

Ratanakiri Cambodia

Positive changes are happening in Ratanakiri. Learn more about how the rights of children and girls are supported through our shared vision of equality.

The EQUAL project is empowering thousands of children to complete their education. Cheata is an 18-year-old project participant from an indigenous community. She says: "I dream of becoming a teacher to educate children in both Khmer and Charay languages, nurturing a love for learning in my community."

To address high rates of malnutrition, the 1,000 Days project supported families with nutrition and healthcare services. Families' access to healthy food, safe drinking water, sanitation and hygiene services improved, and hunger and malnutrition among children has decreased. Together, the Ratanakiri community is working toward a brighter, healthier future.



Children in Ratanakiri enjoying their school day.

"Most children go to school with empty stomachs and can not concentrate. Now, we have breakfast at school." —Rachna (8)a



Impact in Numbers

1,111

**Children under five
screened for
malnutrition**

590

**People in rural
areas learnt about
school enrollment**

778

**Students benefitted
from refresher
courses**

Community Experiences Enrich Lives



NAME:

Sopheak

AGE:

16 years old

DREAMS TO BE:

A football player



“I get to participate in national meetings and events where I gain valuable knowledge and share back in my village through peer-to-peer education.”

Meet Sopheak

Like many children in Cambodia, Sopheak is making steps to achieving her goals and building a stronger future for herself.

Sopheak is a member of the Tompoun indigenous community, and lives in a remote area in northeast Cambodia. Her parents are farmers who earn a living from planting rice and cashew nuts. They struggle financially, especially when the farm income is low.

Though her brothers have left school early, Sopheak's older sister is studying at university, and has been a mentor and inspiration to her.

The Benefit of a Community

Sopheak has been involved in the Child Club since she was 12 years old, when she was introduced by her older sister.

At first, she was shy and afraid to speak with other people. Now, she has gained confidence in organising, educating others and advocating for herself and her community. She has participated in many activities, including peer-to-peer education, and community and national meetings.

Inspiring Others

Sopheak's parents want her to finish school like her sister—Sopheak does too. She sees the health and economic consequences of dropping out. Seeing classmates marry early solidified her determination to stay in school.

And she wants to encourage other girls to stay in school, too. She's involved in peer-to-peer dialogue, where she educates others about the negative impacts of leaving school. "I get to share information with youth on challenges they face," she says, adding: "I also get to make new friends."



Sopheak has seen a decrease in school dropouts and child marriages compared to the past.

We Work With 9,607 Sponsored Children in Ratanakiri

Projects That Support Lasting Change

Quality Learning for All

Out-of-school children accessing their right to an education.

The EQUAL project (Enhancing the Quality Learning for Out of School Children) is making an impact in 45 schools across five districts of Ratanakiri, benefiting thousands of children. Students' transition to lower secondary school is now 84%, up from 78%.

One key reason many girls leave school early? Challenges with menstrual health management. In response, schools provided menstrual health products, a service now used by more than 300 pupils each month.

Academically, refresher courses in language and math helped 778 students improve their skills, parents learnt about the importance of education, and 66 teachers were trained on gender responsive teaching.



Students study in the school library.

12,310
**students benefitted from the
EQUAL programme.**



A child receives the BP-100 and other nutrition supplements.



Riet and her husband attended a check-up at the Health Centre.

Feeding the Future

Families improve household nutrition and health with the 1,000 Days programme.

Maternal and infant health is a concern in Ratanakiri, where many mothers do not seek pre- or ante-natal care, and where malnutrition rates are high due to poverty and insufficient access to clean water and nutritious food.

The 1,000 Days project improves families' access to health services and nutritious food, as well as safe drinking water, sanitation and hygiene services. In the last 12 months, the project has reduced hunger and malnutrition among children under five years of age, especially from indigenous groups. The rates of stunting and wasting among children were reduced, and the number of pregnant women attending health care centres rose. More households now have year-round access to safe water, and better hand-washing habits.

"This emphasises the importance of accessible healthcare and education on antenatal care, ensuring maternal and infant well-being."— Riet (29)

You're Supporting a More Equal Future



Better access to education helps children like Lita learn and thrive.

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

In Ratanakiri, 39% of children are stunted. In the coming year, we will conduct screening to identify malnutrition in children, and advocate for improved maternal and child health and nutrition services.

While enrolment rates have improved, many children do not graduate—in fact, only 30% of girls in Ratanakiri complete upper secondary school. We will support young people to transition through the school levels and graduate.

Child marriage rates are high. With skill development and quality work opportunities, girls and young women will have alternatives to early marriage.

Message from Plan Staff

"We are truly grateful to have you as part of our journey. Your kindness and generous support make a significant impact to life. No matter the challenges, we remain committed to bringing fullness of life to children. Together, we build a brighter future!"



Bunthoeun Puth,
Programme Area
Manager,
Ratanakiri

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

37

**Young women
received skills
training**

1,950

**Students
attended career
fairs**

1,620

**People benefitted
from an improved
water system**

150

**Leaders trained
on community
development**