in education.
- A medical consultation can mean receiving treatment before a health problem becomes more serious.
- A book can represent an opportunity.
- And consistent support mean knowing that someone believes in her future.

Through this project, Raksha Nepal aims to support 50 survivors with essential education and healthcare assistance while they rebuild their lives in a safe and supportive environment.

Your support can help a survivor continue learning, access healthcare, regain confidence, and move toward an independent future.

“Together, we can help transform survival into hope, and hope into opportunity.”