

# Vital project in Nepal



**Project:** Savings and loans groups

**Objective:**

To set up loans and vocational training for 400 women

£150 will pay for the training of one woman

**Target:** £197,015



## Why Plan works in Nepal

Nepal is one of the poorest countries in Asia, with 83% of the population living on less than £1 a day. The trafficking of women and children from rural to urban areas and overseas is a huge problem. 72% of girls trafficked are under 18 years of age.

Plan is helping to provide communities with the financial education and financial services they need to earn a living and allow families to support their children's education and ensure their wellbeing.

## How you can help

We aim to raise £197,015 to provide loans and vocational training to 400 young women who are victims of, or at risk from human trafficking. We're helping them make the most of their existing skills, such as weaving, embroidering or making handicrafts. We're also making it easier for them to develop new relevant professional skills, such as basic veterinary skills. Only with a regular income can they protect themselves.

With our partners we're helping to educate whole communities and raise awareness of the dangers of trafficking. We're seeing communities mobilise – school teachers, village development committee members, local social organisations, NGOs and parents banding together to try and put a stop to human trafficking and exploitation.

We have found that by training young women to earn a living they will pass that training on to more vulnerable women so that they too can protect themselves. With your assistance we can help these women to earn a living and support their families and neighbours to fight back against the traffickers.

Plan works closely with communities, governments and non-governmental organisations at a local and national level to make sure projects such as this work as effectively as possible. This is one of many projects within Plan's livelihoods programme. With your support, this project can make a difference to the lives of many children, families and communities in Nepal.

# Yes, I'd like to help a Plan project in Nepal

Please complete and return this form to Plan UK, 5-6 Underhill Street, London NW1 7HS

**I would like to give £ \_\_\_\_\_ (please indicate amount) to help loans and savings groups in Nepal (NPL0196)**

Sometimes projects become fully-funded, and occasionally circumstance dictates that our priorities change and particular projects may have to be postponed or even abandoned. When this happens, funds may be transferred to other projects.

Please indicate how you would like to pay below:

- by cheque/postal order/charity voucher made payable to 'Plan International UK'. (Please write your supporter number, if you have one, on the reverse of the cheque and enclose it with this form.)
- by Visa / Mastercard / Amex / Diners / Maestro / CAF Charity Card: *(please circle)*

Name of cardholder: \_\_\_\_\_

Card number:              (Maestro only)

Expiry date:      /

Maestro only:    Valid from date: \_\_\_\_ / \_\_\_\_    Issue number: \_\_\_\_\_ (Maestro number)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please supply your contact details:

Title: \_\_\_\_\_ Full name: \_\_\_\_\_ Supporter reference number: \_\_\_\_\_

Home address: \_\_\_\_\_  
\_\_\_\_\_  
Postcode: \_\_\_\_\_

I'm happy to receive information about Plan's work to my email address: \_\_\_\_\_

Please tick here if you would like us to acknowledge your donation.

*giftaid it*

**If you are a UK taxpayer, we can reclaim tax on your donations – at least 25p extra for every £1, at no further cost to you. Plus, until 5 April 2011, HMRC will add an extra 3p per £1. So just sign below. It's that simple:**

I declare that all donations I've made to Plan for the six years prior to this year and all donation I make from the date of this declaration until I notify you otherwise are Gift Aid donations.

Signature: \_\_\_\_\_

Notes: Gift Aid allows us to reclaim the tax you have paid on all donations to Plan's work. It doesn't commit you to supporting Plan for a specified length of time. You must pay an amount of UK income tax and/or capital gains tax at least equal to the tax Plan will reclaim on your donations during each tax year. If you pay tax at the higher rate, you can claim further tax relief in your Self Assessment tax return. To claim Gift Aid, we need to know your home address and your full name and title.

## Thank you for all your support

**The support these programmes provide is thanks to the generosity of our supporters but with your help we can achieve even more. If you have any questions about our work, or your support, please contact us on 020 7482 9777, or visit [www.plan-uk.org](http://www.plan-uk.org).**