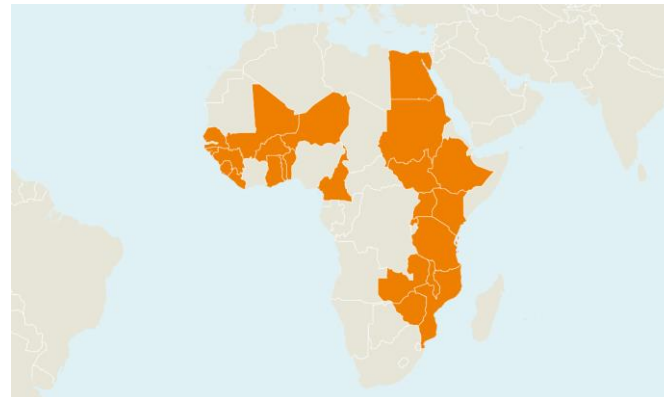


ANNUAL UPDATE

MALAWI

LILONGWE



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

Greetings from Lilongwe, Malawi! Plan International has been involved with this region of the country since 1994. This year, thanks to your support, our projects in Malawi ranged from safe housing for at-risk girl students to climate-resilient agriculture training and youth leadership programmes. Less than 5% of schools in Malawi provide handwashing facilities with soap for students. Since 2022, we've collaborated with 5 primary schools in Lilongwe to install 6 gender-inclusive, sanitary pit latrines for health, privacy and dignity.



20,628 youth learned about health and safety from peer educators



3,555 reusable sanitary pads distributed



887 farmers participating in Farmer field schools

“I’M MORE CONFIDENT NOW. I GO TO SCHOOL AND WANT TO REACH MY GOAL OF BECOMING A TEACHER.”

Macloud, 8 years old, Sponsored Child





NAME: MARION

AGE: 17

**DREAMS TO BE: A
LAWYER**

“I’VE DEVELOPED LEADERSHIP AND PUBLIC SPEAKING SKILLS TO INFLUENCE DECISION-MAKERS IN MY COMMUNITY. I CAN SPEAK UP FOR OTHER YOUNG PEOPLE.”

Meet Marion

Like the child you sponsor, Marion is becoming a leader.

As part of a Children’s Rights Club, Marion participates in Plan’s Girls Takeover projects, where young women step into decision-making positions. This experience has made her confident and determined.

Rising Above

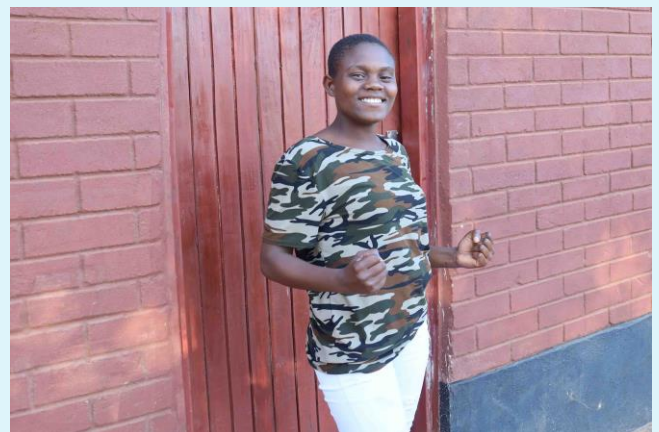
In Marion’s community, child marriages aren’t uncommon, and, though protective laws exist, they’re rarely enforced. Early marriages and pregnancies can keep women trapped in cycles of poverty: without a complete education or vocational skills, many women struggle to build financial independence.

When Marion joined Plan International’s Children’s Rights Club in her community in Kasungu, she found a warm, collaborative space to talk about children’s rights, including girls’ rights to an education, safety and the importance of education. This programme also includes a Child Parliament, where young people build skills in speaking up with confidence about their rights.

Learners to Leaders

A cornerstone of the Children’s Rights Club is the Girls Takeover project, where young women are put into leadership positions, engaging with local decision-makers about the issues they care about.

As a participant in the Girls Takeover project, Marion bravely spoke to local leaders about girls’ rights. Today, she reports that this experience has made her more confident, unafraid to make her voice heard.



Marion is learning to become a leader.

OUR PROJECTS IN LILONGWE ARE HELPING CHILDREN THRIVE



This year, our projects in Lilongwe focused on keeping children, and particularly girls, safe and in school.

SAFER TOGETHER



47% of girls and young women in Malawi are married before their 18th birthday.

In a region with high rates of gender-based violence and early pregnancies, girls experience obstacles and hardships whilst on the path to completing their educations. Since 2017, the Mpando Girls' Hostel project has worked to keep girls learning by providing them a place to live that is close to school.

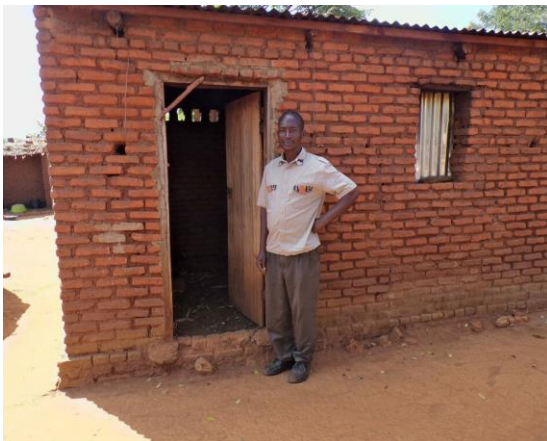
This year, 81 girls stayed at the hostel, reducing the risk of gender-based violence during their commutes. Girls' clubs were established at the school. Girls are being taken through various trainings on social norms and how it's affecting them as girls. Through these clubs, girls are being empowered to voice out their ideas on issues affecting them both at school and in the community.

SHAME STOPS HERE



40% of girls in Malawi miss school during their periods.

Without menstrual hygiene supplies, limited information and a lack of private sanitary spaces at school, absenteeism among girl students threatens their ability to keep up with grade level. This year, we collaborated with 5 schools in Lilongwe to build sanitary pit latrines, including 3 private latrines for girls. After discussing communication and adolescent emotional support, 14 mothers' groups sewed 3,555 reusable sanitary pads, which were distributed to 809 girls.



"This safe changing room supports girls during our menstrual cycles by providing confidentiality and dignity."

- Anness (14) from Lilongwe

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 Lilongwe.

- 43% of families in Lilongwe do not have a stable source of income. With your support, we will expand our Village Savings and Loans projects in Lilongwe for mutual aid and financial literacy.
- Malawi has one of the highest rates of child marriage in the world. Next year, we will work at both the national and local levels to protect the rights of girls, including the right to education.
- 40% of young people in Lilongwe are unemployed. In 2024, we will continue to provide vocational training to young people based on their interests and skill sets.

Thank you for your continued support.



“Thank you for supporting our work to teach children about their rights. Next year, we will support more education, health and water access projects.”

Daniel Kapatuka
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



JANUARY



25

young people receive vocational training

FEBRUARY



326

teachers trained to prevent drop-outs

MARCH



529

households received goats

APRIL



83

peer educators trained in gender-based violence