

ANNUAL UPDATE

NEPAL

BANKE



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

With your support, Plan International has been collaborating with Sponsored Children and their families in Banke since 1995. Over the last year, our projects have focused on improving knowledge about and resources for early childhood development, offering positive parenting workshops to nearly 15,000 local caregivers. Thousands of community members took part in discussions about sexual health and reproductive rights, with 1,833 young people stepping into the spotlight as confident activity leaders.



1,650

students have access to washing stations and new toilets



990

books donated to local schools



2,641

fathers participated in workshops about teen health

“THANKS TO PLAN, I CAN EXPRESS MY VIEWS WITH ELDERS CONFIDENTLY.”

Nirmala, Sponsored Child





NAME: BIMU

AGE: 15

**DREAMS TO BE: A
LAWYER**

“PLAN’S CHAMPIONS OF CHANGE CLASSES TAUGHT ME HOW TO SPEAK UP FOR GIRLS LIKE ME ABOUT HOW WE ARE TREATED.”

Meet Bimu

Like the child you sponsor, Bimu is learning to become a leader in her community.

Bimu lives in a house made of mud and stone, where she helps her mother collect grass and farm after school. She dreams of going to university to study law, where she can fight against discrimination.

Know My Strength

In Bimu’s village, child marriage is common. As a result, many girls have to drop out of school at a young age. Plan’s nine-month long Champions of Change project offers a positive intervention to at-risk girls in Bimu’s community, raising awareness about girl’s rights, building self-esteem and confidence, and practising leadership.

Bimu was one of 25 girls involved in Champions of Change in her community. In addition to forming her own children’s club, where young people talk about social issues and organise advocacy projects, Bimu was also invited to speak before her community at an event hosted by her local government. “Hosting these events has built my confidence,” Bimu tells us. “People also know my strength.”

Learners to Leaders

When Bimu learned that a child marriage was supposed to take place in her community, she had to take action. Along with her fellow Champions of Change, Bimu contacted the local authorities to stop a marriage involving a 15-year-old girl. Complications arose along the way, but Bimu didn’t give up: she knew just how harmful child marriages can be for girls. Not everyone in her community might understand why she did what she did, but Bimu remains confident. “People might think of me negatively, but we did it for a good reason,” she says today. “They will realise how important it is later on.”



Bimu dreams of becoming a lawyer.

OUR PROJECTS IN BANKE ARE HELPING CHILDREN THRIVE



From improved schools to positive parenting workshops, Sponsored Children and their families are collaborating to build brighter futures.

YOU CAN COUNT ON ME



This year, 14,660 parents took part in our Early Childhood Development education programme. In this region, where poverty is high, fathers often have to leave the area to find work in other countries. Since July 2022, 1,440 dads attended father engagement workshops about child care and positive parenting, learning more about gender roles and breaking cycles of inequality.

1,653 children were screened for malnutrition, and 302 children received treatment to recover their strength and keep on growing. We worked with two local governments to design strategic plans for Early Childhood Development, ensuring that Banke's next generation is supported by a sustainable, self-reliant system.

MY SCHOOL RULES



With high dropout rates and students falling behind grade level, we worked to improve learning conditions at Banke's schools. In Banke, schools have been challenged by a number of factors: with frequent earthquakes and limited resources for repairs, buildings were run down. More students were coming to school – a great development! – but classrooms weren't big enough to accommodate them, and girls didn't have private sanitary lavatories.

Today, 646 students, including learners with special needs, have stronger, more accessible schools. Another 276 children are receiving special attention in their classrooms, thanks to additional teaching assistants. 10 water taps have been installed in schools, giving students access to safe drinking water.

“Plan helped our school build drinking water taps and a girls' toilet. We also have new books, which are really interesting. It feels good to go to school.”

- Aakirti (17) from Banke



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 Banke.

- 9% of students in Banke drop out of primary education, with another 5% repeating grade levels. With your support, we will support local teachers and schools through training and renovations.
- Less than 54% of births in Banke take place in sanitary health clinics, which can be dangerous for mother and child. We will have open dialogues with community members about safe birthing.
- Many schools in Banke do not have safe, private restrooms for girls who are menstruating. We will provide extra uniforms, sanitary pads and gender-inclusive lavatories to keep girls learning.

Thank you for your continued support.



“Since the beginning, Plan International’s sponsors have motivated us to make our best efforts to bring meaningful changes to the lives of children and young people in need.”

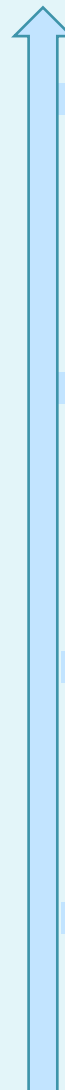
Mina Parajuli Regional Manager

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



MARCH

14,660

parents attend early childhood development lessons



JUNE

1,449

participants discuss gender norms and equality



JULY

67

events hosted by young adults about reproductive rights



SEPTEMBER

276

children learning in improved classrooms

