



SINDHULI

WELCOME TO NEPAL

Nepal is a landlocked country, with China to its north and India to its east, west and south. Nepal has a diverse geography, including fertile plains and subalpine forested hills. It is home to eight of the world's ten highest mountains, including Mount Everest, the highest point on Earth. Kathmandu is the capital and the largest city. Nepal is a multi-ethnic country with Nepali as the official language.



22°C

MILD
CLIMATE
IN THE NORTH,
SUB-TROPICAL
IN THE SOUTH

YOUR SPONSORED CHILD'S COMMUNITY

Sindhuli is a region rich in culture and traditions. "Dashain" is the most important festival. It is a ten day long religious festival where families come together and celebrate with a series of rituals. This festival is also known to be the "day of victory over evil forces and demons".

In this vibrant and diverse community, life can be a challenge for children. Health and education statistics reveal a high prevalence of discrimination against children, especially girls. Human trafficking, sexual exploitation and abuse of adolescent girls are all also major issues.



WE STARTED WORKING IN
SINDHULI IN

2010



POPULATION

296,192

OUR PLAN TO IMPROVE CHILDREN'S LIVES

67%

OF PEOPLE HAVE ACCESS TO DRINKING WATER

30%

OF STUDENTS DROP-OUT OF SCHOOL

26%

OF SCHOOLS HAVE SEPARATE TOILETS FOR GIRLS

ACCESSING SAFE WATER

Clean water is key to fighting disease and promoting good health. This is a challenge in Sindhuli.

We're improving community access to drinking water, and holding training events to educate families on the importance of safe hygiene. This improves hygiene habits and decreases the spread of disease.

PROVIDING DISASTER RELIEF

Nepal is among the 20 most disaster-prone countries in the world. Sindhuli experienced the effects of a devastating earthquake on a school in the district.

To assist the community and ensure students were able to quickly return to school, Plan International reconstructed several classrooms and school facilities. This allowed children to return to class with minimal delay and continue their education.

GENDER EQUALITY IN SCHOOLS

Many girls in Sindhuli do not finish their schooling due to unsafe and discriminatory learning environments. A lack of education severely limits their future economic opportunities.

Plan International is improving facilities in schools, and training teachers on gender inclusivity. This gives children, especially girls, the opportunity to have a safe, accessible education.

EARLY CHILDHOOD DEVELOPMENT

In Sindhuli, parents and teachers often lack information about effective early childhood development practices.

We're empowering parents and teachers with education sessions on childhood development. Caregivers learn the best methods for providing children with the nurturing care and support they need to develop in a healthy environment.

CHILDREN AS DRIVERS OF CHANGE

In many regions of the world, adults often see the opinions of children, especially girls, as irrelevant. Our principal focus at Plan International is preparing young people to be drivers of change. Young people around the world have a right to have a say in decisions that affect them. Therefore, we work to strengthen young people's initiatives, groups and networks by including them in actions that allow their needs and wants to be achieved. This ensures that the changes we help make are sustainable.

"Although being a peer educator is hard, the work we do is slowly paying off. The most important things I convey during my sessions with students are about the negative consequences of child marriage and looking after your reproductive health."

Adiana, 13-year-old from Indonesia is a peer educator in Plan International's Let's Talk initiative



OUR PROJECTS IN SINDHULI ARE HELPING CHILDREN THRIVE



MY FUTURE IS BRIGHT



17% of teenage girls between 15 and 19 years old in this region are pregnant or already mothers. With limited information about reproductive rights, sexual health and the importance of staying in school, many girls and women are at a disadvantage. Since 2019, our “Lead and Decide” programme has focused on nurturing the leadership skills of students, particularly girls and young women, to imagine safe, strong futures together. This year, 13 cases of child marriage were stopped. At a local festival, the Sindhuli Fair, 2,584 visitors stopped by our educational booth about sexual health and reproductive rights. A campaign called “Girls Take Over” created safe spaces for girls to take centre stage, advocating for their rights before their communities.

This year, we supported local schools to make sure that no student is left behind.

KNOWLEDGE IS POWER



In Nepal, 770,000 children between 5 and 12 are not in school, and most are girls. From high rates of child marriage to limited resources in schools and poverty, our “Girls Learn Equally” project has been devoted to uplifting girl students since 2021. This year, we provided 307 students who were falling behind with remedial courses so that they could stay caught up with their grade level. 1,963 students will be learning in improved classrooms after gender-inclusive training sessions with parents and educators. Another 38 students came back to school after having dropped out, and 24 schools – 96 classrooms in total – received additional maintenance and supplies.



“I always faced criticism for being outgoing. Today, as a leader of the Girls Takeover Event at my school, I am receiving praise. I am delighted to be in this position.”

- Aakriti (18) from Sindhuli

YOUR SUPPORT IS CHANGING LIVES

With your support, we will ensure that children's rights are respected, and they are able to thrive.



In the coming year, we will protect children from violence by strengthening child protection mechanisms and advocating for children's rights and equality for girls.



Improve child-friendly and inclusive education by training teachers, and improving schools and classrooms.



Continue to promote early childhood development by providing parenting education sessions so children receive nurturing care and the best possible start in life.



Support local disaster and climate risk reduction planning in communities so families and children can be more prepared and stay safe in the event of an emergency.

These are just some of the many ways your kindness will touch the lives of your sponsored child and other children in Sindhuli.

Thank you for all that you do!



MESSAGE FROM RAM SHRESTHA

Programme Area Manager, Sindhuli

"I would thank all the sponsors whose support has made advancing children's rights and equality for girls in Sindhuli possible. Because of your support, Plan is able to train families on responsive care for their children, provide quality education, and empower girls and young women to lead on their own issues and decide on their future."

