



Nepal

Kate Holt/CARE



Country Snapshot

Population:	29.3 million
Life expectancy at birth:	67 years
Adult literacy rate:	58%
Access to improved water source:	88%
GDP per capita (PPP)*:	US\$ 1,189
Infant mortality rate:	39 per 1,000 live births
Maternal mortality rate:	280 per 100,000 live births
HIV prevalence:	0.4%

Sources: UNICEF State of the World's Children Report 2011, *UNDP Human Development Report 2010

Program Overview CARE was one of the first international aid agencies to work in Nepal. Today, CARE Nepal works to address the systemic and structural causes of poverty and social injustice, such as discrimination based on gender, caste, class and ethnicity; poor governance; and vulnerability from conflict and natural disasters. CARE has identified three core themes for its current programs: empowering women; securing livelihoods and effectively managing natural resources; and addressing equity and social justice. CARE works with some of the poorest, most vulnerable communities in Nepal, focusing on Dalits (people deemed as lower class), socially excluded indigenous people, poor families, marriageable girls and boys, single women, people with HIV/AIDS, and people affected by conflict or disaster.

Natural Resources and Environmental Management

In Nepal's rural areas, more than 80 percent of the population relies on natural resources. CARE is supporting a grassroots movement of equitable natural resource management through civil society groups in order to ensure that natural resources are managed in a democratic and sustainable way, and that the benefits and other earned revenues are equitably distributed to the local communities.

Women's Empowerment

CARE in Nepal is committed to gender equity and diversity. It is involved with numerous national, regional and local networks to prevent sexual and gender-based violence, track rights violations and implement United Nations Security Council Resolution (UNSCR) 1325 on Women, Peace and Security. This resolution addresses the impact war has on women as well as women's contributions to conflict resolution. CARE is also striving to ensure that Nepal's new constitution is inclusive and gender responsive by rigorously advocating for women's rights issues to be included. It is also working towards promoting women's reproductive and sexual health rights and ending harmful and discriminatory practices like *Chaupadi*. CARE has also launched a regional and national level campaign (including policy influence) to stop child-marriages, dowry and gender based violence in the southern plains of Nepal.

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Maternal and Child Health

CARE works to increase access to health services, motivate caregivers to practice healthy behaviours and seek timely and appropriate medical care, and build the capabilities of local health providers to provide quality care. To reduce child mortality, CARE trains community health workers to promote childhood immunization, educate women on the importance of exclusive breastfeeding and combat diarrhoea. To improve maternal health, CARE works to increase access to antenatal care for women, delay marriage and pregnancy in young women, increase spacing between pregnancies, and promote safe sex. CARE lays special focus on the reproductive health of women. In partnership with UNFPA, CARE directly benefitted over 4721 people in 2010 through its work.

HIV/AIDS

CARE coordinates with national networks and the Government of Nepal to raise awareness about HIV/AIDS, provide information to rural communities, help form community support mechanisms and strengthen leadership capacity, and support the district hospitals to establish voluntary counselling and testing centers. CARE Nepal recently initiated a regional program partnering with other CARE offices in Bangladesh and India to create a sustainable and cohesive response to the HIV/AIDS risks associated with mobility across borders shared by these countries.

Economic Development

To help families increase their household income, CARE provides vocational training, income-generating activities, revolving funds for poor households, and leased land for landless people. CARE also promotes increased agricultural production and wages for agricultural labourers. Nearly 45 percent of the people involved in CARE's economic development activities are women.

Education

CARE provides literacy programs for adults and out-of-school youth, many of them women. CARE also provides scholarships to poor, vulnerable and socially excluded children and works to improve school infrastructures and facilities.

Emergency Response and Disaster Risk Reduction

Nepal is prone to floods, landslides and earthquakes, which affect thousands of people each year. To prepare people to cope with these disasters, CARE works with communities to develop Disaster Risk Reduction, First Aid and Search and Rescue Committees, while raising public awareness on disaster preparedness, developing and implementing contingency plans against floods and landslides and educating students about what to do in an emergency. CARE also provides immediate assistance in the form of food, hygiene kits, shelter, and water and sanitation facilities.

Community Peacebuilding

The 2006 peace accord brought hope for a more stable future, ending the ten-year armed conflict. CARE promotes conflict sensitivity and peacebuilding as a cross-cutting theme in all its programs. CARE works with communities to develop Peace Promotion Centers, Women's Advocacy Forums, Open Village Schools and other groups, helping them improve social harmony and resolve disputes through community mediation.

Advocacy, Policy Engagement and Civil Society Strengthening

CARE works to improve the governance of community-based organizations, partners and civil society groups to be more accountable and inclusive of women and marginalized groups, with the hope of improving standards of living. Regional women's rights networks advocate for and protect women's rights to representation and participation, and fight to end violence against women and the practice of Chaupadi, where menstruating women are segregated from their communities.

Major Donors

Austrian Development Agency (ADA), Canadian International Development Agency (CIDA), Danish Agency for Development Assistance (Danida), Disaster Preparedness Programme - European Commission Humanitarian Aid Office (DIPECHO), European Commission, European Commission Humanitarian Aid Office (ECHO), European Initiative for Democracy and Human Rights (EIDHR), UK Department for International Development (DFID), U.S. Agency for International Development (USAID), Swiss Agency for Development and Cooperation (SDC), Big Lottery Fund and private donors and foundations.

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