

## Central Zambia

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

Central 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.

Hundreds of pupils are actively engaged in the hydroponics (soil-less farming) model of growing food in their school gardens. Youth are developing vocational and technical skills that are supporting them with meaningful employment and breaking the cycle of poverty. These young women also own and grow livestock and land assets that are empowering them with better status in the society.



Plan supports with food and other essentials.

**"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**



### Impact in Numbers

# 2,000

**families received  
food security  
packages**

# 163

**youth in advocacy  
groups to draw civic  
influence**

# 36

**solar egg  
incubators were  
provided to farmers**

# 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**

Plan's 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.



1,050 pupils like Prisca have benefited from solar-powered boreholes in their schools.

**We Work With 8,466 Sponsored Children in Central Province**



# Projects That Support Lasting Change

## Sustainable Skills

**Climate disasters like drought severely affect rural communities, refusing the lands of small farmers and exposing families to hunger and malnutrition.** Despite the challenges, agriculture remains vital for Zambia's rural economy.

This project addresses agricultural barriers. Climate-smart agriculture, like the hydroponics model, enhances nutrition, education and entrepreneurship opportunities for children and youth. 136 pupils have formed youth clubs to maintain the school garden and through peer-to-peer learning transfer their knowledge. This innovation has led to a greater interest in agriculture, sustainability, locally grown products and a sense of ownership.

Moreover, men and boys are actively involved in activities like nutrition education, cooking, and food preservation techniques. 26 youth have become Champions of Change and role models for gender equality and positive masculinity.



Hydroponics gardening is one of our efforts towards introducing climate-smart agriculture in schools in Central Zambia.

# 6

## hydroponics greenhouse installed in school gardens



Members of the savings group during one of their weekly meetings.



With her goat farming skills, Cathy's goats are multiplying, as is her income.

## Master of their Fate

**Lack of access to technical skills or seed capital keeps the youth in Zambia in a cycle of poverty.** It reaffirms the negative gender norms and deters young women from participating in economic activities. However, this year, youth from eight sponsored communities in Central Province built necessary livestock-rearing skills and now have enterprises in goat, poultry, and beekeeping.

10% of the beneficiaries are people with disabilities, to ensure equal opportunities for all. Furthermore, through workshops and monthly peer-to-peer learning, young women have developed soft skills such as communication, negotiation, problem-solving, conflict management and team working. Moreover, they are better equipped to uplift their families economically and make decisions on matters about their lives. Women in Central Zambia are now owning assets and expanding them through their skills, transforming their position and status within their communities.

**"Plan's support with ten goats have helped me meet pay my school fees and take care of the basic needs of me and my son. We don't have to rely on my parents anymore." - Cathy (19)**

# You're Supporting a More Equal Future



Youth-friendly spaces foster dialogues so the Zambian youth can dream and realise a brighter future.

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

Next year, we will increase support for young children in Central Province by building early childhood centres in sponsored communities, fostering holistic development and improving education quality.

This year, the Zambian youth will engage with civic leaders through dialogue meetings, and community engagements, so they can occupy a seat in decision-making spaces at district and provincial levels.

In addition to our hydroponics project in schools, we will also improve access to irrigation systems for the continuity of agricultural production throughout the year for the farmers in Central Zambia.

## Message from Plan Staff

"With your support, we assisted children and their families with cholera preventive measures during the devastating cholera pandemic. We also supported them with livelihood activities like fish farming, poultry, piggery, climate-smart gardening and goat keeping as an alternative livelihood."



Margret Nakamba,  
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

800

youth in dialogue  
sessions with  
local leaders

191

parents engaged  
in gender positive  
dialogues

429

poultry farmers  
received goats  
and chicken

30

cooperatives for  
livestock  
businesses