

The Learning Garden teaching lessons beyond the classroom

How you can get behind International Day of the Girl

Voices from Beirut: a girl's life in Lebanon

# UBUNTU

The Magazine of Plan International Australia

Issue 02 — Spring 2019

**SHE HAS A PLAN.**

ELIZABETH | SOLOMON ISLANDS



The charity for girls' equality

# From the CEO

Hello, and welcome to issue two of Ubuntu!

We've created Ubuntu magazine for our wonderful supporters like you to say thank you for all you do, and to keep you updated on all the life-changing work that you make possible.

I hope that you had a chance to sit down and enjoy the stories from issue one – we loved sharing them with you!

October is always a highlight for Plan International and the team has been counting down the days to our most anticipated moment of the year – International Day of the Girl!

This year we're celebrating the incredible power of girls as they tackle the biggest social issues of our time, and I'm thrilled to announce that we're also launching a little something called Give Equal! We finally have a way for you to truly get behind International Day of the Girl during the month of October, and all will be revealed on pg. 9!

Speaking of International Day of the Girl, you've probably noticed we've been talking more and more about girls' rights. Throughout Plan International's 80+ years of existence, we've dedicated our efforts to supporting the most vulnerable children in society and in many communities where we work, we've found that the most marginalised are often – you guessed it – girls.

Girls who are fed least and last. Girls whose education is not a priority. Girls who are at risk of child marriage and sexual violence. And girls whose needs, dreams and voices are not considered important because of one simple fact – they were born a girl.

It is for these very reasons we've gradually shifted our focus to centre on girls. I'm sure you're wondering what this means for our existing work, and more specifically, for boys.

It's a question we hear occasionally, and it's one that I want to reassuringly answer:

Boys remain an integral part of our work. They are still just as much part of our Sponsorship program as ever, they continue to benefit and thrive as a result of the work we do in communities, and they are absolutely essential in creating a more equal world for everyone.

Boys too can face the negative impacts of gender inequality (check out our helpful guide to tackling this on pg. 7). Gender equality is not just better for girls, but for everyone. It's only together that we can work towards our vision for a more equal world.

Before I sign off, I want to let you know we've been working on something special to showcase our bold new look and feel, and we're giving you an exclusive inside look on pg. 11. You'll be seeing our exciting new campaign 'We have a dream. She has a plan.' a lot more frequently and I hope it makes you feel as inspired as I do by the power and potential of girls.

I wish you happy reading and remember, in the spirit of Ubuntu we ask that you keep the ripples of change alive by passing this magazine on once you've finished it.

Until next time,

**Susanne**  
CEO

Plan International Australia



Ubuntu is a Zulu word that means 'I am a person through other people. My humanity is tied to yours.'

There is no word in English that encompasses this sentiment of interconnectedness.

In the modern world we too often see ourselves as individuals but Ubuntu reminds us that we are part of a greater whole.

What we do affects others, and when we do well, the ripples are felt by all of humanity.

Our work with girls and with all children is, first and foremost, for them, but it is also for the good of all human beings.

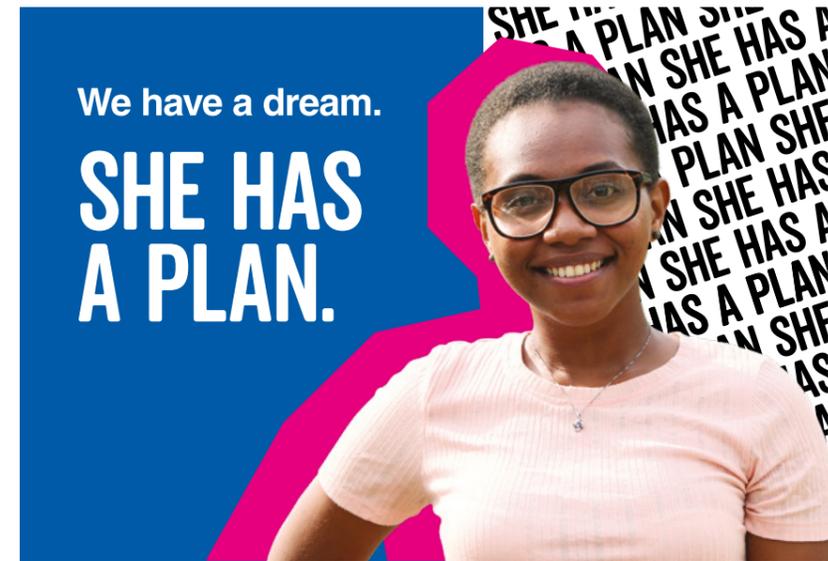
Together, we bring about change that benefits all humankind and that is the spirit of Ubuntu, for we cannot be human alone.

# Contents

NEWS  
3

CHANGE FOR GIRLS  
17

VOICES FROM BEIRUT  
8



WE HAVE A DREAM, SHE HAS A PLAN | 11

**"Climate change poses a real and urgent threat to children and their communities and it has the potential to reverse the progress we've made."**

A CLIMATE TO THRIVE | 12

**"I am representing the girls of Solomon Islands with the issues they encounter and hoping to make a change."**

CAMPAINING FOR HER EDUCATION | 13

**"Today it's scary how big all the issues are in the world ... I think the opportunity to feel like we are making a change through Plan International is a real gift."**

STUDENTS FOR CHANGE | 15



GIVE EQUAL | 9



BRINGING UP BOYS | 7



THE POWER OF YOUR PURCHASE | 16



FROM LITTLE THINGS, BIG THINGS GROW | 5



CYCLE FOR GIRLS CAMBODIA | 18

Find out more:

**CHILD PROTECTION** [planau.me/child-protection-policy](http://planau.me/child-protection-policy)

**FEEDBACK** [planau.me/feedback](http://planau.me/feedback)

# News



13-year-old Yekaba, Ethiopia

Remember Yekaba? When she was 12, she stopped her own child marriage and your support is helping girls like her to choose their own future. Thank you for standing with us!

## \$275,000 towards ending Child Marriage

We owe an enormous thank you to everyone who supported our tax appeal this year – with your generosity, we were able to raise over \$275,000!

There are many ways we work to protect girls' rights and prevent child marriage – ensuring girls have birth

certificates to prove their age and educating them about their rights and the dangers of child marriage are just two of them. Your donation will be used where it is most needed, to break down the barriers holding girls back and putting them at risk.

## International Day of the Girl 2019

The countdown to the biggest day on Plan International's calendar is on! October 11th is International Day of the Girl and this year, we've seen an astounding number of girls rising up and leading change (Greta Thunberg, we're looking at you).

To celebrate the unique power girls possess when it comes to tackling the biggest social issues of our time, we invited Australian girls and young women aged 12-25 to have their say about the things they care about most.

They told us about their hopes for the future, their role models, where they draw their inspiration from and how empowered they feel to make a difference in the world – and we'll be releasing the report on International Day of the Girl. Stay tuned!



At 17, Shalini stopped her own marriage from taking place in India, and has since prevented over a dozen child marriages.



## Thank you for being there for communities in the aftermath of Cyclone Idai

Education is often disrupted by disaster, but with your support, we were able to construct temporary learning centres, like this one in Mozambique, so children can continue their schooling.

With your help, we managed to raise over \$63,000 for our emergency relief efforts across all affected areas.

This, combined with the international effort from Plan International, meant we were able

to reach 25,665 individuals and 5133 households in Mozambique alone, with food, water and shelter provisions, WASH (Water, Sanitation and Hygiene) facilities, hygiene kits, child friendly spaces, temporary

learning centres, emergency education and child protection services.

## New Ambassador Alert!

We're beyond excited to announce that the amazing Benjamin Law has come on board as a Plan International Ambassador!



**“For the longest time, Plan International has been a global leader in protecting and helping vulnerable kids around the world. As well as building and providing the necessities needed for a dignified life – water, food, sanitation and education – Plan International does crucial work in ensuring kids' (especially girls') rights are protected. I'm really chuffed to be an ambassador for their important work.”**

– BENJAMIN LAW, PLAN INTERNATIONAL AMBASSADOR



Tumara lives in Nicaragua and since taking part in a training program through Plan International, she has started her own business selling food.

## Gifts of Hope

It's hard to believe that Christmas is just around the corner, but we've got you covered when it comes to those hard-to-buy-for friends and family.

With a Gift of Hope, you can feel good, knowing that you're supporting children and their communities around the world.

All your favourite gifts are available again this year, some with a special focus on empowering girls. For \$30 you can give a girl a legal identity, while \$70 will support a young woman to start a business.

Check out our website for more: [planau.me/gifts-of-hope](http://planau.me/gifts-of-hope)

# From little things, big things grow



Grade 4 teacher Chou Sony collecting vegetables with Seyha (11) and Thida (10).

**Kancha** | TEACHER

**“I hope students get life skills like growing vegetables and cooking and can use them in their daily lives. The learning garden strengthens cooperation among students, gives them life skills, engages them in working together, and gives them an attractive and fresh environment to learn.”**

In Cambodian primary schools, teachers are swapping classrooms for Learning Gardens, taking their lessons (and their students) into the great outdoors – and it’s thanks to your support!

In Siem Reap and Stung Treng provinces, students learn science and math amongst the veggies and vines in their Plan International supported Learning Gardens. It’s a groundbreaking approach to education in Cambodia, inspired by renowned Australian chef Stephanie Alexander’s Kitchen Garden Program, and it’s having a positive impact, not only on children’s learning and nutrition, but the health of the wider community.

Through the project, children improve their knowledge and learn healthy attitudes towards eating, alongside their usual math, science, social studies and literacy lessons, which they then pass on to their families (along with some fresh produce straight from the Learning Garden!). Girls and boys also have opportunities to try new roles, such as cooking in the kitchen, which challenges traditional notions of

what boys and girls are capable of achieving.

Our CEO Susanne Legena recently visited the Learning Garden project at a school in Angkor Thom where she spoke to students and teachers about how the garden has changed the way they learn and teach.

**“It was wonderful to witness how the Learning Garden brings the students’ lessons to life. The local team is so dedicated and the program’s positive outcomes aren’t going unnoticed – not only is the wider community seeing the value, but the government is too.”**

**Susanne Legena** | CEO, PLAN INTERNATIONAL AUSTRALIA



The finished product: freshly cooked soup from their kitchen learning session.

**ChhorKeo** | GRADE 4 STUDENT, 11

**“In classroom, I do not get to see real things. I only learn the theory. Learning Garden helps me understand the lessons better because I get a chance to practice. For example, when I learn about measurements, I can practice it in the Learning Garden.”**



Grade 4 students and their teacher Chou Sony proudly showcase some of the vegetables they’ve grown in the school Learning Garden.

# Bringing up boys

## How to encourage healthy masculinity



We've all heard the phrase 'be a man' – but how harmful and limiting is it to be constantly told which traits make you one?

A boy at one of our Early Childhood Care Centres (ECCD) in Tanzania.

Over the years, girls and women have been encouraged to challenge the harmful gender stereotypes that box them in, but boys and men have continued to hear the same messages about their own masculinity – that it's 'weak to show emotion' and that 'men need to be tough and in charge'.

Together with experts from Promundo and Jesuit Social Services, we've put together this handy guide for anyone who knows and/or raises a boy, to help encourage healthy masculinity and self expression. It's time for boys to challenge gender norms too!

1. Encourage personal expression with toys. Introduce boys to a range of toys and activities, including those that are 'gender neutral' and thought of as 'for girls'.

2. Use play to define positive values. Show through role play that being able to express a range of emotions, including being afraid or compassionate and caring is positive for both boys and girls.

3. Challenge harmful stereotypes around clothes. Encourage boys to

be their authentic selves by allowing them to experiment with fashion and self-expression. When boys believe in stereotypes around how men should look and act, it limits their lives and can lead to harmful consequences for us all. Let's help boys realise that their self-expression doesn't need to fit into a box.

4. Be clear about consent. Let boys know they have to ask permission to touch others, and they have the right to say no if they don't want to be touched. Jesuit Social Services' Man Box study found that young men who believed in rigid ideas about manhood were more likely to harass, both physically and online. Help your son question those norms and understand consent.

5. Find positive role models. Identify role models in your family, community or media who demonstrate healthy, respectful ways to be a boy or man, and who show boys and girls challenging stereotypes.

6. Speak up when you hear disrespect. If family or friends say something problematic around

your son, speak up and have a conversation about values. In an equality study conducted by Plan International USA, researchers found that almost half of adolescent boys hear their fathers or male family members make inappropriate jokes and comments about women. This is a reminder that boys hear a lot of harmful messages about what it means to 'be a man'. You can actively counter that narrative.

7. Talk the talk. Help boys feel supported that they won't be judged for sharing their concerns or fears, and encourage them to empathise and connect with others.

8. Walk the walk. Challenge your own perceptions of gender roles and model behaviours you want to encourage.

Challenging stereotypes about how boys and girls should behave is not easy, but it's extremely important. To create a more equal society, we all need to play our part. Having these conversations – and backing them up with actions – is a crucial part of the solution to countering unhealthy masculinity.

# Voices from Beirut



12-year-old Raghad enjoys activities at a centre for Syrian children supported by Plan International.

What is life like for a girl forced to flee her home and live in an unfamiliar city? That's the question we've sought to answer in the fourth instalment of our *Adolescent Girls in Crisis* report series, 'Voices from Beirut'.

Lebanon is home to the greatest number of refugees per capita in the world and our latest report, produced in partnership with Monash University's Gender, Peace and Security research centre focuses on the recent influx of 1.5 million refugees fleeing the conflict in Syria.

50 percent of registered Syrian refugees are under the age of 18 and adolescent girls are particularly vulnerable in these settings, where the everyday inequalities they already face are heightened by violence, poverty and displacement, and their needs and voices aren't often heard.

Through our research and work in emergency settings like Lebanon, Plan International aims to amplify the voices and concerns of girls, to ensure they have the opportunity to learn, socialise and have a say over their bodies and their futures.

We've been working with local organisations on the ground, to offer psychosocial support

and activities for both Syrian and Lebanese children living in vulnerable circumstances. Social workers have been trained to identify children at risk of child marriage, child labour or violence and work with the parents to achieve a positive change.

Our work with teenagers seeks to prevent child marriage and provide information on sexual and reproductive health, gender-based violence and the social services that are available in their neighbourhoods.

Younger children, like 12-year-old Raghad (pictured), are given a safe space to play and learn about their rights, their health and safety as well as the risks and consequences of child labour and child marriage.

For Raghad, the child friendly space has become a sanctuary and escape from the realities of life as a Syrian refugee, "Coming here makes me happy. Happiness is not something I have at home," she says.

**Our report, based on surveys and group discussions with 400 girls aged 10-19 in Beirut found:**

- More than half said girls their age face physical and sexual violence, sexual harassment and emotional and verbal abuse where they live
- Numerous girls spoke of being harassed or chased by men and boys and some were concerned about being kidnapped or raped
- Six percent were married and four percent were engaged
- 69 percent of girls said they felt unsafe travelling around the city alone
- More than half felt isolated and lonely
- School attendance plummets when girls reach 14 – only 39 percent of 15-19 year olds attend school.

You'll be hearing more about Raghad and how you can support girls in Lebanon to have their needs and rights met during our Christmas appeal. Stay tuned.



Plan International was instrumental in getting the UN to create International Day of the Girl in 2012, and now we're giving you a way to truly get behind our biggest event of the year – Give Equal!

Shamsiya is a member of Plan International's Youth Activist Series.

Every year when October 11th rolls around, Plan International prepares for our 'moment'.

International Day of the Girl is our yearly opportunity to highlight the unique challenges faced by girls around the world, and the enormous potential they have in bringing about change.

Getting girls on the global agenda is what we do all day, every day, but International Day of the Girl is an opportunity for girls to speak for themselves, and for equality, on the global stage.

With this increased attention comes the perfect window to tell the world about what we do at Plan International, and to give those who are passionate about equality an opportunity to support girls as they strive for equal rights. Enter Give Equal.

### What is Give Equal?

It's really quite simple.

There are more than half a billion adolescent girls in the world today and all of them will be affected by gender inequality at some point in their lives.

By donating the same amount you spend on everyday niceties – from daily coffees to yoga classes – during October, you'll help provide girls with everyday necessities, like education and sanitation.

And while you're busy giving equal, you can encourage those around you to get involved too, by signing up for Give Equal so that girls can get equal!

You don't even have to give up your nicety. That's the great thing about Give Equal – you can feel good and do good at the same time!

Give Equal kicks off on October 11th, visit: [giveequal.org](http://giveequal.org)



**'Give Equal' is your way to get behind International Day of the Girl, while raising funds for projects making the world a more equal place for girls.**

Our good pals Jan Fran and Benjamin Law are Giving Equal this October too ...



"The best part about Give Equal? You don't even have to sacrifice anything. Love a dinner on the town? Eat up. Slave to your cold-drip single-origin in the morning? That's cool, you do you. No-one is asking anyone to give up what makes you happy - just to pay it forward for girls."

– JAN FRAN, GIVING EQUAL TO HER UBER EATS ADDICTION

"This October, I'm getting behind International Day of the Girl by giving equal and you can join me, by counting up how much you spend on one month's worth of niceties: you know, those things that make you feel good."

– BENJAMIN LAW, GIVING EQUAL TO HIS BOOK BUYING HABIT



TO LEARN MORE OR GET INVOLVED, VISIT [GIVEEQUAL.ORG](http://GIVEEQUAL.ORG)

We have a dream.

**SHE HAS A PLAN.**



**Elizabeth's plan is to give girls in the Solomon Islands the same opportunity to attend and finish school that boys have. She wants the government to eliminate gap fees, so no one misses out, because she believes educating girls makes the world better for everyone.**

**We support her plan, and you can too.**

**Her plan is to lead.**

**To complete her education.**

**And to make her own decisions about her body and her future.**

**Her plan is to exercise her rights.**

**To challenge the gender norms holding girls and boys back.**

**And to build a more equal world for all.**

**Her plan is to be heard.**

**And we're here to amplify her voice.**

Right now, millions of girls are being married as children. Forced out of school. Killed by violence. Half the world's population is being held back by inequality, but it doesn't have to be this way. When girls are empowered to speak up, know their rights and lead, they can create a better, more equal world.

Developed with a diverse group of young female creatives and brand consultants at VanO, our bold new look and message is designed to spread the word about how a better now for her means a better future for everyone. Our goal is to take this message far and wide to build far-reaching awareness of the power and potential of girls.

Our dream is for a more equal world, and the girls featured in our new campaign share that dream. They dream of a world where their plans for leadership and education are possible. A world in which they won't be held back, ignored or not allowed to choose, simply because they were born a girl.

As our supporters know better than anyone, girls' equality is the vehicle that will take us to the world we envision, a place where boys, girls – all children – can thrive.

We're thrilled to share some snippets from our new campaign with you, and hope you feel as excited about it as we do!

## A climate to thrive



The strides we've made towards our vision for a just and equal world, where all children can thrive, are truly amazing and it's thanks to your support.

Tupa Village in East Tasimboko, Guadalcanal Province, Solomon Islands.

You've stood with us so that children can stay in school, so that communities have access to safe water and so that we can respond when disaster strikes.

But right now, in many of the countries we work in, climate change poses a real and urgent threat to children and their communities and it has the potential to reverse the progress we've made. Climate related disasters and changing weather conditions can have devastating effects on communities and a disproportionate impact on children, threatening their rights, their health, their education and their survival.

That's why we're working to ensure children and their communities are prepared for, and can adapt to the effects of climate change.

### 3 things we're doing in the climate space

#### 1. Preparing for the future

In the Solomon Islands, many coastal communities depend on marine resources and ecosystems – to eat, to earn an income and to survive –

making them particularly vulnerable to the impacts of climate change.

Together, with the CSIRO, WWF Australia and local organisations, we're working to ensure communities are prepared for the future. Thanks to training on long-term community planning and how humans and the environment adapt to climate change, communities are now leading and developing their own plans, to adapt to future changes and sustainably finance these projects.

Our goal is to learn from this project, and work with other communities in the Pacific who want to lead their own responses to climate change.

#### 2. Youth activism

It's no secret that a large proportion of climate activists are still in school, and it has been amazing to witness the power of passionate youth voices in this space.

Plan International's Youth Climate Champions in Bangladesh have led field visits with their local government, to demonstrate the achievements of a community-driven climate adaptation project in their area, while our Youth Activists in Australia have taken part in

climate strikes and been published by the likes of New Matilda, speaking on the topic.

We're committed to supporting young activists to speak up on the issues that matter most to them – and climate change is shaping up to be a big one for the youth of today. Watch this space!

#### 3. The link between gender and climate

We know that gender inequality can be magnified in times of crisis and disaster, and among other challenges, emergency situations place girls at an increased risk of harassment, sexual violence and even child marriage.

In the same way, the climate crisis is having detrimental effects on girls around the world, impacting their safety, their ability to access education, and their health.

Plan International has studied the links between climate and gender inequality in the past, and over the coming months we'll be undertaking further research, looking at the impact the climate crisis is having on adolescent girls in the Pacific, as well as the potential for positive outcomes when girls are included in the climate conversation.

To find out more visit [planau.me/dream-plan](http://planau.me/dream-plan)



The Climate Adaptation Pathways Solomon Islands project was funded by the Australian Government through the Australian NGO Cooperation Program (ANCP) and complemented with funds generously donated to Plan International Australia from the Australian public.

# Campaigning for her education



17-year-old Katrina

Since becoming a Youth Champion for Plan International in the Solomon Islands, 17-year-old Katrina has discovered her voice and is using it to campaign for girls' education.

To be a girl in the Solomon Islands, it means you have to respect your parents, elder brothers and sisters, do house chores and perform well in class, so that you can successfully complete school and excel further.

I first heard about Plan International through my friends Aroma and Elizabeth who are both Youth Champions as well.

One of the challenges since becoming a Youth Champion is being shy and not very vocal. However, since joining the Youth Champions in a number of meetings and interviews, I have realised that my shyness has gone and I can speak confidently in meetings and I have actively participated in Youth Champion interviews.

The changes that I would like to see in my community when working on the girls' education campaign are as follows:

1. Community to get involved in the signing of signatures on an open letter to the Solomon Islands government.
2. Community providing moral

support to girls, in making sure that girls' education is a priority and every girl in the community should have access to and successfully complete their secondary education.

3. Community leaders, church leaders and parents working together to ensure girls can access and complete secondary school.

Changes that I have seen as a result of Plan International's Stronger Together report and girls' education campaign, is that the Solomon Islands government is very supportive of the findings and recommendations put forward.

The next step that I would like to take is to meet with senior representatives from the Ministry of Education to discuss the changes we would like to see.

By doing so, hopefully the government will abolish all schools from charging school fees, by passing a fee-free policy to make sure that all girls in the Solomon Islands can access and complete



**It means a lot for me as I am representing the girls of Solomon Islands with the issues they encounter and hoping to make a change.**

their education.

I am hoping to be a leader for our young girls of Solomon Islands, as someone that advocates and campaigns to address the issue of girls accessing secondary education, and ensure that they successfully complete their education.



## Stronger Together

Our Solomon Islands Youth Champions, Elima, Aroma, Margareth, Katrina and Elizabeth (pictured left to right) were part of a group of 60 adolescent girls and young women who participated in a PhotoVoice project to address the shockingly low numbers of girls completing secondary education in their country.

## Together they identified the following barriers to education:

- School fees
- Relationships, early marriage and pregnancy
- Difficulty travelling to school
- Cultural expectations
- Family problems
- Bullying and peer pressure
- Lack of disability inclusive education
- Lack of quality education and inclusive infrastructure

Their final report, Stronger Together, contains a series of photos that powerfully communicate the challenges they are up against and their recommendations for change.

Now the Youth Champions are spearheading an ongoing public campaign to improve girls' education.



**Seeing young adolescent girls driving the campaign and lobbying for their own rights is a different way of doing things. Girls' voices are critical to be heard everywhere. Unless their voices are heard, the challenges and issues affecting them will not change.**

— ELLA KAUHUE, COUNTRY PROGRAM MANAGER AT PLAN INTERNATIONAL SOLOMON ISLANDS



# Students for change



Amplifying youth voices is a large part of our work, which is why we were delighted to find a passionate group of high school students in Sydney's south who not only collectively sponsor a child, but are speaking up and educating younger students about the work of Plan International.

Year 10 SRC

Romani is 11, she lives and attends school in Ethiopia and although she has never set foot on Australian shores, she has a whole bunch of friends here.

Year 10 students, Matthew, Dane, Lara, Jeremy and Reagan are all members of the Student Representative Council (SRC) at Engadine High School, and for the last 30 years the school has sponsored children, like Romani, through Plan International.

Taking responsibility for Romani's sponsorship is a legacy the SRC students have willingly inherited and they show a great interest in learning about her life.

"We know she lives in Ethiopia and she just turned 11," Reagan tells us, "I remember her house made of bamboo and mud and her living conditions, her access to clean water and food and the nearest health care centres. We know she gets an education and she goes to school with her sister."

"There are so many issues in the world." Continues Matt. "Focusing in on Romani makes you feel a lot closer to the issues – you have a name, you have a face, you're not just looking at a whole continent and it doesn't feel like a completely unreasonable idea to help this one person, because we know we can."

So how does a group of 16-year-old high school students pay the yearly sponsorship fees?

Why, a bake sale of course! But not just any bake sale – the SRC wanted the rest of the school to know where, and more specifically who, their vanilla slice money would be benefiting, so they put together an informative PowerPoint presentation about Romani, which they deliver to other year levels.

"We initially did our lessons with all Year 7 classes so that, coming into the school, they knew about Romani," Lara explains.

"Not only were the lessons about Romani – where she was from,

how old she was," adds Dane, "but we also spoke about Ethiopia and what's going on there. We spoke about what Plan International is doing, not only for the people being sponsored, but through those people, the wider community around them."

Aside from the life-changing support for Romani and her community, one of the most valuable things to come from the students coordinating a child sponsorship through Plan International is the sense of empowerment they've experienced from their efforts – Matt says it best:

"Today it's scary how big all the issues are in the world – climate change, racism, inequality, poverty. They're so big and scary that you feel like they're inevitable and there's nothing you can do. I think the opportunity to feel like we are making a change through Plan International is a real gift and that's the main thing I would take away from this."

# The power of your purchase

We all wield a lot of power when it comes to where we spend our dollars. But how do you know which brands to trust when it comes to ethics and equality?

Our pals at Femeconomy and i=Change are doing great things in this space and we turn to them when we want our dollar to do some good.

## Femeconomy

Put simply, Femeconomy champions brands that champion women.

On the Femeconomy website you can find an extensive list of brands who are all about equality (we're talking 50% female ownership or at least a 30% representation of women on the Board of Directors).

Oh, and did we mention that Femeconomy lets you donate 20% of their Femeconomy Network registration fee to Plan International? True champions!

## i=Change

i=Change is another enterprise weaving philanthropy into our everyday purchases.

When you shop an i=Change brand, that retailer gives a dollar from every purchase to a development project of your choice, and all of the projects i=Change supports have a focus on women's and girls' empowerment – including ours!



Girls in Uganda make sanitary pads at a school supported by Plan International and i=Change.

To date, over \$74,000 has been raised for Plan International projects through the platform, from people shopping brands like Coco & Lola, Kayser and With Jean.

We love them because their brand purpose creates meaningful customer experiences with every purchase.

**The support of our partners is crucial to the work we do and Femeconomy and i=Change are part of a growing movement of businesses using their profits for purpose.**

**To find out how your business can get involved visit [planau.me/be-our-partner](http://planau.me/be-our-partner)**

# Change for Girls

If there's one thing that Plan International supporters have in common, it's their passion for creating change and building a more equal world for all.

We know that you share our vision for a world where girls can stay in school and choose if and when they want to marry. A world where they can find meaningful work, have a say in their communities and be free from fear and violence.

But around the globe, in many different ways, girls are denied

these human rights and held back from unleashing their full potential.

So we've created Change for Girls to ... well, change that.

Our Change for Girls program is a way for you to stand with girls, every day of the year, with a regular donation that allows us to allocate funds where the need is greatest.

Through Change for Girls you're helping to create a world where girls can access all of their rights – to safety, to education, to choosing their own futures – and claim their rightful place as equals.

## Get to know a Change for Girls supporter



Farzana

**Meet Farzana! Born and raised in Bangladesh, Farzana first came to Australia in 2009 to study, she completed her PhD in 2016 and now lectures on Inclusive Education at universities across Melbourne. We caught up with Farzana to chat all things Change for Girls.**

### WHAT ARE YOU MOST PASSIONATE ABOUT?

Since my childhood, I only had one passion and that is to impact

the world around me in a positive manner. My passion has brought me this far and dictated my research interest and career choice.

I know what it feels like not to have a voice or not to be able to do what I want to do. Growing up in a patriarchal society has taught me (ironically) to follow my passion. I guess that makes me a rebel!

### WHY ARE GIRLS' RIGHTS IMPORTANT TO YOU?

Because they are human beings! Because they have dreams and interests just like anyone does. Because they carry the burden of their family and where they are married into.

They are important to me because I am a girl too! The way many societies treat women is despicable. They are seen as burdens, commodities, wage earners, family honour bearers but not seen as an individual with basic human rights.

### WHAT INSPIRES YOU TO SUPPORT PLAN INTERNATIONAL?

When I was in Bangladesh, I used to help women who were abused in their houses. I used to show them the right places to go when they were violated. I helped them monetarily and emotionally. It is this experience that drove me to do research on women in Bangladesh.

My initial plan was to go back and do something to change the situation for girls. But I realised, in order to do that, I need to live first. The society in Bangladesh will not allow me to continue what I want to do. That is why I stayed back and got affiliated with organisations that help women.

I felt Plan International is working for this noble cause. I am at least in some manner affiliated with making a change for something I feel so strongly about.

### WAS THERE A REASON YOU CHOSE TO SUPPORT CHANGE FOR GIRLS SPECIFICALLY?

My reasons are very personal. I have been asked to put my voice and choice off in the past on numerous occasions. I was very brutally treated when I was working in Bangladesh. I saw the precarious condition of women and how they are maltreated in every sphere of the society. That is my reason to support girls!

I want to impact their lives in a positive way, so that they have their opportunities to education and earn their own wages and defend their own selves.

# Cycle for Girls Cambodia



The Cycle for Girls team

In March this year, a motivated group of Plan International supporters took on a truly epic adventure – cycling 268km across Cambodia, with the goal of raising funds to support Plan International's life-changing work.

**The Cycle for Girls team managed to raise an incredible \$33,385 and they paid a visit to one of the projects that their fundraising can support.**

Take a peek inside the travel diary of Marta, our Community Fundraising and Engagement Officer, to find out what Cycle for Girls is really like!

### Let the cycling begin!

After spending much of Day 1 in travel mode, it's go time! It's 8:30am and already sweltering hot, but getting on the bike feels exhilarating.

First stop: exploring Angkor Wat.

Riding around the outskirts of Siem Reap, past ruins, under thousand-year-old arches, and skirting around monkeys, elephants and local people selling everything you could ever need is just about the most magical experience of my life. I pinch myself and still don't believe it.

### 70km in a day

We start the day at 6.30am, knowing it will be the hardest one:

70km of riding.

We're the first ones at Banteay Samre temple. The rest of the afternoon is spent riding to Banteay Srei temple, lunch and then attending the Cambodian Landmine Museum.

I finish the day covered in red earth and feeling victorious. I rode 70km in one day. I now know I can do anything!

### Project Visit Day!

Safe to say, I'm just a little excited. We travel with the Plan International Cambodia staff to a primary school where we're warmly greeted by the principal and teachers. We're here to visit the Stephanie Alexander-inspired Learning Garden project.

In under 12 months the garden has grown, and teachers and students have been able to reap

rewards already, stepping outside the constraints of traditional classrooms for the first time and learning science, maths, Khmer and social studies directly through the garden and kitchen space.

The project has also been beneficial for the wider community, with parents, grandparents and socially minded local farmers participating and supporting the garden too. It's a stunning example of communities making things happen on their own terms.

We are taken to meet the students in the garden, where we're quickly put to work. We get our hands dirty as we tend to vegetables while the teachers demonstrate how the garden is used as a vehicle for education. Shovels and watering cans are used alongside books and protractors.

Having only had contact with Plan International's programs from my desk in Melbourne up until now, it's a very special moment to directly experience how our programs work in practice.

### We did it!

The fifth – and final – day of cycling. Today we ride to, and climb the 350 steps to Phnom Banan, an 11th century temple.

Riding through a region is an incredible way to travel. I know I will miss the experience even before we're done for the day.

### Saying "leahaey" (goodbye)

We have our final team meal in the evening.

I know I will look back on this experience with awe and pride in years to come. Tomorrow we fly home and it's bittersweet. An adventure it truly has been.

Interested in joining a future adventure? We're heading to Vietnam in May 2020! Email [community@plan.org.au](mailto:community@plan.org.au) to learn more.

## Pass it on

---

In the spirit of Ubuntu, we ask that you keep the ripples of change alive by passing this magazine on once you've enjoyed it.

Whether you leave it in your local café or staff room or give it to a friend, this small act of sharing will help spread awareness of Plan International and the incredible work your support makes possible.

The power to inspire others is in your hands.

### Ubuntu Issue 02, Spring 2019.

Ubuntu is the magazine of Plan International Australia.

Plan International Australia | Address: 18/60 City Road, Southbank, Melbourne VIC 3006 |  
Phone: 13 75 26 | Fax: 03 9670 1130 | Email: [info@plan.org.au](mailto:info@plan.org.au) | Web: [www.plan.org.au](http://www.plan.org.au) | ABN 49 004 875 807

To support Plan International visit [www.plan.org.au](http://www.plan.org.au).

Donations to Plan International of \$2 or more are tax deductible.

The opinions expressed are not necessarily those of Plan International Australia. ©2019. All material in Ubuntu is under copyright; however, articles and photographs may be reproduced with permission from Plan International Australia. Plan International Australia is a signatory to the ACFID Code of Conduct and is a trusted recipient of funding from the Australian Government.



The charity for  
girls' equality