

YOUR ANNUAL UPDATE

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

This year, communities gained skills and resources to address climate change dangers. A total of 31 Civil Society Organisations learned to design and implement community-based Climate Change Adaptation (CCA) and Disaster Risk reduction (DRR) projects in a sustainable manner. Also, 30 schools implemented initiatives like tree planting and water protection.

In addition, young people can now access improved youth-friendly sexual and reproductive health services, helping them live safer, healthier lives.

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



570

Parents participated in Positive Parenting groups



2016

Students benefitted from rehabilitated schools



1781

Households protected against COVID-19



COVID-19'S IMPACT IN TIMOR-LESTE

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

“During COVID-19 pandemic, Plan supported us with COVID-19 health information on how to prevent this in our family, and with access to vaccination. Although COVID-19 occurred in Timor-Leste, we always apply the prevention methods to keep us safe and continue with our Village Saving and Loan Association activities.”

CASE STORY: SIDALIA STANDS UP FOR CLIMATE CHANGE



NAME: SIDALIA

AGE: 11

HOBBY: SINGING IN THE CHOIR

"It was my first time doing a presentation in front of a lot of people even though I was shy and nervous but, in the end, it made me happy and courageous."

Meet Sidalia

Like your sponsored child, Sidalia has been empowered by Plan International to change her life. Eleven-year-old Sidalia was born in a remote part of Timor-Leste. News and information are difficult to access in her rural area.

Living With Climate Change Risks

The agriculture and natural resources in the region where Sidalia lives are highly vulnerable to climate change. Limited water, erosion, and forest fires result in land degradation and loss of harvest and livestock. For agricultural families like Sidalia's, this is devastating.

Yet Sidalia, a natural leader, saw ways to help. She attended extra-curricular activities, including Plan's Climate Change Adaptation (CCA) project. She participated in climate change risk assessment and presented school risk assessments and action plans at the municipal level. As a result, Sidalia's community planted trees to help reduce disaster risks in their area. Planting trees is an important tool for climate change mitigation. So far, 1,420 trees have been planted in areas identified as high-risk, empowering the community with shade, cleaner air and reforestation.

Leadership for the Community

Sidalia has shown exemplary leadership in her community, and at her school, where she was the leader of the school disaster climate management committee. She led CCA project activities in her school, identifying school priorities and advocating municipal authorities for approval for climate change projects.

Sidalia said she felt "delighted" as she thanked Plan for giving her the chance to present to the municipal authorities. Her leadership resulted in change, and empowered not only her community but girls across Timor-Leste to work toward a safer, healthier world.



Sidalia participating in the CCA project

WE CURRENTLY WORK WITH 10,932 CHILDREN IN AILEU

OUR PROJECTS IN AILEU ARE HELPING CHILDREN THRIVE



TOOLS TO SUPPORT PARENTS



Parents participated in a nutrition campaign, promoting healthy eating habits.

Positive parenting can have a powerful impact on the health of children and their families. In Aileu, where fewer than half of parents interact with their children in a way to support their development, it was important to provide effective, gender-equal parenting resources.

The Positive Parenting and Nutrition project enabled families to develop and maintain effective parenting skills. Dialogues focused on gender norms and men's roles as fathers and equal partners, including early childhood development.

More than 400 adults participated in group parenting sessions, learning about violence prevention, nutrition, child protection, and gender equality. Young men attended awareness-raising sessions designed to help fathers incorporate a nurturing parenting approach in their daily lives. In addition, parents learned how they can create opportunities for their daughters, with access to education and elimination of gender discrimination.

CLIMATE CHANGE ADAPTATION



Timor-Leste is at a high risk of natural disasters caused by climate change. It was vital to increase community-wide knowledge of climate change dangers and mitigation, with special focus on schools. As a result, ten primary schools implemented a number of preparedness, mitigation, and adaptive interventions to reduce risks for children. Civil Society Organisations (CSOs) were trained on climate change impacts and learned to advocate for girls' rights in relation to climate change challenges. As a part of this programme, children were actively involved in risk mapping, raising awareness, planting trees, and early warning systems.

In addition, CSO leaders worked with youth living and attending schools in rural areas, helping to facilitate training with a focus on gender and inclusion.



"I want my community to be well prepared and protected from natural disasters."

- **Sebastião (46) from Aileu**

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



42%

Have basic immunisation coverage



39%

Drop out of secondary school



19%

Of girls are married before the age of 18



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

- 30% of adolescent girls in Timor-Leste have experienced physical violence. Leadership opportunities will help youth develop action plans to address violence.
- We will help empower parents and community leaders with resources to facilitate early childhood development.
- With ongoing improvements to sexual and reproductive health policies, we will help empower girls to make informed decisions about their lives.
- We will continue to address climate change risks with training and implementation of climate-smart adaptation measures.

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



“Thank you very much and our gratitude for the support that facilitated us in delivering programme services through climate change and disaster risk. We wish you all the successes and to continue supporting our families and children.”

Ramalho Baretto
Programme Area Manager, Aileu

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