

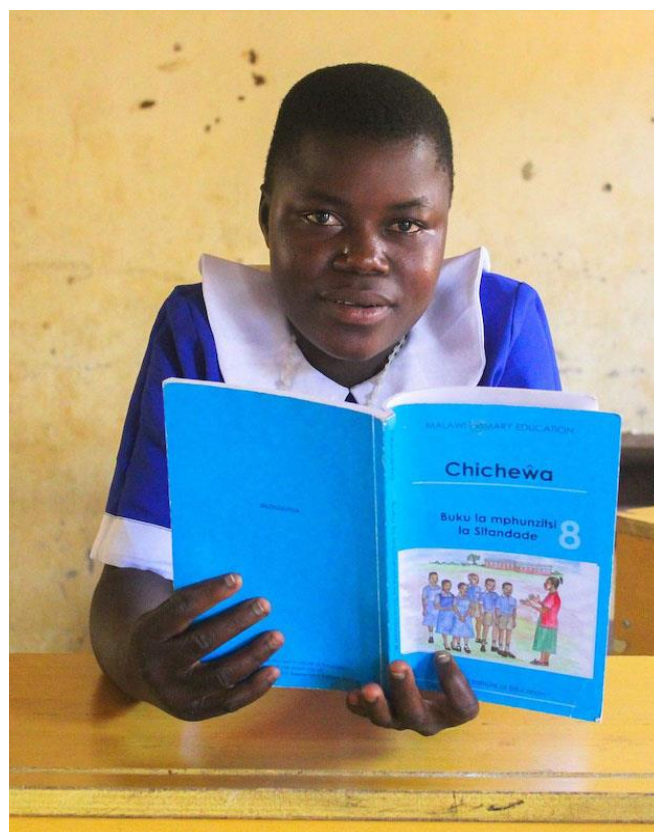
YOUR ANNUAL UPDATE

Thanks to your sponsorship, children and families are making positive changes in Mzuzu. Learn more about the valuable ways your support has benefitted.

Rural Mzuzu is home to 1.2 million people. Nearly 45% of these residents are considered poor, while an additional 32% are considered “ultra-poor”. To offset food insecurity and other expenses, child marriage is common.

Since 2020, child marriage has reduced from 304 cases to 201 cases in 2022. The number of girls who dropped out of school reduced from 4% in 2021 to 3% in 2022. 24,325 local farmers increased their skills in climate-adaptive agriculture to build disaster resilience.

Your sponsorship will ensure even more success for children in Mzuzu.



6075

Teenagers have access to youth-friendly health centres



4385

Young people learned about ways to report abuse



500

Students have received school supplies



COVID-19'S IMPACT IN MALAWI

Hear from Faith about how COVID-19 has impacted her community.

“The pandemic made it difficult for my family to earn money. Thanks to Plan’s Sustainable Livelihoods programme, my parents harvested manure and saved the cost of artificial fertilizer bags. They can sell the manure to other community members and their income can now support my household and school-related demands.”

CASE STORY: YOU CAN DEPEND ON ME



NAME: SARA

AGE: 20 YEARS OLD

HOBBY: BEING WITH FRIENDS

"I see myself becoming a more confident person, and I know where to seek support when I come across challenges. Through my business I can earn enough to support my two brothers, and they have both gone back to school."

Meet Sara

Like your sponsored child, Sara has been empowered by Plan International to change her life. At age 13, Sara and her siblings were suddenly forced into extreme circumstances. Without parents to provide for them, the children had to support themselves.

Finding My Way

Sara and her siblings had nothing, except for the land their parents left them. Sara's two older siblings were the first to enter the workforce, but their earnings simply weren't enough- school supplies and fees for the whole family were too expensive.

A dutiful sister, Sara dropped out of school to help shoulder the burden. She joined the ranks of many other Malawian students, particularly girls, who do not complete their education due to poverty.

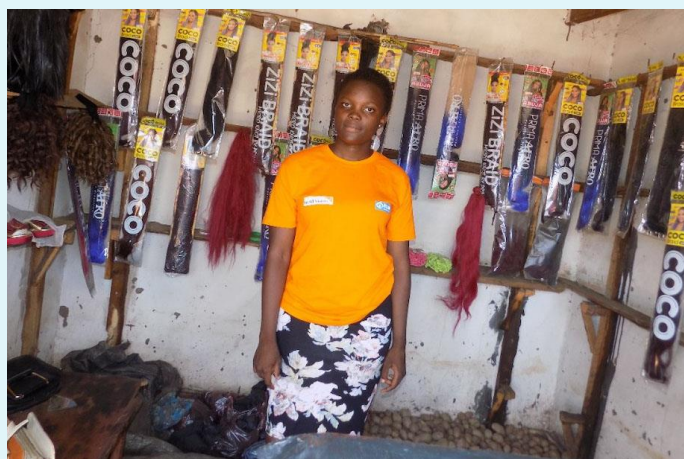
With limited resources, young people and girls especially can find themselves in dangerous employment situations. Plan International offers vocational training to adolescent girls and young women in Malawi just like Sara. These programs allow girls and women to build confidence, agency, and financial stability safely.

Knowledge Is Power

This year, Sara took part in one of Plan's girls' clubs, where she learned practical skills for employment and health. There, she connected with a Village Savings and Loan group, which provided her capital to start small businesses.

Today, Sara provides for her siblings by selling a range of products. Now able to pay their school fees, her younger brothers have re-enrolled in school. Her income allows her family to buy food, utilities, and clothing.

Powered by a newfound confidence, Sara is ambitious. She tells Plan, "My dream is to see my business grow."



Sara in her shop.

WE CURRENTLY WORK WITH 6,250 CHILDREN IN MZUZU

OUR PROJECTS IN MZUZU ARE HELPING CHILDREN THRIVE



KNOWLEDGE IS POWER

51% of Mzuzu's population lives below the poverty line. Simultaneously, 37% of children in the region suffer from chronic undernourishment. This severe economic precarity, paired with high rates of unemployment for Mzuzu's youth, often leads to child marriages and the migration of young men.

In order to address these multifaceted problems, Plan International collaborated with community members to build business skills and create sustainable economic support systems. 50 farmers received resources and training in maize production, which will impact 332 people.

100 households were trained in goat rearing and received a total of 270 goats. This is expected to triple their income. 712 Mzuzu residents joined 30 different Village Savings and Loan Groups, which collectively support one another to cover expenses like school fees for children.

Hundreds of children can now stay in school, thanks to a range of new resources.

KEEPING STUDENTS IN SCHOOL



82% of girls in Malawi do not graduate from secondary school. A number of factors impede the continued learning of students; long distances between home and school, inaccessible expenses and social norms that encourage education for boys and early marriage for girls.

This year, Plan International set out to mitigate some of these issues by supporting at-risk students in Mzuzu. 500 students received school supplies, while 450 students received funding to pay their school enrolment fees.

50 children have benefitted from the donation of bicycles, which ensures they will be able to commute to and from school more easily. 495 young learners now have access to computer labs at their schools.



"I am very happy that I have this opportunity of receiving help with school fees. Nothing will stop me from attaining my goal this time. I want to secure a future for myself and for my children."

- Goli (22) from Mzuzu

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



51%

Of Malawi's population
lives below the poverty
line



37%

Of children in Malawi
suffer from chronic
malnutrition



42%

Of girls in Malawi get
married before age 18



Your support helps girls and boys to stand up for their futures.

-Taboos around contraceptive use result in high numbers of teen pregnancies. We will continue to educate young people about sexual health and reproductive rights.

-Malawi has one of the highest rates of child marriage in the world. We will work with local leaders to discuss girls' rights and the consequences of child marriage.

-Young people in Malawi are vulnerable to repeated instances of sexual abuse. We will continue to support mobile courts in order to prosecute such perpetrators.

-More than half of Malawi's population lives in poverty. We will continue to encourage financial solvency among Mzuzu's population through donating farm supplies, including livestock.

We know the best is yet to come, and together we will continue to work for a brighter, happier future for the children in Mzuzu.



"We remain committed to supporting children to attain their full potential. I say thank you for your invaluable support. With your help, we have worked to reduced child marriages in the sponsorship communities and increased the number of girls studying

Chakufwa Munthali
Programme Area Manager, Mzuzu

YOUR GENEROSITY WILL CONTINUE TO SUPPORT CHILDREN IN STANDING UP FOR THEIR FUTURE AND RIGHTS