

Ainaro

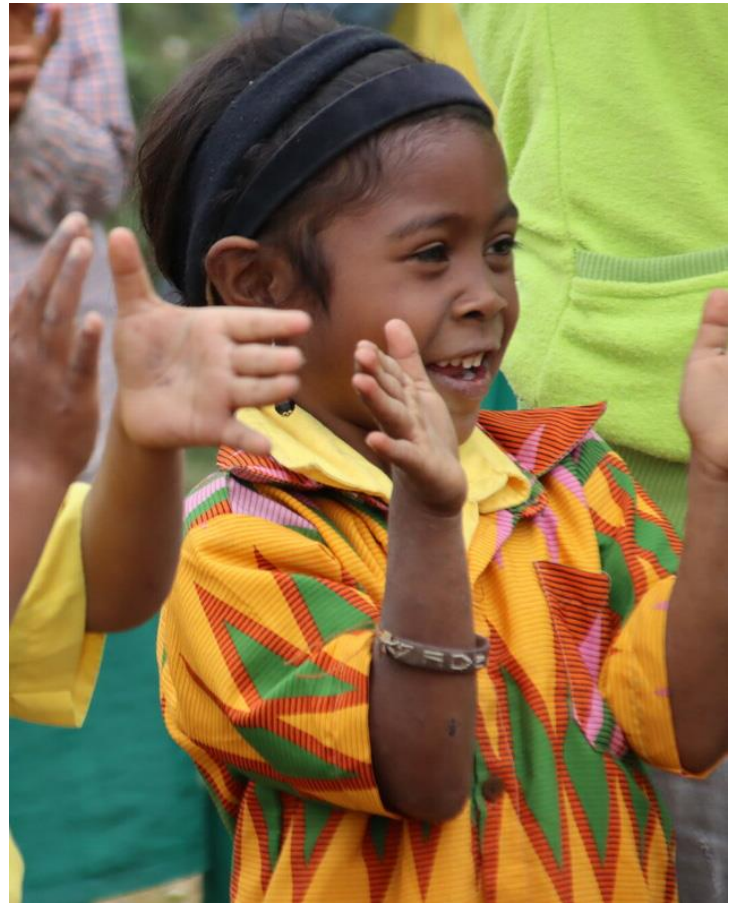
Timor Leste

Positive changes are happening in Ainaro. 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 governments are continuously working to bring long-lasting and sustainable changes to Ainaro.

Rights and agency of people with disability and members of LGBTQIA+ communities are at the forefront of the changes in the region. Improved accessibility to vocational training, education and awareness campaigns have empowered the youth to build a future with equal opportunities as their peers.

Additionally, a local civil organisation is continually working to ensure that the communities are safeguarded against the potential threats from climate disasters, that disrupt the livelihood and stability in the region.



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

5

committees assess risks and mitigate disasters

4

Savings and Loan groups support diverse

37

members protect and conserve water sources

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 inculcate 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 13,073 Sponsored Children in Ainaro

Projects That Support Lasting Change

In All the Diversity

This project empowers individuals, particularly young women from the LGBTQI+ and Person With Disabilities (PwDs) communities, to take charge of their lives and advocate for their rights.

Communities are collaborating with local authorities and leaders to create inclusive environments that protect the rights of people with disabilities (PwDs) and LGBTQI+ individuals. This ensures equal access to resources and opportunities for all.

By celebrating diversity through cultural events, awareness campaigns, and inclusive programs, we promote acceptance and respect for gender identity, sexual orientation, and disability.

25 people with visual impairments trained on using Talkback on their phones. As a result, both participants and community members can now independently access Android devices and assist others.



Lourdes and her sister Malvia.

25

**people with visual impairments
learned about Talkback
applications on their phones**



A community vegetable garden offers additional food sources.



Esterlita, 12-year-old, on her way to school.

Disaster Ready 2.0

Built on the foundation of Disaster Ready 1.0, this project continues to enhance the capacity of communities and networks to be better prepared for and more resilient to natural disasters and climate change impacts.

Plan is partnering with local organizations like Maubisse Hametin Futuru for disability inclusion and disaster risk reduction. We are working at several levels: Communities plan and implement effective, inclusive and integrated climate change adaptation activities. Civil society actors have improved their technical and institutional capacities. Lastly, national and sub-national governments are leading effective preparedness through better policies and coordination.

As a result, 137 members now better understand disaster risk management. Efforts include protecting water sources, rehabilitating bridges, and boosting food production, ensuring communities are better equipped to face climate challenges.

“The exercise on early warning system for flooding has improved my knowledge. I'm more careful when crossing rivers during the rainy season, and I can share my knowledge with others.” - Esterlita (12)

You're Supporting a More Equal Future



Music campaign by youth in Ainara.

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

Plan will collaborate with schools to provide vocational training and gender equality to support access to education for everyone in all their diversity. We will work to empower communities in all their diversity by ramping up the training on phone accessibility, business development, livelihood training, income generation activities and access to saving and investment groups.

We will also work to improve services for disaster risk reduction by supporting institutions in capacity and infrastructure building. Next year, we will continue to support the civil protection authority on the distribution of food items, and non-food items to affected families by flooding in Covalima and Viqueque.

Message from Plan Staff

"Through a diversity of projects, children and youth in Ainara are having positive impacts on their lives, and are better equipped to develop themselves and make informed decisions for their future."



Valentim Spinola,
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

328

teachers trained
in early education
methods

21

members in two
horticulture
groups in Ainara

10

homes are part of
outreach group
for LGBTQIA+

41

people restored
small bridges for
disaster risk