

YOUR ANNUAL UPDATE

Thanks to your sponsorship, children and families are making positive changes in Ainaro. 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 Ainaro.



1102

Children learned healthy hygiene practices



2016

Students benefitted from rehabilitated schools



376

Community leaders trained on parenting practices



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 11,848 CHILDREN IN AINARO

OUR PROJECTS IN AINARO ARE HELPING CHILDREN THRIVE



Training sessions supported village communities, raising awareness of gender equality, especially the girls' right to education.

STEPS TO SAFER LIVES



Quality education is vital for children in Ainaro. Our focus was on helping children access safe, inclusive, and gender-equal education after the disruption of school closures due to the COVID-19 pandemic.

Together with the Ministry of Health and Ministry of Education, we helped lead a successful back-to-school campaign for children, attended by more than 400 people.

The project team continued engaging parents, helping to provide nutritious food for children during the pandemic. They conducted nutrition awareness-raising to members of parenting groups and local leaders in order to provide quality foods to children and pregnant mothers.

The project manager and the coordinator continued to attend the monthly meetings with the Ministry of Health, especially the COVID-19 team, to update information regarding COVID-19 and Plan's response programmes.

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, 17 primary schools implemented a number of preparedness, mitigation, and adaptive interventions to reduce risks for children.

Civil Society Organisations 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.



"We participated in training of disaster preparedness and mitigation such as how to avoid the risks from floods, strong winds, and violence. We know how to evacuate to safe places...we have the ability to share this information and knowledge with others."
- Bakhita from Ainaro

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



87%

Of children in Timor-Leste experience violence at home



32%

Of rural households lack access to clean water



19%

Of girls are married before the age of 18



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

Preschool enrolment is at 14%, with limited teaching and learning materials. We will help empower parents and communities with resources to facilitate gender-equal early childhood development.

We will focus advocacy on national-level child protection laws to stop violence against children, girls, and women.

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 Ainaro.



“I would like to thank you for sponsoring children and their families in Ainaro. With your support we have implemented the Positive Parenting and Nutrition project to improve the malnutrition in Ainaro. Your support means a lot to our community.”

Valentim Magno
Programme Area Manager, Ainaro

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