



HELPING HAND
FOR RELIEF AND DEVELOPMENT



Skills Development and Livelihood Program

2026 CATALOG

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Opportunity Builds Dignity

The Skills Development and Livelihood Program is one of the key developmental projects Helping Hand uses to elevate communities beyond the status quo. Initially responding to crisis situations, we offer increasingly ambitious services to improve the quality of living beyond what it had been before the catastrophe. Skills Development partners with the Youth Empowerment, Orphan Support and Education Support Programs to equip beneficiaries with the means to support themselves and build a better future.

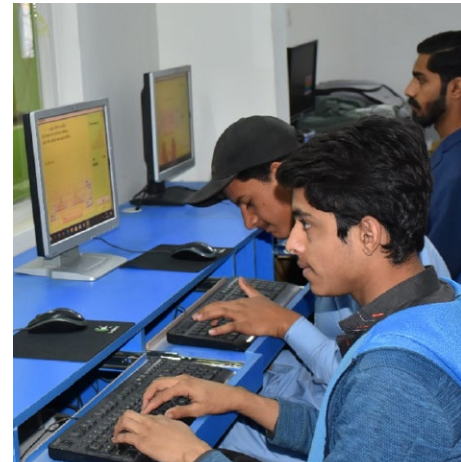
A living wage can not only relieve stress, but it can enable entire families to escape intergenerational poverty. Successful entrepreneurs hire other people, doubling the impact of any charitable donation. In places where women are severely restricted, home-based businesses allow them to contribute to the family's economic wellbeing and recover some sense of pride. Widows often find themselves without a means to put food on the table, and mastering handicrafts allows them to attend to domestic duties while still earning some money.

Please take a look at all the amazing skills development projects we currently have in place. From olive tree farming in Pakistan to graphic design in Lebanon, your support will make a difference in the communities we serve.



Pakistan

Transforming Lives Through Comprehensive Skills Development



In Pakistan, over 18 million people face unemployment and 38.8% of the population lives in multidimensional poverty. Our comprehensive network of 20 Skills Development and Livelihood Centers provide diverse training opportunities that prepare graduates for Pakistan's growing non-agriculture sectors. From fashion design and computer technology to technical trades and personal development, we're equipping 5,000 annual graduates with market-relevant skills that lead to formal employment and entrepreneurship opportunities in underserved communities.

Programs Offered:

- Fashion & Design - Dress making, fashion designing, pattern drafting, and product development
- Technology & Computing - Basic to professional computer skills, graphic design, digital marketing, and freelancing
- Technical Trades - Plumbing, electrical work, mobile repair, solar panel installation, and CCTV systems
- Personal Development - English language, personal grooming, art & craft, and food preservation
- Specialized Programs - Enterprise Development, Agricultural Training, and Sports Development

Certification & Recognition: Eight centers provide officially recognized certificates from certified authorities, with remaining centers in the certification process, ensuring credibility and professional validation across Pakistan's job market.

Student Profile: Our students include unemployed youth, women facing double-digit unemployment rates, and individuals from high-poverty regions seeking pathways from informal agriculture to professional sectors.

Plant a Tree

\$300

Providing comprehensive agricultural training and olive cultivation support to transform Pakistan's marginalized farming communities. Through innovative grafting techniques, sustainable farming practices, and market development, we're empowering farmers to establish profitable olive orchards on previously barren lands. Each farmer receives specialized olive cultivation training, 50 grafted olive plants, essential farming tools, and 24 months of technical follow-up visits to ensure sustainable agricultural transformation and long-term income generation. This program directly addresses Pakistan's \$3-4 billion annual edible oil import deficit while promoting climate-friendly agriculture. Olive trees require minimal water, thrive on marginal lands, and contribute to environmental restoration in previously unproductive areas.



HHRD Provides:

- Olive Cultivation Training
- Land Assessment & Preparation
- Plant & Equipment Provision
- Innovative Irrigation Support
- Market Linkage Development

Enterprise Development Program

\$800



The Enterprise Development Program operates across 17 districts in all provinces, providing comprehensive business training and in-kind support to establish microenterprises for Pakistan's most marginalized communities. Through practical business plan development, technical skills training, and market linkage facilitation, we're empowering entrepreneurs to create sustainable income sources. Each entrepreneur receives 3-4 days of business training, technical skills development, startup equipment, promotional materials, and 12 months of monthly follow-up visits to ensure business sustainability and growth.

Programs Offered:

- Enterprise Development Training - Business planning, marketing techniques, basic literacy & numeracy, and bookkeeping
- Technical Skills Training - Tailored 2-day to 3-month programs based on individual business needs
- In-Kind Business Support - Provision of equipment, supplies, and startup materials per approved business plans
- Market Linkage Development - Connecting entrepreneurs with local markets and customer networks
- Business Types Supported - Trade shops, home-based tailoring, livestock, fruit/vegetable carts, rickshaws, beauty parlors, and innovative enterprises

Beneficiary Profile: Our entrepreneurs are primarily women-headed households, differently-abled individuals, daily wage laborers, small-scale farmers, and members of religious minorities seeking economic independence and community empowerment.

Strengthening Small-Scale Agriculture for Food Security

\$1300



In Pakistan's agriculture-dependent economy, climate change has devastated crop yields. Small-scale farmers face critical challenges including water scarcity, soil degradation, limited access to quality seeds and fertilizers. HHRD's Agricultural Program operates across Punjab and Khyber Pakhtunkhwa, empowering small-scale farmers through climate-resilient practices, modern technology adoption, and sustainable livelihood strategies. We're transforming traditional single-crop farming into diversified, productive agricultural systems that ensure food security and economic sustainability.

Programs Offered:

- Climate-Resilient Farming - Soil and water conservation, organic farming, integrated nutrient and pest management
- Agricultural Infrastructure - Water channel rehabilitation, solar tubewell systems, and laser land leveling
- Crop Diversification - Multi-cropping systems, vegetable model farms, fruit plantation, and kitchen gardening
- Capacity Building - Farmer training programs, modern agricultural technology adaptation, and extension services
- Market Integration - Value chain development, market linkages connecting farmers with wholesalers and retailers

Beneficiary Profile: Our farmers are small-scale agricultural households practicing traditional farming methods.

"Let's Catch Them Young"

\$650



Cricket Skills Development

Our "Let's Catch Them Young" Cricket Skills Development Program transforms young athletes through comprehensive development. Operating in Karachi, we provide structured coaching, professional equipment, and life skills training to Under-15 boys, creating pathways to competitive excellence while building character, discipline, and leadership qualities essential for success.

Programs Offered:

- Foundation Stage - Basic cricket skills, fitness development, and fundamental techniques
- Specialization Stage - Advanced coaching, position-specific training, and tactical development
- Competition Stage - Tournament participation, performance analysis, and elite skill refinement
- Life Skills Development - Character building, leadership training, and personal development sessions
- Equipment & Facilities - Professional cricket gear, training equipment, and access to quality facilities

Beneficiary Profile: Our participants are talented young cricketers aged 15 and under from underserved communities in Karachi.

Afghanistan



Essential Skills Training for Orphans and Vulnerable Youth

In Afghanistan, our general Skills Development and Livelihood Program serves orphans and vulnerable individuals aged 16 and above who need practical skills to build sustainable livelihoods. Operating through multiple training centers, we provide comprehensive vocational education that combines technical skills with business readiness.

Programs Offered:

- Computer Skills - Microsoft Office package training for administrative and business applications
- English Language - Communication skills for expanded employment and business opportunities
- Professional Tailoring - Complete garment construction and textile skills for fashion and household goods production
- Mobile Device Repair - Technical training in smartphone and mobile device troubleshooting and repair services

Certification & Recognition: All graduates receive officially recognized certificates that provide credibility and validation for employment opportunities throughout Afghanistan.

Student Profile: Our participants are primarily orphans and economically disadvantaged youth aged 16 and above who need practical skills to support themselves and contribute to their families' well-being.

Business Support: Graduates from tailoring and mobile repair programs receive comprehensive business start-up kits to immediately begin generating income through their newly acquired skills.

Bangladesh

Building Hope

In Bangladesh, over 1.2 million Rohingya refugees live in overcrowded camps alongside host communities struggling with poverty and limited opportunities. Our centers provide comprehensive vocational training that transforms lives. With six operational centers and a proven track record of 6,000+ graduates, we're creating sustainable pathways from dependency to dignity. Our unique model combines hands-on training with real production experience, ensuring graduates don't just learn skills—they earn while they learn.

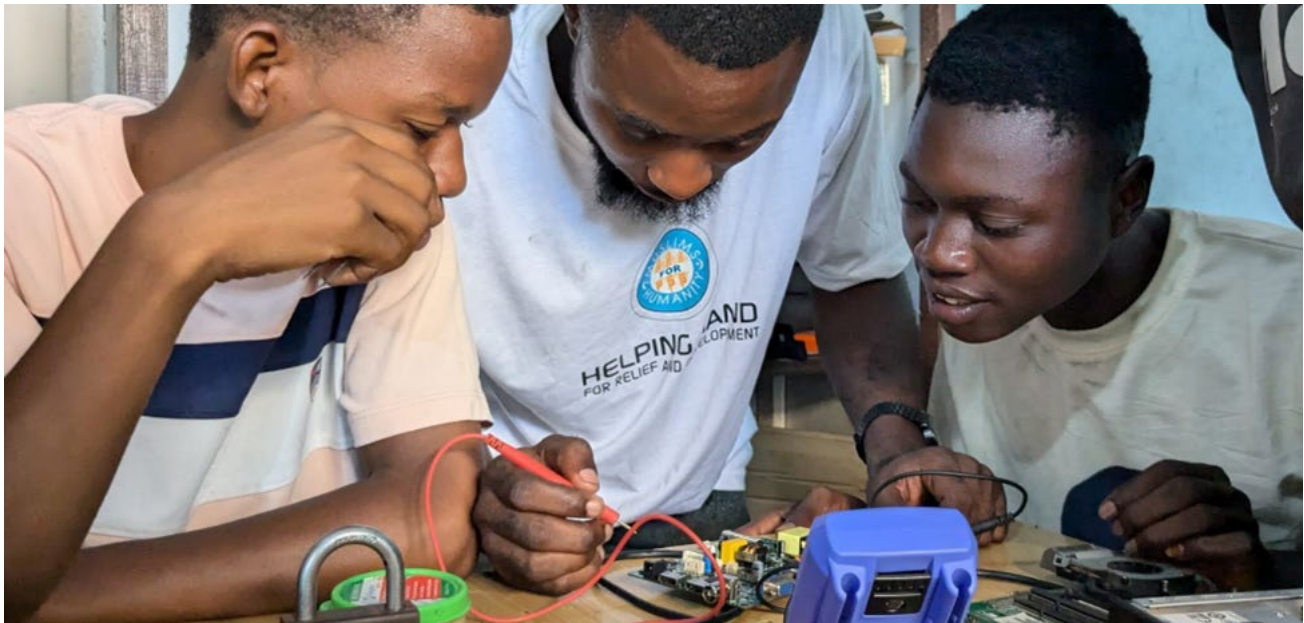
Programs Offered:

- Tailoring and Dress Making - Complete garment production with 75% employment success rate
- Industrial Sewing Machine Operation
- Jute Ware Operation
- Block-Boutique and Handicraft Production
- Soap and Hygiene Product Manufacturing
- Computer and ICT Applications

Certification & Recognition: All graduates receive official certificates recognized by the Inter Sector Coordination Group (ISCG) and relevant United Nations agencies, valid in both home and host countries.

Student Profile: Our students include Rohingya refugees, survivors of Gender Based Violence and extremely poor host community members.

Africa



Across Kenya, Somalia, and Tanzania, youth unemployment is reaching critical levels in communities recovering from conflicts and instability. Our network of Skills Development and Livelihood Centers strategically located throughout East Africa provides essential vocational training that directly addresses local market demands. All centers are registered with relevant local authorities and provide officially recognized certificates.

Programs Offered:

- Information Communication Technology (ICT)
- Electronics & Mobile Phone Repair
- Tailoring & Embroidery
- Henna Artistry
- Baking & Culinary Arts
- Cooking

Student Profile: Our students include unemployed youth seeking alternatives to limited formal job markets, women developing income-generating skills in male-dominated economies, and individuals from conflict-affected regions building sustainable livelihoods through practical training.

Business Development Support: Graduates receive comprehensive business start-up kits for all program areas, including ICT equipment, henna supplies, baking tools, tailoring machines, and electronics repair equipment.

Association of South East Asian Nations

Cambodia

Floating Hope for Fishermen Families

\$5000



In Cambodia's river communities, generations of fishermen face a unique challenge. Living entirely on deteriorating boats in Kandal province, these families depend on daily fishing to survive. They earn just \$5-7.50 per day, not enough to pay for repairs. Our livelihood boat program provides sturdy, purpose-built vessels that serve as both home and workplace for Cambodia's most vulnerable people.

Programs Offered:

- Livelihood Boats - Sturdy vessels designed for fishing operations and family living
- Fishing Equipment - Complete sets of nets, tools, and materials for sustainable fishing
- Family Stability - Permanent floating homes that enable children's education and community connection

Student Profile: Our beneficiaries are landless fishermen families living entirely on Cambodia's rivers, including elderly fishermen and families with children who risk dropping out of school due to constant movement.

Indonesia

Digital Skills for Economic Transformation



In Indonesia, Southeast Asia's largest economy, a digital revolution is creating unprecedented opportunities—but many young people from low-income backgrounds are being left behind. Our technology training center equips underprivileged youth with high-demand digital skills that directly respond to Indonesia's booming tech sector. Through intensive training in UI/UX design and data analytics, combined with mentoring and job placement services, we're preparing the next generation for meaningful careers in Indonesia's digital future while promoting inclusive economic development.

Programs Offered:

- UI/UX Design - Comprehensive user interface and experience design training for digital platforms
- Data Analytics - Professional data analysis skills for business intelligence and decision-making
- Workplace Readiness - Soft skills development and professional mentoring for career success

Certification & Recognition: All graduates receive officially recognized certificates that provide credibility and validation in Indonesia's competitive technology job market, ensuring immediate employment opportunities.

Student Profile: Our students are primarily youth from low-income and underserved backgrounds who would otherwise be excluded from Indonesia's growing digital opportunities despite having strong potential.

Malaysia

Rising Through Artisan Baking

In Malaysia, the food service industry, particularly artisan baking, represents a growing sector with significant potential for small business development and entrepreneurship. Our specialized bakery training program provides comprehensive hands-on education in professional baking techniques. Students learn how to create quality baked goods, and receive equipment needed to launch their own bakery businesses. With expert instruction from government-certified academy teachers, we're building a foundation for economic independence through culinary entrepreneurship.

Programs Offered:

- Professional Bakery Training - Comprehensive baking techniques from basic to advanced levels
- Business Operations - Essential skills for running a successful bakery enterprise
- Product Development - Recipe creation and artisan baking specialization

Certification & Recognition: Graduates receive certificates from instructors who are officially recognized by government-appointed academies, ensuring credibility and professional validation in Malaysia's competitive food service market.

Student Profile: Our students are individuals seeking to develop professional baking skills for entrepreneurship and sustainable income generation in Malaysia's growing food service sector.



Philippines

Digital Innovation for Economic Growth



The global digital transformation presents unprecedented opportunities for Filipino communities to access high-demand careers, but many lack the specialized training needed to compete in this rapidly evolving sector. Our digital skills training center directly addresses this priority by providing cutting-edge education in front-end web development and virtual assistant services. With training programs aligned to current market demands, we're preparing Filipinos to seize opportunities in the booming digital economy while contributing to the nation's innovation-driven economic growth strategy.

Programs Offered:

- Front-End Web Development - Comprehensive coding and web design training for digital career readiness
- Virtual Assistant Services - Professional remote work skills for global marketplace opportunities
- Digital Innovation - Technology skills development aligned with Philippines' digital transformation goals

Certification & Recognition: Graduates receive certificates from established partner service providers, ensuring credibility and professional validation in the Philippines' competitive digital job market.

Student Profile: Our students are Filipino community members seeking to develop high-demand digital skills for participation in the nation's digital jobs initiative and global remote work opportunities.

Thailand

Empowering Through Culinary Excellence

In Thailand, vulnerable women—including Thai communities, Rohingya refugees, and Burmese migrants—face significant barriers to economic independence. Despite Thailand's growing economy, these women encounter educational limitations, language challenges, and exclusion from formal labor markets, leaving them heavily dependent on humanitarian aid.

Our culinary skills training center provides practical, market-relevant education that transforms lives. Women learn not just cooking techniques, but gain the confidence and credibility needed to launch their own food businesses. With comprehensive business support and flexible training schedules, we're creating sustainable pathways to financial self-reliance that honor their resilience and determination.

Programs Offered:

- Culinary Skills Development - Comprehensive cooking training with business application focus
- Business Planning & Marketing - Essential entrepreneurship skills for food service ventures
- Recipe Development - Traditional and modern cooking techniques with professional presentation

Certification & Recognition: Graduates receive certificates that provide valuable credibility in the marketplace. While not government-recognized, these certificates serve as powerful evidence of skills and commitment, supporting women when opening businesses and seeking community support.

Student Profile: Our students are primarily vulnerable women seeking financial independence—including Thai women facing economic hardship, Rohingya refugees, and Burmese migrants navigating systemic barriers to employment.



The Americas

Haiti

Building Resilience Through Essential Skills



In Haiti, where widespread poverty, political instability, and natural disasters create ongoing challenges, many young people face limited pathways to stable employment. Our vocational training center provides essential technical skills that address Haiti's infrastructure needs while creating immediate employment opportunities. From plumbing and solar energy installation to textile production, we're equipping students with practical abilities that serve both individual economic advancement and community development in one of the world's most challenging environments.

Programs Offered:

- Plumbing - Essential water and sanitation system installation and repair skills
- Solar Panel Installation - Renewable energy system setup and maintenance training
- Sewing Machine Operation - Textile production skills for Haiti's manufacturing sector

Certification & Recognition: All graduates receive officially recognized certificates that provide credibility and professional validation in Haiti's competitive job market.

Student Profile: Our students are primarily youth and vulnerable populations seeking to develop practical skills for stable employment despite Haiti's challenging economic conditions and high unemployment rates.

Mexico

English Language and Digital Skills for Economic Empowerment



In Mexico, HHRD focuses on essential language and digital skills that open doors to better employment opportunities. Our programs target skills that are immediately applicable in Mexico's growing service and technology sectors.

Students develop proficiency in English for Employment and Degree Completion, along with critical digital literacy skills including Digital Income Training, Barbering, and Mobile Phone Repair. These practical skills provide immediate earning potential while building foundations for career advancement and entrepreneurship.

Programs Offered:

- English for Employment and Degree Completion - Language skills for professional advancement and academic achievement
- Digital Income Training - Online earning strategies and digital entrepreneurship skills
- Barbering - Professional grooming services training with immediate income potential
- Mobile Phone Repair - Technical repair skills for the growing mobile device market
- Accounting for Non Accountants - Specialized financial services training

Certification & Recognition: Graduates of English for Employment receive certificates with official recognition from the Secretariat of Public Education (SEP). All other courses offer internal SDLP recognition.

Student Profile: Students include youth, single mothers, and individuals from marginalized communities seeking practical skills for immediate economic empowerment and long-term career development.

Peru

Essential Life Skills for Economic Independence

Operating through two active centers, HHRD's programs in Peru focus on practical skills that enable graduates to launch independent businesses and generate income within their local communities. Given the unstable economic situation and limited formal job opportunities, our training emphasizes entrepreneurial skills that provide pathways to economic self-sufficiency. Both training centers require improvements to enhance the learning environment and program effectiveness.

Programs Offered:

- Professional Baking - Complete culinary training in bread-making, pastries, and commercial baking techniques for food service entrepreneurship
- Tailoring & Sewing - Comprehensive garment construction, alterations, and textile skills for fashion and household goods production

Student Profile: Our 50 expected graduates this year are individuals from local communities seeking to develop practical skills that can immediately translate into income-generating activities and small business opportunities.



Nepal

Building Skills, Creating Opportunities



Challenges including political instability and infrastructure deficits in Nepal create barriers to opportunity, particularly for those seeking to develop marketable skills. Our comprehensive vocational training partnerships provide diverse skill development opportunities through government-recognized institutes. From traditional trades to emerging technologies, we're equipping students with practical abilities that translate directly into employment or entrepreneurship within Nepal's evolving economy.

Programs Offered:

- Technical Trades - Tailoring, building electrician, and plumbing certification programs
- Hospitality Services - Hotel assistant training for Nepal's growing tourism sector
- Language & Technology - Japanese language courses and AI literacy training
- Professional Development - Teacher training programs for educational advancement

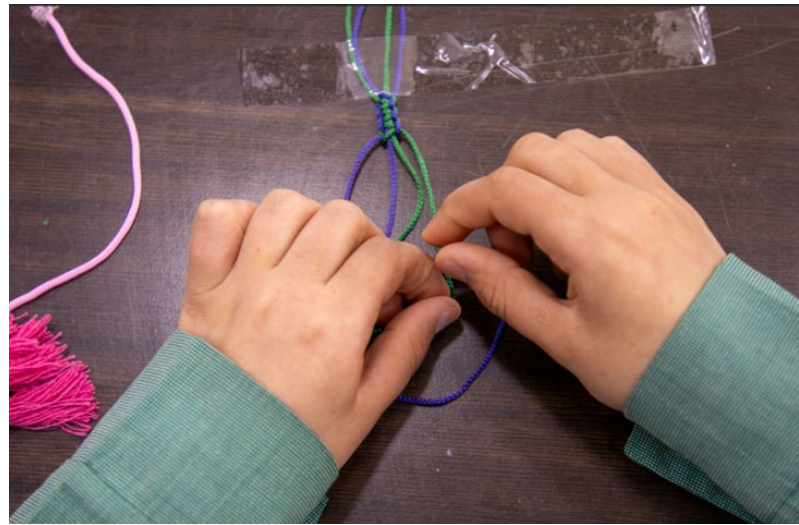
Certification & Recognition: All graduates receive officially recognized certificates from government-approved institutes.

Student Profile: Our students are individuals seeking to develop practical skills for stable employment within Nepal's production sector or to establish small businesses as alternatives to overseas labor migration.

Middle East and North Africa

Jordan

Empowering Refugees and Vulnerable Communities Through Practical Skills



In Jordan, where refugees face legal barriers to formal employment, developing marketable skills for community-based work is a pathway to dignity and self-reliance. Our comprehensive training programs focus on handicrafts, sewing, and beauty services—skills that translate directly into income-generating opportunities within refugee communities and local markets.

Programs Offered:

- Sewing (Beginner & Advanced) - Garment construction and tailoring for local markets
- Embroidery (Beginner & Advanced) - Traditional and modern decorative needlework
- Handicrafts - Knitting, accessories, beadwork, mud crafts, and macramé production
- Women's Hairstyling - Beauty services for community-based clientele
- Detergent Production - Small-scale manufacturing of household cleaning products

Certification & Recognition: Certification process is currently in progress with official accreditation expected within three months. Even with future accredited certificates, students use skills primarily for home-based work due to work permit requirements.

Student Profile: Our beneficiaries are primarily refugees and vulnerable Jordanians seeking economic independence.

Lebanon

Building Economic Resilience in Crisis



Lebanon faces unprecedented economic collapse with currency devaluation, widespread unemployment, and basic infrastructure challenges. Practical skills training has become essential for survival and community stability. With officially recognized certifications and strong earning potential, our graduates can immediately contribute to their families' economic stability while serving critical community needs in healthcare, construction, hospitality, and technology sectors.

Programs Offered:

- Healthcare Support - Medical assistant and nurse assistant training for growing health sector needs
- Technical & Construction - Plumbing, electricity, and construction professional training
- Creative & Business Services - Graphic design, photography, accounting, and hospitality management
- Beauty & Personal Care - Hair dressing for both men and women, makeup, and nail art
- Emerging Technologies - Solar panel installation and mobile device maintenance
- Language & Communication - English courses for expanded employment opportunities

Certification & Recognition: All graduates receive officially recognized certificates that provide immediate credibility and employment opportunities.

Student Profile: Our students include Lebanese nationals and refugees seeking practical skills for immediate income generation.

Morocco

Preserving Heritage While Building Modern Skills



In Morocco's Taroudant Province, we bridge traditional craftsmanship with contemporary market demands. Our program celebrates Morocco's rich textile heritage while equipping students with modern production techniques that open doors to both local and international markets.

Programs Offered:

- Traditional Sewing & Tailoring - Heritage garment construction techniques and cultural designs
- Modern Sewing & Tailoring - Contemporary fashion production and pattern making
- Embroidery - Traditional Moroccan decorative techniques for textile enhancement

Certification & Recognition: All graduates receive officially recognized certificates that validate their skills for both domestic employment and international market opportunities.

Student Profile: Our students are primarily women seeking to develop traditional craftsmanship skills while accessing modern economic opportunities in Morocco's textile and handicraft sectors.

Türkiye

Technology and Media Skills for the Digital Economy

In Türkiye, we focus on high-value digital and creative skills that prepare students for the modern economy. Operating across strategic locations including Gaziantep, Istanbul, and Kilis, our programs target emerging industries with strong earning potential and growth opportunities. Students develop expertise in digital marketing, web programming, professional design, and media production—skills that translate directly into freelance opportunities, remote work, and entrepreneurship.

Programs Offered:

- Web Programming - Full-stack development skills for digital economy participation
- Digital Marketing & E-commerce - Online business development and digital sales strategies
- Professional Design - Graphic design and visual communication for creative industries
- Media Production - Content creation and digital media skills for modern communication needs
- Financial Accounting - Business management and financial services training



Certification & Recognition: All graduates receive officially recognized certificates that provide immediate credibility for technology and creative sector employment throughout Türkiye and internationally.

Student Profile: Our 110 students are primarily youth and professionals seeking to develop high-value digital skills for participation in Türkiye's growing technology and creative sectors.

Thank you



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