



Final Evaluation Report EMPOWERING SURVIVORS OF DOMESTIC VIOLENCE AND TRAUMA (TIMOR-LESTE)

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Action on
Poverty



REPORT

FINAL EVALUATION – Empowering Survivors of Domestic Violence and Trauma (Timor-Leste)

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ACRONYMS & ABBREVIATIONS

<i>List of Acronyms & Abbreviations</i>	<i>Definition</i>
<i>AOP</i>	Action on Poverty
<i>ANCP</i>	Australian NGO Cooperation Program
<i>CBT</i>	<i>Cognitive behavioral therapy</i>
<i>CEDAW</i>	Convention on the Elimination of Discrimination Against Women
<i>CRC</i>	Convention on the Rights of the Child
<i>DAC</i>	Development Assistance Committee
<i>DFAT</i>	Australian Government's Department of Foreign Affairs and Trade
<i>DV</i>	Domestic violence
<i>GBV</i>	Gender-based violence
<i>ICT</i>	Integrated Co-occurring Treatment
<i>ICSER</i>	International Covenant on Social and Economic Rights
<i>MOU</i>	Memorandum of understanding
<i>MOJ</i>	Ministry of Justice
<i>MSSI</i>	Ministry of Social Solidarity and Inclusion
<i>NGO</i>	Non-governmental organization
<i>OECD</i>	Organization for Economic Co-operation and Development
<i>SASCAS</i>	Serviço Apoia Sociedade Civil no Auditoria Social (Translate: Service Supports Civil Society in Social Audit)
<i>SEI</i>	State for Gender Equality and Inclusion
<i>TOT</i>	Training of trainers
<i>VPU</i>	Vulnerable Persons Police Unit
<i>WEMWBS</i>	The Warwick-Edinburgh Mental Wellbeing Scale

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EXECUTIVE SUMMARY

The project “Empowering Survivors of Domestic Violence and Trauma” is funded by Australian NGO Cooperation Program (ANCP) and implemented by Action on Poverty (AOP) and its partner, PRADET from July 2022-June 2025. The project originally had a psychosocial support and health focus, and expanded its supports to vulnerable women over time, providing vocational training and develop livelihood activities that help build skills, confidence and contribute to economic development and stability going forward.

The final assessment was conducted during November to December 2024 by both an external consultant and AOP staff as an internal reflection and cross-learning exercises. The evaluation focused on evaluating the project performance against the 6 OECD/DAC’s criteria of Relevance, Coherence, Effectiveness, Efficiency, Impact and Sustainability. The assessment also draws lessons learned and recommendations for improvements. A combination of a desk review of secondary data and primary data, using both qualitative and quantitative tools, was deployed by the assessment. A total 117 people, of which 51 females and 66 males participated in the assessment via direct consultation and survey.

Results from the assessment are summarized below:

Project Performance

Relevance. The project is relevant to the need of target participants, Timor-Leste government policies and Australian Government Department of Foreign Affairs and Trade (DFAT) priorities. The activities meet the urgent needs of participants, targeting the most vulnerable to and survivors of gender-based violence (GBV) and mental health illness. All interviewed participants and nearly 100% of the respondents surveyed acknowledged that the activities are useful and appropriately delivered. The project is also well aligned with the policy of Timor-Leste government and DFAT priorities. There is a divergence of project targets from the primary focus, particularly the expansion to participants to boys and men in the communities.

Coherence. The project intervention is well matched with PRADET’s expertise and contributes to its overall program objective. The project activities are well connected and supplementary to other interventions of PRADET. The livelihood support and the participation of boys, men and incarcerated people appeared to have a loose connection with the focused topic of GBV and domestic violence prevention.

Effectiveness. At the time when the assessment was conducted, four out of 10 indicators set in the project proposal were nearly achieved, and one of them overachieved. Five indicators were on-going.

Efficiency. The project’s resources have been efficiently managed and utilized. There are appropriate structures and arrangements for project implementation. The mobilization of available expertise among PRADET’s staff and rehabilitation facilities make the resources program more efficient. The direct implementation of the activities is also well-grounded with support directly targeting the participants and communities.

Impacts. The project’s meaningful impacts are acknowledged by all interviewed participants and related actors. Strong evidence was collected on the improved awareness, self-confidence, improved mental health, relationship, livelihood and life of the participants, thanks to the contribution of the project. Positive changes in mental well-being reported by all interviewed participants and 60-80 percent of survey respondents; around 70 percent reported a better

situation in terms of their economic, social status, and in their relationship with families and community after participating in the project.

Sustainability. There are foundations for maintaining and expanding projects' results and impacts beyond the project cycle. This relies on the enhanced individual capacity of the participants, improvement in community awareness and strengthened relationships. There is however inadequate evidence of the strategic planning and efforts made to ensure a smooth handing over/exit plan, and continuation of the activities after the project funding ends.

Overarching Lessons Learned and observations

The project gained strong recognition and high credit from the government. Interviewed senior government officials appreciated the works and significant contribution of PRADET's program in GBV prevention. The close engagement and trust that PRADET has maintained through MOUs with various government agencies gives very high opportunity for PRADET to engage in policy influencing, and implementation of larger government programs to create larger impacts.

Exit strategy and sustainability plan yet to be in place. No specific activities were designed for engagement with policy makers, networking for policy advocacy or promotion of replication. The interviews with PRADET staff and government officials indicated that there was no discussion on the exit strategy among PRADET team and with relevant stakeholders. All consulted actors suggested that donors' support should be maintained as the only means to continue the activities and results.

Psychosocial care and mental health support tend to focus mainly on the survivors, while missing out other family members, e.g. children. When there is violence in the families, it does not only affect the direct survivors, but also other members in the family, especially children who witness the violence. The focus of psychosocial support only on the survivors themselves may limit the positive effects of healing and weaken the prevention capacity of the family. Especially for the children witnessing the incident, effects of domestic violence may have a significant impact on their well-being and development in the long term. In some cases, it could lead to violent behavior of the child in future.

Livelihood support activities as a prevention mechanism of GBV need to be reconsidered. The direct support to survivors produced positive changes for them and their families, enabling their healing and building stronger resilience. The livelihoods support to other members in the family and community showed little impact on GBV. There was little evidence observed on the connection between the project support and prevention of GBV in several cases, e.g. the support to livelihood groups of men in Emera.

Material support and economic incentivization to inmates caused unexpected negative impacts. This was raised specifically during the discussion with prison officials in Gleno and Emera. It was observed that the provision of materials and livelihood support to some of the inmates create certain expressions of envy among people in prison. This also led to the perception on PRADET's role as a service provider and put PRADET staff into awkward situation when they find difficulties in responding to the repeated requests for direct material support (e.g. clothes and hygiene kits) and expectations from the people in prison.

Tools and systems for monitoring. PRADET uses simple forms and templates for reporting the cases, and collection of basic information of the participants. It is observed that, there yet to be clear (documented) criteria for selecting the participants and the type of support

provided. There is also not pre-defined curriculum or standardized assessment set for the literacy program. Project staff encountered difficulties in keeping track of the progress of the participants, and it was not possible to collect information for reporting, partly attributed to the lack of a reliable, systematic tool for monitoring the progress of mental health improvement. A baseline survey was designed and piloted in 2024. The most referenced source of information to track the project progress is extracted from online periodical reports. The online reporting system does not accommodate tools to monitor longitudinal/accumulated information and records. PRADET staff also shared that although they were familiar with AOP's online M&E system, they expect to have more orientation and training for the staff on M&E and development approach.

Recommendations

To PRADET.

- **Revisit the intervention strategy, with focus on PRADET's strength and niche.** Revisit the program strategy and bring the focus on PRADET strength and expertise, eg counselling, psychosocial care and rehabilitation in addressing GBV. PRADET should consider sharpening the program design with a gradual shift from service provision to technical support and policy contribution. More specifically, reconsider the provision of direct services and material support to people in prison, as this only addresses short term needs. Livelihood support activities to released incarcerated people can also be de-prioritized and only limited to survivors with very difficult economic conditions. In such cases, effort should be made to diversify livelihood options for GBV survivors to ensure competitiveness of their business and more income. Closer technical supervision, coaching, and market connections for sustainability need to be further strengthened.
- **Strengthen documentation, finetune the M&E tools and methods for screening participants and monitoring the progress of mental health improvement.** It is suggested that a well-documented set of criteria for screening the targeted participants will be helpful for the staff to assess needs and vulnerabilities. A systematic system and appropriate tools will help keep track of progress and give advice on suitable follow-up measurements needed to support the participants. Besides, coordination and sharing of knowledge and lessons among the same program across municipalities should be further strengthened.
- **More attention should be paid to capacity building and promoting replication of the approaches by other actors.** Given its long history and strong technical expertise, PRADET can consider providing support to other service providers so that they can provide the services to GBV survivors, especially for the officials in the prisons. This could include training for trainers on mental health and counselling for guards and police so that they can do counselling in their own prison in charge.
- **Explore opportunities to go beyond service provision.** PRADET has built very strong relationships with government agencies and gained access to high level policy-making bodies. This provides opportunities for PRADET to share comments and suggestions to policy makers and advocate for improving services to strengthen the capacity of government agencies, which are tackling the GBV and providing essential services to the people in prison.
- **Preparations for exit strategy and sustainability plan.** This includes the promotion of adoption of project approaches and replication of activities by government agencies and

other actors and diversified funding sources for the program. The revised program strategic design with more focus on the thematic topics of PRADET's strength and expertise, combining with a comprehensive donor scoping will help sustain funding from funding partners and donors with shared interest.

To Action on Poverty (AOP)

- **Ensure coherence of individual projects to the global program strategy.** This includes **setting up strategic** vision and **priorities** globally and interventions at country level. This should be clear orientation and close engagement of AOP during the project development and intensive technical inputs during the designing of the project interventions. The focused topics will help enhance program coherence, strengthen technical expertise of AOP and improve program operation efficiency. One example of area for improvement could be the revision of project log frame to include a component of PRADET's staff self-care as an outcome of the project; in fact this could be integrated into the project capacity building component, rather than an outcome itself; this could help maintain the consistence and ensure coherence of the result framework. .
- **Improve exit strategy and phase out plan.** A clearer vision of the program cycles with specific road maps with integration of activities for exit strategy should be set at the beginning of the partnership. This includes a capacity building plan, especially governance and fund-raising capacity for partners, promotion of local ownership and handing over results to local partners.
- **Moving towards Product approach.** This requires AOP to go beyond project management and provide more technical input, supervision, advocacy and marketing at a higher level. It is also essential to ensure AOP's active engagement in identifying the innovative solutions in the program, co-design, implementation, packaging and capitalization of the innovations. Coherence of programs at all levels on focused topics will help strengthen organization competitiveness, increase funding opportunities, especially targeting regional funding schemes.

INTRODUCTION

1.1 Context

Conflict in Timor-Leste's recent history results in pervasive cycles of accepted violence where women and children suffer disproportionately. Furthermore, Timor-Leste's patriarchal society and economy disadvantages women.

AOP has been working with local mental health organization PRADET, educating and empowering predominantly women experiencing domestic violence in the last seven years. PRADET has been providing psycho-social and medical support to survivors of, sexual assault, child abuse and abandonment since 2002. Building upon the long experience working on the subject, it is identified that factors contributing to domestic violence are economic poverty, lack of education in the household that leads to life within the family and the community becoming stressful and violent.

The project “Empowering Survivors of Domestic Violence and Trauma” funded by ANCP and implemented by AOP’s partner, PRADET from July 2022-June 2025. The project originally had a psychosocial support and health focus, and expanded its supports to vulnerable women over time, providing vocational training and develop livelihood activities that help build skills, confidence and contribute to economic development and stability going forward.

The project outcome:

- Outcome 1: Improved quality of life for 60-75 survivors of domestic or sexual violence and their families – from FY22/23 to FY24/25.
- Outcome 2: Increased access to and coordination of quality care services for over 100 women, men and youth prisoners in Gleno and Becora Prisons - from FY22/23 to FY24/25.
- Outcome 3: Increase well-being support for local partner staff

This project aimed to improve the situation of women and children affected by gender-based violence by increasing rights awareness and financial independence. During the 3 year, the project targeted providing 60-75 survivors with support, knowledge to develop enterprises – growing/selling food and vegetables, raising animals, selling second-hand clothes etc. The project was designed to provide training, practical assistance and technical support so they can gain confidence, literacy skills, and business skills. Besides, the project also supports/engages with some community groups (agriculture) to raise awareness on domestic violence.

Besides the DV/GBV survivors, the project also works with women, men and youth prisoners in Gleno and Becora Prisons, particularly providing psychosocial support, life skills education and skill development programs including literacy. PRADET also works with a legal aid non-governmental organization to advance female prisoners’ court cases, many of which are themselves domestic violence survivors.

1.2 The final evaluation

1.2.1. Objective

The final evaluation was conducted during November – December 2024, engaging both external consultant and the internal reflection and cross-learning exercises, with focus on:

- 1) Assessing the project against the OECD evaluation criteria: Relevance, Coherence, Effectiveness, Efficiency, Impact, and Sustainability and
- 2) Developing of the overarching lessons learned from the project implementation and opportunities for future interventions.

1.2.2. Evaluation Criteria and Key Questions

Table 1. Evaluation Criteria and Evaluation Questions

Evaluation criteria	Proposed evaluation questions
Relevance: whether the objectives of the project are in accordance to locally defined needs and priorities as well as to partner government priorities.	1. To what extent has the project been responsive to the needs of targeted participants? 2. To what extent has the project been relevant to the priorities of local governments and other program partners? 3. To what extent has the project been in line with the priority of ANCP and AOP in Timor-Leste?
Coherence: How is the compatibility of the project interventions with other interventions in a country, in the relevant sector.	4. How has the project been compatible and synergized with other interventions of AOP as well as its implementing partners?
Effectiveness: The extent to which project objectives are being achieved or can be achieved.	5. To what extent has the project achieved its objectives, expected outcomes and outputs? 6. What factors have contributed to achieving, or not, intended outputs and outcomes? What are key constraints and challenges in achieving the expected results?
Efficiency: To determine the extent to which the project has managed resources to balance economy, efficiency and effectiveness in ways that are both equitable and ethical.	7. What were the measures adopted by the project to ensure value for money? Are there other intervention approaches for using the allocated budget more efficiently or getting higher quantity/quality of outputs/outcomes?
Impact: What difference/changes do the project interventions make, in terms of the significant positive or negative, intended or unintended, on the targeted actors, locations and the sector.	8. What are the key changes that the project has made to the targeted participants? Are there changes that yet to come? 9. To what extent has the project contributed to improve psychological wellbeing, social and economic status of women survivors and their families; and on the reduction of gender-based violence in the society?
Sustainability: The likely ability of project activities to continue to deliver benefits for an extended period after completion.	10. What processes, results, or benefits produced by the project could be sustained? 11. What is the evidence showing ownership, acceptance, and scaling-up of the local authorities, partners, and primary participants?

	12. What has been the exit strategy for the project and how has this exit strategy been executed?
Overarching lessons learned	13. What have been the factors that contribute to or hinder the achievement of project objective? 14. What should have been done differently in order to improve the results and impacts of the project?

1.2.3. Scope and limitations

- Coverage: the assessment conducted only 3 among the 5 municipalities, may not reflect well the specific context in all the project targeted locations.
- For some cases, the evaluation team was not able to consult directly with the participants but their relatives, this limits the evaluators' analysis from direct observation and genuine firsthand information.
- Not being able to explore all the aspects of the cases due to the sensitivity of the issues and experiences of the survivors.

1.2.4. Evaluation methodology

The evaluation framework was designed by adopting the following:

- Criteria for development program evaluation developed by the Development Assistance Committee of the Economic Cooperation and Development (OECD/DAC).
- OECD – DAC gender equality policy marker.
- The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS), which is a widely used tool for measuring mental well-being in individuals and populations. It consists of 14 positively worded statements related to mental well-being, such as optimism, relaxation, and positive relationships, with responses rated on a 5-point Likert scale (from "None of the time" to "All of the time"). Participants were asked to reflect on their status against each statement, and select the most appropriate corresponding sequence, with the comparison on the sequence before and after joining the project.
- AOP guidelines on evaluation and codes of conduct, child protection policies and ethical norms in social research.

The evaluation was a combination of a desk review of secondary data and primary data collection, using both qualitative and quantitative tools. Essences of these methods are outlined below.

a) Desk review

A desk review was made before primary data collection efforts. Relevant documents and data provided by AOP and project partners, other related secondary data sources were reviewed, including:

- Project documents.
- Periodical reports: quarterly and annual reports.
- Case stories, and other materials provided by partner.
- Information published on websites of related agencies.

Based on the initial results from desk review, methodological issues of primary data collections (i.e. stakeholder to be met, sampling procedures for the survey, focuses of primary data collection...) were refined and finalized.

b) Primary data collection

Qualitative assessment

The qualitative assessment was conducted via direct consultation with relevant stakeholders. A total of 44 persons of which 19 females and 25 males were consulted, including:

Project participants:

- Domestic violence survivors who have had access to PRADET services (including the recent participants and few of those engaged during the first year).
- Youth, woman and man prisoners (including those who have been released since the start of the project).
- Community groups.
- PRADET staff.

AOP and partners:

- AOP staff of other management functions that are involved in project implementation and monitoring.
- PRADET leader and staff involved in the project.

Other stakeholders:

- Family members, villagers.
- Trainers, psychosocial care/counsellors.
- Local community leaders (village head?), social affairs staff, police....

Quantitative survey

The quantitative assessment was conducted via a questionnaire survey with the targeted participants. For this survey, a purposive sampling was adopted. A total 73 people, of which 32 females and 41 males responded to the questionnaire. The number of targeted informants for the qualitative assessment is presented below:

Table 2. Summary of actors consulted during the assessment.

Stakeholders	No. of persons	Tool		
		IDI/KII	Survey	FDG
AOP and partner				
– AOP personnel	01	01		
– PRADET	18		07	11
Participants				
– Domestic violence survivor women (including mental health illness)	25	03	22	
– Community groups	05			05
– Youth prisoners	18	02	10	06
– Women prisoners	08	03	05	
– Male adult prisoners and ex-prisoners	30	03	27	
Other stakeholders				
– Family members	06	04	02	
– Villagers	01	01		
– Trainers, psycho care/counsellors	01	01		
– Government officials, community leaders, police....	04	04		
TOTAL	117	22	73	22

Case study:

The case studies were collected during the assessment to provide supplementary and in-depth information to highlight certain findings or issues; good practices that identified from the desk review and during primary data collection.

MAIN FINDINGS

2.1. Relevance

2.1.1. To the need of project participants

The intervention is highly relevant to the local context and the need of participants, where about 3 among every 5 (59%) women aged 15–49 years, who have ever been in a relationship, reported having experienced some form of physical or sexual partner violence¹, and 43% of ever-partnered women reported having experienced economic abuse in their lifetime. The relevance of the project support was acknowledged by all interviewed participants and relevant actors.

For the survivors of domestic violence, PRADET has been perceived as the 1st to be called when there is an incident. PRADET provides quick response and timely intervention with various support from rescuing the person, supporting transfer to a safe house and psychosocial care. All these are found to be very effective. *“When they detected serious abuse, and there were no facilities to support the survivors, people will call PRADET and PRADET immediately supports to evacuate the survivors. PRADET intervention is appreciated because of the quick response.” – MSSl unit director, Liquica.*

The support to prisoners and juveniles, especially the yoga and meditation exercises, was reported very relevant to the participants. All the prisoners interviewed acknowledged that they encountered serious mental health issues at the beginning of their term in prison. The yoga, meditation and counselling sessions supported by PRADET were very beneficial to the inmates, which help heal the mental health of the inmate, calm down their emotion and change behavior. All the consulted prisoners wish to continue or will be able to participate in these sessions.

The livelihood support to survivors of violence and their families are also appreciated by the participants. Although the level of success and the impacts of the livelihood support vary from one to another participants, it addressed the very need of the targeted families and brought about positive impacts on their livelihoods and income.

From the quantitative survey, more than 97 percent of the responded participants acknowledged that the project activities is useful for them; about 92 percent of the respondents applied the knowledge and skills introduced by the project in their daily life; besides, 98.5 percent indicated that the activities meet their expectation and 100 percent acknowledged that the delivery modalities of the activities are appropriate and they feel respected while participating to the project activities.

The project filled the gaps in services and mechanisms to prevent and address GBV in the country. Reporting of crimes of gender-based violence to mechanisms outside the family structure is much stigmatized in Timor Leste. Women are discouraged from bringing GBV cases to the formal justice sector for fear of economic insecurity and social shame. In the context that the government has limited resources and capacity, PRADET services have been considered an essential supplementation to the government, in order to cover the gaps of capacity and resources to realize government National Action Plan on Gender Based Violence and enforcement of the Law on Domestic Violence 2010.

¹ From project documents, according to the Nabilan Health and Life Experiences Study conducted by the Asia Foundation and launched in 2016,

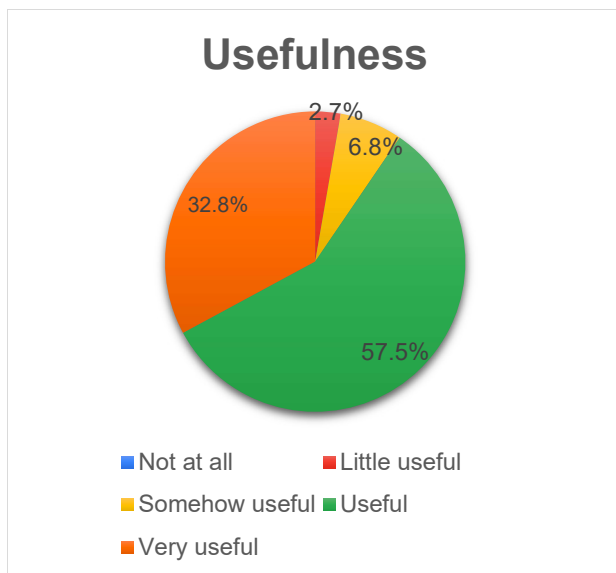


Figure 1. Project usefulness according to interviewed participants

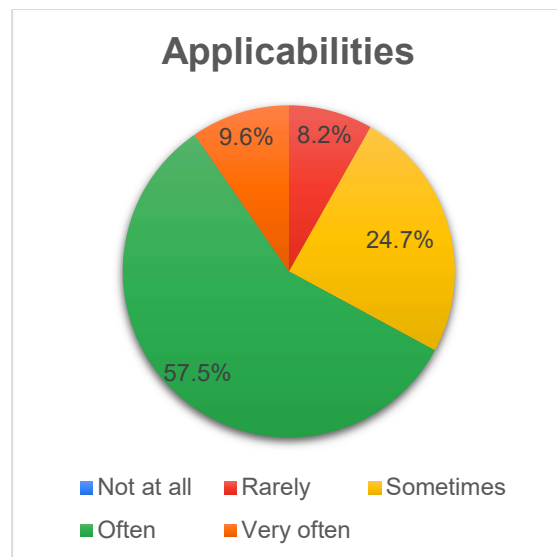


Figure 2. Project applicability according to interviewed participants

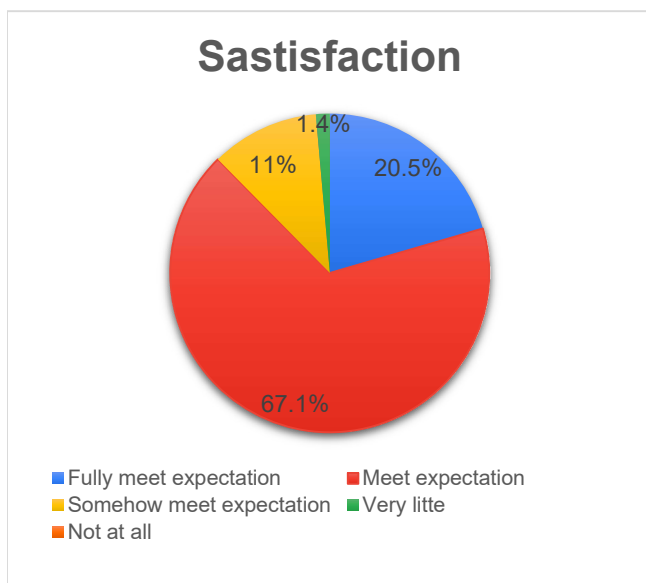


Figure 3. Interviewed participants' satisfaction towards the project



Figure 4. Project appropriateness of delivery according to interviewed participants

Figure 5. Project applicability according to interviewed participants

2.1.2. Relevant to government policies.

The project activities are well aligned with the policies and prioritized agendas of Timor-Leste Government.

The Government of Timor-Leste issues several documents framing legal mechanisms for protection for women and children. These include the Law on Domestic Violence promulgated in July 2010; the National Action Plan on Gender Based Violence 2017-2021 extends the government commitment to ending gender based violence in country, based on multi-sectoral cooperation and implementation and has been developed in accordance with the national laws and international commitments such as the Convention on the Elimination of Discrimination Against Women (CEDAW), International Covenant on Social and Economic Rights and (ICSER) and the Convention on the Rights of the Child (CRC). This reflects the principle of promoting and protecting the human rights of women and strengthening the effort to achieve substantive equality between women and men to reduce domestic violence in the family and community. The National Action Plan for Gender-Based Violence is a reference document that establishes Government priorities and objectives regarding this issue and was written in collaboration with relevant Civil Society Organization-CSO. The Plan identifies four strategic priority areas: 1) Prevention of Gender-based Violence; 2) Provision of Services to Survivors; 3) Access to Justice; 4) Coordination, Monitoring and Evaluation. This project contributes to achievement of strong results in all these areas.

The relevance of the project activities was acknowledged by interviewed government officials. According to the Chief Officer of Dili Vulnerable Persons Police Unit, PRADET is seen as an essential supplement to the government, thanks to the trust and reliability that the organization could build up. *PRADET is working under agreement/legal collaboration documents with ministries; they are always compliant with confidentiality requirement, PRADET (medical) exams also accepted as the evidence in legal procedures. In the police station, we only have facilities for temporary stay for client to stay, we need some place to support them for longer stay, and rehabilitation. That is what we need from PRADET.* – **Interview with Chief Officer of Dili Vulnerable Persons Police Unit.**

A similar comment was made by the National Director, Prison Services and Social Reintegration, under the Ministry of Justice (MOJ). He highly acknowledged PRADET as ‘big player’ in the country. He mentioned that MOJ is open to work with PRADET in a program to support the juveniles, on human trafficking issues.

“There is a big plan of the Ministry of Justice is to have 2 centers for Juveniles center and center for corrections, where the inmates can involve in production activities in agriculture activities., we need experience from PRADET to develop the activities for that center. For example, in this center, there are people with different status, some with mental health issues, PRADET can help to assess the situation of peoples, to give advice on how to deal with the cases”. **Interview with MOJ senior official.**

In the context that the government has limited resources and capacity, PRADET services has been considered an essential supplementation to the government, to ensure enforcement of the Law on Domestic Violence 2010 and to realize government National Action Plan on Gender Based Violence.

Those policies are being accommodated with budget, for specific cases, Ministry of Social Solidarity and Inclusion (MSSI) have the budget to support when the case is reported. The needs are always more than the availability of the funding. The government has no capacity to provide the facilities. PRADET is the only organization to provide treatment for people with mental health, mental health prog assistance, as well as supporting people with mental health. We do not have

facilities for rehabilitation but only visits occasionally. Sometime if an event happens, people even blame PRADET, but it is actually the government's task. - Herminha Sarmiento, director of MSSU unit in Liquica

2.1.3. Relevance to DFAT priorities

The project is well aligned with DFAT priorities. Particularly, it contributes towards the 3rd priority of DFAT foreign policy about gender equality and women's empowerment, particularly to ending violence against women and girls. The project also contributes to the objective of promoting women's economic empowerment. The partnership with AOP is part of the Australian NGO Cooperation Program – ANCP in which a partnership between the Australian Government and Australian NGOs to deliver a range of development programs and services. In 2023-24 ANCP funded 19 Australian NGOs in Timor-Leste to deliver 41 projects across different municipalities².

This project supports and complements the Nabilan Program funded by DFAT and managed by The Asia Foundation. In the last decade, Australian government support has focused efforts to improve gender equality and disability equity through targeted stand-alone programs and including this objective within all major investments. This include the DFAT's flagship Nabilan program - Ending Violence Against Women in Timor-Leste which commenced in 2014 as an eight-year partnership between the Governments of Australia and Timor-Leste and implemented by The Asia Foundation. The program has been continued with \$20.5 million for the period of 2022-2026. The program focusses on the two pillars of: empowering individuals and communities to act to prevent violence against women and children; and, ensuring survivors of violence have access to high quality safe house, counselling, and legal services. This project supports and complements the work done by PRADET through Fatin Hakmatek, which is funded through the Nabilan Program of DFAT.

Divergence of project targets from the primary focus. As indicated in the project name, initial targeted of the project are survivors of GBV and traumatized women. This focus has not been fully aligned in some of the activities during project design and implementation. Particularly, the project participants have been expanded to cover women, men, and youth prisoners, boys and men in the communities, who are not necessarily went through GBV or experienced trauma.

2.2. Coherence

2.2.1. To PRADET program priorities and interventions

The project builds on longtime expertise and continuing services of PRADET in addressing GBV.

PRADET has been providing core services to survivors of gender-based violence in the last decades. This project was part of the continued support to the clients experiencing domestic violence and imprisonment. These services include medical forensic examinations, documentation of evidence to support legal processes for the survivors and psychosocial services to support the health and wellbeing of the survivors and their families.

² <https://www.dfat.gov.au/geo/timor-leste/development-assistance/supporting-all-timorese-people-equally-thrive-and-prosper>

This project supports and complements the other works done by PRADET to ensure comprehensive support to GV survivors through Fatin Hakmatek, funded by DFAT through the Nabilan Program. Fatin Hakmatek (Quiet Place) provides safety, emergency accommodation, counseling, medical treatment, medical forensic examination and documentation of injuries as evidence for a potential court case, for people experiencing domestic violence, sexual assault, child abuse and abandonment. The project provides recovery and reintegration support to Fatin Hakmatek clients in Dili, Manatuto, Maliana, Suai, Liquica, Ermera and Aileu. This activity has enabled PRADET to offer a sustainable service to women who are experiencing domestic violence.

The activities implemented in Gleno Prison and the juveniles in Becora Prison build upon the long-time engagement of PRADET with these two centers in the last decades. For the Baroca prison, since 2004, PRADET has provided a psychosocial program to young male offenders. In Gleno Prison PRADET has been working for over 10 years, offering psycho-social services and support including counselling, mental health assessment, support and treatment where needed and many education programs. These programs include yoga, craft, and health programs including education on sexual and reproductive health.

The livelihood supports was the expansion of the collaboration of PRADET and AOP in implementing the economic empowerment project the past 5 years. In this continuation, the project work with the women who are survivors of violence to recognize their own skills and ability to create an economic future for themselves and their children via assisting them to build their own business.

2.2.2. To AOP strategic program.

The project contributes to the broad strategic objective of AOP on bringing sustainable impacts on poverty; and aligned with AOP program strategy 2023 – 2027 with the objective for overseas partners. This project is the continuation of the collaboration between PRADET and AOP in implementing the economic empowerment project in the past 5 years.

AOP yet to have a strategic document for its works in Timor-Leste. There is not a program strategy document for AOP at both global and country level for Timor Leste. The AOP's CEO and program managers were involved in the initial scoping and review and revision of the project design and monitoring framework. There is no documented reference on how the project design was guided by the program priorities or how it contributes to the organization program objective.

2.3. Effectiveness

At the time when the assessment was conducted, four out of the 10 indicators set in the project proposal were nearly achieved, one of them is overachieved, and the other five are on-going. As explained by AOP project manager, the project logframe was revisited and restructured with some changes in the set of indicators and the additional inclusion of the objective to support improvement of PRADET staff wellbeing. It should be noted that, with the revision in the logframe, some indicators were not being tracked from the beginning, and variations between the achievements and targeted results in some indicators.

Table 3. Project indicators tracking for FY 24-25

Outcome/Output	Indicator	Target	Progress
Outcome 1 Improved quality of life for survivors of domestic and sexual violence and their families			
Output 1.1 Survivors gain new skills in livelihood and business management	# of women trained in new skill areas	25	21
Output 1.1 Survivors gain new skills in livelihood and business management	# of women received basic business skills training	25	21
Output 1.1 Survivors gain new skills in livelihood and business management	# of women received refresher training (participants from previous year)		0
Output 1.2 Survivors are supported with mental and psychosocial support	# of survivors receiving mental and psychosocial support	25	21 women, 2 men
Output 1.3 Survivors start a new business	#of women received business material support and start a business	25	21
Outcome 2 Increased access to and coordination of quality care services for women, men, and youth in Gleno and Becora Prisons			
Output 2.1 Prison inmates supported with counselling, psychosocial and mentoring services (group counselling, individual counselling, recreational activities)	# of inmates receiving counselling and mentoring support (disaggregated by sex age and types of support)	60	0
Output 2.2 Prison inmates trained on livelihood, literacy, and skills	# of inmates receiving training	60	61
	Literacy		61
	Yoga		-
Output 2.3 Prison inmates and former inmates supported for release and reintegration	# of inmates and former inmates receiving support from PRADET disaggregated by type of support (including legal referral, family	(based on needs)	3

Outcome/Output	Indicator	Target	Progress
	connections, basic materials support, follow up visits)		
Outcome 3: PRADET staff wellbeing is increased			
Output 3.1 PRADET staff are engaged in wellbeing activities	Self-care training	30	0
Output 3.2 PRADET staff access peer counselling and support	# of staff receiving peer counselling and support	30	0

2.4 Efficiency

- **The project has been implemented via a well complement partnership** between AOP as the oversea managing partner, and PRADET as in-country implementing partner which has a strong local network and technical expertise on the area of intervention. There is a clear separation of responsibilities and division of tasks between the two partners. Regular communications have been maintained between AOP managers with the local partner through email and monthly calls with the Director. Local PRADET staff are also in contact with AOP staff via WhatsApp and other platforms for timely discussions and actions on the implementation of the project activities.
- **Mobilization of available expertise among PRADET staff helped minimize the cost for technical services.** Most of the sessions on GBV, counselling, referral pathways, child safeguarding, yoga, meditation exercise and psycho-social care are provided by PRADET inhouse expertise. The external expertise was hired to facilitate sessions on specific livelihood and basic business management and accounting. The utilization of internal expertise among PRADET existing staff helped reduce the cost for technical inputs and maximize the fund for project activities. PRADET should evaluate if their staff can now deliver the livelihood components instead of external consultants.
- **Utilization of the existing facilities makes the most use of the available resources** including rehabilitation (safe house) and transportation means. This makes the program resources used more efficiently.
- **Appropriate arrangements for PRADET team.** The project is overseen by PRADET Director and managed by the project manager. There are 4 staff members paid by the project, with three of them having a similar role as a reintegration officer. In addition, a member of staff oversees monitoring and development tasks. The officers are based in their respective municipality. This structure of management and implementation ensure both quality control at organizational level and help reduce travel and enable more timely

response to the cases. However, it is also noted that sharing and coordination among staff members in different project locations is apparently limited.

- **Combination of offsite and online services.** PRADET staff adopted flexible modalities of service delivery, a combination of offsite and online services. During the erratic weather events, such as floods and heavy rain, impacted the ability of project staff to reach project participants, remote interventions via phone and social media were made to follow up and monitor their progress and provide necessary support.

2.5. Impacts

2.5.1. Outcome 1. Improved quality of life for survivors of domestic and sexual violence and their families

a) Improved mental well-being

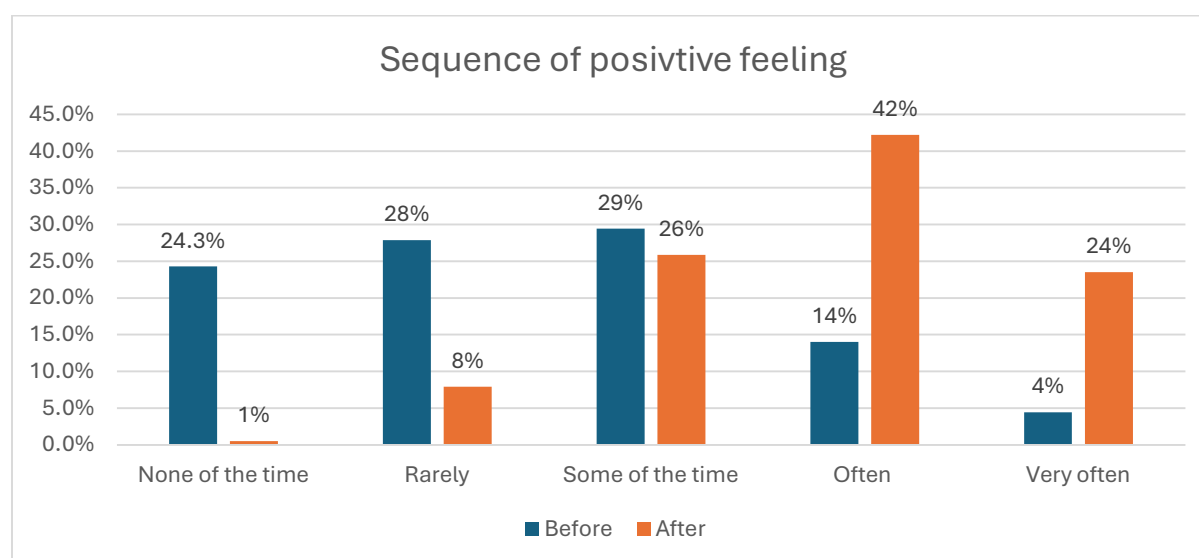


Figure 6. Changes in the positive feelings of proportion of participants

All interviewed participants acknowledged that they could overcome the traumatized situation, improved their mental health. The results from the quantitative survey also clearly show the positive changes in all the 14 statements indicating mental well-being status³. Before participating in the project, about 52 percent of the respondents never or rarely enjoyed positive feelings, the rate of respondents with this mental status reduced by more than 3 times, to only 9 percent at the time of assessment. On the opposite manner, only 18 percent of the respondents indicated that they often feel positive before joining the project, this proportion rose up to 66 percent after receiving the project support.

³ Using the full Warwick Edinburgh Mental Wellbeing Scale (WEMWBS).

b) Improved economic and social status.

Thanks to the support from the project, many of the visited families demonstrated a better status, they can earn better income, accumulate some saving and some could buy more facilities. Several cases of survivors become more dependent on themselves, gain more respect from other members in the families and communities. On the qualitative measurement, 60 – 70% of survey respondents acknowledged improvement in all the 4 aspects of economic condition, social status and relationship with others.

It is however noted that, **significant proportion of respondents reported worsening situations**. As the survey was done anonymously, it is not possible to define those participants with a worsening situation. These negative changes among significant proportions of participants suggest a closer follow-up with the survivors in order to catch up with the changes in their situation and provide timely support.

Table 5. Summary of project impacts on interviewed participants' economic, social status and their relationships

	Much better	Better	The same	Worse	Much worse
Economic condition	26.1%	32.6%	15.2%	0	26.1%
Social status	10.9%	58.7%	13.0%	4.30%	13.0%
Relationship with others in the community	15.2%	52.2%	15.2%	8.7%	8.7%
Relationship among family members	30.4%	39.1%	15.2%	0	15.2%

c) Improved relationships between family members and communities.

Interviewed participants shared that they are more open to sharing with others, receive more care and respect by the family members, face no more discrimination, stigma from the neighborhoods. This not only helps the survivors live a better life with dignity, but also build community coherence, that helps prevent DV and GBV in the community. From the quantitative survey, this positive improvement was also confirmed when around 70% of the respondents indicated that the relationship with other members in the family and communities has become better or much better after joining the project.

2.5.2. Outcome 2: Increased access to and coordination of quality care services for women in Gleno Prison and young men in Becora Prison

a) Improved access to care services provided by PRADET, in the short term.

The project has provided several services to the women inmates in the Gleno prison of Emera and juveniles in Becora Prison in Dili. The services include psycho-counselling, yoga training, literacy classes and vocational training. Selected participants were supported with legal advice, health checks... Besides, the project also provided material support and hygiene kits to the women inmates. This helped improve the access of specific groups of prisoners to the services in the short term. The project, however, has yet to be able to address sustainability of the services which are supposed to be provided by the prison.

I could not imagine it if we stayed here, and we didn't have counselling sessions. It will be really difficult for us, particularly for the parents in this prison. The counselling session helped me to manage my emotions, to stay calm, and to think positively. A 37-year-old male inmate in Emera (Gleno Prison).

b) Be able to overcome the psychosocial shock

All interviewed women, men inmates and the juveniles appreciated the positive impacts of the session provided by the project. The yoga sessions and counselling helped the prisoners heal their mental shocks, overcome the traumatized situation, especially for those newly sentenced.

When I first arrived in this prison. I couldn't sleep at night, and I could only cry, and I got so angry. But with the counselling, yoga, and reflections, gradually I could feel okay again, and now I could sleep better at night. A male inmate in Emera (Gleno Prison).

c) Be able to control oneself towards positive behaviors.

Thanks to the healing effects from the yoga and counselling session provided by the project, the inmates could gain better understanding of psychological issues, understand being more sensible and sympathize with others. Through these sessions, they could also share more openly about their issues and get suitable advice from counsellors. As a result, they could calm themselves down, manage their anger/stress and be more respectful to others, listen to other people's opinion; and behave more positively towards other inmates.

Earlier, when I communicated with others, people just said normal words, but I could get angry easily, but now I can control it better, and not get angry. Counselling helped me a lot because I can share my feelings, and my thoughts to mana Nofi (PRADET staff). 'If only someone shared these activities and shared this information with me before, then I may not commit the crime, and I would not end up here in this prison.' A male inmate in Emera (Gleno Prison).

d) Better prepared for integration:

Participating to the project activities, the women, men and juveniles in Gleno and Becora prisons gained improved skills, especially the literacy and new jobs. These sets of skills are very relevant and practically applicable in their life when they are in prison, as well as post release. Thanks to improved mental health and positive behaviors, the inmates could improve their relationships with their families, engage better with other peers for solidarity and support to each other.

When one of us got sick, we would come together as a team, and we prayed together. We take care of one another. Here in this block, this is our family. A 22-year-old juvenile in Becora juvenile center, Dili.

During the assessment, most of the interviewed inmates shared their positive thinking towards a more decent and meaningful future. Positive thinking, improved skills and strengthened relationships between the inmates with their families and others are very essential contributions to ensure a successful integration of the inmates into society, towards a more decent, meaningful life. Evidence of successful integration has been proved via several cases of ex-prisoners visited.

PRADET helped me to become a good person. I feel that I am now a better person, compared to who I am before I went to jail. I am grateful to PRADET support. I can now have my own tattoo business, thanks to PRADET. I also participated in tattoo artist competitions, and I got second place. I am so happy and so proud of myself that I can actually do it. It was a great achievement for me. Now I can have some income that I can use to support my family. Sometimes I could get up to \$200 for a month, but sometimes I could only make \$40-\$50 per month. I have the ability to make tattoos, and I can continue to learn more to improve myself. A 24 year old man, ex-prisoner in Dili who was supported with activities in Becora juvenile center.

The sewing training program also had tangible positive impacts on the inmates.

Before I didn't know about sewing. But coming here, we had several sessions with the PRADET team, they came here every week to teach us. I learned the skill for one year, then I can do the sewing on my own. Now I can sew very well. I have also some sewing and sold it to visitors, prison guards, and my other family members (mothers). My family was so impressed when I learned the skill of sewing. I am proud of myself too. Sometimes, when I have money from selling the products, I would give it to my children. I gave it to them so that they can purchase some of their school's materials, and for some snacks. A male inmate in Ermera (Gleno Prison).

2.5.3. Outcome 3: Increase well-being support for local partner staff

a) Healing the work-related mental stress.

PRADET staff, who acted as psychosocial counselors often experience significant mental and emotional impacts due to the nature of their work. Some key effects, including emotional burnout in which constant exposure to clients' trauma and distress can lead to exhaustion and emotional depletion. Counselors may internalize the traumatic experiences of their clients, leading to anxiety, stress, or even post-traumatic stress disorder (PTSD) like symptoms or work-life imbalance where the emotional demands of the job can make it difficult to detach from work, affecting personal relationships and overall well-being. The interaction with PRADET staff during the FGD and throughout the assessment clearly showed that the support from the project, especially the sessions of peer supervision, and professional therapy, helped mitigate these effects, changing towards healthier practices and preventing them from falling into stressful situations

We learned to be our own. Stronger capacity for self-control. I used to wake up late, but now I wake up earlier. Be able to identify my own stress and identify activities that make me happy, like raising chicken. A staff member of PRADET shared during FGD.

c) Enhanced professional capabilities and improved services for the survivors.

The training equipped PRADET staff with the new skills and techniques on psychological care. Skills include being able to differentiate different types of mental illness and defining the appropriate approach of healing. These sets of skills are essential for them to manage better the cases, interact more effectively with other people and the survivors. Especially, having the chance of going through the (peer) counselling as a client, the staff understand better what the survivors could go through, generating more sympathies with the clients. The staff interviewed also shared that they have changed mind set and attitude towards the clients. Enhancing knowledge and skills and sympathy with the clients are essential qualities of a counsellor, which make their engagement with the clients less stressful, and they can deliver the services more efficiently. The improvement in professional skills was acknowledged by several staff members of PRADET during the discussions. E.g. A female staff who work as a counselor shared: *We learned how people accept the behaviors of the persons, learned new skills, how to tell others when they encounter the same situations. I also learned how to control emotion. Using eye contact to control the situations.* Or another male staff member acknowledged: *Before joining the sessions, sometimes we expect that people will behave the same as we expected, but now I know that we should except the person the way they are. I also have better understanding of ICT (Integrated Co-occurring Treatment) and CBT (Cognitive behavioral therapy) are different, so now I can provide the treatments appropriately to the clients.* And a young project staff also shared the change in his behaviors towards a person with mental health issues: *Before, if I met the person, I thought they are like crazy, but after learning, I understand that they are just like us. I changed in the way, not forcing somebody to be like me.*

2.6 Sustainability

- **The strengthened capacity of the staff trained in PRADET will help to maintain the services with minimal funding sources.** PRADET possesses a pool of expertise with services in terms of medical mental care, counselling, yoga and existing expertise and facilities of PRADET which can provide continuing support and maintain the networks.
- **Empowerment of the women survivors leads to more independence and prevention of GBV.** PRADET's support always starts with capacity building. Capacity support was critical, such as awareness on gender equality, business management skills and follow-up support to the establishment and running their businesses. This will maintain confidence and sustain their livelihoods in the long run.
- **Sustainable income and livelihoods of those with successful business.** Some of the families supported by the program were able to establish new livelihoods or pursue more profitable and stable business. With the support from the project, they can maintain well the business model with regular income, save some money for emergencies, buy more stocks or material and expand the business. These are very positive indications of maintaining the project results beyond the project cycle.
- **Increased awareness and relationships within families and communities.** GBV and domestic violence is strongly associated with the family's low level of awareness. The improvement in awareness of communities and family members about gender equality will help reduce violence actions in the communities. The skills and knowledge provided by the

project will help communities to set up better measures for the prevention of DV, GBV; and respond more efficiently when the incident happens.

- **Increasing attention of the government on psychosocial care and counselling to juveniles.** During implementation of the project, PRADET maintains strong collaboration with the Timor Leste Government, especially with Ministry of Social Solidarity and Inclusion, Secretary of State for Gender Equality and Inclusion (SEI) and Servisu Apoia Sociedade Civil no Auditoria Social (SASCAS). Via the collaboration the Government agencies highly appreciate a strong expertise, working approach and the quality of work done by PRADET. From acknowledging the meaningful impacts of the program, the government also plans to provide similar services to the juveniles in the government centers.

Risk of discontinuation:

- **Unstable livelihoods of some participants.** During the assessment, four among the seven interviewed participants with livelihood support indicated that their business was discontinued sometimes due to difficult situations in the families. One of them got support from a project to resume their business, while the other is still looking for further support to re-buy the stocks.
- **Services to the inmates.** The direct support provided to inmates have been ceased for a few months, and there is no potential of continuing this provision from other sources. Interviewed inmates and prison officials expected that PRADET will continue this support.
- **Limited evidence of co-investment for replication/expansions of measures on GBV/DV.** Out of the continuation at individual level, there is limited evidence showing that some other agencies will take over the initiatives done by the project and PRADET yet to have any alternative funding from other sources to continue these services.

2.7. Gender Equality Marker Scale.

Outcomes, outputs and activities have been designed based on several analyses and assessments conducted by PRADET over the past several years. Timor Leste has a high prevalence of gender-based violence, where 59% of women aged 15–49 years, who have ever been in a relationship, reported having experienced some form of physical or sexual partner violence, or both. The project addressed economic integration and recovery of the survivors based on economic inequalities of women. PRADET also assesses each survivor and livelihood activity is tailored to suit their needs. Therefore, gender equality is the main objective of the project (Principal – Score 2 in the maker)⁴. This project is designed to enhance gender and equality value for our participants who will benefit from this project. This principle is aligned with the government “National Action Plan” which is to empower vulnerable women and girls who experienced domestic violence, sexual assault and abandonment.

This project also reflects two among the three priorities in the core part of DFAT foreign policy about gender equality and women’s empowerment, e.g. promoting women’s economic empowerment and ending violence against women and girls

⁴ OECD-DAC gender equality policy marker.

3. LESSONS LEARNED AND RECOMMENDATIONS

3.1 Overarching Lessons Learned

Relevance. The project is relevant to the need of target participants, to Timor-Leste government policies and to Australian Government Department of Foreign Affairs and Trade (DFAT) priorities. The activities meet the urgent needs of participants, targeting the most vulnerable to and survivors of domestic, gender-based violence (GBV) and mental health illness. All interviewed participants and nearly 100% of the respondents surveyed acknowledged that the activities are useful and appropriately delivered. The project is also well aligned with the policy of Timor-Leste government and DFAT priorities. There is a divergence of project targets from the primary focus, particularly the expansion to participants to cover women, men, and youth prisoners, boys and men in the communities.

Coherence. The project intervention is well matched with PRADET's expertise and contributes to its overall program objective. The project activities are well connected and supplementary to other interventions of PRADET. The livelihood support and the participation of boys, men and prisoners appeared to have loose connection with the focused topic of GBV and domestic violence prevention.

Effectiveness. At the time when the assessment was conducted, four out of the 10 indicators set in the project proposal were delivered and nearly achieved, one of them was overachieved. Five indicators were on-going.

Efficiency. The project's resources have been efficiently managed and utilized. There is an appropriate structure and arrangements for project implementation. The mobilization of available expertise among PRADET's staff and rehabilitation facilities make the resources program more efficient. The direct implementation of the activities is also well-grounded with support directly target to the participants and communities.

Impacts. The project's meaningful impacts are acknowledged by all interviewed participants and related actors. Strong evidence was collected on the improved awareness, self-confidence, improved mental health, relationship, livelihood and life of the participants, thanks to the contribution of the project. Positive changes in mental well-being reported by all interviewed participants and 60-80 percent of survey respondents; around 70 percent reported a better situation in terms of their economic, social status, and in their relationship with families and community after participating in the project.

Sustainability. There are foundations for maintaining and expanding projects' results and impacts beyond the project cycle. This relies on the enhanced individual capacity of the participants, improvement in community awareness and strengthened relationships. There is however inadequate evidence of the strategic planning and efforts paid to ensure a smooth handing over/exit plan, and continuation of the activities after the project funding ends.

Overarching Lessons Learned and observations

The project gained strong recognition and high credit from the government. Interviewed senior government officials appreciated the works and significant contribution of PRADET's program in GBV prevention. The close engagement and trust that PRADET has maintained through MOUs with various government agencies give very high opportunity for

PRADET to engage in policy influencing, and implementation of larger government programs to create larger impacts.

Exit strategy and sustainability plan yet to be in place. No specific activities were designed for engagement with policy makers, networking for policy advocacy or promotion of replication. The interviews with PRADET staff and government officials indicated that it is apparently no discussion on the exit strategy among PRADET team and with relevant stakeholders. All consulted actors suggested that donors' support should be maintained as the only means to continue the activities and results.

Psychosocial care and mental health support tend to focus mainly on the survivors, while missing out other family members, e.g. children. When there is violence in the families, it does not only affect the direct survivors, but also on other members in the family, especially children who witness the incidence. The focus of treatment only on the direct survivors may limit the effects of healing treatment and weaken the prevention capacity of the family. Especially for the children witnessing the incidence, effects of domestic violence may have a tremendous impact on the well-being and developmental growth in the long term, it can even lead to violent behavior of the child in future.

Livelihood support activities as the prevention mechanism of GBV need to be reconsidered. While the direct support to survivors produced positive changes for them and their families, as a means to ease their healing and building stronger resilience, the livelihoods support to other members in the family and community showed little impacts on GBV. There was very little evidence observed on the connection between the project support and betterment in prevention of GBV in several cases, e.g. the support to the brother of an orphan girl in Liquica or the support to livelihood groups of men in Emera....

Material support and economic incentivization to inmates cause unexpected negative impacts. This was raised specifically during the discussion with prison officials in Gleno and Emera. It was observed that the provision of materials and livelihood support to some of the inmates create certain expressions of envy among prisoners. This also led to the perception on PRADET's role as a service provider and put PRADET staff into awkward situation when they find difficulties in responding to the repeated requests for direct material support (ask for coats, hygiene kits...) and expectations from the inmates.

Tools and systems for monitoring. PRADET uses simple forms and templates for reporting the cases, and collection of basic information of the participants. It is observed that there yet to be clear (documented) criteria for selecting the participants and the type of support provided. There is also not any pre-defined curriculum or standardized assessment set for the literacy program. Project staff encountered difficulties in keeping track of the progress of the participants, and it was not possible to collect information for reporting, this could be partly attributed to lacking a reliable systematic tool for monitoring the progress of mental health improvement. At the project level, M&E plan was not available, but a based line survey was designed and piloted in 2024. The most referenced source of information to track the project progress is extracted from SOPACT's periodical reports which does not accommodate tools to monitor longitudinal/accumulated information and records. Besides, PRADET staff also shared that although they were somehow familiarized with AOP's M&E - SOPACT system, they expect to have more orientation, training for the staff on M&E and development approach.

3.2 Recommendations

3.2.1. To PRADET.

- **Revisit the intervention strategy, with focus on PRADET's strength and niche.** Revisit the program strategy and bring the focus on PRADET strength and expertise, e.g. counselling, psychosocial care and rehabilitation in addressing GBV. PRADET should consider sharpening the program design with a gradual shift from service provision to technical support and policy contribution. More specifically, reconsider provision of direct services and material support to inmates, as this only address short term needs. Livelihood support activities to released inmates can also be de-prioritized and only limited to survivors with very difficult economic conditions. In such cases, effort should be made to diversify livelihood options for GBV survivors to ensure competitiveness of their business and more income, besides, closer technical supervision, coaching, and market connections for sustainability need to be further strengthened.
- **Strengthen documentation, finetune the M&E tools and methods for screening participants and monitoring the progress of mental health improvement.** It is suggested that a well-documented set of criteria for screening the targeted participants will be helpful for the staff to assess needs and vulnerabilities. Besides, an M&E plan should be developed at the beginning of the project. A systematic system and appropriate tools will help keep track of progress and give advice on suitable follow-up measurements needed to support the participants. Besides, coordination and sharing of knowledge and lessons among the same program across municipalities should be further strengthened.
- **More attention should be paid to capacity building and promoting replication of the approaches by other actors.** Given its long history and strong technical expertise, PRADET can consider providing support to other service providers so that they can provide the services to GBV survivors, especially for the officials in the prisons. This could include training for trainers (TOT) on mental health and counselling for guards and police so that they can do counselling in their own prison in charge.
- **Explore opportunities to go beyond service provision.** PRADET has built very strong relationships with government agencies and gained access to high level policy making bodies. This is a precious opportunity for PRADET to provide comments and suggestions to policy makers and advocate for improving services to strengthen the capacity of government agencies tackling the GBV and providing essential services to the inmates in prison.
- **Preparations for exit strategy and sustainability plan.** This includes the promotion of adoption of project approaches and replication of activities by government agencies and other actors and diversified funding sources for the program. The revised program strategic design with more focus on the thematic topics of PRADET's strength and expertise, combining with a comprehensive donor scoping will help sustain funding from funding partners and donors with shared interest.

3.2.2. To Action on Poverty (AOP).

- **Ensure coherence of individual projects to the global program strategy.** This includes **setting up strategic** vision and **priorities** globally and interventions at country level. This should be clear orientation and close engagement of AOP during the project development and intensive technical inputs during the designing of the project interventions. The focused topics will help enhance program coherence, strengthen technical expertise of AOP and improve program operation efficiency...One example of area for improvement could be the revision of project logframe to include a component of PRAET's staff self-care as an outcome of the project; in fact this could be integrated into the project capacity building component, rather than an outcome itself; this could help maintain the consistence and ensure coherence of the result framework. .
- **Improve exit strategy and phase out plan.** A clearer vision of the program cycles with specific road maps with integration of activities for exit strategy should be set at the beginning of the partnership. This includes a capacity building plan, especially governance and fund-raising capacity for partners, promotion of local ownership and handing over results to local partners.
- **Moving towards Product approach?** This requires AOP to go beyond administrative management and provide more technical input, supervision, advocacy and marketing at a higher level. It is also essential to ensure AOP's active engagement in identifying the innovative solutions in the program, co-design, implementation, packaging and capitalization of the innovations. The coherence of programs at all levels on focused topics will help strengthen organization competitiveness, increase funding opportunities, especially targeting regional funding schemes.

ANNEXES

Case story 1. A 25-year-old female survivor at Amera.

In 2023, Anna was severely beaten by her husband and his new wife in their home. She was in extreme pain and ran for help. Her sister immediately called the police to report the incident. Cecilia was rescued but her mental health deteriorated, afterward. The trauma left her deeply distressed, and she developed severe psychological issues. She struggled with insomnia and often wandered around the neighborhood. At times, she became aggressive, which caused some people in the community to be upset with her—and sometimes even with the other members of her family as well.

Fortunately, Cecilia received support from PRADET. Their staff came to take her for treatment in Dili and later referred her to a local clinic for medication. With PRADET's support, she is making progress in her healing journey. Now, Cecilia is living with her sister's family, a household of seven people. They all take turns caring for her. Though Cecilia still needs time to fully recover, she is now calmer, can sleep through the night, and interacts with others more easily. She is also able to focus on daily activities such as preparing and selling snacks at school, working in the family vegetable garden, and raising chicken for sale.

Sharing with the visitors, Anna's sister acknowledged: *"PRADET's support has been invaluable. Without their help, we wouldn't have known how to manage my sister's condition. They continue to check on her regularly, sometimes calling to remind us about her medication and ensuring we have enough supply. If we run out, they help us get more. Now, I can see a significant improvement in my sister's mental health. We are deeply grateful to PRADET, Mana Nina, and her team for their unwavering support"*.

Source: interview with the elder sister of DV survivor.

Case story 2. A Journey from Darkness to Hope

Julia was only 16 years old when her world was shattered. On her way home from school in 2022, she was assaulted, an experience no child should ever have had to endure. The trauma left deep scars, making it nearly impossible for her to express her pain. She is one of five siblings, and her father, struggling to support his large family, barely had the means to put food on the table. Their home, perched on a remote hilltop, felt even more isolated in those dark days.

But hope arrived in the form of PRADET. The project not only provided Julia with psychological counselling, helping her navigate her grief and fear, but also extended support to her family. PRADET offered her father training on business management with a seed capital- \$300 worth of goods-to start a small grocery shop right at their home. At first, it was just a tiny shop with minimal stock, but over time, it began to flourish. With determination and hard work, her father reinvested the earnings, expanding the shop, purchasing a fridge to store chicken and meat, and even acquiring a motorbike to transport goods from the nearest town.

For a family that once had nothing, life slowly began to change. They started saving money, something that once seemed impossible. With their savings, they bought a piece of land for farming and began raising chickens and goats for extra income.

As for Julia, healing was a journey. In the beginning, she found it incredibly hard to talk about what had happened. But with PRADET's counselling and unwavering support, she started to reclaim her strength. Helping her father with the shop became a turning point, and it gave her purpose, independence, and confidence. Over time, she took on a more active role in running the business, making decisions on what to stock, and even earning her own income - more than \$100 per month. She now confidently travels to Dili and Liquica to purchase supplies for their grocery store, something she never imagined she could do before.

For Julia and her family, PRADET's support was more than just assistance, it was a lifeline. It not only helped them overcome the trauma of that horrific incident but also transformed their future. Whenever they face challenges, they know they are not alone. They have someone to turn to. "Whenever we need help, we call Mana Nina (PRADET officer)" Janita's father says, his voice filled with gratitude.

Source: Interview with Julia's father.

Case story 3. With PRADET's support, I am not alone.

Mariana, a 60-year-old woman, is a survivor of domestic violence. For years, she endured abuse at the hands of her own husband. Though she eventually separated from him, the pain and trauma did not simply disappear. Instead, she was left feeling lost, broken, and alone.

The beginning of her healing journey was the hardest. She struggled to move forward, unsure of how to rebuild her life. But then, PRADET stepped in. The counsellors listened to her story with compassion, visited her often, and provided her with the emotional support she desperately needed. Even if they couldn't visit, they would call her. The sound of the counsellors' voices - especially Mana Nina's - brought her comfort, reminding her that she was not alone, that someone cared.

There were days when the memories overwhelmed her, and she cried endlessly. The pain felt inescapable. But over time, with PRADET's unwavering support, she began to heal. Little by little, she found the strength to talk about her past without breaking down. The tears that once controlled her slowly faded, and she started to feel lighter, stronger.

PRADET never left her side. The dedication and kindness of PRADET staff reassured her that she was never alone. With their guidance, she gained valuable skills that helped her regain control over her life. She learned the importance of financial independence and how to manage money wisely. Eventually, she was able to open a small kiosk in front of her home, a business that changed everything.

Through her kiosk, Mariana not only secured a steady income but also gained access to small loans. She used the money to repair parts of her house, and with time, she hopes to save enough to build a small room of her own.

For the first time in years, she feels peaceful. She is no longer trapped in the shadows of her past but is stepping forward into a future filled with hope. Thanks to PRADET, Maria de Fatima has not only survived, but she has also found the strength to truly live again.

Source: Direct interview with Mariana.

Case story 4. Nothing could stop me now.

Jenita, 49-year-old women in Liquica, mother of 5 kids, 3 girls and 2 boys. After she had the 5th child, her husband started cheating on her and perpetrating violence to Jenita. He eventually moved to Dili and started living with another woman. Jenita was very distressed, as she was a housewife with no income of her own and was not able provide meals for her children. She felt hopeless and felt there was no purpose for her life. Community members looked down on the family, as they witnessed the violence of her husband.

She doesn't remember much of this time, as she was under extreme stress. She has received some support from PRADET during that time. She took on some jobs such as cooking at a local school to survive. She was in tears sharing her story. One day she ran into a PRADET staff in a restaurant where she was working. She then was referred to the project and attended the livelihood training. She has a high school level education, but what she learned in the workshop like financial management and the importance of saving money was totally new to her. PRADET provided equipment including cooking stoves and thermos along with 50\$ cash to purchase ingredients to start a barbecue business. Since this training and support in 2022, she made enough money and saved to build a toilet and purchase a water tank and a piglet. She also expanded her business to catering with plates, cutlery and equipment like a grill, oven, fridge etc. She also rents out materials for funerals. She is also a member of a saving group set up by Mercy Corp and saves 5\$/day. She plans to take a loan from the group to purchase materials to improve her house.

Currently, Jenita and her children are living a new life. Her elder daughter just finished senior high school. Others are also working, studying and planning the future. With great confidence in her voice, Jenita said: *"Nothing could stop me now. From this business, I managed to do various types of business. The support from PRADET was a lifechanging support for me and my children. I can tell now that we live in better living conditions compared to before PRADET came. The 3-day training from PRADET changed my life. I used the knowledge, and I think I did well because some people came to me and asked me how I could do good now. I tried to share with them some knowledge I got from Pradet. I tell my children to enjoy life and spend the money they earn. They suffered enough. They don't need to take care of me."*

Source: In-depth interview with Jenita.

Case story 5. I want to help others who are in the same situation like me.

Marko, a 42-year-old father of two, a boy and a girl, reflects on his journey after serving a 7-year prison sentence. *"Life in there was lonely and sad,"* he recalls. *"It was a hard time."* But during his time in prison, PRADET offered literacy programs, and Marcelino took part. He also learned carpentry. *"The literacy classes helped me learn to read, write, and do basic calculations. That knowledge has been crucial for me".*

After being released in 2022, Marko faced the daunting reality of starting over with nothing. But the skills he gained in prison gave him hope. *“I remembered the skills I learned, and with the companion of two other ex-prisoners, we decided to open a carpentry workshop.”*

Initially, PRADET helped them with a small capital investment—200 each, which they pooled together to create 600 in total to start their business. With this, they were able to purchase wood and small machines. Marko explains, *“The literacy sessions were invaluable. Thanks to them, I can read, write, and manage simple calculations, which are essential in running the business.”*

Today, the business is thriving. Marko shares, *“In the beginning, we only had a few basic tools. Now, we’ve been able to invest in more expensive equipment and machinery. We’ve even purchased two motorbikes for transportation.”* The business has gained the trust of the community, with regular orders and a steady revenue stream. *“Before, I had to go looking for money, but now, the money comes to us,” Marko says with pride.*

With growing demand, the business is expanding. They’ve registered as a cooperative, with Marcelino serving as both the director and financial manager. *“We’re also planning to extend the workshop area,” he adds.*

Overcoming the discrimination faced by people with backgrounds like his at the beginning, Marcelino is grateful for the trust the community has shown him and his team. *“People here understand our efforts and our struggles. They trust us. Suppliers often allow us to pay later, which has helped a lot.”*

Recently, a friend of Marko’s from prison was released. He’s from a nearby village, also in Emera municipal. Marko reached out, inviting him to join the business. *“Today, he’s arriving. I remember what it felt like when I was released, with no direction. I want to help more people like us,” Marcelino says, his voice full of hope.* Looking ahead, Marko’s dream is clear. *“I hope to sustain this business and support more friends who are in the same position I was.”*

Source. In-depth interview with Marko.

Case story 6. The Pigeon of Hope.

In the prison cell, I caught sight of something unexpected, a pigeon soaring through and landing gently inside. The cell housed nine young boys. My heart skipped a beat, and with hesitation, I asked the boys if I could take a picture of the pigeon. The boys looked at each other, skeptical at first, but eventually nodded in quiet agreement.

Though they all tried to turn away, avoiding the camera, their eyes remained fixed on me, full of cautious curiosity. I could see them watching intently as I zoomed in on the pigeon, perching on a makeshift “cage” made from a cardboard box right at the tiny window - the only sliver of connection to the world beyond. The tension eased when the boys realized I was only focusing on the bird, not on them.

After a few shots, I turned off the camera, but to my surprise, one boy came forward. *“Can you take a picture of me holding the pigeon?”* he asked, his voice was full of emotion and hope. His face lit up when he saw the picture, and he whispered, almost shyly, *“I want to send this to my parents.”*

One by one, the boys gathered around, and together they asked if we could send the pictures to their families. They shared their family's contact numbers with us, a small but powerful act of connection. As we spoke, I learned that this pigeon had become a symbol of love and longing for the boys. They had raised it for four months, watching it flying freely each day, and they believed that when it left, it carried their hopes, their love, and their wishes to the families they missed so much.

Before we left, we all gathered in a circle, saying a prayer together. Though I didn't understand the words, I could feel the weight of their wishes in the air. In their eyes, I saw not just the pain of their circumstances, but a glimmer of hope, a belief in a brighter future, a life beyond the bars of the prison.

The juvenile center in Becora prison, Dili, Timor-Leste is one of the places where AOP's partner, PRADET, offers support to the inmates. Through psycho-counseling, yoga, and meditation, these young boys are learning to heal, to manage their trauma, and to find peace within themselves. Many of them shared how these sessions have helped them become calmer, more self-aware, and better able to control their anger. They spoke with conviction, expressing that this transformation would help them build a future outside these walls, where they could reintegrate into society with hope and dignity.

Leaving the center, the faces of those boys lingered in my mind. I saw not just the scars of their past, but the flicker of redemption, the promise of change, and the hope for a future far brighter than they could have ever imagined.

Annex 2. Terms of References

FINAL EVALUATION – Empowering Survivors of Domestic Violence and Trauma (Timor-Leste)

1. BACKGROUND

Conflict in Timor-Leste's recent history results in pervasive cycles of accepted violence where women and children suffer disproportionately. Furthermore, Timor-Leste's patriarchal society and economy disadvantages women.

AOP has been working with local mental health organization PRADET, educating and empowering predominantly women experiencing domestic violence in the last seven years. PRADET has been providing psycho-social and medical support to survivors of, sexual assault, child abuse and abandonment since 2002. Our experience tells us that one of the factors contributing to domestic violence is economic poverty, and lack of education in the household that leads to life within the family and the community becoming stressful and violent. As a service provider, we are committed to supporting survivors who access our services and committed to providing care for themselves and their families by creating opportunities for them to develop life skills and economic independence.

The project “Empowering Survivors of Domestic Violence and Trauma” funded by ANCP and implemented by AOP’s partner, PRADET from July 2022-June 2025. The project originally had a psychosocial support and health focus, but this has developed into more practical support for vulnerable women over time, working with them to provide vocational training and develop livelihood activities that help build skills, confidence and contribute to economic development and stability going forward. The project and its networks have served as an important hub for raising awareness around COVID-19.

The project outcome:

- Outcome 1: Improved quality of life for 60-75 survivors of domestic or sexual violence and their families – from FY22/23 to FY24/25.
- Outcome 2: Increased access to and coordination of quality care services for over 100 women, men and youth prisoners in Gleno and Becora Prisons - from FY22/23 to FY24/25.
- Outcome 3: Increase well-being support for local partner Staff

This project aims to improve the situation of women and children affected by domestic violence by increasing rights awareness and financial independence. During this 3- year phase, we will provide 60-75 survivors with support, knowledge to develop enterprises – growing/selling food and vegetables, raising animals, selling second-hand clothes etc. We provide practical assistance and technical support so they can gain confidence, literacy skills, and business skills. The project also provides refresher training and follow-up support to previous years' project participants. The project will also support/engage with some community groups (agriculture) to raise awareness on domestic violence.

The project also works with women, men and youth prisoners in Gleno and Becora Prisons, providing psychosocial support, life skills education and skill development programs including literacy. PRADET works with a legal aid NGO to advance female prisoners' court cases, many of which are themselves domestic violence survivors.

Prisoners are often shunned by their families and their current circumstances hold few opportunities, so the project supports connecting prisoners and families, and a small income generating initiative for prisoners to earn some money, accessed on release. The PRADET Prison Program is the only such project in Gleno and Becora Prisons. This project has a strong focus on gender and empowering survivors of domestic violence to carefully consider their needs, including people living with mental disabilities, anxiety and depression. PRADET is well-placed to provide support psychosocial support, and advocates on behalf of women in Timor-Leste.

2. Objectives of the Final Evaluation

This final evaluation will mainly focus on:

- Assessing the project against the OECD evaluation criteria: Relevance, Coherence, Effectiveness, Efficiency, Impact, and Sustainability.
- Developing the overarching lessons learned from the project implementation and opportunities for future interventions.

3. Evaluation Criteria and Questions

Table 1: Evaluation Criteria and Evaluation Questions

Evaluation criteria in the ToR	Proposed evaluation questions
Relevance: whether the objectives of the project are in accordance to locally defined needs and priorities as well as to partner government priorities.	1. To what extent has the project been responsive to the needs of targeted beneficiaries? 2. To what extent has the project been relevant to the priorities of local governments and other program partners? 3. To what extent has the project been in line with the priority of ANCP and AOP in Timor-Leste?
Coherence: How is the compatibility of the project interventions with other interventions in a country, in the relevant sector.	4. How has the project been compatible and synergized with other interventions of AOP as well as its implementing partners?
Effectiveness: The extent to which project objectives are being achieved or can be achieved.	5. To what extent has the project achieved its objectives, expected outcomes and outputs? 6. What factors have contributed to achieving, or not, intended outputs and outcomes? What are the key constraints and challenges in achieving the expected results?

Efficiency: To determine the extent to which the project has managed resources to balance economy, efficiency and effectiveness in ways that are both equitable and ethical.	7. What were the measures adopted by the project to ensure value for money? Are there other intervention approaches for using the allocated budget more efficiently or get higher quantity/quality of outputs/outcomes?
Impact: What difference/changes do the project interventions make, in terms of the significant positive or negative, intended or unintended, on the targeted actors, locations and the sector.	8. What are the key changes that the project has made to the targeted beneficiaries? Are there changes that are yet to come? 9. To what extent has the project contributed to improve psychological wellbeing, social and economic status of women survivors and their families; and on the reduction of gender-based violence in the society?
Sustainability: The likely ability of project activities to continue to deliver benefits for an extended period after completion.	10. What processes, results, or benefits produced by the project could be sustained? 11. What is the evidence showing ownership, acceptance, and scaling-up of the local authorities, partners, and primary beneficiaries? 12. What has been the exit strategy of the project and how has this exit strategy been executed?
Overarching lessons learned	13. What have been the factors that contribute to or hinder the achievement of project objective? 14. What should have been done differently in order to improve the results and impact of the project?

4. Proposed methodologies

This evaluation will be based on desk review and primary data collection which is a combination of both a qualitative assessment and a quantitative survey. Essences The essences of these methods are outlined below.

4.1 Desk review

A desk review will be made before primary data collection efforts. Relevant documents and data provided by AOP and project partners, other related secondary data sources will be reviewed. Based on this desk review, methodological issues of primary data collections (i.e. stakeholder to be met, sampling procedures for the survey, focuses of primary data collection...) will be refined and finalized.

4.2 Primary data collection: qualitative assessment

4.2.1 Stakeholder consultation

The following is the list of stakeholders to be consulted, but should not be limited to:

Project beneficiaries:

- Domestic violence survivor women who have had access to PRADET services (including the recent participants and few of those engaged during the first year).
- Youth, woman and man prisoners (including those who have been released since the start of the project).
- Community groups.
- PRADET staff.

AOP and partners:

- AOP staff of other management functions that are involved in project implementation and monitoring.
- PRADET leader and staff involved in the project.

Other stakeholders:

- Family members, villagers.
- Trainers, psycho care/counsellors.
- Local community leaders (village head?), social affairs staff, police....

4.2.2 Sampling

For this qualitative assessment, a purposive sampling is proposed. The number of stakeholders and beneficiaries for the qualitative assessment is below:

Stakeholders	No. of persons	Tool		
		IDI/KII	Survey	FDG
AOP and partner				
• AOP personnel	1	01		
• PRADET	2-3			01*3
Beneficiaries				
• Domestic violence survivors' women	24	03	21	
• Community groups	15			03*5
• Youth prisoners	13	03	10	
• Women prisoners	8	03	5	
• Male adult prisoners	24	03	21	

Other stakeholders				
• Family members	03	03		
• Villagers	03	03		
• Trainers, psycho care/counsellors	02	02		
• Local community leaders (village head?), social affairs staff, police....	02	02		
TOTAL	97	25	57	18

Case study:

The case study approach will be considered to provide supplementary and in-depth information to highlight certain findings or issues; good practices that might be found from the desk review or initial stages of primary data collection.

4.2.4 Data collection tools

Qualitative assessment will be made through key informal/in depth interviews (KII/IDI) and focus group discussion (FDG) that are tailored to each type of stakeholders and beneficiaries consulted. Data collection will follow ethical standards applied, including being participatory, gender-sensitive, culturally/ethically responsive to respondents' characters.

5. Team Composition and Main Responsibilities

The evaluation team consists of 03 members with main responsibilities below:

1. Truong Quoc Can, Lead Evaluator, is responsible for (i) overall methodologies of the evaluation; (ii) finalization of tools and outlines of reports; (iii) draft assigned parts of the reports, compile drafting inputs assigned to the team members; (iv) quality assurance.
2. Local evaluators are responsible for (i) contributing to the development of methodologies of tools; (ii) translate survey questionnaire to local language and guide the enumerators for survey collection; (iii) take part in primary data collection including some KII/FDGs and facilitate the questionnaire survey and ensure quality of data collection.
3. Assistant: responsible for (i) contributing to development of tools, (ii) support consolidation of information, data entry and contribute to data analysis under the guidance of the lead evaluator.

6. Indicative Workplan

Activity	Completion date
Inception Phase	
• Understanding on the project	Done
• Drafting the generic evaluation plan	Sept 10
• Consensus on the evaluation framework and initial plan	Sept 20
• Recruiting local researcher	Oct 20
• Development detailed evaluation design, methodology, tools and timeline for the data collection and analysis	Oct 30
• Desk review	Oct 310
• Translation of questionnaires to local language	Nov 10
• Development of data collection tools/platform (in local language)	Nov 15
• Finalising data collection tools and fieldwork planning	Nov 20
Data collection Phase	
• Fieldwork in Timor-Leste	Nov 25 - 29
• Additional consultation (online if needed)	Dec 10
• Questionnaire survey	Dec 10
Data Analysis and Report Writing	
• Data synthesis and data analysis	Dec 15
• Sense-making meeting to present initial findings	Dec 15
• First draft report	Dec 25
• Final report	Jan 15

TOR for local researcher to conduct project final evaluation
Empowering Survivors of Domestic Violence and Trauma
(Timor-Leste)

Scope of works

1. Contribute to the development of evaluation plan and tools.
2. Work with PRADET to collect secondary data/information prior to the evaluation.
3. Translating evaluation tools/guide and questionnaires into local language.
4. Conduct IDIs/FDGs with the targeted women.
5. Facilitate questionnaires survey collection.
6. Consolidate information and data collected.

Requirements

1. Background in psychology, social study, gender or similar fields
2. Fluent in English and local language.
3. Experience in social study and familiar with data collection tools
4. Sensitized on the ethical and cultural norms in local context,
5. Experience working on similar projects preferred.

Workload

	Task	Number of working days
1	Contribute to the development of evaluation plans and tools.	01
2	Work with PRADET to collect secondary data/information prior to the evaluation.	01
3	Translating evaluation tools/guide and questionnaires into local language; and brief of	02
4	Conduct IDIs/FDGs with the targeted women.	05
5	Facilitate questionnaires survey collection.	03
6	Consolidate information and data collected.	03
	Total	15

Annex 2. Tools for primary data collection

Tools #1: Guiding questions for interview with PRADET project management team

1. Could you share the rationales of the project. To what extent has the project been responsive to the needs of targeted beneficiaries?
2. What are the government policies, and programs, measurements to prevent/control the domestic violence, especially gender-based violence? To what extent has the project been relevant to the priorities of local governments.
3. What are the priorities of PRADET? To what extent does this program contributes to the program objective of the organization?
4. To what extent has the project been in line with the priority of ANCP and AOP in Timor-Leste?
5. How has the project been compatible and synergized with other interventions of AOP as well as its implementing partners?
6. What are the initiatives addressing GBV done by other actors, and how this project connects with those initiatives.
7. To what extent has the project achieved its objectives, expected outcomes and outputs?
8. What factors have contributed to achieving, or hindered the achievement of the intended outputs, outcomes and objective of the project? What are key constraints and challenges in achieving the expected results?
9. What were the measures adopted by the project to ensure value for money? Are there other intervention approaches for using the allocated budget more efficient or getting higher quantity/quality of outputs/outcomes?
10. What are the key changes/impacts that the project has made to the targeted beneficiaries? Are there changes that are yet to come?
11. To what extent has the project contributed to improve psychological wellbeing, social and economic status of women survivors and their families; to addressing gender-based violence and gender inequality in the society?
12. What processes, results, or benefits produced by the project could be sustained?
13. What is the evidence showing ownership, acceptance, and scaling-up of the local authorities, partners, and primary beneficiaries?
14. What is the exit strategy of the project and how has this exit strategy been executed?
15. What should have been done differently to improve the results and impact of the project?
16. What else would you like to share with the project team and AOP?

Thank you for your time!

Tools #2: Guiding questions for interview with targeted beneficiaries

I. Introduction of the interview purpose and complete the consent form (attached).

II. Questions

1. Could you give a brief introduction to yourself?
2. Do you know about PRADET?
3. How do you know about the program supported by PRADET?
4. Could you tell us about the change in your life, and your family in the last 3 years, in terms of economic condition and, and spiritual? If possible, please share detailed information, examples and figures on the changes if possible.
5. What are the activities that you have engaged with PRADET in the last 3 years, what support have you received from PRADET?
6. Could you explain further about the activities that you just participated in/the support that you received, and how do you think about those activities. (*deepen the questions on timing, behavior and level of expertise of the psycho carer, suitability to the local conditions...*)
7. How does the support from PRADET contribute to the change in the situation of your family and yourself?
8. What is the most significant ... that you want to acknowledge from PRADET support?
9. What do you think that PRADET could have done better?
10. Do you have any further suggestions?

Thank you for your time!

Tools #3: Guiding questions for group discussion targeted community

I. Introduction

II. Question

1. Could you give a brief introduction about your village/community?
2. How do you assess the situation of gender inequality and gender-based violence in the community?
3. Could you tell us about the change in the community in the last 3 years, in terms of economic social conditions and on the gender, gender-based violence issues?
4. Do you know about PRADET?
5. How do you know about the program supported by PRADET?
6. What are the activities that you have engaged with PRADET in the last 3 years, what support have you received from PRADET?

7. Could you explain further about the activities that you just participated in/the support that you received, and how do you think about those activities. *(deepen the questions on timing, behavior and level of expertise of the psycho carer, suitability to the local conditions...)*
8. How does the support from PRADET contribute to the change in the situation of the community?
9. What is the most significant ... that you want to acknowledge from PRADET support?
10. What do you think that PRADET could have done better?
11. Do you have any further suggestions?

Thank you for your time!

Tools #4: Questionnaires survey with targeted beneficiaries

Introduction and consent:

This survey is a part of the evaluation of the project “Empowering Survivors of Domestic Violence and Trauma” funded by ANCP and implemented by AOP’s partner, PRADET from July 2022-June 2025. I understand the aim of this survey is conducted solely for the purpose of evaluating the project, and only to be used by AOP and PRADET for its program related documents, but not for any other purpose. My participation in this survey is voluntarily, which involves completing a survey or answering questions from an interviewer. I agree that the interviewer may take photographs and use the results as described in the survey.

Pls click yes if you agree with the statement.

Date:	Month:	Year:	
Location (village, commune, district, province):			<i>(select the names in pull down menu)</i>

I. Demographic information

b. Name of interviewee:	<i>(optional)</i>
c. Age:	
d. Telephone number:	
e. Sex: <i>(select the most appropriate in pull down menu)</i>	
1. Male 2. Female 3. Prefer not to state 4. Other	
f. Marital status: <i>(select the most appropriate in pull down menu)</i>	

1. Single	2. Married	3. Widower	4 Divorced	5. Separated
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g. Level of education: *(select the most appropriate in pull down menu)*

1. Did not complete primary school secondary school	2. Completed primary school	3. Completed
4. Completed high school	5. Completed college/university	6. Other (please specify)

h. Occupation: *(select the most appropriate in pull down menu)*

1. Agriculture	2. Aquaculture	3. Cleaning	4. Education	5. Healthcare	6. Laborer
7. Maintenance	8. Office worker	9. Small business	10. Transportation		
11. Other (specify).....					

II/. Detail questions on the project

1. What activities organized by PRADET below did you participate to? *(tick any that appropriate)*

- Training/coaching new techniques in livelihood and business management.
- Literacy sessions.
- Mental/psychosocial counselling/coaching, yoga, recreation activities.
- Training/coaching on sustainable models of livelihoods.
- Legal referral, legal support for early release from prison.
- Receive direct material support.

2. How do you assess the usefulness of the activities that you have participated in? *(select the most appropriate)*

(1) Very useful, 2) Helpful. 3) Somehow useful, 4) Very little useful, 5 Not at all helpful).

3. How do you assess your satisfaction with the activities that you have participated in? *(select the most appropriate)*

Very satisfied, 2) Satisfied; 3) Somehow satisfied, 4) Dissatisfied; 5) Very dissatisfied).

4. How do you assess the changes in the situation of your families in the last 3 years in the following aspect? *(in each row, select the most appropriate collum)*

		Much worse	Worse	The same	Better	Much better
1	Economic condition					
2	Relationship among family's members					
3	Relationship with others in the community					
4	Social status, recognition and respect by others					

5. Could you select the answer that best describes your experience of each, comparing between 3 years ago and over the last 2 weeks? *(in each row, select the most appropriate collum)*
6. Would you like to share any other comments and suggestions to PRADET?

Thank you for your time!