

## Kara

## Togo

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

For example, communities and school management are coming together to maintain and improve infrastructure in schools. Young girls and women are out on the football fields, improving their leadership skills, confidence and capacities.

Moreover, young people are participating in vocational training and gaining access to better income-generating activities. They have also developed skills in savings and investments. As a result, 60 young first-time entrepreneurs have received loans from micro-finance companies to start their businesses.

Together with the local communities, schools, and governmental institutions, Plan International is supporting a safe, secure environment for children and youth to thrive in.



Two children participate in a reforestation project.

**"After dropping out of school, I joined Plan's youth initiative and learnt weaving to support my family. Now I am one of 40 apprentices in my community." - Esta, 16**



### Impact in Numbers

**657**

**youth supported in their business initiatives**

**5,000**

**youth can initiate income-generating activities**

**1,800**

**women took part in football tournaments**

# Naka defies community norms



**NAME:**

**Naka**

**AGE:**

**16 years old**

**DREAMS TO BE:**

**A business leader**

**“Being the only girl doing men’s hairdressing in my community is a source of pride. I have the confidence to express my ideas without fear.”**



## Meet Naka

**Like many girls in Togo, Naka is optimistic about achieving her goals and building a strong future.**

Naka likes music and dancing. With her eleven siblings and her mother, she lives in a village in Togo. Her father passed away when she was still in primary school. After finishing primary school, Naka dropped out to help her family both financially and with household chores. Poverty, limited support, and social norms like early marriage often prevent girls like Naka from pursuing education or gaining economic independence.

## Empowering Youth

Naka’s village is supported by Plan’s Youth Empowerment Project, which has provided her the opportunity to support her family through vocational training for hairdressing. Alongside, she participated in workshops on life skills, sexual education, and rights, helping her understand the dangers of early marriage and gender-based violence. These programmes boosted Naka’s confidence, enabling her to voice her opinions and pursue her dreams. They also strengthened her entrepreneurial skills, empowering her to become more independent and work in a field dominated by men.

## Economic Independence

Naka is now an apprentice at a local salon, where her skills allow her to independently manage the workshop. Her improved income helps her meet both her own and her family’s basic needs. She is also a member of a local youth association, Nokourouma, which provides her with a sense of community and supports her journey toward economic independence. With her new aspirations and growing confidence, Naka is lifting her family out of poverty and building a secure, promising future for herself.



Naka with her mother and her younger sister.

**We Currently Work With 7,527 Sponsored Children in Kara**



# Projects That Support Lasting Change

## Safer Together

**Early and forced marriage, sexual violence, early pregnancies, and lack of education opportunities have affected women's safety and independence in Kara.**

Plan International is using sports as a platform to collaborate with and empower young girls in building their confidence and skills both on and off the field. Women's football clubs have provided youth with enhanced sports infrastructure, training, and equipment, while also fostering an empowering environment. As a result, 1,800 girls have gained valuable knowledge on gender-based violence, sexual and reproductive rights, life skills, and leadership, helping them develop critical thinking and speak out on important issues.

Additionally, 240 members have been trained in coaching and referee techniques. Young boys are also involved in the project, learning about gender equality and adopting positive, non-violent forms of masculinity, helping create a more equitable community.



The members of female football teams in Kara are challenging social norms.

# 65

**football matches between women's associations held**



Women-led organisations are arranging vocational training for economic empowerment.

## Saving for a good future

**Despite making up nearly 52% of the local population, women are often excluded from economic and political activities in Kara.**

Together with local women, Plan International is driving changes through capacity-building initiatives and the formation of savings groups. In collaboration with women-led organisations, we have established 780 savings groups, benefitting over 17,000 young women and 500 people with disabilities. Additionally, 1,522 women have acquired business development skills, and 72 young people who left school before graduating are now pursuing apprenticeships.



Therese's mother joined a savings group and improved her business.

Community forums are fostering further progress, with income-generating activities achieving 132% of the initial target. The project also engages young boys and men to promote gender equality, creating a supportive and inclusive environment where young people can thrive and seize new opportunities.

**"My mother has improved her income and is able to send me to school now. Many children attend school in my community because parents know the importance of education." -Therese, 10**

# You're Supporting a More Equal Future



Young children receive new t-shirts and educational materials.

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

In the coming year, we will collaborate with the communities to implement our Girls Get Equal action plan and spread awareness on gender and inclusion.

We will work towards the elimination of harmful cultural and social norms by designing and broadcasting radio programmes on integrating gender equality.

Together with the community and local institutions, we will set up protection mechanisms for school children, particularly young girls, and strengthen schools' capacities to maintain and improve their infrastructure to become more accessible for better student retention rates.

## Message from Plan Staff

"Your contribution has supported young people and women in strengthening their resilience. We will continue to create a protective environment for children and young people who have become more vulnerable in this context of emergency that exacerbates gender-based violence."



Naka Abalo,  
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

**1,820**

youth trained in  
business plan  
development

**180**

adolescents  
received dignity  
kits

**90**

displaced families  
received hygiene  
kits

**222**

youth with  
disabilities joined  
community forums