

YOUR ANNUAL UPDATE

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

Luapula is a rural, agrarian community in Zambia home to 991,927 people. From dry spells to flooding, this region is already being hit by climate change. Residents are generally unprepared for continued crises, which results in food insecurity and job loss.

Before this year, 50% of girls in Luapula were married before they turned 18. This year and with your support, Plan International collaborated with 7 Chiefs, who agreed to sign laws banning such unions in their Chiefdoms. 772 homes now have safe, private latrines and 2,328 children received birth certificates.

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



1,159

Children have returned to school



25

Ambulances were provided to 10 rural health centres



40,000

People in rural Luapula are now receiving medical care



COVID-19'S IMPACT IN ZAMBIA

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

“Plan supported us with masks, hand washing facilities, soap, and conducting awareness meetings to communities. A lot of people in my community have been vaccinated and we have adapted to wearing face masks, social distancing, and washing hands. I am so grateful to Plan International for the assistance.”

CASE STORY: A NEW START



NAME: WISDOM

AGE: 11

HOBBY: PLAYING WITH FRIENDS

"I am so deeply grateful to Plan International for the assistance given to my son. I never imagined that my son would ever stand, let alone take a few steps. Beginnings are never easy, but we are determined to ensure that he starts to walk, independent of any assistance." – Lucy, Wisdom's mother

Meet Wisdom

Like your sponsored child, Wisdom has been empowered by Plan International to change his life. An illness in infancy left Wisdom with severe physical disabilities. Plan International intervened to support Wisdom and his family on their way to a new beginning.

No One Left Behind

When Wisdom was just five months old, he contracted a severe illness that left him hospitalised. Just over ten years later, young Wisdom had virtually no mobility if unassisted – until Plan International stepped in.

Meeting Wisdom's needs proved near impossible for his mother. Unable to move on his own, he could not enrol in school. This meant that Wisdom would sometimes be left at home, unattended, for long periods of time. On the cusp of his adolescence, Wisdom found himself lonely and isolated, while his mother struggled to stretch their money as far as it could go.

Children with disabilities are often excluded from accessing education. Our efforts with Wisdom and his family addressed ameliorating the financial, physical, and educational aspects of their situation.

A Path Back To Education

When Wisdom became a sponsored child of Plan International, he received a standing frame from Beit Cure hospital. Now, Wisdom is slowly beginning to walk.

Plan International also supported Wisdom and his family in connecting with an Early Childhood Development Centre. A specially trained teacher tutors Wisdom at home three times a week and sometimes even brings new friends by to visit.

We also supported Wisdom's mother, Lucy, by providing her with vocational training. Her small business now helps make ends meet.



Wisdom, his sister, and his mother after Plan procured a standing frame.

WE CURRENTLY WORK WITH 8,866 CHILDREN IN LUAPULA

OUR PROJECTS IN LUAPULA ARE HELPING CHILDREN THRIVE



THE POWER OF CLEAN WATER



772 new latrines now provide sanitary and hygienic resources to families in Luapula. Before this year, the average latrine in Luapula was being used by 108 people: More than two times the recommended ratio of 50 users to a latrine.

As a result of our efforts, 772 homes now have private, culturally appropriate latrines. Plan International collaborated with residents to create 30 Village WASH Committees, which will promote and maintain hygienic practises in their communities.

Hygiene promotion sessions in school helped students correctly use and maintain sanitation facilities.

83 Gender WASH Committees discussed how private, safe latrines can be transformative for girls. Plan also conducted a gender analysis regarding Luapula's approach to gender and sanitation and found that the community was, by and large, becoming more gender aware.

ENDING CHILD MARRIAGE



In Luapula, 50% of girls are married before their 18th birthday. Child marriage is common in Zambia, especially in rural areas. While adolescent boys are also sometimes married before they turn 18, girls are statistically much more likely to enter such unions.

Plan International collaborated with 7 traditional leaders in Luapula to make a difference from the top. These Chiefs agreed collectively to create laws within their communities that will end child marriage. Those who break these rules will be penalised.

150 residents participated in workshops about the consequences of child marriage. 219 community members took part in intergenerational dialogues about sexual health and reproductive rights.



“Working with other traditional leaders, the government, parents, and children, I developed by-laws to help deter child marriage and other forms of child abuse. The by-laws have punitive measures that we hope will deter would-be perpetrators in the province.” - **Justin (52) from Luapula**

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



31%

Of girls in Zambia are married before age 18



43%

Of Luapula's population has access to clean water



65%

Of Luapula's students graduate from school



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

- The impacts of climate change are felt strongly in Zambia. Our Girls Step Up programme will teach girls skills in beekeeping, technology, and climate-smart agriculture to ensure stable jobs for any future.
- This programme is also part of our effort to combat unemployment, which is increasing nationwide. We aim to train 4,567 parents of sponsored children as well as girls.
- Malnourishment in Zambia is among the highest in the world. Our Scaling Up Nutrition project takes a multifaceted approach to support children and families.
- Children in Luapula are vulnerable to any number of risks, from child labour to child marriage. We will continue our Champions of Change project to teach the next generation a sense of political agency.

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



“Your support to Plan has continued to contribute to the uplifting of vulnerable and excluded children's lives. Thank you so much for being part of the positive change in the lives of many children, especially girls.”

Dennis Machila
Programme Area Manager, Luapula

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