

Kisumu

Kenya

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

The climate crisis is disrupting ecosystems globally, with particularly severe effects on food and job security in Kisumu's coastal region. This is especially detrimental to young children and vulnerable communities. Through climate-focused initiatives, we are helping local families build resilience by offering cash transfers, implementing school meal programs, and promoting climate-adaptive farming techniques.

In partnership with schools, we work to enhance their infrastructure by installing comfortable benches and providing students with essential school bags and materials, alleviating financial burdens and fostering a better learning environment. To tackle youth unemployment, we offer vocational training and mentorship sessions on business development, empowering them with practical skills and opportunities.

"As a teen mother I felt like a burden and an outcast. Plan's training enabled me to pursue dressmaking and earn an income to support my family." -Nancy (17)



Sports programmes improve confidence and self-esteem.

Impact in Numbers

53

youth developed skills in artisan work

56

youth workers strengthened their capacities

60

health workers can now provide youth-friendly services

Supporting Education Through Nutrition



NAME:

Tina

AGE:

10 years old

DREAMS TO BE:

An engineer

“I am focused on achieving my dreams. I can make healthy choices due to Plan’s training in the school meal programme.”



Meet Tina

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

After her parents separated, Tina and her elder brothers went to live with their grandmother. The majority of Tina’s community relies on agriculture for sustenance. However, her village has been experiencing prolonged droughts leading to poor crop production, affecting nutrition and health of children and their family members. Threatened by this climate crisis, Tina’s school couldn’t sustain their free school meal programme. The nutritional wellbeing of the children was affected, leading to weak academic performance and a high drop-out rate.

Food for All

Last year, among five other schools in the region, Tina’s school benefitted from Plan International’s school meal programme. With the introduction of smart agriculture techniques, water harvesting, and solar-powered pumping technology, the school started producing vegetables to supplement their programme. Like her peers, Tina too developed skills on kitchen gardening through workshops and skill training.

From School to Home

Tina applied her new farming skills at home, starting a kitchen garden with her family’s support. The garden’s production is improving, providing nutritious vegetables and generating extra income by selling excess produce. This programme has improved food security for many other families like Tina’s. Her school expanded their farm, selling excess produce to fund school supplies, supporting students’ education. School drop-out rates have reduced, as children now have access to meals, enhancing their learning and growth.



Tina and her mother working on their farm.

We Work With 7,666 Sponsored Children in Kisumu

Projects That Support Lasting Change

Knowledge is Power

Gender-based violence is often underreported due to limited awareness and a lack of accessible reporting mechanisms. Fewer than 9% of women and girls who experience physical violence seek help from authorities, highlighting challenges in accessing support and the availability of response systems.

Through tech-based programmes, we facilitate online reporting of child abuse cases in Kisumu. Parents are trained to work closely with child protection volunteers, helping them recognise various forms of abuse, understand the basics of psychosocial support, and learn how to report cases and connect survivors to local support services.

To further promote gender equality and inclusion, we engage young people in creating spaces for dialogue on gender relations, encouraging them to play a positive and active role in driving social change.



Parents participating in a training session on child protection.

31

Community volunteers gained skills in planting equality



A better school infrastructure improves pupil retention.

Making Schools a Safe Place

Many schools in Kisumu face challenges in creating fully supportive learning environments and often lack key resources such as adequate sanitary facilities and comfortable school benches.

Through this project, we focus on enhancing school infrastructure by providing desks and chairs for primary and pre-primary pupils, water tanks, and essential school supplies. These improvements have contributed to better health outcomes and academic performance for students of all ages, with the installation of new water tanks helping to reduce instances of waterborne diseases.

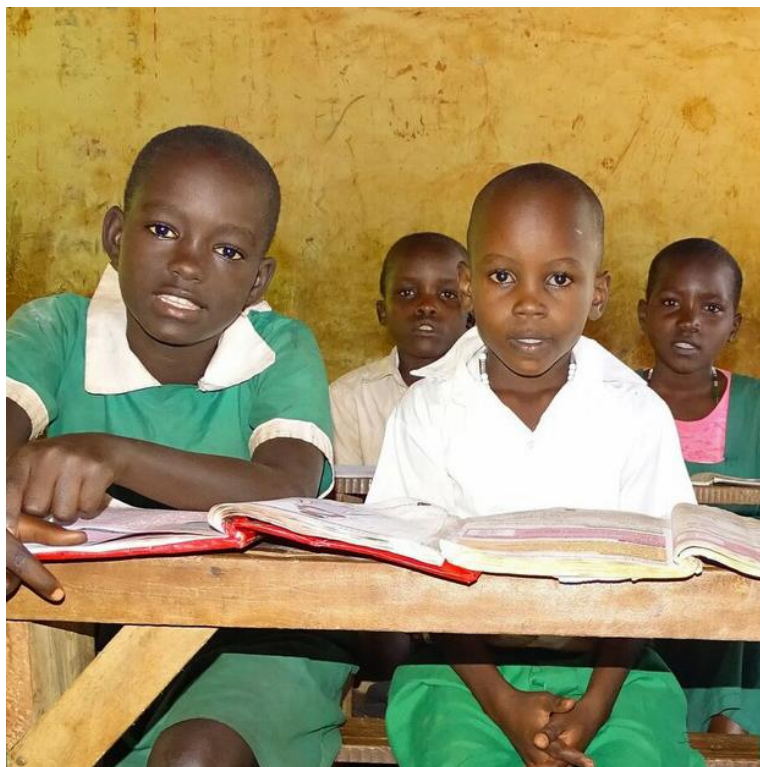
The project also addresses menstrual hygiene challenges faced by adolescent girls, which can disrupt their education. By ensuring access to basic hygiene necessities, we help empower girls to manage their needs and continue their education without interruption, supporting them in reaching their full academic potential and pursuing their aspirations.



359 pupils were supported with school fees to complete secondary education.

“Through Plan’s support in providing teaching material and dignity kits, my friends and I have improved our performance. We are now nine girls in the top 15 positions in our class.” -Mercy (14)

You're Supporting a More Equal Future



We work towards bringing children back to school.

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

The poverty rate in Kisumu is over 47%. Food and nutritional security will remain our utmost priority. We will improve awareness of modern farming techniques and livestock raising. We will link farming communities with suppliers of farm tools, certified seed, livestock, and more. Farmers will also strengthen their knowledge in selecting, planning, and managing their crops and livestock, financial literacy, and business development.

By supporting the formation of youth movements, we will empower them to take collective action against inequalities, including the lack of employment opportunities, and provide them with seed capital and assistance to enhance their income generation.

Message from Plan Staff

"I want to thank all our sponsors for the support that you have given to the children in Kisumu. Through your support many opportunities have been created."



Jacklyne Kurui,
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

884

parents received
cash transfers

559

households
received rations
during a drought

236

parents trained
on disaster risk
preparedness

80

parents gained
financial literacy
skills