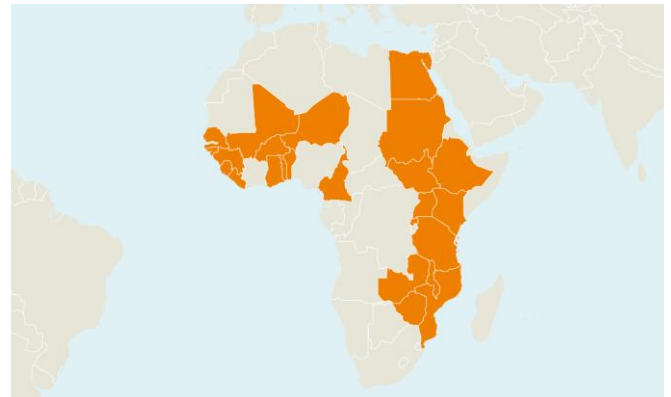


ANNUAL UPDATE

CAMEROON

BERTOUA



Together with your sponsorship, children and families are making positive changes in Bertoua. Learn more about the valuable ways we work with children and communities.

Bertoua is located in eastern Cameroon, a diverse region home to around 960,000 people. Plan International has been collaborating with communities in Bertoua since 1996.

In the last decade, serious cases of malaria have been on the rise, which is particularly dangerous for expecting mothers and young children. Thanks to your support, 13,914 children under five years old and 1,213 pregnant women received immunisation from malaria this year.



2,511

Reusable sanitary pads donated to Sponsored Children



1,214

People celebrated International Women's Day



3,516

Students discussed early pregnancy prevention

“PLAN’S YOUTH ENGAGEMENT PROJECT HELPED ME RAISE MY VOICE FOR THE CAUSES I CARE ABOUT.”

- Louise, 13-year-old Youth Club member





NAME: BLANDINE

AGE: 23

DREAMS TO BE: A DOCTOR

"I WILL NOT GIVE UP. I BELIEVE IN MYSELF: I WILL BE A LEGEND."

Meet Blandine

Like the child you sponsor, Blandine is making a difference in her community. Ever since two of her closest friends at school were forced into marriages as children, Blandine has become a fierce advocate of girls' rights.

From Learner to Leader

Blandine lives in Garoua, a region in northern Cameroon. A committed and ambitious student, Blandine was rattled when two of her best friends at school were forced into early marriages during their fourth-grade year. Recognising the inequality between men and women in her community, Blandine started on the path to becoming what she is today: a confident spokesperson about gender-based violence, reproductive rights, sexual health, and preventing early pregnancy.

Years after Blandine's formative experience with child marriage, today, she facilitates conversations between parents and their adolescent children in her community, where they can talk openly about gender, inequality, education, and the prevention of violence.

I Can Do Anything

With Plan International, Blandine has been able to earn money facilitating workshops about gender-based violence and girls' rights, which helps her pay for her tuition. Blandine's work as an advocate for the rights of girls and women became a central part of her university dissertation, for which she earned the highest mark of any student in her region. Today, Blandine is continuing her studies, focusing on the impact of the internet on the safety of girls and women. Alongside her schoolwork, Blandine is an intern for Plan International, where she creates educational outreach programmes about the causes she cares about.



Today, Blandine's work as a facilitator helps her pay for university.

OUR PROJECTS IN BERTOUA ARE HELPING CHILDREN THRIVE



Thanks to your support, 10 health care facilities in Bertoua are expanding their available resources for young adults' sexual and reproductive health.

MY FUTURE IS BRIGHT



Close to 38% of young women in this region are married before their 18th birthday. Plan International's Champions of Change programme focuses on empowering ways to simultaneously teach young people about their rights and support them as they step into leadership roles. Many of our Champions around the world are girls, who practise speaking with confidence to their parents, teachers, and local government about issues that impact them.

This year, 3,516 students were reached in education outreach programmes about preventing early pregnancy and the dangers of drug addiction. 90 local officials agreed to expand funding in 2024 for the prevention of substance abuse, and 18 caregivers participated in positive parenting workshops.

STOPPING THE SPREAD: MALARIA



13,914 young children received anti-malarial treatment. Since 2015, deaths from malaria have been on the rise in Cameroon, particularly among young children under five. In the last year, we worked with local families to make sure that everyone is safer and better protected against this potentially life-threatening illness.

Today, 87% of Sponsored families have long-lasting mosquito nets, protecting them from the insects that can carry malaria. In addition to the nearly 14,000 children who received medical preventative treatments, 1,213 pregnant women received intermittent preventative treatment (IPT) against malaria.

"Plan International made it possible for me and my family to sleep under a mosquito net. Now, we won't get sick as much."

- Savannah (8) from Bertoua



YOUR SUPPORT MEANS BETTER FUTURES



The best is yet to come—and together we will continue to work for a brighter future for the children in Bertoua.

- 37% of teens in Bertoua do not know about sexual health resources near them. With your support, we will ensure young people in Bertoua have access to contraceptives and STI testing.
- Around 1.7 million children in Cameroon do not have a birth certificate. Next year, we aim to register 70% of Sponsored Children without birth certificates to help them access resources.
- 7% of young jobseekers in Cameroon are unemployed. In 2024, we will help young mothers become financially independent through entrepreneurship and financial literacy workshops.

Thank you for **PLAN** continued support.



“Thank you for your contributions to vulnerable people in Bertoua. Thanks to you, our community is truly engaged in positive, sustainable transformation.”

Sakwe Itoe Mbone
Programme Area Manager

THE PLAN EFFECT



Your sponsorship commitment becomes long-term change—providing help for self-help. We involve children at the centre of all projects, bringing effective and sustainable solutions to families and communities. With Plan’s Effect, your commitment helps empower communities to transform their lives and futures.

THE LAST 12 MONTHS



APRIL

300

Girls learnt about menstrual hygiene



SEPTEMBER

687

Students received school supplies



OCTOBER

73

Educators learnt more about child protection



NOVEMBER

86

Community members discussed gender-based violence

