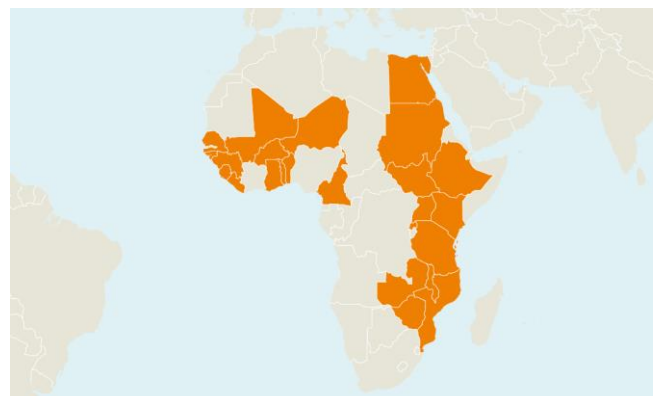


ANNUAL UPDATE

ZAMBIA

EASTERN



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

Eastern Zambia is home to more than 2.4 million people, making up nearly 22% of Zambia's whole population. Here, the most commonly spoken language is Chewa, and most people here rely on agriculture for their incomes. The province has the second-lowest rate of female literacy in the country. This year, our projects have focused on child protection, early childhood development, education, girl's leadership and building vocational and financial skills for girls and young women.



2,106

children now have birth certificates



3,149

young people learned about sexual health and rights



12,000

caregivers reached through our early childhood programme

“INSTEAD OF GETTING MARRIED, I’M NOW GOING BACK TO SCHOOL. I WANT TO BE A NURSE.”

Mercy, 17 years old, Sponsored Child





NAME: FLORENCE

AGE: 12

**DREAMS TO BE: AN
ENTREPRENEUR**

“I USED TO FEEL LEFT OUT, BUT NOW I PLAY WITH FRIENDS EVERY DAY. BEING IN A SAVINGS GROUP HAS MADE ME SELF-RELIANT.”

Meet Florence

Like the child you sponsor, Florence is learning that she can do whatever she sets her mind to.

In Florence's community, people with disabilities are often excluded. Becoming a member of a Village Savings and Loans group has opened the door to a new world.

No One Left Behind

A serious case of malaria at a young age left Florence with permanent hearing and speaking impairments. Teachers at her local school did not have the training to meet Florence's needs from as early as pre-primary school, meaning that the young girl did not have access to education. More challenging still, disabilities in Central Zambia can be painfully misunderstood, and Florence was often excluded from social activities.

This year, children with disabilities in Central Zambia – including Florence – were selected as participants in our income generating programmes.

Learning Together

Though Florence was initially unsure what to do with her brand-new goats, our regular trainings warmly included Florence and other children with special needs into lessons about using these animals to both make and save money. Today, Florence is not only taking care of her goats, but practising her new financial skills as a member of a Village Savings and Loans group, where she talks about saving, budgeting and setting financial goals. Having a community and a new set of skills has greatly empowered this young businesswoman: today, Florence says she plans to generate seed funding to start a small business.



Florence describes herself feeling happier playing with her friends.

OUR PROJECTS IN ZAMBIA ARE HELPING CHILDREN THRIVE



This year, traditional leaders and state leaders came together under the framework of our “Break Free” programme to discuss bringing an end to child marriage.

BREAKING THE CYCLE



Child marriage and teen pregnancies are common in Eastern Zambia.

Girls married early are more likely to experience violence, abuse and forced sexual relations due to unequal power relations. Both early marriage and early pregnancy pose significant threats to girls’ educations, well-being and livelihoods. This year, we held meetings with 163 community members of all ages. Together, we discussed sexual health and reproductive rights, holding local leaders accountable for improving access to quality education for all of Eastern Zambia’s students. Leaders and stakeholders helped us to identify some of the next steps that need to be taken to improve education for girls, including partnering with the local government. 22,000 male condoms were distributed to boys and men, and 75 chiefs agreed to meet to discuss bringing an end to the practice of child marriage.



GETTING A HEALTHY START



12,000 caregivers now know how to provide gender-inclusive childcare and the importance of healthy nutrition.

In Eastern Zambia, early childhood development is often overlooked. Some children experience stunted growth due to malnutrition, while few have their official birth certificates – documentation important to ensure children’s rights are upheld. We’ve worked with the people of Eastern Zambia to establish 4 fully operational Early Childhood Development hubs. These centres offer services like birth registration, growth monitoring (to diagnose malnutrition), parental counselling, early childhood development training and cooking demonstrations, benefitting 9,180 people.



“My teachers help me learn things like drawing, colours, numbers, letters and songs. After school, I get to share with my mum and dad what I learnt.”

- Prosper (6) from Eastern Zambia

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 Eastern Zambia.

- 44% of women in Eastern Zambia were married before their 18th birthday. We will continue our fight against child marriage and facilitate intergenerational dialogues about girls' rights and the dangers of child marriage.
- Many young adults in Eastern Zambia struggle to achieve economic safety. Next year, we will provide livestock to at-risk, job-seeking young people to ease their entry into the workforce.
- Zambia is very vulnerable to the effects of climate change. In 2024, we will collaborate with community members to develop climate-resilient agriculture strategies.

Thank you for your continued support.



"It's with great fulfillment I see children in Eastern Zambia have access to social and economic amenities in their communities."

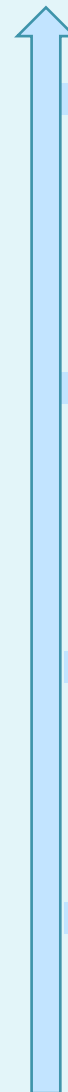
Dennis Lembani
Programme Area Manager

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



FEBRUARY



528

at-risk girls received goats to improve livelihood

JULY



833

desks donated to local schools

SEPTEMBER



4,982

people trained in sanitation and hygiene practices

DECEMBER



4

facilities built for early childhood development services