

Nyaung U Myanmar

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

Nyaung U is a scenic region located in the Mandalay region of central Myanmar. This region is made up of 220 mostly rural communities, 50% of which are partners of Plan International.

Since the COVID-19 pandemic, many families in Nyaung U report greater financial strain. As tensions within Myanmar prompt internal migration, vulnerable groups like women, children and the disabled face more threats to their safety.

This year, with your help, 37,879 community members of all ages met to discuss safer migration. 10 new computer centres were built, and 1,988 young adults took part in our 'Ready for Work' programme to develop new vocational skills.



Families in 110 villages learnt more about child safety.

"School can be hard to access, but Plan has helped me study to become a nursing assistant."
– Ei (17) from Nyaung U



Impact in Numbers

21,883

people know more about safer migration

51

people with disabilities have vocational skills

8,929

young adults discussed about sexual health

Sustainable Skills



NAME:

Thida

AGE:

11 years old

DREAMS TO BE:

A doctor

“Plan’s cooking programme made me realise how much I love to cook. I’ve started making meals for my family, and I’m proud of helping them stay healthy.”



Meet Thida

Like many children in Nyaung U, Thida is optimistic about achieving her goals and building a strong future.

When she was a 2nd Grade student, Thida participated in one of Plan’s handwashing and sanitation workshops. She discovered her new passion.

Clean Water Changes Lives

One of Plan International’s most popular projects is Water, Sanitation and Hygiene (WASH), where children learn and share knowledge with one another about things like handwashing and the impacts of littering.

As a member of a Children’s Group in Nyaung U, Thida took part in a WASH workshop. The 11-year-old enjoyed sharing her knowledge with family and friends and making handwashing fun for all.

Inspired by this highly positive experience, Thida decided to take part in Plan’s nutritional cooking programme, designed to raise awareness about undernourishment and food safety. Thida knew she would learn a lot about food hygiene and balanced meals. The programme surpassed her expectations.

Mixing Things Up

Like all programme participants, Thida has learnt a great deal about cooking techniques and healthy recipes. They all have found a new sense of confidence, joy and purpose.

Thida loves helping her mother in the kitchen and preparing healthy meals for her family, sharing tips and advice and feeling closer. ‘This experience has made me so happy,’ she says. ‘I’ve learnt so much.’



Thida plans to put her handwashing skills to work when she becomes a doctor someday.

We Work With 19,545 Sponsored Children In Nyaung U

Projects That Support Lasting Change

I Can Do Anything

Though girls in Myanmar typically marry at age 17, only 5% of adolescent girls report using contraception.

The 'My Body, My Future' project brings together sexual health education and vocational training skills to empower young women and girls so that they can stay safe, make informed decisions and build financial independence.

In collaboration with community members of all ages, gender-inclusive and age-sensitive Comprehensive Sexuality Education courses have been offered to thousands of young people between 10 and 24 years old. 2,002 parents took part in meetings and engaged in sensitive conversations about health and sexuality with their adolescent children.

Additionally, 331 young women and 272 young men joined the 'Ready to Work' vocational training programme, which has a special focus on empowering women and girls to take on leadership roles.



2,288 Sponsored Children completed sexual health education workshops.

331

young women have acquired new vocational skills



The ongoing civil war in Myanmar threatens the education of millions of young people.



22,451 parents and children learnt about the dangers of child marriage.

Safer Together

Children and adolescents in Myanmar are vulnerable to many types of violence and exploitation.

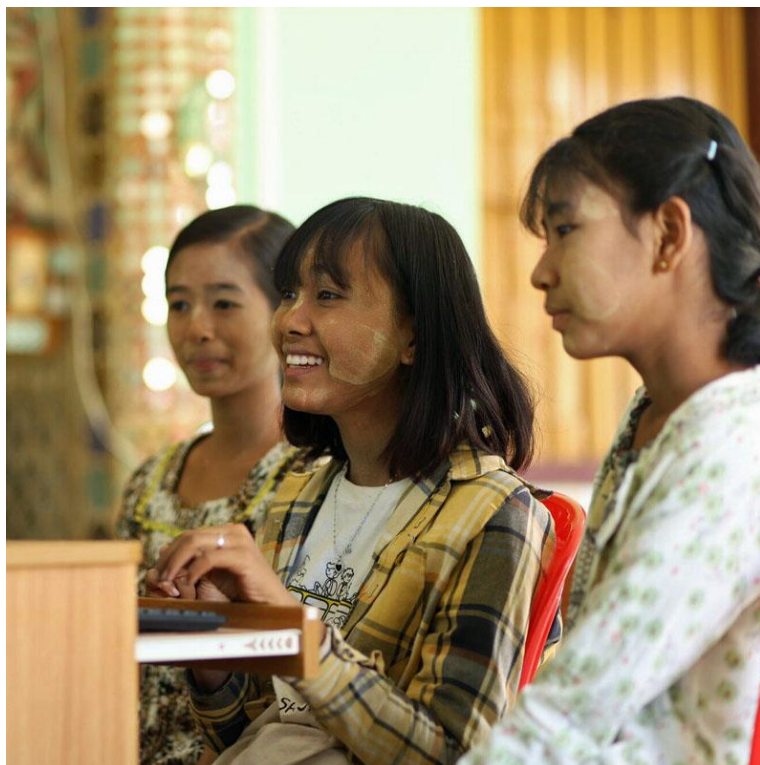
It takes a village to keep children and young people safe. In partnership with parents, local leaders, children, adolescents and educators from 110 villages across Nyaung U, we worked to increase protection for vulnerable communities through a variety of approaches.

First, we held awareness-raising discussion sessions about two key topics that threaten the safety of young people: forced child marriages (attended by 22,451 parents and children) and migration (with 37,879 community members). We also worked with 550 community-based child protection groups to create more robust response and reporting systems for instances of child abuse in the region.

"My friends and I have learnt so much about our rights."

– Myint (16) from Nyaung U

You're Supporting a More Equal Future



10 new computer centres have been installed in villages around Nyaung U.

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

The economic situations of many in Nyaung U have worsened since the COVID-19 pandemic. We will continue to partner with young people, especially women, to equip them with vocational skills.

Almost 63% of young women in Nyaung U are married before their 18th birthday. We will implement a new gender equality programme in the 10 communities in Nyaung U which have the highest numbers of child marriage.

We will also empower young leaders to become peer educators about the dangers of child marriage within their communities.

Message from Plan Staff

"After a period of difficulties in Myanmar, we would like to send our most heartfelt gratitude to our sponsors. Our children, adolescents and youths have received incredible support to meet their needs. We are always grateful for your kindness and trust in our organisation."



Nwe Ni Aye,
Programme Area
Manager, Nyaung
U

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

63,135

displaced people
have received
food aid

3,132

students tutored
in Catch-Up Clubs

193

healthcare
workers were
trained

5

villages have
clean drinking
water