

## Aileu

### Timor-Leste

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

Even amidst the various climate and systematic challenges, local communities and government are continuously working to bring long-lasting and sustainable changes to Aileu.

For example, to address the rising malnutrition in the region, which is leading to stunted growth among children, a new TV show is produced which reaches out to families informing them of protein-rich, locally available food. Additionally, with the aid of technology, young girls and boys even in remote areas of Aileu and Timor-Leste are able to access information related to their sexual health and rights.

Parents too are recognising the importance of positive parenting and inclusion in household works and care giving activities, which is helping them build better relationships, trust and confidence with their children.



Access to education is a fundamental right.

**"Girls Alliance project, has given me the confidence to lead, speak in public, and serve as President for a day - a truly unforgettable experience!" - Osmania (16)**



## Impact in Numbers

# 246

**caregivers joined  
positive parenting  
sessions**

# 184

**participants gained  
health and hygiene  
awareness**

# 87

**members learned  
more about  
nutrition**

# Change begins at home



**NAME:**

**Antonio**

**AGE:**

**14 Years Old**

**DREAMS TO BE:**

**In Military**

“In the past, I avoided studying and my parents would get angry. With little communication at home, I often rather stayed outside with friends.”



## Meet Antonio.

**Like many children in Timor-Leste, Antonio is optimistic about achieving his goals and building a strong future.**

Antonio is a junior high student enrolled in a municipal school in Timor-Leste. He lives with his family and likes to play football in his free time. His big aspirations were often hindered by the challenges he faced at home.

## Family troubles

In regions with limited resources and income, parents who are preoccupied with meeting their family's essential needs may overlook the emotional care their children require. This can lead to the normalization of emotional or physical violence within some families. Antonio and his siblings experienced such violence growing up, driven by poor communication and the pressures of poverty. As a result, Antonio began spending more time away from home, which further isolated him from his family and deprived him of crucial family support.

Antonio's parents participated in workshops designed to improve family communication and introduce positive parenting awareness among parents and caregivers for their young children.

## Positive home environment

Through these sessions, they learned about the impacts of violence on children and developed better ways to interact with their families. Antonio notes, “They now consistently gather us for family dinners, where we share our daily lives”. He also feels more included in the decision-making process within his family. These changes have profoundly affected Antonio's academic performance and overall well-being. With his family's support, he is now more engaged in extracurricular activities and has built a stronger bond with his siblings, fostering a greater sense of belonging and stability.



Antonio with his mother.

**We Currently Work With 10,812 Sponsored Children in Aileu**



# Projects That Support Lasting Change

## Girls and Technology

**Technology can connect people in even the most remote corners of the world.** Plan's Reprodutiva App exemplifies this potential, enhancing access to sexual and reproductive health information for young girls and boys across the island.

By offering a secure platform for addressing health concerns, the app has significantly increased young people's access to sexual rights and health related information and their ability to make informed decisions. 140 youth have participated in four training programs, with refresher sessions reaching an additional 260 participants.

Our ongoing collaboration with the government aims to improve internet connectivity in remote areas, while we continue to work with app developers to enhance the quality of the information provided. These efforts highlight our dedication to promoting better health outcomes and empowering young people with essential knowledge.



Jonas gives orientation support to the members of Girls' Alliance.

**150**  
**participants in peer-led workshop on SRHR**



Participating parents recognise rights of children, and how to recognise and fulfil their needs.



Odelia and her husband are active members of parenting support group.

## Involved Parenting

**In many communities worldwide, caregiving responsibilities disproportionately fall on women.** In Timor-Leste, the Parenting, Nutrition, and Hygiene Education project is tackling this issue by empowering parents to improve their childcare knowledge and practices. Through workshops focused on survival, nutrition, and holistic child development, families are gaining essential skills.

The project established 12 parenting groups for monthly discussions, promoting father-child bonding and encouraging fathers to take an active role in their family's health and nutrition. Topics like gender equality, child rights, and child protection are fostering positive parenting practices and creating supportive environments for children and families. Additionally, two training sessions were organized in collaboration with the Disability and Inclusion project for people with disabilities, LGBTQIA+ communities, and their families.

**"After attending parenting workshops, my husband and I learned techniques to build trust with our children. We also share housework and childcare, creating balance in our family life." - Odelia (33)**

# You're Supporting a More Equal Future



Hundreds of youth are now a part of Girls' Alliance in the Aileu and other communities in Timor-Leste.

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

Timor-Leste has some of the highest rates of malnutrition and stunting in the world. It is not merely the lack of food, but the lack of information around nutrition. To address this, the new cooking show will encourage the locals to integrate a high-protein diet with locally available ingredients.

Together with the local government, we will advocate to create spaces for dialogues between the government and the youth, so they can voice their concerns directly and demand policy improvement and changes that benefit them. To address the lack of access to contraceptive information and services, we will advocate for policy improvement for civic space and ensure that the youth have access to necessary health services.

## Message from Plan Staff

"A significant change has been made through various programs implemented by Plan International Timor-Leste. We deeply appreciate it and continue to hope for your further support for our children in Aileu and ensure no one is left behind."



Francisco Pinhero,  
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

**6** content were developed for the Reprodutiva App

**75** youth joined training on sexual health

**40** youth trained in tools of advocacy for Girls Alliance

**18** leaders promote safety and agency for youth