

YOUR ANNUAL UPDATE

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

This past year, children in Nyaung U had better access to health care and services. More families are able to access information and resources to address hunger and hygiene.

Fewer children are malnourished, and more are protected against polio after being vaccinated. In addition, the literacy rate is now 90%.

Despite safety and security threats due to the prevailing political situation, sponsorship communication is helping families access information and resources.

Your continued sponsorship will ensure even more success for children in Nyaung U.



5,983

Adults improved their nutrition with communal cooking sessions



612

Youth advocating for gender equality in community



120

Young entrepreneurs learned business skills



COVID-19'S IMPACT IN MYANMAR

Hear from Pyae about how COVID-19 has impacted his community.

"In our country, schools are closed due to COVID-19 and the unstable political situation. I was infected with COVID and two of my brothers too. Plan helped children who were infected, including me. My family would like to thank Plan and the Village Development Committee for their help during the outbreak time."

CASE STORY: FROM LEARNING TO LEADERSHIP



NAME: KHIN CHO

AGE: 17 YEARS OLD

HOBBY: READING

"Every time I think about it, I'm proud of myself for being able to change my management style to fulfil my responsibilities as Youth Facilitator and to be able to achieve my tasks and goals on time. I'm happy to be able to do this."

Meet Khin Cho

Like your sponsored child, Khin Cho has been empowered by Plan International to change her life. Khin Cho lives with her parents and brothers. Khin Cho's experiences have deepened her knowledge of children's rights. She is inspired to follow her dreams to become a Social Development Worker.

Building skills for success

Khin Cho says she has faced challenges and opportunities since she joined as a sponsorship representative to the Child Club. She says: "I learned about children's rights, children's participation and my knowledge and awareness are increasing day by day."

Khin Cho also appreciates how her interaction with community volunteers deepened her knowledge about her society. She values education and community development. After passing her matriculation exam in 2019, she was recruited as a Youth Support Assistant Facilitator. This gave her the opportunity to join with Plan Myanmar staff and participate in development activities in her community.

A community connection

As a Youth Support Facilitator, Khin Cho now works on development activities in her area. In one case, she visited a nearby village to help provide counseling to prevent child marriage and facilitate a parenting education group. Khin Cho's leadership abilities make an impact on her community and on her self-esteem. She says: "One of my most notable achievements is that I have become very confident in public speaking, and I have been able to share my knowledge with others through community-based training and leadership initiatives. Working with Plan inspired me to follow the path of a social development worker."



Khin, leading an awareness session for volunteers

WE CURRENTLY WORK WITH 17,588 CHILDREN IN NYAUNG U

OUR PROJECTS IN NYAUNG U ARE HELPING CHILDREN THRIVE



IMPROVING FAMILY HEALTHCARE

Acute respiratory tract infections and diarrhea are among the leading causes of child mortality in Myanmar. Many children who live in poverty are undernourished, and those living in remote areas are most at risk. In order to get vital healthcare to families in need, a mobile clinic provided 157 regular visits to 55 remote villages.

As a result, pregnant women accessed antenatal care, anemia testing, and clean delivery kits. Children received treatment of childhood illnesses. Maternity cash transfers supported mothers of malnourished children, as well as pregnant and lactating mothers, reducing the number of malnourished children. The mobile clinic's nutritional outreach helped 5,336 children, and communal cooking sessions taught more than 5,000 parents healthy practices.

With this support, the community gained knowledge and resources in nutrition and health care, helping to decrease malnutrition, illness and neonatal mortality.

More than 15,000 mothers and caregivers increased their knowledge of nutrition and feeding for infants and young children.

IMPROVING HEALTH & SANITATION



Many families in Nyaung U lack access to hygienic resources and information, a situation made more serious with COVID-19 outbreaks and the country's political unrest.

Our hygiene and nutrition initiative empowered Youth Facilitators to run sessions in 105 villages. These young people supported families in the community with nutrition resources, as well as water, sanitation and hygiene information and facilities. Youth Facilitators trained 3,000 children on basic hygiene practices. In addition, parents and caregivers participated in monthly nutrition sessions and conducted cooking demonstrations to learn about healthy food. As a result, the community improved hygiene and reduced the number of undernourished children.

"After attending the session, my attitude changed. I shared my knowledge and experience with my husband. My husband is now involved in community development activities. Special thanks to Plan for providing such sessions to the community."

- Daw Zin from Nyaung U



YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



44%

Of women aged 15-49
have anemia



54%

Of households have
access to a sanitary toilet



25%

Of people in Myanmar live
in poverty



Your support helps children to stand up for their futures.

- Myanmar has been under military control since February 2021, resulting in civil unrest. Protecting children and their rights will continue to be a key focus.
- We will work to reduce morbidity among children under 5 years old by addressing health issues such as diarrhea, acute respiratory tract infections and anemia.
- We will help parents to promote the healthy development of young children by supporting school readiness through community-managed Early Childhood development services and materials.
- We will build upon the capacity of training centres and hold them accountable for providing quality job-oriented, market-driven courses to youth seeking employment.

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



“I very much appreciate your support to children. The current crisis in our country is leading to insecurity and food security problems. We hope to receive your continuous support to our children for fulfilling their long-term growth. I am grateful for your help.”

New Ni Aye
Programme Unit Manager, Nyaung U

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