

# ANNUAL UPDATE

# GUATEMALA

## QUICHÉ



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

Guatemala is among the 10 countries worldwide with the highest vulnerability and risk to natural disasters and humanitarian crises. This year, we worked with young women in Quiché to create their own income through our Economic empowerment programme. We worked with youth groups on sexual and reproductive health and rights to prevent early marriage and early pregnancies. 4,510 students received school supplies. To build safe home environment for children, we worked with caregivers on positive parenting.



**400**

mothers learned more about nutrition



**305**

teens practised leadership skills



**607**

people received humanitarian aid

**“THROUGH PLAN’S CHAMPIONS OF CHANGE PROJECT, I LEARNED A LOT ABOUT REPRODUCTIVE RIGHTS.”**

Anahi, 12 years old, Sponsored Child





**NAME: MARÍA**

**AGE: 18**

**DREAMS TO BE: MATHS  
TEACHER**

**“BEFORE, I THOUGHT I ONLY HAD TWO OPTIONS: MARRY VERY YOUNG, OR MIGRATE. TODAY, I AM STUDYING AND HAVE MY OWN BUSINESS.”**

## Meet María

**Like the child you sponsor, María is determined to build a bright future for herself.**

María is a clever, ambitious student from rural Guatemala. The oldest of nine siblings, no obstacles have been strong enough to get in the way of María's determination.

## Knowledge Is Power

In María's community, many young women either are married off at a young age or move to the United States in the hopes of better work. Making matters still more complicated, María's immediate community is home to only a primary school, and the closest secondary school is far away.

Still, María has always been determined to stay in school and support her family. As a Sponsored Child of Plan International, María enrolled in Plan's "Connections for Success" programme, where she learned about empowerment, entrepreneurship and business management. At the end of the workshop, María won seed funding to start her own small business, a grocery store.

## Nothing Can Stop Me

From the outside, María is a force to be reckoned with. A strong maths student and an aspiring maths teacher, modest María attributes her success to Plan's Leadership School, where she learned about her rights and the importance of determination. Today, María is a vocal advocate of girl's rights and the importance of education. "My advice to girls and adolescents is: keep studying and learn about your rights and self-esteem," María tells us.



*María is a confident student and leader.*



# OUR PROJECTS IN QUICHÉ ARE HELPING CHILDREN THRIVE



This year, our projects in Quiché focused on building disaster resilience, increasing health and safety measures for children and vocational training.

## MY FUTURE IS BRIGHT



Migration out of Quiché has increased since 2020, with young people leaving their families and risking their lives in the hopes of finding work abroad.

Many young people in the region, and especially women, are interested in becoming financially independent, but struggle to find job opportunities, or do not have the necessary skills. This year, we collaborated with 137 young people with small businesses. Together, we conducted analyses on business performance, establishing which factors could increase revenue and developing programmes to expand their businesses and in time employ other people. As part of the programme, they were trained on topics of sexual and reproductive health and rights and gender equality to build not only economic empowerment, but also life skills.

## HEAR MY VOICE



It's important to enable children to understand and defend their rights. In Quiché, young people often feel they have limited say in their communities.

With limited resources for youth leadership, young people can often feel that they do not have a place in decision-making. In 2023, we started what will be a four-year-long Champions of Change intervention with young people in Quiché. This year alone, 305 teenagers took part in our workshops about leadership, self-esteem and sexual and reproductive health and rights. Young women participated in training to become spokespeople, polishing their skills in public speaking and communication. 26 women also joined our School of Leadership, where they talk about rights and political participation both locally and nationally.

“Plan’s lessons in leadership and self-esteem helped me support other women in Quiché, since we often have few opportunities to study and work.”

- Jessica (18) from Quiché



# 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 Quiché.

- Chronic malnutrition remains a critical issue in this part of Guatemala. With your support, we will continue to work closely with families to discuss improved nutrition and food production at home.
- Many cases of gender-based violence go unreported in Guatemala. We will work closely with the local justice system to make sure that everyone's rights are protected under the law.
- Nearly 70% of people in Guatemala are employed informally. We will connect young people to job opportunities and practise interview skills.

Thank you for your continued support.



“Your generosity allows children in Quiché to have a life plan and fulfill their dreams. With your contribution, children can grow in safe environments with better opportunities.”

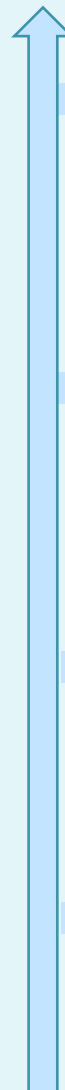
**Angela Lourdes Pol Suy**  
Programme Area Manager

## 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



### JANUARY

201

dads take part in active fatherhood workshops



### APRIL

4,510

school supplies delivered to local students



### SEPTEMBER

120

ministry members commit to provide sexual health in schools



### NOVEMBER

316

leaders trained in child protection

