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EXERCISE BOOK

2023-2024 Gift Catalogue

GIFTS THAT UNBOX A MORE EQUAL WORLD

PLUS a free card with every gift



Until We Are All Equal





\$75



School Meals \$10 PAGE 11



Gifts that give back. Feels good, right?! We've made it simple to find meaningful gifts for everyone on your list. Let's get started.

1 Choose your Gifts of Hope

Browse the catalogue or our website and choose a gift, maybe one of these **BESTSELLERS**:







School Essentials \$18 pg 10

Food Basket \$50 pg 14



2 Personalize your cards

Customize your free print or digital cards, which describe all the good your gifts will do!

3 Help make a global impact!

SHOP NOW at plangifts.ca

Scan the QR code to go online and see all 50+ gifts.

It's true what they say...

A little can go a long way.

Gifts of Hope are a simple and affordable way to tackle complex global challenges. Truly. They provide *real* value, because each gift supports the project described, from helping children in emergencies (page 5) to providing mosquito nets (page 6). We've also introduced some NEW gifts this year: Digital Literacy for Girls (page 11), Support for Youth Climate Champions (page 13) and Grow Green Businesses (page 18).

With Gifts of Hope, you can share thoughtful holiday gifts and help create a just world for children. #theperfectcombo



Until we are all equal, choose holiday gifts that contribute to real change: Choose Gifts of Hope.

How matched gifts work









your gift

matching partners

total donation value

Look for this symbol to multiply your impact! \longrightarrow **3x matched**

Gifts by Category

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Elvis and Estaban, both 10, live in the Andes mountains of Ecuador, where we offer school scholarships as well as plants, seeds and trainings to boost family gardens and nutrition.

Humanitarian Assistance

Almost half of the children in our world currently live in crisis. That's nearly 1 billion children facing daily dangers like conflict and climate disasters – and the number is on the rise. But we won't just stand by.



Until we can all be **safe GIVE GIFTS THAT MATTER.**

Help Refugee Children

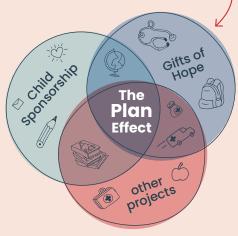
\$75 **5X** matched

Provide food, water and shelter to refugee and internally displaced children in the midst of crisis. This gift also supports efforts to reunite children with their families. Being together inspires hope that one day their lives will feel normal again.

Children having fun at a child-friendly space in a conflictaffected region of Niger

IMPACT CORNER The Plan Effect _____

Plan International Canada's programs have a hidden extra power: They work together and overlap in regions to promote stronger, more sustainable shifts. Gifts of Hope, Child Sponsorship and other projects complement one another and combine forces so families can improve their lives in a variety of important ways. This proven approach even helps us secure more partners to match the value of your gifts, amplifying their positive impact! Lasting transformations aren't achieved in isolation - your Gifts of Hope fill a crucial role in making full life and community changes possible.





Cash Assistance in Crisis \$25

Support families who are displaced or experiencing hunger with food vouchers, cash and e-transfers. This gift enables women to secure basic necessities for their children during an emergency. It's the kind of assistance that makes a world of difference for a family enduring difficult times.



Help Children in Emergencies \$55

During disasters, children may be separated from their families, and girls are at risk of being trafficked or experiencing violence and forced labour. Plan International responds immediately, providing families with shelter, food, clean water, household essentials and medical supplies as well as ensuring children are safe.

This little one's family received mosquito nets when they were delivered door to door in Zimbabwe.

Health

The pandemic was a sombre reminder of the importance of health. Yet many people still go without crucial information, medicines and supplies. Prioritizing quality care – for everyone – can't wait another moment.



Until we can all be healthy GIVE GIFTS THAT MATTER.

Mosquito Nets

\$10 l net \$40 5 nets 12 nets \$100 8X matched

Did you know that more than 400,000 people die each year from malaria? Mosquito nets that are treated with insecticide and last up to three years, are a simple and effective preventive solution. This gift provides families with mosquito nets and training in how to use them. According to the World Health Organization, 95% of the world's malaria cases are in Africa. Children under five are most at risk because they have yet to develop any immunity.

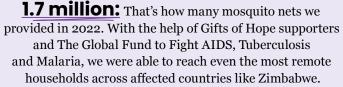




End HIV, TB and Malaria

\$100 Matched for a \$900 value

The goal is to end HIV, tuberculosis and malaria infections around the world by 2030. It's a big, bold, audacious goal, and you can help make it happen. This gift supports the efforts of government and health care workers to provide communities with awareness, prevention tools and treatment.



In past years, we recorded 100 cases of malaria in this district. This year, we've recorded only two.

– Eufrasia Mukandapi, Zimbabwe's Ministry of Health and Child Care





Pads for Periods \$25

This gift provides girls in low-income countries with pads and period education so they can stay healthy, safe and in school and are able to access the same opportunities as boys. It also supports community education programs that address the shame-inducing stigmas that are associated with one of the most natural events in a girl's life.

EALTH

Stock a Pharmacy \$195

If your children need a prescription, you head to your local drugstore to pick up the medication they need to get better. Families in some parts of the world are walking out of pharmacies empty-handed because of a lack of supply. This gift helps ensure that doesn't happen.





Health Worker Training for Women \$47

This gift funds training for health workers, from midwives to community health volunteers to nurses. It also supports efforts to strengthen local health systems and services so that the people most at risk, especially women and children, have access to quality care.



Protect Girls' Health Rights

\$60

Young women can't make decisions about their lives when they're grappling with harmful stereotypes and barriers that block their access to quality health care. This gift provides funds to purchase health supplies, complete clinic renovations, train medical staff and establish safe spaces where adolescent girls can access sexual and reproductive health information.

Better Care in Bolivia

Offering medical care to everyone at all stages of their lives builds strong communities. But accessing quality care, especially for women and girls living in remote and impoverished areas, isn't a given. Your Gifts of Hope are changing that. In Bolivia, the funds have been used to train more than 500 health workers and create 50 inclusive clinic spaces where adolescent girls can receive information about their sexual and reproductive rights. Today and in the years ahead, Dew and her daughter will have better access to health care.



Education

Knowledge can do some astounding things. It can open a world of possibilities and opportunities. So why isn't this a given for everyone? We all have a right to learn and grow. Let's make sure no child is denied that life-changing learning experience.

Until we can all have the chance to **learn GIVE GIFTS THAT MATTER.**

LEARN WITH GG DID YOU KNOW?

More than **102,000 Gifts of Hope** were purchased by ethical gift givers last year! That's a whole lot of good (and goods) unboxed around the world!



Amina, 11, with a school kit provided by Plan International

Send a Girl to School

2x matched

\$295

Girls in many parts of the world want to continue their studies but don't have the means. This gift provides girls in low-income countries with the support they need to carry on with their schooling.

PLAN



School Essentials

1 child	\$18	2X matched
3 c <mark>hildren</mark>	\$54	11 A A
A classroom	\$265	

Fill schools in low-income countries with all the essentials to give students the best possible education and the best possible start to life. With this gift, you'll help provide basics such as textbooks and pencils and you'll be funding essential school meal programs and teacher training.

> IMPACT CORNER Isha's Story

It's hard to study when you haven't eaten. Ten-year-old Isha faced this challenge daily with her classmates in Sierra Leone – until a school meals program was launched. "I now eat

helps me stay focused in class," she says. Her teacher, Mr. Koroma, has noticed that students like Isha are more engaged. "It's not just about providing meals," he says. "It's about giving children the chance to learn and succeed." 6X matched



5X matched



A dedicated student hits the books in Honduras.

03





Digital Literacy for Girls

\$40 NEW

This gift helps girls and young women gain the knowledge, tools and skills needed to navigate the online world – and do so safely. It can provide resources like school tablets and computer centres while offering internet access and digital training. It will even help teachers make lessons more interactive and accessible.



Help Equip a School \$500

Equip and revamp preschools, primary schools and other education facilities for thousands of children. The schools can provide access to water, separate latrines for girls, canteens filled with tables, chairs, pots and pans, and essential food staples to make healthy, filling meals.



School Meals \$10

Help ensure that classrooms of children enjoy daily hot lunches, protein-rich snacks and the benefits of healthy nutrition to grow and fuel learning. This gift supplies school kitchens with nutritious ingredients, cookware and clean water to make that happen.



A Book \$10

Anyone who loves to read knows the power of a book to inspire one's imagination and introduce new ideas and opportunities. This gift provides books that nurture children's curious minds and open their worlds.

Empowerment

We all have a voice. But some of us never get the chance to use it, because of our age, gender or birthplace. That's not okay – so let's do something about it. Help ensure that the voices of those facing discrimination are finally heard.



Until we can all access our right to thrive GIVE GIFTS THAT MATTER.



8X matched

\$100 Matched for a \$900 value

Girls can change the world and the lives of those around them. This gift is about awakening that power within them. It's about offering girls nourishment, education and protection.

12 Until We Are All Equal

Nya, 12, lives in a refugee camp in Ethiopia. She's discovering her voice while singing in a safe play space at the camp.



- Tania, 17, takes part in programs promoting girls' place in politics in Peru.

LGBTQ+ Safe Spaces \$50

LGBTQ+ individuals, especially youth, can thrive when they can go to a safe place to learn about their rights, access resources such as legal and psychosocial counselling and receive referrals to accessible health services. You'll also support advocacy efforts, encouraging institutions and communities to become inclusive, progressive and equitable.

4x matched

Birth Certificates \$27

It's a simple piece of paper for some, a shield for others. It provides access to essential human rights as well as an identity, the ability to vote and a say in shaping the world. Particularly for girls, it offers special protection against child marriage, child trafficking and forced or exploitative labour.

For a long time, girls have been denied the spaces that are rightfully ours. Now we raise our voices and ask to be heard – because we are power, courage and strength."



Support for **Youth Climate** Champions

\$110 NEW

As climate crises threaten lives and livelihoods, young people know what needs to change. This gift gives them the tools to make it happen. With it, youth will participate in advocacy training, contribute to action plans and influence climate policy at all political levels. With this gift, you'll help youth stand up for what's right for our planet and future generations.

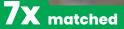
Food & Water

Imagine your tap is dry, your grocery store aisles are empty and local crops are decimated. Ongoing droughts and the worst hunger crisis of our time are taking place right now in low-income countries. Drop by drop, seed by seed, we can make sure no one goes without.



Until we can all have enough to survive **GIVE GIFTS THAT MATTER.**

Food Basket



\$50

Matched for a \$400 value

Each basket is filled with staples such as beans, cooking oil, fortified cereal blends and sugar. This gift provides food to thousands of pregnant women, mothers and children under five who are malnourished. Basket by basket, you'll be saving lives.

> This mother feeds her child a nutritious meal in northern Vietnam.

My wife and I supported school, water and sanitation projects and had the opportunity to visit them in Ghana and Ethiopia. We were deeply impressed by the community engagement and impact. Each year, we give Gifts of Hope to each other and friends - it's also my favourite present to receive!

4X matched



Plant a Community Garden \$100

Increase families' incomes and communities' access to food, even during the toughest of seasons, by establishing and equipping resilient vegetable nurseries and greenhouses in regions with poor growing conditions affected by climate issues. Plus, these gardens double as hubs for community training so people can learn and sow a thriving future together.

- Andrew Smith, British Columbia





Clean Water for Families \$80

The burden of finding safe drinking water usually falls on girls, who must travel long distances every day - meaning they miss school and are vulnerable to risky situations along the way. This gift provides clean water for girls and their families.



Water and Sanitation for Communities

\$1,000

Water is a basic need, and access to it is a basic right. Yet more than 1.5 million children die annually from illnesses related to drinking unclean water. Let's change that. Help thousands of people access clean, reliable water systems and sanitation facilities and give them the training and skills to protect their water supply and ensure it will be there for future generations.



Livelihood

We all want to provide for ourselves and our loved ones and have the means to plan for the future. It's increasingly difficult these days, but if we all contribute, we'll make a huge difference.



Until we can all earn a **stable living** GIVE GIFTS THAT MATTER.

Goats

l goat	\$80
3 goats	\$240
A herd of goats	\$825

This is one of our most popular gifts. It's fun to give and to receive. And, most importantly, it can be life-changing for families, who can then provide protein-rich goat's milk to their children, especially girls. And selling goat offspring means they can also pay for essentials like education and food. A girl smiling with a goat in Bangladesh



3X matched





Buzzing Bees \$35

Did you know that the humble little bee is responsible for pollinating approximately one-third of the food we eat? This gift of buzzing bees helps women earn an income to pay for housing, health care and food, and it also helps local crops thrive.



A Farmload of Animals \$195

A farmload of animals makes for a farmload of food, income and hope. This gift of farm animals divided up among families in a community will help feed children and generate income to pay for housing, health care and education.

3 Hens and a Rooster \$80

Allow us to crow for a moment about the kind of change that this poultry quartet can orchestrate for a family. This gift means food with nutritious and protein-rich eggs.

LEARN WITH GG Top Livestock Gift Facts!

- Environmental and market assessments verify that they're a helpful fit for communities.
- Supports such as training, care supplies and access to veterinary services are also included.
- ✓ Milk, cheese and eggs provide an ongoing source of protein – an often costly nutrient that's essential for children's growth.
- Families sell products like wool and honey to pay for things like medicine and school fees.
 - Fertilizer from manure can help improve crop production.

 They are locally sourced, and offspring are often gifted to neighbours so they can share in the benefits.

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I tell my daughter that the world is full of opportunities ready for her to take on. How could I not want the same for all girls? I'm proud to partner with **Plan International** Canada's initiative to reduce barriers for girls and women around the world so all can claim their right to thrive."

- Nicole Authier, founder of MYTAGALONGS, who recently donated sale proceeds to the "Mom Shop" Gift of Hope





The Mom Shop \$75

The mom shop helps women become entrepreneurs who can support themselves and their children. This gift includes vocational training and financialliteracy courses. It offers village savings and loan programs so women can work together to create small businesses, making things like honey, peanut butter, clothing or soap - initiatives that provide a solid income for family needs and independence.

4x matched





Grow Green Businesses \$65 **NEW**

This gift supports women and youth in growing eco-conscious businesses. It works to sustain environments, food availability and incomes with training and supplies for ventures like seaweed farming, mushroom foraging and beekeeping. It also helps protect regions vulnerable to climate change with community-led initiatives like mangrove planting and conservation to reduce storm dangers and damage.

Literacy Training for 2 Women \$125

What if your life depended on this phrase: Khajc jklc aslkjp akhcbp. Can't make sense of it? That's what life is like for the millions of women in the world who cannot read. But this gift of literacy, including financial literacy, is helping thousands of women in low-income countries make sense of the world.

Muzna, 19, takes part in a meeting during a corporate seat-share in Toronto.



Transformative Gifts

It's not easy to create significant and lasting change, especially with so many stacked obstacles. Minds have to be shifted and power structures reconstructed. Together, we can build supportive and healthy worlds for children, but creating this world is a shared lift.

Do you want to join us?



Until we can all live in a more just world GIVE GIFTS THAT MATTER.

Girls Belong Everywhere



Girls' perspectives belong everywhere decisions are made. This gift engages girls in Canada and around the world, including those in refugee camps, in decision making. Through seat shares, advisory panels, innovation hubs, consultation sessions and more, this gift helps girls have meaningful interactions with governments, corporations and civil-society organizations. It supports training for girls that builds their leadership skills as well as community sessions for girls' perspectives to be both heard and factored into decisions.

now at **plangifts.ca** or **1-800-387-1418**



Humanitarian Aid \$10,000

Help refugees access urgent life-saving resources while also providing long-term support to assist in their recovery. This gift will provide immediate needs such as food, hygiene kits and urgent psychological support. Long term, this gift funds mental health services, savings and loan groups and agriculture tools and training.



Help End Global Hunger

\$2,500 Matched for a \$20,000 value

No child should go hungry – and this gift can help make sure they never do. Through both food distribution and agricultural support, this gift helps ensure that girls and families in regions most challenged by climate change not only have nourishing meals for a day but also their own sustainable sources for a full, healthy lifetime.

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Children are going to bed hungry every night. It's not an option to do nothing. Hunger is a solvable problem, and when determination and optimism come together, we can change the story."

– Dr. Unni Krishnan, Global Humanitarian Director, Plan International



Digital Sa \$5,500

Support girls in bridging the digital divide. This gift will provide safe online spaces where girls can connect, learn about their rights and share their opinions without fear of discrimination or harassment. Help girls access information and technology so they can thrive in today's world, unbound by borders.

Fight Health Stigma

\$7,500 Matched for a \$60,000 value

Break down barriers to health care by tackling the stigmas that prevent millions of marginalized individuals from accessing life-saving treatment. Your gift will help empower women, girls and members of the LGBTQ+ community to assert their rights by helping them secure medical, legal and psychological support services. This gift helps ensure every person can survive and thrive as their authentic selves.

Digital Safe Spaces for Girls



Until we live in unity with everything each of us needs...

Until we all stand together in solidarity...

Until the day we can step forward proudly, side by side...

Join our gifting movement to share help, hope and joy far and wide.

Until we are all equal.

Marwa, 15, with her baby brother, Abdilahi, in Somalia

Greatest Need \$100

This gift goes wherever the greatest needs are for children across more than 50 countries around the world. It provides everything from urgent and essential care for newborns to nutritious food for families to aid for communities in crises...and so much more. Give this gift to help reach those who need it most, no matter what arises. Looking for a meaningful way to connect with the children in your life? Gifts of Hope are a great entry point to discussing global issues and raising awareness. Plus, they offer a teachable moment about practising compassion and tackling inequality. It might just become your new shared tradition!



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Our grandchildren choose Gifts of Hope as part of their present from us, and we talk about children who are less fortunate. Besides sharing in holiday giving, they learn about budgeting, geography and philanthropy."

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– Marilynn & Warren Zisserson, Ontario

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	The Mom Shop	20	TMS	\$75	4X		¢	Dersonalize volur cards
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40	Add an extra donation to your order and we'll direct it to where the need is areatest! (GOH)	you lis c	r orde	er and v est! (GO	ve'll	0	0	una money taised exceeds project requirements or cornot be programmed as planned due to unforeseen reasons, funds will be used to support similar activities for children and communities in need and match ratios may change. Prices subject
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INSIDE: Over 40 great gift ideas, starting at

A free card with every gift!

> FRONT COVER: Esnart is a Grade 2 student and Child Sponsorship program participant in Zambia. BACK COVER: Siblings Tuyet and Tuyen walk to school in Vietnam.



Give a Gift of Hope today | plangifts.ca | 1-800-387-1418