

Eastern Zambia

Positive changes are happening in Eastern Province. Learn more about how we are supporting children and girls' rights through our collaborative, equality-driven work.

Eastern Province is getting increasingly vulnerable to climate changes with frequent bouts of dry spells and flash floods affecting the region's crop production and causing outbreaks of malaria and cholera. Through crisis risk management, we empower the local communities to protect themselves and take better care of their children.

For example: Hundreds of farmers use climate-smart agriculture practices which has drastically improved the farm produce, ensuring food and financial security for their families. Also in regards to security, with their newly-acquired vocational and technical skills, young people are securing meaningful employment as well. Young girls are also returning to school with new bags and books. With improved toilets, they can attend school even during their menstrual cycles.

**"Learning poultry farming through Plan's Chicken Enterprise Program has helped me and my family with a stable income and proper nutrition."
- Purity (22), programme participant**



Setrida (12) shows the watermelon from her garden.

Impact in Numbers

2,656

**parents joined
intergenerational
dialogues**

2,000

**families received
food security
packages**

1,639

**youth trained in
livestock
production**

Empowering Dreams



NAME:

Prisca

AGE:

12 Years Old

DREAMS TO BE:

A Nurse

“I am now more confident in pursuing my dream of becoming a nurse, knowing that I have the knowledge and support to make it happen.”



Meet Prisca

Like many girls in Zambia, Prisca is optimistic about achieving her goals and building a strong future.

Prisca lives with her parents and a sister. Her parents are farmers, and their income from selling vegetables supports this family of four. Prisca is currently enrolled in the seventh grade and is a school prefect.

Everyday fights

Prisca, like hundreds of young girls in her community, lives a life of scarcity. Lack of access to health care, education, sanitation, and food insecurity are some of the challenges that she is confronted with in her daily life, hindering her growth and development. Trapped in this vicious cycle of poverty, young girls are married off early, which often leads to early pregnancy and puts an end to their education.

Climate crises exacerbate floods, droughts and waterborne diseases in Prisca's school and surrounding villages. Amid these circumstances, with every passing year Prisca's dreams of becoming a nurse started feeling more and more far-fetched to her. For many girls in Prisca's community, dreams often remain just that - dreams.

Towards a hopeful future

Plans work in communities like Prisca's have a significant impact by addressing the essential needs of girls. Youth-friendly services at health centres provide comprehensive sexual education so that Prisca and her peers make informed decisions about their bodies and health, resulting in a 10% reduction in teen pregnancy rates.

School provisions have improved school enrolment rates, and new borewells and water pumps provide clean water, reducing the risk of malaria and cholera outbreaks.



700 young girls like Prisca are better informed of their sexual rights and reproductive health.

We Work With 8,317 Sponsored Children in Eastern Province

Projects That Support Lasting Change

Girls Lead

45% of Zambia's youth is not in employment, education or training. For women, the statistics are even higher, leaving them vulnerable to early marriage, gender-based violence or child labour.

Challenging gender norms in the society is crucial to bring any sustainable change. Together, we discussed and challenged social norms like 'women's place is in the kitchen', creating an enabling environment for women to have control over fixed assets, agency and equal power relations. This shift in attitude has enabled more girls and women to take up key leadership positions and develop their businesses.

Through Pass on the Gift and Plan's Savings for Wealth Creation model, 120 young people have built livestock farming and entrepreneurial skills. Leaders and stakeholders have also identified some of the next steps in ensuring that young girls continue their schooling, and youth are engaged in meaningful employment.



Members of the saving groups gather to make financial decisions.

1,560

youth now have the tools to generate more income



With climate smart agriculture, farmers have an increased output, ensuring food and financial security.



With basic needs met, Precious and her peers can now focus on their education.

Food Security for All

Dry spells and flash floods have severely impacted the food security in Zambia, leading to malnutrition and nutrition deficiency, particularly among women and children.

Food and non-food items distribution among 2,000 families helped address immediate food needs, as we continue to build long-term resilience capacities by supporting more farmers with climate-smart agricultural practices.

900 farmers already have improved knowledge in agricultural practices, and how to mitigate climate challenges. To bring long-term and sustainable changes, parents are recognising how to best protect their children and ensure that they receive proper and sufficient diet to combat malnutrition and stunted growth. Together with these community-led initiatives, people in the Eastern province of Zambia can create food security and improve nutrition even in the face of the global climate crises.

**"After the flash floods, everything we took for granted like food and sanitary towels became scarce. But Plan quickly came in and provided us with these necessities."
- Precious (15)**

You're Supporting a More Equal Future



Plan International's Open Day brings sponsored communities to gather, shape and build their future together.

Together, we're working to create a more just world.

To mitigate the climate crises in Eastern Province, we will continue to build the resilience of local communities. We will promote climate-smart agriculture methods in areas affected by dry spells and flash floods, and ramp up innovations to support the local farmers.

With the support of the local leadership, we will curb gender-based violence, so that there's a proper mechanism to identify, report and address such a situation. Through peer education, we will strengthen the attitudes, knowledge and skills of young girls on body development, pregnancy, sexuality, relationships and sexual-based violence.

Message from Plan Staff

"It is of great satisfaction to see sponsored participants and their households in Eastern Province thriving socially and economically due to achievements and impact caused by sponsorship work."



Dr Lembani
Dennis,
Programme Unit
Manager

The Plan Effect

Sponsored children are at the centre of everything we do, and they help plan our programmes based on what's important to them. Sponsors' donations are a gateway into a community. This helps build trust and credibility to attract even more funds from new sources. This makes more sustainable programmes possible in sponsorship communities. This powerful synergy is something we call The Plan Effect.

Progress in Numbers

177

youth now have
access to SRHR
services

884

farmers now know
climate-smart
agriculture

381

decision makers
respond to needs
of youth

1,044

members have
gender-sensitive
dialogues