

# ANNUAL UPDATE

# BOLIVIA

## POTOSÍ COCHABAMBA



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

This past year, key projects focused on empowering youth to advocate for their rights. For example, young people participating in the ARRIBA Project are making significant changes in the access of sexual and reproductive healthcare. In addition, the Feminist Leadership project promotes technical and leadership opportunities for young people, helping them create a path toward economic independence.

As a result of their advocacy, youth and their families have a healthier future ahead.



82

Parents are involved in 18 new Parent Clubs



121

Health personnel were trained in Early Childhood Development



18K

Oral hygiene kits were delivered to children in school

**“WHEN I GROW UP, I WANT TO BE A DOCTOR. I WANT TO CURE PATIENTS, TO HELP PEOPLE AS PLAN HELPED ME.”**

Camila, 10-year-old Sponsored Child





**NAME: VERÓNICA**

**AGE: 18 YEARS OLD**

**DREAMS TO BE: AN AID WORKER**

**“I AM VERY SURE THAT IF ADOLESCENTS ARE INCLUDED IN DECISION-MAKING WITHIN OUR MUNICIPALITIES, EVERYTHING CAN CHANGE.”**

## Meet Verónica

**Like the child you sponsor, Verónica is making steps towards achieving her goals and building a stronger future for herself.**

She is a charismatic young woman interested in a variety of activities, from dance to cooking to academics. Now, as a leader in her community, Verónica has become a role model for other girls and young women.

## A Cycle of Inspiring Young Leaders

Verónica's mother died when she was small, leaving her and her siblings in the care of her hard-working father. Her family's livelihood comes from agriculture in a rural area, and Verónica has worked since she was young to pay for her studies and activities.

At age eleven, Verónica was inspired by the energetic and creative teenagers she met through a Plan International school visit. These young leaders motivated her, and she became an enthusiastic participant in Plan leadership programmes. In the following six years, her engagement has been life-changing: She's now studying psychology at a top university, with support from a scholarship she earned through a Girls Take Over event.

## On the Path to Success

At the Take Over event, Verónica impressed the audience with a powerful speech where she shared the challenges that young women in rural areas face in order to access a university education. Winning the scholarship as a result opened an opportunity that she describes as “once in a lifetime.”

Now at school in the city, Verónica is focusing on her studies and achieving her dreams—and she is still engaged with Plan, acting as a leader to inspire the next generation of girls. She says: “For me it is a fundamental part of my life.”



*Verónica took over as Vice-Rector of the university*



# OUR PROJECTS IN POTOSÍ COCHABAMBA ARE HELPING CHILDREN



## ADVOCATING FOR SEXUAL HEALTH



**Many young people in Potosí Cochabamba lack knowledge of sexual and reproductive health and rights.**

In Bolivia, Plan is implementing the ARRIBA Project, which promotes education about sexual and reproductive rights. The project motivates youth to exercise their leadership skills in advocating for their rights, especially in healthcare services – empowering them to reduce early pregnancy and gender-based violence.

By participating in the ARRIBA project, young people advocate for quality, inclusive sexual and reproductive healthcare services in their communities.

This year, 116 young women and 47 young men participated in training, motivation and awareness-raising spaces. In support, eight parent clubs were formed to promote intergenerational dialogues in favour of sexual and reproductive rights. In addition, 17 certified integrated care services for adolescents are equipped with trained personnel who provide quality, inclusive services for health.

## LEADING WITH FEMINISM



**Promoting the social empowerment of young people, especially young women, is key to challenging gender-based discrimination and helping youth develop plans for the future.**

The Feminist Leadership project promotes technical training for young people. Here, youth can achieve economic independence by learning marketable skills and developing business and life plans. The programme also organises networks and provides access to seed capital. This year, 643 young women and 531 young men strengthened their business and marketing skills. They also improved their knowledge of gender rights: Three youth networks gained expertise in issues of protection, gender inclusion and feminist leadership.

“I have been participating in the Feminist Leadership project for two years. I feel more confident to continue with my dreams. I am not just an entrepreneur, I am a leading woman who has dreams and goals.”

**- Erlinda (20) from Potosí Cochabamba**



# 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 Potosí Cochabamba.**

- 24% of the population in Potosí Cochabamba is between 14-24 years old. We will continue to support young people, especially young women, with social and economic empowerment.
- Only a small part of sexually active young people use contraception. We will continue to provide youth with information and resources for sexual and reproductive health.
- Parents of children under eight years old need support. We will continue to advocate for gender-equal care work between parents, and provide resources and education for positive parenting practices.

**Thank you for your continued support.**



“With your support, we have been able to implement several projects. This year we will continue, responding to the growing demands of the communities.”

**Maria Teresa Sossa**  
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



**MARCH**

**17**

Facilities equipped to provide inclusive care for adolescents



**MAY**

**1,373**

Caregivers learned about positive parenting



**JUNE**

**116**

Young women participated in awareness-raising sessions



**JUNE**

**26**

Community projects like parks and orchards were established

