

# Vital project in Thailand



**Project:** Training for farmers

**Objective:**  
Agricultural training for ten farmers in Chiang Rai

**Target:** £8,990



## Why Plan works in Thailand

Although Thailand has experienced rapid development in its cities, poverty is still widespread in rural communities. Nearly a quarter of children aged five and under suffer from malnutrition and many families do not have the skills or knowledge needed to grow their own food successfully.

Plan helps poor families to improve their children's nutrition by showing them how to grow their own fruit and vegetables. Providing communities with the appropriate skills, knowledge and resources they need to grow their own produce, ensures their children's wellbeing and also allows them to sell the remaining vegetables so they can earn a living and support their children's education.

## How you can help

We aim to raise £8,990 so we can train ten farmers in Chiang Rai. Providing farmers with the skills and knowledge they need to grow their own produce allows them to give their children a more balanced diet and create an income for their families. A greater income means families are more able to send their children to school and pay for healthcare.

Plan enables poor communities to take action together to achieve children's rights to an education, decent healthcare, clean drinking water and more. We give long-term practical support so poor communities can improve the lives of their children and themselves. We also campaign to change the way a whole range of adults - from parents to politicians - think and act, because we know their decisions can perpetuate poverty.

Children themselves can be powerful advocates for change, so we encourage them to take part in decision making, from village councils to national assemblies. And because children will be the leaders of tomorrow, we believe that strengthening their voices now will create a fairer, better world - now and in the future.

This is just one of many projects within Plan's wider livelihoods programme. With your support, this project can make a difference to the lives of many children, families and communities in Thailand.

# Vital project in Thailand



**Project:** Health education

**Objective:**  
Teaching health education at 16 schools in Srisaket

**Target:** £7,190



## Why Plan works in Thailand

Although Thailand has experienced rapid development in its cities, poverty is still widespread in rural communities. Children in Thailand can fall victim to waterborne diseases such as cholera. Sexually transmitted infections are also a problem. HIV/AIDS has orphaned an estimated 290,000 children.

Health education and raising awareness on subjects such as sanitation, household hygiene, nutrition and sexually transmitted diseases can greatly reduce the risk of illness and disease.

## How you can help

We need to raise £7,190 to provide health education to 16 schools in Srisaket. The project aims to promote the importance of personal hygiene and nutrition to children and safe sex to teenagers in a positive and child friendly way. This knowledge will help future generations to avoid and prevent serious illness.

Plan staff will help teachers to create lessons in which children understand the importance of good health practices, encouraging children to devise campaigns and create drawings to highlight the value of these practices to their families. In this way, children can play an active part in changing attitudes towards health and hygiene for the better in their homes and the wider community.

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Children themselves can be powerful advocates for change, so we encourage them to take part in decision making, from village councils to national assemblies. And because children will be the leaders of tomorrow, we believe that strengthening their voices now will create a fairer, better world - now and in the future.

This is just one of many projects within Plan's wider health programme. With your support, this project can make a difference to the lives of many children, families and communities in Thailand.

# Yes, I'd like to help a Plan project in Thailand

Please complete and return this form to Plan UK, 5-6 Underhill Street, London NW1 7HS

I would like to give £ \_\_\_\_\_ (*please indicate amount*) to support a project in Thailand:

Training for farmers (THA1102)

Health education (THA1103)

Sometimes projects become fully-funded, and occasionally circumstance dictates that our priorities change and particular projects may have to be postponed or even abandoned. When this happens, funds may be transferred to other projects.

Please indicate how you would like to pay below:

- by cheque/postal order/charity voucher made payable to 'Plan International UK'. (Please write your supporter number, if you have one, on the reverse of the cheque and enclose it with this form.)
- by Visa / Mastercard / Amex / Diners / Maestro / CAF Charity Card: (*please circle*)

Name of cardholder: \_\_\_\_\_

Card number:              (Maestro only)

Expiry date:      /

Maestro only:    Valid from date: \_\_\_\_ / \_\_\_\_    Issue number: \_\_\_\_\_ (Maestro number)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please supply your contact details:

Title: \_\_\_\_\_ Full name: \_\_\_\_\_ Supporter reference number: \_\_\_\_\_

Home address: \_\_\_\_\_

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I'm happy to receive information about Plan's work to my email address: \_\_\_\_\_

Please tick here if you would like us to acknowledge your donation.

*giftaid it*

**If you are a UK taxpayer, we can reclaim tax on your donations – at least 25p extra for every £1, at no further cost to you. Plus, until 5 April 2011, HMRC will add an extra 3p per £1. So just sign below. It's that simple:**

I declare that all donations I've made to Plan for the six years prior to this year and all donation I make from the date of this declaration until I notify you otherwise are Gift Aid donations.

Signature: \_\_\_\_\_

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## Thank you for all your support

The support these programmes provide is thanks to the generosity of our supporters but with your help we can achieve even more. If you have any questions about our work, or your support, please contact us on 020 7482 9777, or visit [www.plan-uk.org](http://www.plan-uk.org).