

YOUR ANNUAL UPDATE FROM VIETNAM

Most of Plan Vietnam's project areas have a rough landscape consists of hills, mountains and rocks. There are a diverse number of ethnic groups, with varying customs, cultures and beliefs.

Owing to poverty, life is challenging for children in Vietnam. Parents are also not aware of the importance of education. Educating girls is not considered important due to limited awareness of parents. Stunting rate for infants under five years is also high.

We would like to share some exciting progress made possible in Vietnam - thanks to the support from you!

This past year, with your sponsorship, Plan International organised communication events to raise awareness on gender equality, child trafficking and marriage. Home visits to families with high risks of early child marriage were conducted to provide information on the consequences of this practice. Training were also conducted to raise awareness on how to respond to disasters and adapt to climate change.

These are only a few of the incredible achievements taking place across Vietnam. We couldn't be more grateful to you for making them happen. Read on to find out how has your kindness touched and transformed the lives of children, like your sponsored child, across this region.



"I find the sessions on disaster risk reduction very interesting and useful.

I have learnt a lot. Now I know how to stay safe when there is thunderstorm and lighting. It is also exciting to share this knowledge with my friends."

Va, 11, sponsored child from Ha Giang

OUR IMPACT

**2,183 CHILDREN
BENEFITED FROM TRAINING
ON CLIMATE CHANGE
IN HA GIANG**

**3,200 ADOLESCENTS
PARTICIPATED IN CHILD
MARRIAGE AWARENESS
CAMPAIGNS IN HA GIANG**

**8,400 PARENTS LEARNT
HOW TO COOK NUTRITIOUS
FOOD FOR THEIR CHILDREN**

**IN QUANG BINH
ORGANISED PREGNANCY**

**CHECKS FOR 1,129
MOTHERS FROM REMOTE
VILLAGES IN QUANG BINH**

**WE HELD TRAINING FOR SA
VING GROUPS WITH 1,093**

WOMEN IN QUANG TRI

**PLANTED 300 FAMILY
VEGETABLE GARDENS
IN KON TUM**

**TRAINED 1,200
STUDENTS ON WATER AND
SANITATION IN KON TUM**

LEARNING HOW TO COPE WITH DISASTERS

Kon Tum is located in a mountainous area, which makes it vulnerable to disasters such as landslide, flash flood, drought and forest fire. As natural disasters become more frequent and bring more damages, it is vital for adults and youth to create change through raising awareness, learning the prevention and adaptation to climate change, as well as how to stay safe when a disaster occurs.



We supported 100 families by introducing farming methods that are adapted to the changing climate. Community members learned how to make organic fertilizer from rice bran or animal's waste. This has helped local people to increase their income and reduce environmental pollution. Villagers learned how to choose suitable animals and trees for breeding in their areas. These actions bring long-lasting sustainability both in climate change adaptation and in household earnings.

We held training on disaster risk reduction for over 2,100 students. During interactive activities, children learned what to do in case of a disaster to keep themselves and their family safe. They are also able to identify unsafe places in and around their schools so that they can evacuate safely when a crisis occurs.

THROUGH INTERACTIVE TRAINING, GIRLS AND BOYS GAINED A DEEPER KNOWLEDGE OF THE CAUSES AND EFFECTS OF DISASTERS IN THEIR COMMUNITY

ENDING CHILD MARRIAGE

Children in Ha Giang are vulnerable to child marriage. A girl that is unmarried at 16-17 years old is often misjudged as inadequate in some way. There is parental and peer pressure for young girls to enter marriage. The situation is made worse by the lack of an effective child protection structure which can prevent and respond to cases of child marriage in the area. Adolescent girls and boys also lack adequate knowledge on sexual and reproductive health and access to services.

"Last year, when I was in 8th grade, my father stopped me from going to school and asked me to do housework and get married early. After attending the project on consequences of child marriage and girls' rights to education, my father realised that I should continue to go to school for a better future. Now, I can meet my classmates again and I'm very happy for that."

Hoa, 14, sponsored child from Ha Giang

Plan International is actively organising monthly meetings for more than 1600 Girls' Clubs members, providing them with knowledge on child protection, behavioral, and communication skills, as well as adolescent sexual and reproductive health. Five hundred members of the community have also participated in workshops aimed at raising their awareness on the consequences of child marriage, and the importance of child protection.



GIRLS HAVE GAINED KNOWLEDGE ON THE DANGERS OF CHILD MARRIAGE

EMPLOYMENT SKILLS TO SUCCEED

A significant number of people in Quang Tri live below the poverty line. Poverty is increasingly found among ethnic minorities living in more remote areas. To strengthen these vulnerable groups, we conducted training courses on



28 VETERINARY WORKERS WERE TRAINED TO SUPPORT VILLAGERS WITH THEIR LIVESTOCK

business planning, market assessment, bookkeeping and investment. These training are tailored to the education level of 600 very poor households, benefiting 2,400 people in total . They now have the technical skills to develop a business.

We also provided 3,500 chicken, ducks and goats to many of the poor households to help them improve their economic condition. 38 coaches were trained to assist and counsel the poorest families to find solutions for tackling poverty.

They have also developed individual plans to generate a better income with consideration of the restrictions of the local market. In the end many were able to reduce their level of food insecurity.

MAKING SCHOOL A SAFE SPACE FOR GIRLS

The society in Quang Binh is patriarchal and gender norms are deeply rooted in the communities. Women and girls are seen as worth less than men and boys and this affects their health and well-being. Violence against girls and women is common and accepted by society. At school, many students report that they have experienced at least one form of violence, such as physical, emotional or sexual violence.

To prevent girls from experiencing violence at school, we trained 30 teachers on gender equality to help them understand the relationship between gender inequality and violence against girls. In 10 schools, youth team leaders organised learning sessions,in forms of quizzes, drawings, poems and songs.More than 1700 children learned about gender equality and gender based violence.

"For me,'Girls Get Equal' means girls have the right to go to school and participate in social activities outside home. Girls have the right to make their dreams come true and contribute to development of their communities"

Thu, 15, sponsored child from Quang Binh



ADOLESCENTS HAVE STARTED TO ENGAGE IN PREVENTING VIOLENCE AGAINST GIRLS AT SCHOOL

YOUR SUPPORT IS CHANGING LIVES

With your ongoing support, Plan International will continue to ensure that children's rights are respected, and they are able to thrive.

In the coming year, we will continue to work with the children, families and partners across Vietnam:

Ha Giang

- Reducing the malnutrition rate of children under 2 and under 5 years.
- Creating more income generation opportunities among the youth and adolescents, increasing youth leadership, especially for girls.

Quang Binh

- Strengthening and scaling up different models of early childhood development and safe schools, to ensure that children can reach their full potential.
- Preventing forced and early marriages and eradicating violence against girls at school.

Quang Tri

- Conducting more activities on disaster risk management and educate community members on the consequences of climate change.
- Strengthening children's groups to improve the participation of children in society and decisions making, raising people's awareness on children's rights.

Kon Tum

- Building teachers' skills on gender-sensitivity in the classroom.
- Improving early childhoods by facilitating access of young pregnant women to pregnancy care. Engaging the fathers to ensure that pregnant and lactating women receive enough food, support and are able to rest.

These are just some of the many ways your kindness will continue to touch the life of your sponsored child and other children. We wouldn't be able to do this without supporters like you!



MESSAGE FROM NGUYEN CHIEN THANG

Programme Area Manager, Ha Giang

"Thank you very much for your continued support to children and people in Ha Giang. All our programs have created opportunities for communities, marginalised people and children to be involved and participate as the owner."



MESSAGE FROM LE DUC HA

Programme Area Manager, Quang Binh

"We highly appreciate your special support toward the significant improvements and positive changes in the lives of children and their families in Quang Binh. With your support in this coming year, we'll fight for children's rights and equality for girls. Thank you for sponsoring a child in Quang Binh!"



MESSAGE FROM PHAN DINH HIEP

Programme Area Manager, Quang Tri

"Your kindness, care and contribution have supported the communities and children in need in Quang Tri. We will do our best to make your contributions effective and meaningful to local community development. Thank you for your continued and dedicated support to Plan International."



MESSAGE FROM NGUYEN TRAN NGUYEN

Programme Area Manager, Kon Tum

"My special thanks to all sponsors who supported our programs in Kon Tum over the last years. Your continuous support enables us to reach our goal to bring a bright life to the children in this area."