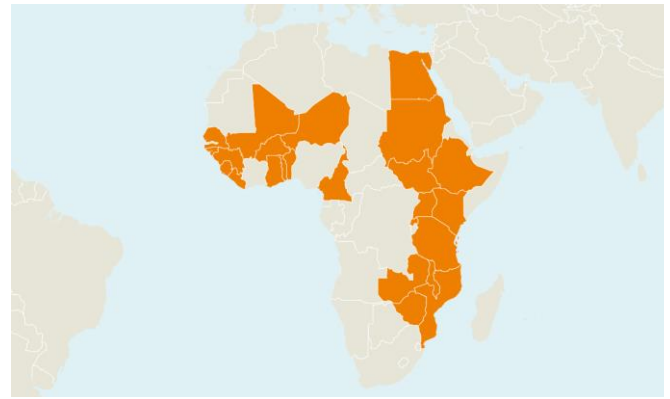


ANNUAL UPDATE

ZAMBIA

CENTRAL



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

This sub-tropical province is home to more than 2.2 million people, nearly 75% of whom live in rural areas. The area experienced adverse effects from climate change last year, ranging from droughts to heavy rainfall. This led to reduced agricultural output and presented economic difficulties for numerous families. Our projects this year focused on climate-resilient farming, empowering at-risk children, providing vocational training to young people and training teens in sexual and reproductive health and rights.



1,240

youth trained in vocational skills and entrepreneurship



530

people enrolled in farmer field school



692

families received water purification kits

“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, our projects in Central Zambia focused on sexual health and rights, climate-resilient agriculture, girls' leadership and vocational training.

SUSTAINABLE SKILLS



1,240 young people have learned more about financial literacy and entrepreneurship.

Unemployment rates among young people in Central Zambia are high, partially because young job-seekers lack access to capital and financial services: whether it's technical skills, seed funding, social support or even clean drinking water, many ambitious young people lack the resources they need to start their careers. We've worked with 1,240 young people in 8 communities. They participated in financial and business training and learned about animal husbandry. Young women were encouraged to take on equal responsibilities, and young people in five communities have joined our empowering Champions of Change youth leadership programme.

SAFER TOGETHER



Teen pregnancies in Central Zambia are on the rise and many girls become mothers while they are still children themselves.

Limited sexual health education among young people in this region affects everything from girls' education to high rates of early marriages and pregnancies. Through training of 15 young people (including 10 young women) they became peer educators training another 138 youths. The students presented information on contraception, sexually transmitted infections and family planning to their classmates. This led to a higher number of young people seeking out family planning resources from health facilities. Four Community Child Protection Committees were formed by local leaders to identify and report cases of child abuse.

"Pregnancy won't stop me from finishing school."

- Memory (17) from Central 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 Central Zambia.

- Less than 21% of young people in Central Zambia believe they can affect local decision-making. With your support, we will foster conversations between local leaders and youth advocates.
- We work to remove the barriers preventing youth from participating in the labour market. We will connect young people to entrepreneurship and professional mentorship opportunities to break the cycle of poverty.
- 81% of young people in Central Zambia are either unemployed or underemployed. In 2024, we will collaborate with young job-seekers to implement climate-resilient agriculture techniques.

Thank you for your continued support.



“Climate change has had devastating impacts on the livelihoods of Sponsored Families. Your support has helped us provide aid and empowering trainings to families and young people.”

Margret Nakamba
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



30

young people generated income through fish farming

MARCH



456

youth trained in business and entrepreneurship skills

APRIL



330

households received goats

NOVEMBER



56

young people practised climate-resilient agriculture