



**PLAN**  
INTERNATIONAL



*Your*  
**IMPACT**

SUMMER | 2022

# SPONSORSHIP SNAPSHOTS

from around the world



CAMEROON

In Cameroon's north region, 7,794 sponsored children recently received new backpacks and school supplies. Here, a sponsored child signs her digital signature to receive her school kit.



BOLIVIA

A Plan staff member in Bolivia visits with a sponsored child named Anibal to gather information for his sponsor's annual update.

ECUADOR

**"I have learned about a different culture and traditions that help me understand the world better. ... I would like to say thank you to each sponsor as every donation they make is transformed into hope, joy and an opportunity to improve the well-being of the lives of children and their communities."**

— Melissa, 10 (pictured left with letters she received from her sponsors).



MOZAMBIQUE

Through Plan's sponsorship program, Felicia received a menstrual health kit with important supplies like reusable pads, soap and underwear, so she could manage her period without missing class. Plan is also building clean water systems at schools across Mozambique so that girls have access to washing facilities. Thanks to the support of our donors, we are extending these initiatives to other communities in remote districts of the country.

**"I would be absent from school when on my period because my school is a two-hour bicycle ride from home and I would always arrive with blood stains on my clothes which was humiliating. ... With the menstrual underwear I received in my dignity kit from Plan International, I am able to go to school even when I am on my period."** — Felicia, 15

## Meet former sponsored child **Adarini**

Adarina has big plans for her future. So, when she found out that her parents were planning to marry her off, she knew she had to stop her wedding.

Adarini lives in Bangladesh, a country with one of the highest child marriage rates in the world. But as a sponsored child and active member of the children's forum Plan set up in her community, Adarini understood the dangers of child marriage.

**"The trainings and workshop sessions in child rights, protection and gender-based violence I received through the sponsorship program and the children's forum boosted my confidence and helped me believe in my own self-worth,"** Adarini says.

Adarini refused to sacrifice her potential, and that investment paid off. She convinced her parents to call off her wedding, and they let her stay in school, where she continued to excel. Outside of the classroom, she continued campaigning against child marriage and gender-based violence in her community.

Adarini graduated and went on to complete a three-year nursing program. Now 28, she works as a nurse in a hospital. She's grateful that she's able to support her family now, even helping to pay for her younger brother's education.

And she's not stopping there — Adarini recently secured a merit position in one of Bangladesh's most



competitive nursing courses to obtain a postgraduate degree in public health nursing.

**"I want to pursue a career as an instructor of nursing institutions in Bangladesh, and I wish to support the girls around me to come forward,"** she says.



# There is nothing taboo about **MENSTRUAL HEALTH**

Just ask the young leaders getting the conversation started!

When students were asked to join a group of peer educators at their school in Indonesia, 10-year-old Nadia and 11-year-old Cani were quick to raise their hands.

Plan had recently helped to install new hand-washing facilities and more accessible bathrooms, and the peer educators would help to raise awareness about good hygiene practices, like how to stay healthy by washing your hands with soap. They would also help their classmates talk more openly about subjects that were considered taboo, like menstrual health.

**“My parents were proud when I became a peer educator because I had more experience from a young age and could share my knowledge with others,”** Nadia says.

After a year of training, which included a series of awareness-raising activities they helped to host at school, Nadia and Cani feel confident in their roles. They like to tell stories or use games to relay information in a fun and engaging way.

“I felt the enthusiasm of my friends when I was sharing a book about menstrual health given to me by Plan International,” Nadia says. “My friends

saw the contents of the book firsthand and were curious to ask more questions about the subject.”

Cani is proud to be helping boys at his school learn about menstrual health, so that they will treat girls respectfully when they have their period.

**“I tell them that when a girl is menstruating, not to mock her, behave politely, and provide assistance to her,”** Cani says.

**“Before, my friends were afraid or embarrassed to talk about the subject, especially to adults.”**

## THANK YOU

for providing lifesaving assistance to families in Somalia

Countries in central and east Africa are experiencing the worst hunger crisis in years. Conflict and COVID-19 had already taken their toll on food supplies in the regions. Now, disruptions to the food supply chain caused by the war in Ukraine are decreasing food availability, and hunger has reached a critical level.

Somalia is also coping with a severe drought, forcing a quarter of a million people to leave their homes in search of food and water. Khadra, 24, is staying with her mother and young son in a camp set up to support families displaced by the crisis.

“Most of the households here in this camp now live on one meal every two days,” Khadra says *(pictured right with her son)*.

With the support of donors like you, Plan has reached 45,000 people in Somalia with lifesaving relief, including food and water kits, cash transfers and medical treatment for malnutrition. Khadra recently received a multipurpose cash transfer which she has used to buy food for her family.

**“I am very delighted with this support,”** Khadra says. **“My family can at last afford to eat.”**

**Learn more about how the war in Ukraine means for Africa on our blog, and how your support is making a difference:**





# Building bridges to a better future

with support from **Google**

The past few years have been tough for everyone. People have been asked to put their plans — and their futures — on hold as multiple crises snatched opportunities away. For the next generation, the important steps that take a person from childhood to the economic independence of adulthood have been more difficult to take than ever.

That is why, with the support of our partners Google and INCO, and in partnership with ASEAN Foundation, Plan International launched a vocational and job-matching program

called Bridges to the Future. Since its inception, Bridges to the Future has helped thousands of young people in Indonesia and Vietnam find their footing and take their first steps toward rewarding careers.

With the generous support of partners like Google, INCO, and people like you, Plan is tackling the most important challenges of our time. Bridges to the Future not only addresses the impacts of the global pandemic and economic crisis — it also helps the next generation forge a path to build their own future.

**“Upon joining the program, I was consistently encouraged by the program staff to participate in career-building initiatives and also undertake self-development growth opportunities. Through these activities, I have gained extensive knowledge of soft skills and how to apply for jobs. When I was job-seeking, I was motivated by inspiring professionals and influencers who offered career advice in events organized by the BTF team. If we are in a positive environment and use our time for productive activities, we will become better individuals. This belief has propelled me toward finding and succeeding in my current job.”**

— DIANA,  
*program participant (pictured above) in Indonesia*

**“The BTF team has guided me a lot, recognized the existence and challenges of people with disabilities, and is willing to teach using Bisindo (Indonesian sign language). I am genuinely thankful to the BTF program team, as they do everything wholeheartedly. I have also changed a lot since joining BTF. I believe it is never too late to learn as long as we are willing to work hard. Even if it takes time, be patient as we each have our journeys.”**

— RIRA,  
*program participant (pictured right) in Indonesia*



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# THANK YOU



for supporting refugee girls from Ukraine!

Since the war in Ukraine broke out in February, more than 5 million children have needed humanitarian assistance. This was the fastest-growing refugee crisis since World War II. And, like all emergencies, girls have been particularly vulnerable to violence and exploitation.

But you took action with Plan to make a positive difference. You helped make sure refugee children were safe and cared for — and as this war continues to unfold, you're keeping more and more girls protected.

## With your support, Plan is working in Poland, Moldova and Romania to provide ...



**900 tablets** for children to continue their education.



Trainings for teachers to help them support refugee students as they integrate into new schools, reaching more than **30,000 educators**.



Backpacks filled with notebooks and pens for **500 students**.

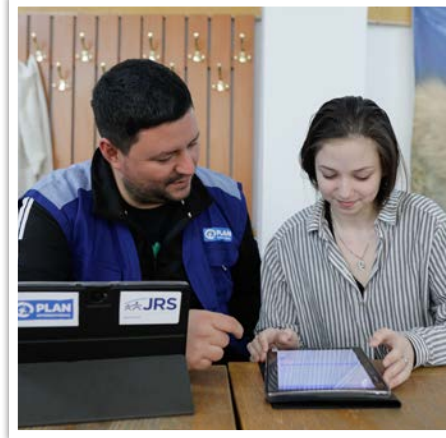
- Mental health support for children — especially unaccompanied children — from teams of social workers, psychosocial specialists and translators.
- **Food kits, reaching 28,000 refugees.**
- Warm clothing for families, as well as newborn kits.
- Temporary learning centers for children and support to help children integrate into new schools.
- Training for front-line workers on how to protect children from violence and give psychosocial support.
- **Menstrual health kits for more than 1,800 girls**, and information about sexual and reproductive health and rights.
- Gender-based violence information and prevention services for girls and women.



## Beyond the numbers: Hear from the people you've reached



Marina, a psychologist with Plan, fled from Ukraine herself and is now helping children cope with the aftermath of war. **“We do fairy tale therapy, singing, drawing,”** she says. **“Singing is especially useful, because children can detach themselves from where they are and what they have gone through. This kind of support is what they need at the moment.”**



With the help of Plan staff, refugee children can continue their education. **“I am a college student back home in Ukraine, and thanks to this tablet, I will be able to keep up with my studies and connect with my classmates,”** says an adolescent girl in Romania.



Sabina, age 4, laughs during a Plan-supported art therapy activity. Her mother says that since they fled Ukraine, Sabina doesn't seem to smile much anymore. **But she says that it's during these activities “where she looks more like herself again.”**



Girls in Moldova received backpacks and school supplies from Plan. And, Plan is supporting educators to teach Ukrainian refugee students in their native language. Katya (center) is happy to learn at a school that feels like home. **“I like that there is Ukrainian language here, and Ukrainian subjects,”** she says. **“I am glad to be back at school.”**



Cecile, a Plan staff member in Moldova, is helping refugee children access the school supplies they need. She says the impact of your generosity has been overwhelming to witness. **Speaking about donors like you, she says, “Without you, none of this would be possible. Thank you for trusting Plan.”**



To help protect more refugee children and families from Ukraine, visit: [planusa.org/help-ukraine](https://planusa.org/help-ukraine).