

Expression of Interest (EOI) For Conducting a Baseline Survey

Project: *Period-Friendly Village Initiative – Eradicating Chhaupadi in Rural Nepal*

1. Background

Rise Up Foundation Nepal (RUF-N) is a grassroots non-profit organization committed to advancing gender equality, sexual and reproductive health and rights (SRHR), and social justice for marginalized women, girls, and communities in Nepal.

RUF-N has been awarded a grant by **AmplifyChange (UK)** to implement a two-year project titled “*Period-Friendly Village Initiative – Eradicating Chhaupadi in Rural Nepal*” in **Bannigadhi and Ramaroshan Rural Municipalities of Achham District**, Sudurpaschim Province.

As part of the project’s Monitoring, Evaluation, and Learning (MEL) framework, RUF-N intends to conduct a **baseline survey** to establish benchmark data on menstrual health, SRHR awareness, harmful practices (including Chhaupadi), and community attitudes.

2. Purpose of the EOI

The purpose of this Expression of Interest is to **identify a qualified and experienced individual** to design and conduct a **baseline survey** that will inform project implementation, monitoring, and impact measurement.

3. Scope of Work

The selected consultant/firm will be responsible for:

- Reviewing project documents, log-frame, indicators, and MEL framework
- Designing a gender- and culturally sensitive baseline survey methodology
- Developing data collection tools (quantitative and/or qualitative)
- Conducting field data collection in remote and Chhaupadi-affected communities
- Ensuring ethical research standards, safeguarding, and informed consent
- Analyzing and disaggregating data (by gender, age, caste/ethnicity, disability where possible)

- Producing a comprehensive baseline survey report with clear findings and recommendations
- Presenting key findings to Rise Up Foundation Nepal

4. Expected Key Focus Areas

The baseline survey is expected to capture data on, but not limited to:

- Awareness and understanding of SRHR as human rights
- Prevalence and practices of Chhaupadi among women and girls
- Community attitudes, beliefs, and norms related to menstruation
- School attendance and participation of adolescent girls
- Engagement of men, boys, faith leaders, and local decision-makers on menstrual rights
- Existing referral pathways and support systems

5. Duration and Location

- **Duration:** Approximately 4–5 weeks (including design, data collection, and reporting)
- **Location:** Bannigadhi and Ramaroshan Rural Municipalities, Achham District

6. Eligibility Criteria

Interested applicants should demonstrate:

- Proven experience in conducting baseline surveys or social research, preferably on SRHR, gender, or harmful practices
- Experience working in rural or remote contexts of Nepal (experience in Sudurpaschim Province preferred)
- Strong understanding of ethical research, safeguarding, and community engagement
- Ability to deliver high-quality reports within agreed timelines

7. Submission Requirements

Interested applicants are requested to submit:

1. A brief EOI (maximum 2–3 pages) including:
 - Individual profile (Nepal National Only)
 - Relevant experience and sample work (if available)
 - Proposed approach and methodology (high-level)
 - Team composition and roles (Project staffs based in Achham will support in field data collection, so, no need to include field work)
2. Estimated professional fee or budget range (budget ceiling- 10 working days)
3. CV(s) of key personnel

8. EOI Submission Deadline

- **Deadline:** 5 January 2026
- **Submission Email:** vacancy@riseupfoundation.org.np
- **Subject Line:** *EOI – Baseline Survey | Period-Friendly Village Initiative*

9. Selection Process

Shortlisted applicants may be invited to discuss and present a **technical and financial proposal** and/or participate in an interview. Rise Up Foundation Nepal reserves the right to accept or reject any or all EOIs without assigning any reason.

10. Safeguarding and Ethics

The selected consultant must comply with Rise Up Foundation Nepal’s **Safeguarding Policy, Integrity and Ethics Guidelines**, and donor requirements throughout the assignment.



Theory of Change/Result Framework

Period Friedly Village Initiative- Eradicating Chhaupadi in Rural Nepal

Logical Intervention	Indicators
<p>Impact Improved sexual and reproductive health and rights (SRHR), dignity, and safety of women, girls and marginalized groups in Chhaupadi-affected communities of Achham.</p>	<p>-% of women and girls in target communities no longer practicing Chhaupadi.</p> <p>-Increased community acceptance of menstrual rights and SRHR as fundamental human rights</p>
<p>Outcomes</p> <ol style="list-style-type: none"> <li data-bbox="248 772 760 919">1. Marginalized groups (women, girls, youth, men) demonstrate increased awareness of SRHR as a human right. <li data-bbox="248 993 760 1178">2. Decision-makers at local and district levels demonstrate increased engagement and support for SRHR and elimination of Chhaupadi. <li data-bbox="248 1360 760 1545">3. Rise Up Foundation Nepal strengthens its organizational capacity for effective, accountable, and sustainable SRHR programming. <li data-bbox="248 1692 760 1875">4. Women and girls practice safer, dignified menstrual health behaviors and harmful practices like Chhaupadi are significantly reduced. 	<ol style="list-style-type: none"> <li data-bbox="781 709 1421 814">1.1 Number and percentage of marginalized individuals reporting increased knowledge of SRHR and menstrual rights. <li data-bbox="781 856 1421 930">1.2 Change in community attitudes toward menstrual health and harmful practices. <li data-bbox="781 1003 1421 1150">2.1 Number and type of decision-makers (municipal leaders, ward chairs, faith leaders, teachers, health workers) engaged in SRHR and Chhaupadi elimination initiatives. <li data-bbox="781 1192 1421 1297">2.2 Number of policy commitments, endorsements, or actions taken by decision-makers. <li data-bbox="781 1371 1421 1444">3.1 Number of institutional strengthening measures completed (policies, systems, training). <li data-bbox="781 1486 1421 1560">3.2 Improved organizational performance based on internal capacity assessments. <li data-bbox="781 1696 1421 1770">4.1 Percentage reduction in Chhaupadi practice in target wards. <li data-bbox="781 1812 1421 1875">4.2 Number of families adopting safe menstrual practices.

<p>Outputs</p> <p>Output 1: Awareness and knowledge increased among marginalized groups.</p> <p>Output 2: Engagement and commitment of decision-makers enhanced.</p> <p>Output 3: Organizational systems and capacities strengthened.</p> <p>Output 4: Communities adopt safer menstrual practices and reject harmful norms.</p>	<ul style="list-style-type: none"> -Number of community dialogues conducted. -Number of participants reached (women, girls, youth, men). -Number of radio episodes, street dramas, legal awareness sessions conducted. -Number of orientation/advocacy meetings with decision-makers. -Number of public declarations (e.g., Chhaupadi-Free Village announcements). -Number of faith leaders engaged in scriptural dialogue workshops. -Number of staff trained on SRHR, safeguarding, financial management, M&E, etc. -Number of institutional policies updated or newly developed. -Functionality of upgraded financial and M&E systems. -Number of behaviors change events (Mandir Pravesh, Chhaupadi Hut Removal). -Number of women and girls benefiting from safe menstrual alternatives.