

ANNUAL UPDATE

TIMOR-LESTE

AINARO



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

Children in Ainaro face many barriers to fully enjoying their rights. Over the last year, hundreds of parents learnt new positive parenting practices to help give their children safe and supportive home environments.

And more than 300 young people now have the skills and knowledge they need to confidently enter adulthood while earning a good income and building a sustainable future through agriculture.



119

Students learnt good hygiene practices



685

People have access to clean drinking water



6

Field farmers schools created for youth to gain agriculture skills

“AT THE YOUTH CENTRE, I ATTENDED TRAINING ON SEXUAL HEALTH WITH PLAN'S SUPPORT. NOW I AM A PEER EDUCATOR.”

Anita, 23 years old





NAME: JOSEFINA

AGE: 20

**DREAMS TO BE: AN
ENTREPRENEUR**

“I LEARNT HOW TO RUN A SMALL BUSINESS TO EARN AN INCOME. IT’S IMPORTANT FOR YOUNG PEOPLE TO NOT ONLY LOOK FOR A JOB BUT ALSO TO CREATE YOUR OWN JOB.”

Meet Josefina

Like the child you sponsor, Josefina is taking steps toward achieving her goals.

Josefina is the oldest sibling in a large family. She’s always loved taking care of her brothers and sisters and is determined to succeed so she can support them as they go to school.

Opportunities for Growth

Josefina’s family lives in a rural area. Her parents have been farmers for all her life, but they have struggled to make a good income from selling their produce. Josefina likes to grow vegetables as well and tries to contribute where she can.

Although Josefina completed secondary school, she was not able to afford university. But a couple of years ago, she joined the Village Savings and Loan Association, which was set up by Plan in her community.

Through the Savings and Loan Association, Josefina took part in training on horticulture and how to raise chickens. She also received seeds and farming tools for her vegetable garden.

Harvesting Success

Since joining the Savings and Loans Association, Josefina has seized the opportunity to invest in her garden. She took out a small loan to purchase watering equipment and a wider range of seeds.

She’s now increased her production and has earned enough money to both pay off her loan and help her younger brothers and sisters with their education.

Josefina is also encouraging other young people to set up or join their own Village Savings and Loans Groups so they can start their own business and earn a good living.



Josefina with her thriving garden

OUR PROJECTS IN AINARO ARE HELPING CHILDREN THRIVE



Girls and boys are learning to read thanks to books from the mobile library

EARLY CHILDHOOD DEVELOPMENT



Pre-school education in Timor-Leste is not common, particularly in rural and remote areas, such as Ainaro. The early years of life are crucial to help build strong foundations for children as they grow.

To help girls and boys get the best possible start in life, monthly parenting sessions are held in ten communities. These sessions empower parents with knowledge on key child development milestones and positive parenting practices. Mothers and fathers also learn about children's rights and gender equality.

The monthly parenting sessions also expanded to include a mobile library, helping to bring age-appropriate books, toys, and games to children in Ainaro so they can learn and play.

YOUTH ECONOMIC EMPOWERMENT



For young people in Ainaro, entering adulthood is full of challenges. Many do not complete school, and they do not have access to other vocational training. And climate change is already impacting traditional agricultural production in the region.

25 new Village Savings and Loans Groups are helping 382 young people gain both financial literacy skills and entrepreneurship skills. 238 young women and 144 young men can now access loans to start their own business and invest in their futures.

Additionally, four field farmer schools were created, giving young people a space to learn agricultural techniques and to work together to build a sustainable future.

“Since joining the Village Savings and Loan Association, I can fulfil my daily needs and make a change in my life. Plan International supported us with financial management and leadership training.”

- Sirelia, 14, from Ainaro



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 Ainaro.

- More than 80% of children in Timor-Leste have experienced violence or abuse in their home. We will continue to advocate for child protection and girls' rights, both in communities and at the national level.
- Young people are regularly excluded from playing an active role in their communities. We will support youth, particularly young women, to gain the leadership skills they need to stand up for change.
- Only 14% of young children are enrolled in pre-school in Ainaro. We will continue to encourage early childhood development through mobile libraries, which contain gender transformative books, toys, and games.

Thank you for your continued support.



"I would like to express my gratitude to all sponsors. Activities such as youth empowerment, education, and parenting have contributed to changing lives for a bright future."

Valentim Magno
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



JUNE

10

Communities set up mobile libraries with children's books



JULY

127

Boys are advocate for girls' rights and gender equality



AUGUST

18

People trained as early childhood facilitators



SEPTEMBER

24

Villages learnt about adolescent sexual health and rights

