

Lai Chau Vietnam

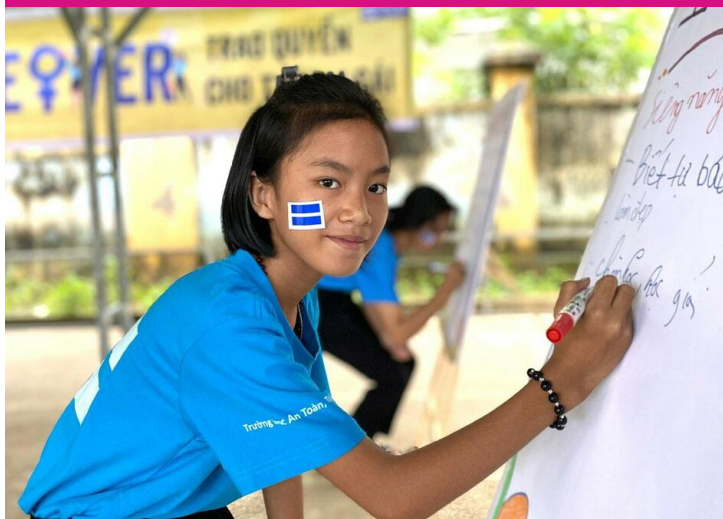
Positive changes are happening in Lai Chau. Learn more about how we're supporting children and girls' rights through our collaborative, equality-driven work.

Plan International has been involved with communities in Lai Chau for almost ten years. This mountainous region in Northwest Vietnam, bordering China, has long been the poorest area in the country.

18% of children under five years old in Lai Chau are severely malnourished. With your help, 800 families living in poverty have improved their financial situations with the help of donations of livestock and vocational skills trainings. To date, 1,000 undernourished children are healthier due to more regular, nutritious meals.

Additionally, 218 educators at 11 schools around the province now offer career guidance to secondary school students, touching on vocational skills and work experience. Students also toured local small businesses.

"I used to be very shy, but I've found my voice. I'm determined to create a better future."
– Man (12) from Quang Binh



759 girls are involved in our Reading and Playing groups.

Impact in Numbers

15,443

Students imagined their dream jobs

1,408

Budding bookworms practised reading

6

New water systems built at local schools

Hear My Voice



NAME:

Kieu

AGE:

15 years old

DREAMS TO BE:

A teacher

“Young people want to be seen as individuals with our own set of unique strengths and skills. I believe we can build a better future for all children.”



Meet Kieu

Like many children in Lai Chau, Kieu is optimistic about achieving her goals and building a strong future.

Participating in youth leadership programmes has given Kieu the confidence to speak for her village on a larger stage.

Champions of Change

15-year-old Kieu enjoys reading and learning English. Kieu's family belongs to the indigenous ethnic minority Van Kieu, a culture that centres many traditions around the harvest and the home.

Van Kieu is one of more than 50 ethnic minorities co-existing in Vietnam. Within the country, these communities are exponentially more likely to live in poverty: in 2018, ethnic minorities made up 72% of those living in poverty in Vietnam.

Many local leaders overlook children – and especially girls – when it comes to decision-making about their rights. Plan's Champions of Change and Children's Council programmes are designed to empower young people like Kieu to advocate for themselves, practising skills in public speaking, leadership and debate.

I Speak for Us

Among hundreds of motivated young people, Kieu stood out as an exemplary leader, and was selected to represent her home province Kon Tum at the Children's National Assembly, featuring several hundred students from across the country.

There, Kieu bravely spoke about the issues her peers face at home. Today, she reports, the local government listens to the Children's Council for guidance, passing on their concerns to officials at higher levels.



After demonstrating her leadership skills, Kieu was invited to represent her province at the Children's National Assembly.

We Currently Work With 5,201 Sponsored Children In Lai Chau

Projects That Support Lasting Change

You Can Count on Me

Early childhood is a key phase in human development.

However, many parents in Lai Chau have not had the resources to devote sufficient time, attention and care to their young children. In collaboration with local volunteers and the Lai Chau Women's Union, 78 new parenting groups met regularly to discuss healthy pregnancies, vaccinations, literacy and hygiene.

We also worked with local schools to facilitate two engaging activities for improving literacy: first, by organising Reading Festivals, where 3,500 primary school students practised their reading skills with the help of 450 local parents.

Second, 1,480 children under the age of ten, including 759 girls, met monthly in 46 new Playing and Reading groups. Here, these budding bookworms could participate in educational, entertaining reading activities. Today, these students are starting school with more confidence, powered by their months of reading practice.



Sponsored Children get to know their new baby chicks.

1,000
children are recovering from malnutrition



Students learn how to make handmade craft products out of recycled materials.



Trang visited a dried banana factory, where she learned more about running a business.

I Can Do Anything

Women in Lai Chau are more likely than men to be unemployed.

In partnership with 58 local teachers, 15,443 students – including 7,401 girls – have taken part in 40 empowering career day events. Meanwhile, 12,973 secondary school students engaged in no less than 445 sessions about career guidance.

Through these lessons and activities, young people are encouraged to imagine their futures and learn more about different professional opportunities. 17 young women were selected to kick-start their own small businesses in honey, dried banana and tea production. With your support, Plan International helped these entrepreneurs build a factory and have the materials they need to sustainably generate their own income and build financial independence.

“At the dried banana factory, I was so excited to ask questions.”

– Trang (14) from Lai Chau

You're Supporting a More Equal Future



Sponsored Child My, age 7, tells us, "I like my school library very much."

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

18% of young children in Lai Chau are severely malnourished. We will continue to support the parents of undernourished children through vocational training and nutrition workshops.

Child marriages are common in Lai Chau. Next year, we will facilitate meetings with parents and adolescents to discuss girls' rights and marriage laws.

52% of parents in Lai Chau could confidently identify various types of abuse. We will coordinate multiple annual meetings with local parents to raise awareness about violence and child abuse.

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

11,653

Students learning about safety and their rights

2,325

Caregivers meeting in parenting groups

1

New school library built

7,047

Young people discussed gender equality

Message from Plan Staff

"Though children and young people in Lai Chau face many challenges, they now have opportunities to build brighter lives. We are very grateful for your sponsorship and wish you all the best."



Nguyen Van Hau,
Programme Area
Manager, Lai
Chau