
HERA



Empowering female survivors to achieve financial independence

HERA UK's Vision

Empowerment of women survivors through education, capacity building and mentoring

Providing business **education** through workshops and training.

Empowering women through **capacity building**

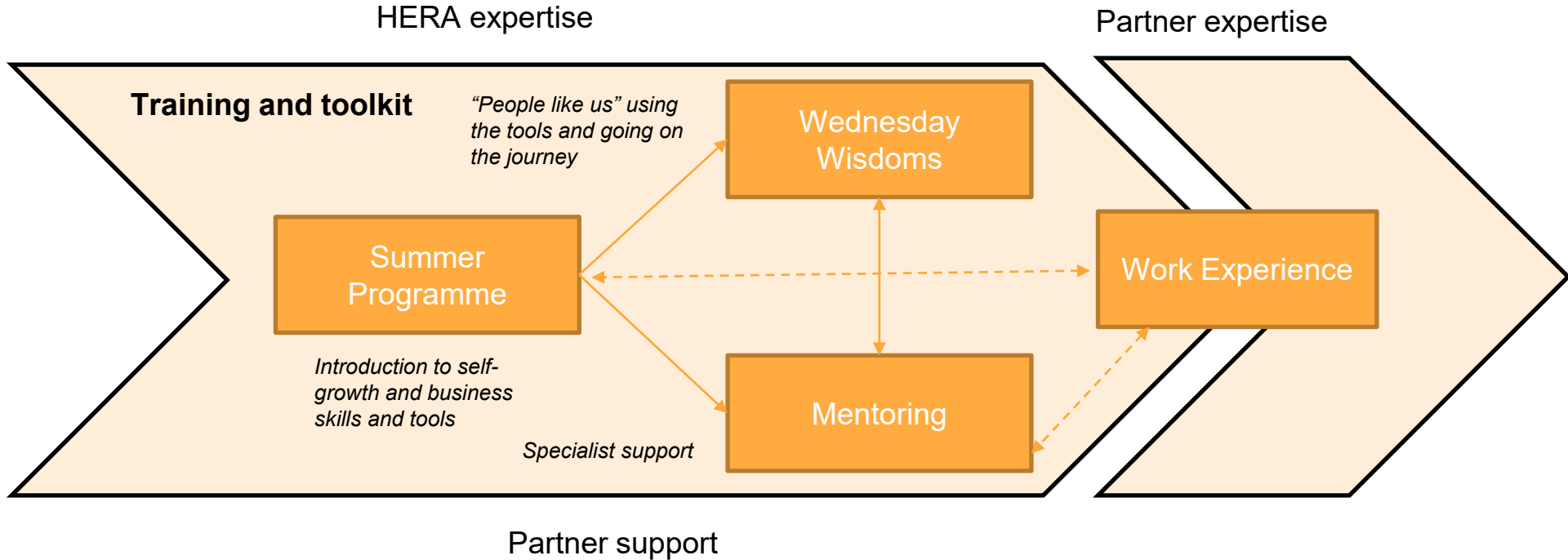
Personal and professional **mentoring** to walk alongside women

Our Focus

Founded in 2005, **HERA mobilises business and academic expertise, creativity**, and resources to prevent and redress the annual \$150bn business of human trafficking and re-trafficking.

HERA works with women survivors of trafficking, conflict, exploitation and other forms of violence. HERA also works with young women vulnerable to trafficking and re-trafficking to **pursue their aspirations and ambitions for a better life.**





Summer programme 2024 key dates

- Starts on 1st July for two weeks
- Final week ends with graduation on 2nd August

Some feedback from 2023 & 2024 students

“The whole programme was brilliant! I really enjoyed every part of it, from meeting people from different walks of life to all the activities which I've learnt a lot from & I am more confident in myself and my visions for the future. The highlight for me was meeting amazing individuals who share similar life experiences to me. Thanks to HERA, I've found a sense of belonging and support that I cherish deeply. It's incredibly inspiring to see how previous students have moved forward in their lives, and it fills me with hope for my own journey.”

“The highlight for me was that HERA reminded me of who I was and how much more I can become”



[For more information,
click: HERA](https://hera-uk.org)
<https://hera-uk.org>

How can you help HERA UK Now!

- **Become a mentor** – 1.5 HOURS per month via online meeting with other mentors and 20 mentees / students – starting in early October 2024, and rolling monthly until the end of June 2025, you will receive training and support
- **Financial** – fundraising, donations and corporate sponsorship

THANK YOU

On behalf of the HERA UK board of trustees and
our students

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