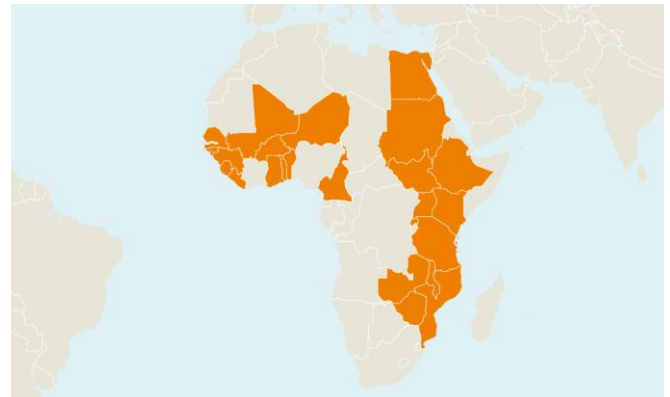


ANNUAL UPDATE

EGYPT

CAIRO



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

This year, girls, adolescents and young people in Cairo acted as leaders and agents of change in their communities.

The Girls Lead project empowered youth to raise awareness of gender equality, rights and climate change. In addition, people in the Young Health Programme promoted community-wide changes to foster healthy lifestyles and prevent disease. As a result of their advocacy, young people—and their families—have a brighter, more empowered future ahead.



1252

Adults learned about disease prevention



880

Youth raised awareness of climate change



630

Young people advocated for children's rights

“GIRLS HAVE VITAL ROLES IN THE COMMUNITY. MY DREAM IS TO MAKE PROFOUND CHANGES IN MY COMMUNITY.”

Shrouk, 12-year-old Sponsored Child





NAME: YASSMIN

AGE: 12 YEARS OLD

**DREAMS TO BE: A
UNIVERSITY STUDENT**

“WE HAVE TO BE PERSISTENT BECAUSE OUR EDUCATION MEANS A BETTER FUTURE. I ENCOURAGE ALL GIRLS TO COMPLETE THEIR EDUCATION.”

Meet Yassmin

Like the child you sponsor, Yassmin is making steps towards her goal and achieving lasting change. In the face of challenging circumstances and deep-seated cultural norms that do not prioritise education for girls, Yassmin has fought to go to school.

Facing Pressures at Home

Yassmin lives with her parents and three younger siblings, whom she helps care for. Her younger sister Basmala is four years old and has muscle atrophy.

Basmala’s treatment was expensive; as a result, the family did not have enough money for Yassmin’s education. In addition, Yassmin had to spend more time helping her mother care for Basmala. These circumstances impacted her performance at school. She was often absent and it seemed dropping out was the only way to manage the situation. Yet by being a sponsored child, Yassmin accessed the Elder Sister intervention project, which helps girls stay in school. Here, she learned techniques to study and efficiently manage time. Psychological support and monthly follow-ups at school helped Yassmin succeed.

An Advocate for Education

Yassmin has become more self-confident. She shared the importance of education with her parents, convincing them to let her stay in school. And now, she has become an active advocate of education for girls within her community.

Learning how to manage her time has given her the chance to make friends, practise her favourite hobbies and care for her sister while doing well at school.

Through her persistence, Yassmin will help create change in her community so that other girls can pursue their educational dreams.



Yassmin and her friend

OUR PROJECTS IN CAIRO ARE HELPING CHILDREN THRIVE



Diversity and inclusion are central to the Young Health Programme, where equal opportunities are available to all young people—regardless of gender, ethnicity, religion, sexuality or disability.

YOUNG HEALTH PROGRAMME



In Cairo, there is a high prevalence of risk factors for **non-communicable diseases**. Many young people are unaware of how to prevent these diseases and enjoy long-term health. Young Health is a global programme tailored to children and young people between the ages of 10 and 24, focusing on the prevention of the most common non-communicable diseases: cancer, diabetes, heart disease, respiratory disease and mental illness. It addresses risk factors such as tobacco use, alcohol use, physical inactivity and nutrition.

This year, 40 Peer Educators reached 24,539 young people, raising awareness of disease prevention and promoting health. In addition, 110 community leaders, 1,252 parents and caregivers and seven health professionals were reached with training and awareness sessions. Activities reached more than 328,000 community members indirectly, broadening the message about a healthy lifestyle.



GIRLS LEAD PROJECT



Harmful cultural norms mean that many girls in Cairo face discrimination and lack access to leadership roles. Education and awareness are the keys to change. Girls Lead is an inclusive empowerment programme with activities that teach youth about gender equality, sexual and reproductive health and rights, and climate change, while providing young people with leadership opportunities.

International Days play a major role in girls' participation in community and national levels. This year, 150 people participated in the World Women's Day, and 880 youth raised awareness on climate change risk reduction. Families and community members supported young people in their actions to improve opportunities for a healthier life and a more equitable future.



"I participate in the climate change programme... I have learnt many things, such as how to preserve the environment around me, how to be an active and vital participant and how to adapt to risks due to the climate change." - **Yassmin (15) from Cairo**

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 Cairo.

- The illiteracy rate is 18% for females in Cairo. We will continue to address root causes behind gender discrimination and harmful cultural practices and support girls' and women's rights to education.
- Unemployment in Cairo is high. Our economic empowerment project helps build marketable skills, knowledge and confidence among young people, especially women aged 15-18.
- 33% of women aged 18-19 have experienced psychological violence. With the Girls Lead programme, adolescents and young people will learn about gender equality, sexual and reproductive health, and girls' rights.

Thank you for your continued support.



“On behalf of our programme unit staff in Cairo and the communities, I would like to thank you for your support for the children, especially girls, and their communities.”

Emad Gad
Programme Area Manager

THE PLAN EFFECT



Your sponsorship commitment is turned into effective 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



SEPTEMBER



140

People planted trees for World Day of Clean Air

JANUARY



1021

Children attended a reading programme

JANUARY



312

Youth developed employment skills

FEBRUARY



990

Caregivers learned positive parenting