

Luapula Zambia

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

Luapula is getting increasingly vulnerable to climate changes with frequent bouts of dry spells and flash floods affecting the region's crop production and infrastructure damage. Through crisis risk management, we empower the local communities to protect themselves and take better care of their children.

For example, hundreds of children now use solar-powered water filter systems in their daily lives, which to a great extent protects them from waterborne diseases. Youth are developing vocational and technical skills that are supporting them with meaningful employment and breaking the cycle of poverty. Additionally, communities are coming together to ensure that girls are completing their education and have the financial freedom to dream a better future for themselves.

**"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**



Access to safe water is a basic necessity for every child.

Impact in Numbers

1,161

parents have better or additional income sources

123

youth were trained in animal husbandry

736

pupils learned about gender equality in schools

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 they are 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 in early pregnancy and puts an end to their education.

Climate crises exacerbates 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 a more and more far-fetched to her. For many girls in Prisca's community, dreams often remain just that - dreams.

Towards a hopeful future

Plans work in communities like Prisca's has a significant impact by addressing the essential needs of girls. Youth-friendly services at health centers are providing 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 rate, and new borewells and water pumps provide clean water, reducing the risk of malaria and cholera outbreaks.



Communities have empowered young girls like Prisca to return to school to complete their education.

We Work With 8,177 Sponsored Children in Luapula

Projects That Support Lasting Change

Girls Back in Schools

Together with local communities, we are raising awareness about the risks and consequences of teenage pregnancy and early marriage to empower young girls to make more informed decisions about their bodies and health.

Schools are playing a crucial role by supporting young girls through re-entry policies, while communities are establishing safe spaces in schools and clinics. Local leaders and parents have participated in eight inter-generational dialogue meetings, demonstrating their commitment to combating harmful cultural norms.

To ensure young girls can achieve financial independence and make informed decisions about their futures, girls have enrolled in business management and entrepreneurship courses. Additionally, youth who complete these courses are provided with start-up grants, enabling them to seamlessly transition into financial independence.



Young people conduct awareness campaigns on ending child marriages.

57

girls have returned to school under the re-entry policy



Demonstration on the usage of the water purification kits.



The responsibility of ensuring regular supply of water in the household often falls on young girls and women.

Safe Water for All

This project aims to tackle the challenges of accessing safe water in local communities. This labour-intensive task often confines women to their homes, as they are responsible for securing this basic necessity.

The introduction of solar water purification kits offers an environmentally friendly, easy-to-use, and portable solution. 1,510 children have received water purification kits. In addition, training sessions have been conducted to help communities understand how to use the kits effectively, fostering trust in the equipment and ensuring smooth implementation.

The youth have embraced this method, and are promoting hygiene, water, and sanitation practices within their communities. Moreover, workshops have empowered local women to take control of their lives and address taboos related to female hygiene. Men and young boys have also participated in sessions aimed at embracing positive masculinity and promoting gender equality.

**"The kit has made my life easy because I don't have to fetch drinking water everyday, which leaves me with more time to do homework and play with my friends."
- Ruth (12)**

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.

In the coming year, we will support the youth with entrepreneurship training, and vocational skills, and spread awareness about government loans and grants for starting up their small businesses. We will also continue to empower young people to innovate food production through efficient farming techniques like improved access to irrigation systems, strengthening green education and youth engagement.

Together with the Ministry of Health, we will review frameworks on adolescent sexual and reproductive health and rights, and create interventions at various levels like schools, health facilities and communities.

Message from Plan Staff

"Last year, Zambia experienced a Cholera pandemic in all the provinces except for Luapula. Plan's timely intervention supported children with better hygiene practices and reduced their exposure to water-borne diseases."



Dennis Machila, 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

48

teens were trained on sexual health and rights

30

children now know safety and reporting

1,000

youth now advocate for gender equality

10

youth got sewing machines for small businesses