



Your
**HUMANITARIAN
IMPACT**

2022 - 2023

RESPONDING TO GIRLS IN CRISIS

More than **85 years ago**, Plan International was born during the turbulence of Spain's civil war when our humanitarian founders stepped up to protect children caught in the crossfire. Today, with your support, responding to crises around the world — wherever girls and their families need support — remains a key component of our work.



During Spain's civil war in the late 1930s, Eric Muggeridge volunteered on the front lines to protect Spanish refugee children. Later, he co-founded Plan International. Here, Eric is photographed bringing refugee children to a safe house in London.

As a girls' rights organization, Plan reaches girls and young women during emergencies like natural disasters, violent conflict and epidemics. In the chaos of a disaster, girls' unique needs often fall through the cracks. And, girls are put at even greater risk of exploitation and abuse. But with your support, Plan's local staff and partners work with community members to make sure everyone's needs are met during a crisis.

Over the past year, kind supporters like you worked with Plan to respond to major crises across the world. More than 339 million people will continue to need humanitarian assistance this year — 24% more than 2022 — which is why we're so grateful that your gifts are making a transformative difference for girls and their families.

War in Ukraine

More than one year since the start of the war in Ukraine, girls and their families are still seriously struggling to stay safe. Nearly 8 million people from Ukraine have been forced to become refugees — mostly children and women.

But with your support, we're working in Ukraine, as well as neighboring Moldova, Poland and Romania, to keep girls protected from gender-based violence, provide shelter for refugee families and deliver critical mental health support for children.

Your gifts have reached more than 250,000 people— including more than 65,000 in Ukraine, 37,000 in Poland, 93,000 in Romania and 50,000 in Moldova. With your support, Plan is:



Distributing blankets, winter clothing and heating appliances to more than 14,000 people, particularly those living in isolated areas of Ukraine.



Providing 5,000 blankets to families in Moldova.



Supporting the reconstruction of 75 schools and 25 shelters, directly reaching close to 40,000 children and their caregivers in Ukraine.



Reaching more than 30,000 children with protection services.



Providing mental health support to more than 12,000 children and their caregivers in Moldova.



Distributing 11,200 hygiene kits, including 7,000 menstrual health kits in Poland, 600 in Romania and 600 in Moldova.



Establishing nine day care centers in Poland, offering protection services to children and employment for refugee women.

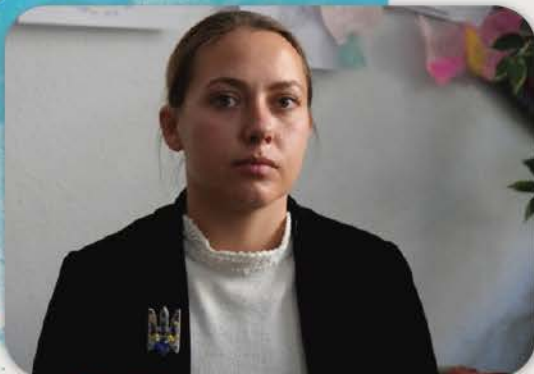


Providing training on mental health support, emotional learning and classroom integration for 1,500 teachers in Poland and Moldova.



Providing food support to more than 60,000 people in Ukraine and Moldova.

Plan is among the few organizations supporting girls' menstrual health, providing thousands who have been affected by the war with period products and health kits.



Kateryna, 32, came to Poland from Ukraine in March 2022 and immediately volunteered as a child psychologist for refugees. “Doing this has helped me a lot, it gave me strength and empowered me to help others,” she says. “I think helping others has made me stronger. No matter how hard things may get for me, I will never stop helping other people.”

“While we don't know how long the [Ukraine] conflict will last, we know it has devastated the lives of countless girls, boys and their families and that more support will be needed in months to come. Plan International and our partners will continue to be there – throughout the conflict and as they rebuild and recover.”

— SVEN COPPENS,
Plan's Ukraine crisis response director

Veronica, age 4, goes to a day care center in Ukraine that's supported by Plan. There are no schools or kindergartens operating in the region anymore, but the day care center gives girls like Veronica a place to play and enjoy their childhoods. **"I like coming here and playing with the other children, drawing and painting the cardboard house I have made,"** she says.



Syria and Türkiye earthquakes

In February 2023, two massive earthquakes — followed by more than 100 aftershocks — created ruin across Syria and Türkiye. Before the earthquakes, more than 15 million people in Syria were already in need of humanitarian aid. The country has grappled with more than 10 years of civil war, and 90% of families are living in poverty.

Your gifts to Plan's response in Syria are providing girls and their families with the resources they need to rebuild and recover. Because of you, children in Aleppo, Hama, Idlib and Lattakia are being protected and cared for.

Plan is working with four local partners in Syria until at least February of 2024, and aiming to reach 54,000 people living in areas directly affected by the earthquakes. Further steps beyond next February will be assessed as the response evolves.

Phase 1

The first phase of the response is focused on basic relief, like child protection services for unaccompanied children (which is one of Plan's areas of expertise), as well as providing food and water, clothing and household items. So far:

- 21,750 people have been reached with lifesaving supplies.
- 4,350 food kits and 4,873 hygiene kits have been distributed to children and their families.
- 8 showers have been installed in shelters, helping 303 people stay clean and healthy.

Phase 2

The objective of phase two of the response is to rebuild schools, shelters and water systems, provide continued education with temporary education and play centers, and coordinate mental health counseling. To address the needs of adolescent girls, we're also working to provide private bathrooms in shelters for girls, install dividing walls to increase privacy, distribute menstrual health kits and disseminate information on gender-based violence prevention. In the coming months:

- An additional 327 hygiene kits, 100 cleaning kits and six clean water systems will be distributed to shelters.
- Play activities for 1,000 children and parental support sessions for 500 caregivers will be held.
- 600 people will receive mental health and trauma recovery counseling.
- Educational materials will be distributed to 350 children.

In one of the shelters where Plan is providing support, we spoke with Juliana, 18, Carla, 16, and Jacqueline, 16, who shared how their lives have changed. Here's how they describe the earthquakes, in their own words:

“We woke to my mother’s voice telling us to get up as there was an earthquake,” Carla says, describing the first shocks. “It took me a couple of seconds before realizing that it was true, I was shaking. I thought it would stop after a few seconds, but it didn’t stop. I started crying and shouting and telling my mother, we were going to die.”

Carla left her building on her own, barefoot and wearing just her pajamas. “I ran into the street; it was dark and raining,” she continues. “I was alone until more people started to come down. ... The first place we went to was the church, which was ready to support us with food and somewhere to sleep.”



“Sometimes the [volunteers] come and do an activity with us,” Juliana says. “I am also part of the church scouts as well. If they need any help — for example, if they need someone to give parents a break and play with the younger children — then I do that.”

“The situation is very hard and sometimes when I am feeling sad, I study,” Jacqueline says. “Now I just need to feel serenity, and a sense of safety.”

“We have been through wars, diseases and everything,” Carla adds. “But this is different. ... They rescued a girl in front of me from under the rubble ... the image of the girl being rescued has stayed with me.”

Conflict in Sudan



Hundreds of thousands of people have been forced to flee their homes because of armed conflict between the Sudanese Armed Forces and Rapid Support Forces. The clashes, which broke out in April 2023, have created an unthinkable nightmare for girls and their families. Gunmen are targeting hospitals and leaving children without access to much needed medical assistance.

But because of the generosity of supporters like you, Plan is working to deliver lifesaving relief for children in seven of the 18 states in Sudan: North Darfur, North Kordofan, South Kordofan, White Nile, Khartoum, Kassala and Gadaref.

- In North Darfur, we’re distributing food and other critical supplies to over 628 households and five health centers.
- In North Kordofan, we’re providing food kits to displaced families.
- In White Nile, we’re reaching 50 households with relief like clean water and other critical supplies.
- We’re scaling up programs for child protection, education and gender-based violence, including in Sudan’s neighboring countries: Chad, Central African Republic, South Sudan, Egypt and Ethiopia.



A displaced family in White Nile receives humanitarian kits from Plan, thanks to your donations.

Plan Sudan Country Director Mwape Mulumbi spent eight days fleeing from the clashes in Sudan. She endured more than 620 miles on the road, all while coordinating with colleagues to ensure they were safe, and working with local partners to implement a humanitarian response for girls and their families who are affected. **Here, she shares her experience, in her own words:**



Mwape (left) on board a military aircraft to evacuate Sudan.

“Things have been spiraling upwards for the past three to four months, so although what has happened has not come as a surprise, the suddenness and extreme nature of the violence in the country has been quite a shock for the Sudanese people.

“Khartoum, where the main violence has taken place, is a densely populated city of around six million people. As you can imagine, widespread fighting with heavy artillery has been harrowing for the entire population. Some parts of the city where we work and have staff are absolutely devastated. It’s just been horrific and catastrophic for the people who live here.

“Evacuation planning for international staff members began in the first week of the hostilities due to the heightened risk of attack on foreign aid workers. From the start of the conflict, the airport was a scene of intense fighting and was extensively damaged. It became very clear that flying out of Khartoum would be impossible, so our evacuation had to be made by land.

“The first week of the conflict was very difficult because the Rapid Support Forces, who are the militia fighting against the Sudanese army, took over the area where I live. The streets were totally under their command, and the sound of gunfire was absolutely terrifying.

“We left our homes and congregated at the UNICEF compound on Saturday afternoon and spent the night there. I decided to use our own vehicle, after contracting two drivers to drive us 1,000 kilometers [-621 miles] to Port Sudan in the eastern part of the country. We drove non-stop so we needed at least two drivers. We only stopped to take on fuel and for bathroom breaks, mostly in open desert land.

“Sudan is mostly a desert country. There are no trees to provide shade. The heat made the journey even harder. There were people in the convoy with medical conditions, children, pregnant women, so it was very difficult for many people. We thought the journey would take around 12 hours, but it actually took between 35 to 40 hours.

“Eventually we managed to get a place on a military aircraft organized by the Kingdom of Saudi Arabia, who were evacuating people from Sudan to Saudi Arabia.

“Even though I am no longer in Sudan and am now based in Nairobi, Kenya, I check up on our colleagues there every day, taking stock of where they are, how they are coping and their movements. Ninety-five percent of our [Plan International Sudan] staff are Sudanese, much higher than most other NGOs. So far, everyone is okay, around 20 are still in Khartoum, but mainly in the outskirts of the city where it is safer.

“With the help of the regional office, well-being sessions and counseling are available to staff members in Sudan to help them overcome the trauma they have encountered. For me, the experience has been very hard. Now when I see people in military uniforms, even security officers ... it’s absolutely terrifying and I relive everything all over again.”

Global hunger crisis

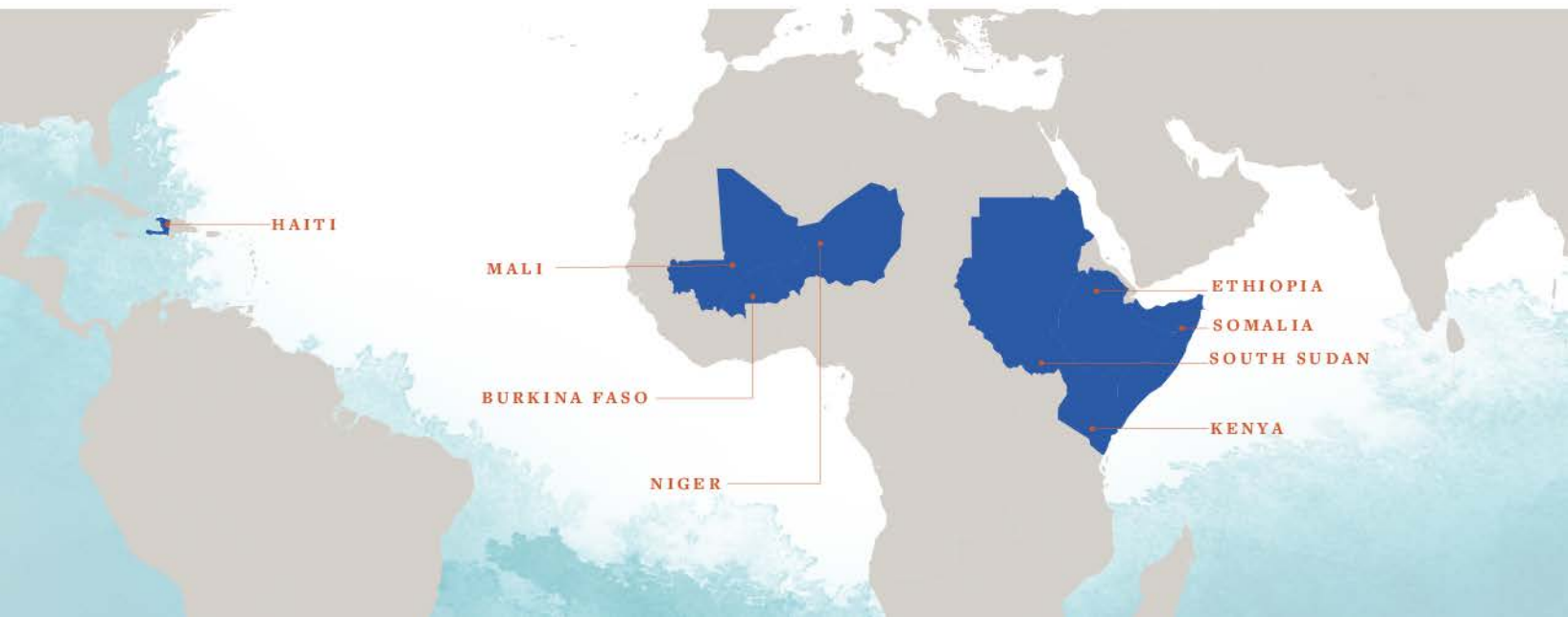
The world is in the grip of one of the most devastating hunger crises ever seen. Across countries in Africa, as well as Haiti, hunger is reaching catastrophic levels. And when food is scarce in many places around the world, girls eat less — and last.

Globally, conflict is the biggest driver of hunger — it’s responsible for 65% of people facing food insecurity. Violence destroys livelihoods and forces families to flee their homes, and children face serious hunger as they seek refuge.

Particularly in Haiti, conflict is making accessing food extremely difficult. Since the assassination of Haiti’s President Jovenel Moïse in 2021, political instability has led to gangs taking control of most of the capital city, Port-au-Prince. Violence in surrounding neighborhoods has made it nearly impossible for children and their families to leave their homes to get food and water.

Inflation and economic shocks have also impacted access to food for millions across the world. Steep rises in food prices are creating immense strain on household budgets, with the poorest families hardest hit. Countries across Africa are especially affected by hunger because of the conflict in Ukraine. Russia and Ukraine supply around 40% of Africa’s wheat, but the war has halted exports, leaving countries like Kenya at risk of famine.

With your help, Plan is responding in hunger hot spots around the world, including **Burkina Faso, Ethiopia, Haiti, Kenya, Mali, Niger, Somalia and South Sudan**. We’re providing relief for girls and their families, including food and water kits, school meals and treatment for malnutrition.



Here are just some of the ways Plan is responding for girls and their families:

Burkina Faso: Encouraging inclusive education, providing sexual and reproductive health services, and teaching food cultivation techniques to parents, teachers and children.

Ethiopia: Providing cash assistance and clean water to communities impacted by drought.

Haiti: Providing 1,452 households with direct cash and food voucher assistance, and, following a cholera outbreak, 1,068 households with clean water and sanitation kits.

Kenya: Providing cash transfers to help households purchase food and other critical supplies.

Mali: Providing cash transfers to people in urgent need, as well as protecting girls from sexual violence by raising awareness about sexual and reproductive health.

Niger: Providing social support for children and running projects to prevent gender-based violence.

Somalia: Providing displaced families with emergency water supplies, while making critical improvements to schools, including building new latrines and providing solar lights and learning materials. Education projects are also keeping girls from dropping out of school.

South Sudan: Providing school meals, helping children stay in school and distributing cash transfers so that families can buy food and other critical supplies.

When Plan responds to emergencies like hunger, we provide the resources that are immediately needed. And, we partner with young people to lead the crisis responses in their own communities, supporting locally- and youth-led responses.

Floriane, an 18-year-old in Burkina Faso, is working with Plan to help displaced women access food support and restore their livelihoods.

“Women sometimes come knocking on our door and ask us for the leftovers from our meals,” Floriane tells us. “It is so sad. Very often they tell me about their former lives. There is a woman here who lost her husband. She had her home, her children, her house and [rebels] attacked them.”



Floriane (left), age 18, strolls through a local market with one of the displaced women.

“They have food problems, they don’t have anything to eat,” Floriane says. “These women and children sleep hungry, it’s really shocking. So, I decided to prepare a special dish with them, and I am sure they are very happy. It is a personal initiative that has been supported by Plan International.”



Floriane helps a woman named Timmin draw water from the well.

Thank you so much for being a dedicated humanitarian with Plan USA! Your determined optimism is changing girls’ futures for the better.

Learn more about how to respond to a crisis with Plan.



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