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Children fleeing from conflict in Syria have been given a second chance – thanks to you!



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Smiles across the world from farmers in Cambodia to families in Nepal.



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Oli has reached 50,000 children with his campaign against forced marriage.



In Zimbabwe, Eudel can't stop smiling. Support like yours has enabled Plan International to support her community, which means that now, she can go to school.

Eudel's uniform means the world to her. She folds it so carefully, every night.

It hasn't always been this way for Eudel. When her father passed away, Eudel's mother, Shylit, could barely afford meals – let alone school fees.

Plan International UK's Peanut Butter project has given Eudel's family the support they needed to reach greater heights. Shylit now runs the Plan-funded grinding mill where they make peanut butter to sell.

The project has also created jobs and

opportunities that support the entire community. This means more parents like Shylit can afford to send their children to school. There is so much hope for the next generation.

"If I ever meet you I will be happy and wearing my uniform. I will tell you, thank you very much."

plan-uk.org/eudel

Spread the joy this Christmas

Order your Christmas Cards using the form, today!





Thank You

When conflict, famine or natural disasters strike in impoverished areas, it is children who suffer the most. That's why I am so grateful for your generosity – your support is helping to empower these children towards change.

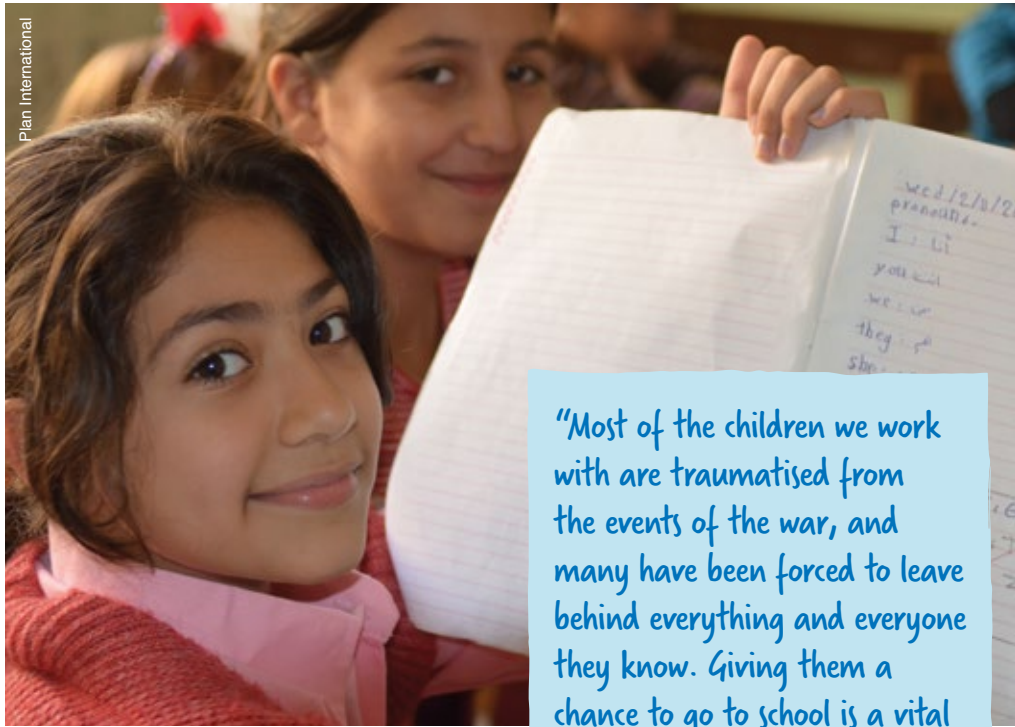
At the UN Commission on the Status of Women this year, I was energised by all the people who had come together in a joint commitment to make positive change in the world. It gave me a renewed sense of hope that the young people we are working with today will be able to make meaningful change happen – for themselves, their communities and the wider world.

I can see this happening in all of the work that you and other kind supporters and sponsors contribute to. You may have seen in the news that much of southern Africa faces food shortage due to climate conditions. Our school feeding programmes in 11 schools in Mozambique have reached over a thousand students, who are now able to stay in school and have enough meals to eat. These children are now gaining the tools they need to lift themselves out of poverty.

I hope you realise that you've made an incredible difference and for that, I extend my heartfelt thanks.

Tanya Barron

Tanya Barron OBE
Chief Executive, Plan International UK



Iman is on the road to recovery

Children like Iman fleeing from conflict in Syria now have a second chance.

Trauma. Loss. Tears. When Iman first reached Alexandria, this was all she knew. Fleeing a war she had no part in, she was too young to have seen so much horror.

Currently there are approximately 300,000 Syrian refugees like Iman trying to build a life in Egypt. Nearly all of them are living in poverty or cramped conditions. Often they cannot afford the bare essentials they need to survive. They can rarely afford to send their children to school.

Iman, who had already suffered more than any child should, was traumatised and isolated. With no school to distract her, and no children around her all day, she was struggling to cope.

"Most of the children we work with are traumatised from the events of the war, and many have been forced to leave behind everything and everyone they know. Giving them a chance to go to school is a vital part of their recovery!"

Eugenio Donadio,
Programme Officer, Plan International

But now, Iman is back in school! Today, with some much-needed stability, she's doing so well. Her new school is a couple of miles from her house. Her school fees have been covered. Iman has even been given an award by her school because she is working so hard.

Hundreds of children like Iman are now back at school - and back to normality. We have given school kits to 400 children, so that more families can afford to equip their sons and daughters for school.

Education is priceless. And now, more children like Iman won't miss out. Iman is excited about the future again, and thanks to you, more children can look forward to a future full of hope.

Yany and Li are protecting their friends

In Cambodia, children are protected and flourishing in our Children's Clubs. Yany and Li are doing great work in their village.

Yany and Li go to secondary school in a village an hour away from Siem Reap, Cambodia. Yany wants to teach English and Khmer, the country's official language. Li wants to be a police officer like her father.

Both of them are part of a Children's Club, which meets quarterly to raise awareness for children's rights, in order to combat domestic violence and child abuse.

Thanks to Yany and Li, more children in Cambodia are protected and in school.

Not only do this amazing pair put on shows and create posters to spread awareness, they also

visit family homes of any children who drop out of school. In one case, they even raised money with the Children's Club to fund a local boy's school fees and get him back into school.

Yany and Li have done so much for children in their community and are still fighting hard to protect their friends.

Our Children's Clubs have reduced the number of violent incidents towards children in the community. Fewer children have been dropping out of school, too.

Thank you so much for helping Yany and Li to make their village a safer place for children.





Banana porridge is making all the difference

Because of you, more children are enjoying school lunches in Mozambique.

After the second year in a row of no rainfall, some of the world's poorest communities have struggled against starvation in the countries of southern Africa. In Mozambique, there was near-total crop failure in parts of the country. Thousands of children went hungry throughout the south. 1.5 million people faced food shortages. Harvest time, known as the season of celebration, became a time of sorrow in the wake of a harvest that never appeared.

This is a crisis for so many families, but Plan International is working hard to make sure that as many children as possible have the food they need. Thanks to supporters like you, we filled the stomachs of 1,753 students! Through our school feeding programme, young boys and girls all over the district of Panda ate our nutritious banana porridge in 11 different schools.

You've given 1,753 children the sustenance they needed not only to survive, but to stay in school working hard all day.

Thank you – one meal really can make all the difference.



Recipe Tasty Bolo Polana cake

Children in Mozambique love this delicious recipe. Here's how you make it:

Ingredients

450g roasted unsalted cashews	230g butter
450g potatoes, peeled	15g freshly grated lemon peel
15g flour	9 egg yolks
400g sugar	4 egg whites

- 1) Preheat the oven to 180°C. In a saucepan, boil the potatoes until soft. Drain.
- 2) Mix the sugar, butter, grated lemon peel, cashews and flour in the food processor and blend until light and creamy.
- 3) Mash potatoes well with a fork.
- 4) Mix mashed potato with processed ingredients in a large mixing bowl.
- 5) Add the egg yolks one by one, constantly mixing.
- 6) Beat the egg whites and add them to the bowl. Mix well.
- 7) Pour the batter into a greased pan and bake in the preheated oven for 30-45 minutes.
- 8) Eat and smile!



Smiles from across the world

"I am so happy and feel confident in applying this technology. My family income is increasing compared to last year. More nearby farmers are interested and want to follow my techniques."

Kong Bunleng, Farmer Promoter, Cambodia



Farmers in Cambodia

Thank you for helping us to support more local farmers to feed their families. You've helped us to improve the lives of 56,945 people in Cambodia. Here's how:

- With your support, we formed 322 Village Farmer organisations
- We trained 1,495 committee members
- The 'hungry season' now lasts just six days a year, instead of five months
- Rice yields have increased by a huge 53%

Small farmers are now using new, more efficient techniques to grow more food, conserve soil and bring new life to spoiled land. Thanks to you, more families have access to food and are learning a sustainable trade.

Thank you so much. You've brought smiles to the faces of children all over Cambodia.

56,945

people in Cambodia
are better trained
in farming!





3,576

Temporary Learning Centres
built – thousands of children
are back in school!



"I will never send my
son away from me
again. We will work hard
to provide him with a
good education in our
own village."
Suraj's mother



Plan International

Nepal 500 Days On

You've made a HUGE difference to the children of Nepal.

The devastating earthquake in Nepal left Suraj and his family homeless. His parents felt they had no choice but to send their eleven-year-old son to the city to work. When he found himself forced to wash, clean and cook, without pay, Suraj realised with horror that he'd been tricked into unpaid work.

But thanks to your support, Plan International intervened. With the help of our partner, Suraj was returned to the village.

Suraj is now in grade five. Every day he grows taller, more confident and he learns more and more. His smile grows bigger too.

The children of Nepal say a huge thank you!





“What better legacy could we leave?”

Julie sponsors Farida, a Kenyan girl, and volunteers for us in her spare time. She has already been extremely generous, and now Julie and her husband have decided to include a gift to Plan International UK in their will too – a gift for the next generation! We spoke to Julie and she told us more:

What first drew you to support our work?

“My husband and I have been fortunate enough to visit several countries in Africa. We’ve also seen a great deal of poverty. We saw children begging on the streets and our hearts went out to them. Once we returned to the UK, we found Plan International UK and it ticked all our boxes. We particularly like the fact that it works with local people and it helps people to lift themselves out of poverty. We also like the fact that we are sponsoring Farida and we are developing a relationship between her family and ours.”

What made you want to leave a legacy?

“We had been thinking about our Wills for some time and when we both reached a certain ‘milestone’ birthday, we decided the time was right to ‘put our affairs in order’. Having seen the positive impact of the work Plan does, we thought it would be a great idea to leave Plan a legacy. We felt that our money would be put to good use and it was a way of saying ‘thank you’ to Africa for the fantastic trips we have had.”

What would you say to others to encourage them to leave a legacy?

“It gave us a great feeling to know that we could continue to greatly improve people’s lives from ‘beyond the grave’. We have been fortunate enough to live in a country where we take so much for granted: clean water, education, healthcare and so on. We wanted to help those less fortunate than us to have the chance of a better life.”

We can’t thank Julie enough for her support. If you want to know more about leaving a gift in your Will, call Sophia Stylianou, our Legacy Officer, on: 020 3217 0215 or contact her at: sophia.stylianou@plan-uk.org

Jan ran for Plan!



Plan International / Howie Laws

Jan is a long-term Plan International volunteer and supporter. She had such a wonderful experience at the Royal Parks Foundation Half Marathon that she wanted to share it with you:

“I’m really passionate about running so when the opportunity came to join Team Plan for the Royal Parks Half Marathon 2015, I jumped at the chance to sign up.

I have completed several marathons and I can honestly say that this event ranks as one of my all-time favourites. London looked amazing in the sunshine with the crowds out cheering and the support from everyone at Plan International was just brilliant.

It was thrilling to run down The Mall towards Buckingham Palace with

“My family and I have sponsored several children over the past 22 years and I also volunteer at the London office. I really love reading letters from sponsors and sponsored children. Inspired by my experiences, I really wanted to do something different to support Plan International’s work.”

thousands of other runners and no traffic!

Knowing that friends and family had sponsored me for Plan International’s Syrian Appeal gave the whole event extra purpose. I enjoyed the event so much that I have decided to run again on 9th October. This time, my daughter will be joining me too.

So whatever you’re interested in doing, and whatever your experience level, set yourself a challenge and go for it. And if it gets tough, you’ll be motivated by the fact that your hard work is helping children around the world to beat their own challenges.

I hope to see you at the start line!”

Is there something you’re passionate about – running, baking, cycling, rowing?

Get involved in 2017

- Run the London Marathon (April)
- Run 10k at Vitality London 10,000 (May)
- Cycle at Prudential Ride London - Surrey 100 (August)
- Run the Royal Parks Foundation Half Marathon (October)

Find out more at: plan-uk.org/fundraise

Spread the joy this Christmas

Thank you so much for supporting children around the world. We hope you know that you’re the reason so many children are smiling. We’d love it if you could share your support with your loved ones this Christmas by sending them our special Plan International Christmas cards and calendar. See the smiles you’ve created on the form we’ve enclosed, and spread the joy to those you love this Christmas!





Creating a better future for girls

Oli is just 12 years old and, with the support of his sponsor, he has already achieved so much. Oli has reached an incredible 50,000 children with his campaign against forced marriage.

Oli achieved an education, working hard to learn and develop. With the support of a sponsor like you, he had a better quality of life, as well as an amazing friendship across the miles. Now Oli is spreading his message across Bangladesh.

The legal age for marriage in Bangladesh is 18 for girls. But many are forced into marriage as soon as they reach puberty. They are unable to bring in the same income as a young son and for families in poverty, the bride's price becomes essential to the survival of the household.

"Behind our parents' decisions to marry girls young is poverty – extreme poverty. If our

parents get a good offer, sometimes it is very difficult to change their minds."

Oli's anti-marriage group includes 25 children. They perform street dramas to raise awareness and Oli has directly prevented four marriages in his small district, the Bashentak slum. That's four girls who have a better future ahead of them thanks to one amazing young boy. He has visited families to educate them about the harmful effects child marriage has on their daughters and the future of girls.

In Bangladesh alone, Plan International has set up 60 similar groups, all campaigning for better lives for girls. We won't stop until every girl has

"Child marriage is one of the worst violations of a child's rights imaginable. It especially affects girls, robbing them of their childhood. Young campaigners like Oli are the future. His campaigning is influencing others and it's sweeping the country. It's become a movement which is reaching so many people."

Myrna Evora, Plan International's country director in Bangladesh

the chance to achieve her dreams. So far, these groups have reached out to an estimated one million people with their important message.

By sponsoring a child, you're changing a whole community, by providing things like education, sanitation and clean water. You are helping children like Oli to create a better future, not just for themselves, but for whole communities and future generations to come.

Standing with young people in Malawi

Memory is a youth campaigner for Plan International. Her story shows just why the Because I'm a Girl campaign is so important.

"When my little sister was just eleven, she was forced to marry the man who got her pregnant. At the time, I was young, and thought this was normal. But I quickly realised the devastating impact it had on her when she was further abused in marriage."

Now, together with a team of young campaigners supported by Plan International, I'm working with the government to change the constitution of our country to help end child marriage – once and for all. If people from other countries support our work, it will show to those in power that girls' rights cannot be ignored."

Girls like Memory aren't weak. They're braver than you know.

Girls like Memory face some of the toughest situations of all, such as being forced into marriage whilst still a child and often struggle to make their voices heard. They don't need your pity, but they do need your support.

Plan's 'Because I'm a Girl' campaign works alongside girls like Memory to challenge the prejudices that threaten girls' safety – and their lives. Join us today to back a brave girl and help change girls' lives across the world.



Petition by petition, action by action, we will take down every barrier - and stop every act of violence. Join the campaign today at www.plan-uk.org/brave

**because
I am a girl**

Tot's dream came true

Ever since she was little, Tot dreamed of being a teacher. But she faced huge barriers every day of her life – because not only was Tot born into poverty in a small village in Cambodia, Tot was also born with only one arm.

We're so grateful that someone amazing like you chose to sponsor Tot. From that day onward, she's never looked back. Because of her sponsorship, Tot had the support and encouragement she needed to carry on with her education. In fact, as her overjoyed mum told us, she was the first in the history of her family to finish secondary school:

"I am very happy and proud of my daughter. I could not get an education because of the war and poverty. No one in my family, except Tot, has finished school."

Not only did Tot finish school, but during her evenings, she and a friend held classes for other children in her village:

"Many children need help so I volunteered. I loved playing games with my students to



teach English in a fun way. It inspired me to work harder."

You won't be surprised to learn that Tot was a grade A student and by the time she was ready for university, she was offered scholarships from several prestigious teaching colleges. But Tot has never forgotten what having support meant to her. So Tot enrolled in her local community teaching college instead, and she still uses her free time to teach children in her village, inspiring the next generation to be just like her.

Because of you, more sponsored children like Tot can grow up with an education and a brighter future.



Thank you so much for your support!



In Uganda, there are 400 girls who would like to say the same.

When parents can't afford uniforms, transport and lunches for their children, girls often lose out while their brothers are sent to school. Schoolgirls are often harassed on their way to school. During class, their teachers often only pay attention to the boys.

The inequality is clear to see: Uganda has a 62% literacy rate for girls and women, compared to 81% for boys and men.

But thanks to support from amazing people like you, we're mentoring 4,000 girls across 20 schools, helping girls to level the playing field.

We're bringing equality into classrooms, by showing over 200 teachers how to include girls in their lessons.

Because of people like you, girls in Uganda are closer to equality.

"Being a sponsor means you have the opportunity to change the circumstances of a community from the bottom up, by trying to give hope and self-esteem to your sponsored child. You try and encourage your sponsored child to go to school and achieve something good for the benefit of his or her community."

Astrid Laich, child sponsor

Don't take our word for it...

"I want to do so many things and I am going to do all of them. I am grateful to Plan for helping me to understand child rights, how to raise our voices, how to present a situation to others and how to be a good team player."

Shamol, sponsored child