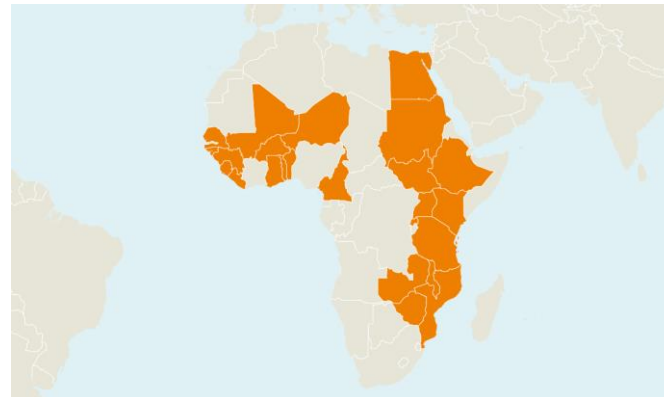


ANNUAL UPDATE

MOZAMBIQUE

INHAMBANE



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

Girls in Mozambique are often taught to pursue marriage and motherhood rather than school. This year, gender equality was a focus for children as young as pre-school—with pupils beginning their education in supportive, inclusive Early Childhood Development centres. In addition, the MANDZIKU project empowered youth with access to quality, inclusive sexual and reproductive health care and information so they can make healthy decisions about their sexuality and their futures.



2,832

People participated in dialogue on sexual and reproductive health



2,069

Youth benefited from health services at mobile clinics



1,852

Children enrolled in inclusive pre-school centres

“I ATTENDED EARLY CHILDHOOD CLASSES. I REAPED THE BENEFITS AND ENCOURAGE PARENTS TO ENROL THEIR CHILDREN.”

Zulfa, 18-year-old Sponsored Child





NAME: PALMIRA

AGE: 12 YEARS OLD

DREAMS TO BE: A DOCTOR

“MY FRIENDS AND I WERE HAPPY TO LEARN THAT WE HOLD THE SAME RIGHTS AS BOYS AND WE CAN DECIDE OVER OUR BODIES AND WHEN TO MARRY.”

Meet Palmira

Like the child you sponsor, Palmira is making steps towards achieving her goals and building a stronger future for herself. By challenging discriminatory gender norms in her community, Palmira encouraged her family to share household tasks equitably, giving her the time to study—and become the top student in her class.

Living with gender inequality

Like many families in the area, Palmira’s parents are farmers. While Palmira had to help her mother fetch water and do housework, her brothers were responsible for less. This uneven distribution affected Palmira’s school progress.

Palmira learned about gender equality in the Champions of Change (CoC) sessions at her school. The CoC programme engages parents with training on gender rights as well as Village Savings and Loan Associations (VSLA). Palmira invited her parents, who joined the next session.

After the training the family decided to challenge themselves to re-distribute the household duties to reduce the workload of Palmira and her mother.

A family makes a change

Palmira was happy to witness this change. By sharing the household tasks with her siblings, she could dedicate more time to her studies and focus on her academic performance.

Through her participation in the VSLA, Palmira’s mother now earns money to pay the children’s school expenses. Her parents participate in community discussions, challenging social norms and promoting gender equality. And Palmira has become a role model to her peers, upholding the equal treatment of boys and girls—and challenging harmful social norms at the household level.



Palmira is ready to pursue her dreams

OUR PROJECTS IN INHAMBANE ARE HELPING CHILDREN THRIVE



Knowing their power: 99% of adolescents and youth say they now know where and how to access services for sexual and reproductive health and rights.

ACCESSING HEALTH SERVICES



In Inhambane, many young people lack access to information and resources for sexual and reproductive health rights. Taboos, stigma and misinformation limit the ability for youth—especially girls—to make informed decisions about their health and their futures.

This year, the MANDZIKU project focused on empowering young people with access to quality, inclusive sexual and reproductive health services.

12 health centres enhanced their capacity to deliver gender-responsive services. These centres were equipped with resources to provide youth-friendly services, from counselling to contraception. Adolescents and youth in remote areas could access sexual and reproductive health services, too: two mobile clinics helped support the work of 18 mobile health brigades.

EDUCATION FOR ALL



Children learn—and thrive—in supportive, inclusive environments. Supporting the children of Inhambane with access to quality early childhood education was a key initiative. This year, more than 1,800 children were enrolled in Early Childhood Development (ECD) centres. The centres were improved with rehabilitated water tanks, solar panels and refurbished classrooms.

Teachers learned a participatory and inclusive approach for stimulating and developing pre-schoolers' physical, socio-emotional and cognitive skills. In addition, school administrators learned about gender equality and inclusion and the importance of giving girls the same opportunities as boys. As a result, graduates of the ECD centres had a smooth transition to primary school.

“I am happy for having attended ECD classes. When I started primary school, my former colleagues at ECD centres and I had better performance compared to our new colleagues.” – **Joana (14) from Inhambane**



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 Inhambane.

- Many young people lack skills and knowledge to make healthy choices about relationships and sexuality. This year, existing community-based health structures will continue to deliver effective sexual and reproductive health services.
- Key projects this year will promote and support inclusive school management by engaging parents, community members and community leaders.
- Establishing and strengthening the capacity of parenting groups and community health groups will promote best practices on child care, hygiene and nutrition.

Thank you for your continued support.



“We appreciate your support. It helps us promote sexual and reproductive health rights, build skills for youth employment and ensure girls are protected from early marriage.”

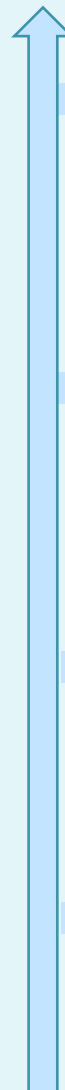
Damiao Mungoi
Programme Area Manager

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

178

Youth joined Champions of Change school clubs



JULY

1,890

Children’s books distributed to 48 schools



SEPTEMBER

97

People learned about Early Childhood Development



DECEMBER

18

Water tanks rehabilitated to provide clean water

