



*Thank you*

*You planted a seed of hope  
in Tacopaya.*

*Watch it bloom.*

The Seed

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Your 2016 sponsorship update  
from your sponsored child's community in Bolivia.

# Thank you for helping to bring hope to your sponsored child's community.

## How Sonia's studies will change a generation's future

Sonia, 18, lives in the hills of Tacopaya with her mum and dad, two brothers and two sisters. Sonia has always enjoyed school, working hard and getting good grades. When she started high school she wanted her studies to make a difference. So she joined 'Young People Responsible for Health'.

The group, set up thanks to you, teaches young adults practical skills in healthcare and farming. Sonia loved home economics so it was the perfect fit. Her friends started going too, and together they learned how they could change their community's future.

As the group grew, they got their ideas heard in school. Changes began to happen. Specialist teachers gave classes on nutrition, farming and healthcare. Inspired by what she had learnt, Sonia studied hard to graduate from high school. She wants to become a nurse, and use her skills to help her community. She tells us, "I want to become a nurse helping the families and children of Tacopaya."

Thanks to you, Sonia and her friends can study a profession that will change their future, and that of their families and community.

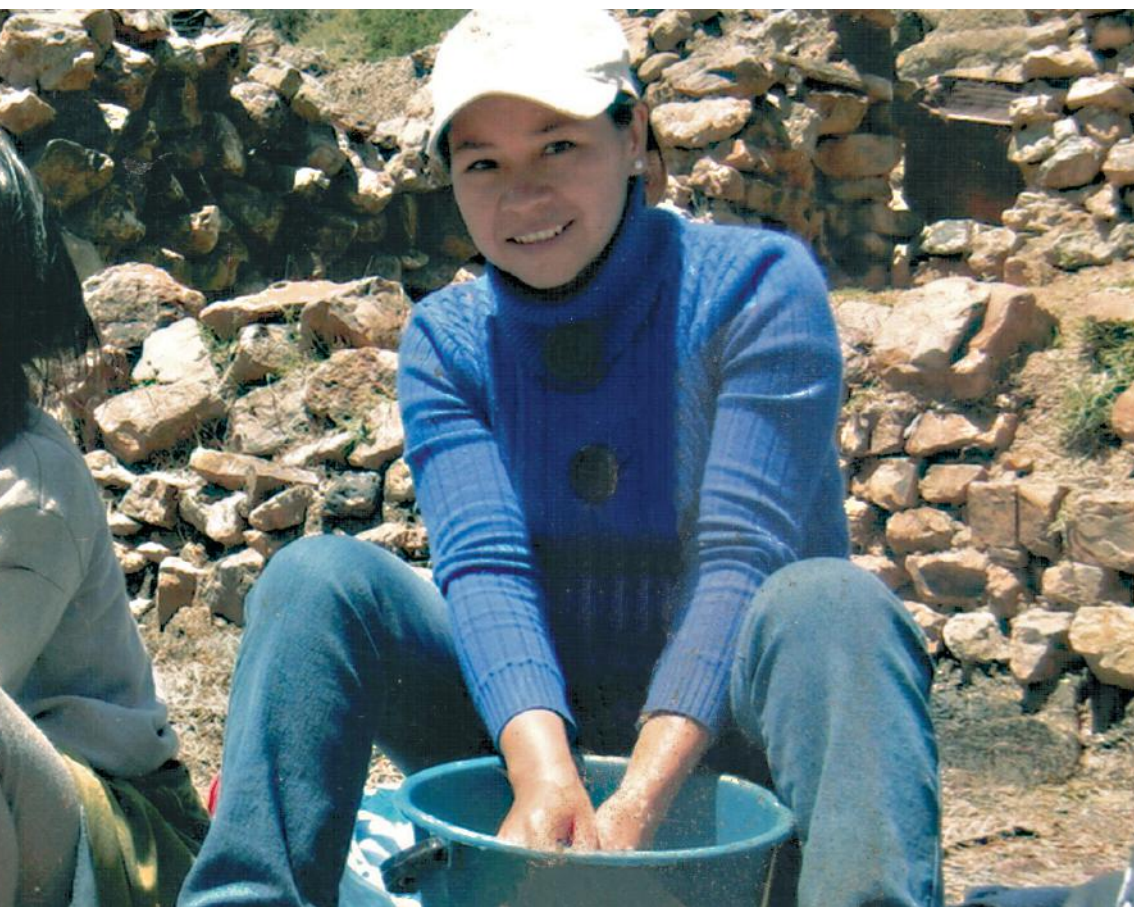


**TOP RIGHT:** Sonia and two friends enjoy a training workshop on nutrition, thanks to you. **BOTTOM:** Sonia, her sister Ayundando and her teacher prepare healthy meals. © 2016 World Vision





*“I am proud of the support I receive so I can study.  
I am very happy,” says Sonia.*





# We've come a long way, and we're still making progress — *all thanks to you.*

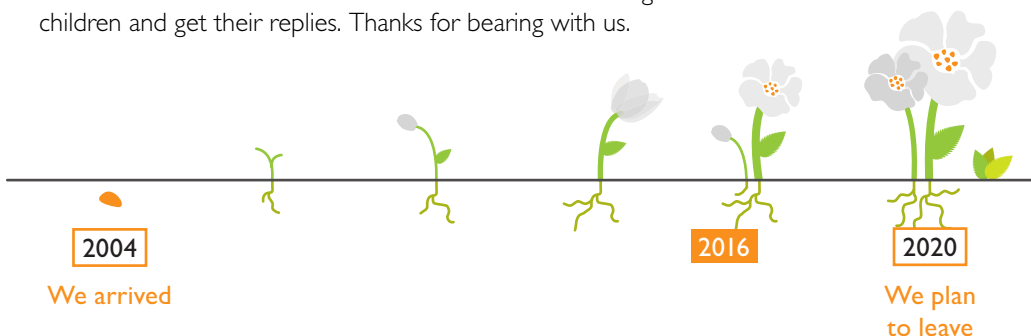
We've been working with the community of Tacopaya since **2004**. Back then, children faced many problems: low household income; malnutrition; fear of illness; and poor education.

Since then, things have begun to change for the better. Fewer babies are malnourished, as mothers have learned how breastfeeding gives babies the healthiest start in life; more families grow varied and more nutritious food, helping them give their children a more balanced and healthy diet; and schools have better resources, giving children the opportunity to reach their full potential.

Despite these improvements, life is still hard for your sponsored child, and we really need your continuing support to ensure all the good we have managed to achieve for them isn't lost.

Thanks to your incredibly generous sponsorship of your sponsored child, we can stay in the area for another four to five years. We plan to leave in **2020**, but we will only go once we are confident that the change you have made, and the hope that you have given, will continue after we have left.

**Just to say:** The landscape in Tacopaya means villages are far away from one another with hills and dirt tracks in between. This means it can take longer to deliver letters and cards to children and get their replies. Thanks for bearing with us.





# How you have helped this year...

We've picked out a small selection of the ways you have helped to bring hope to your sponsored child and their community. The reality is that you've helped us achieve much, much more.

- \* Mums have learned how to give their babies the most nutritious foods, helping them to grow strong and healthy.
- \* Reading clubs are helping more children to improve their reading.
- \* More families grow vegetables to feed their children healthy meals.
- \* Mums are now learning together and sharing their successes about parenting and health, so their children grow up healthy.
- \* Children feel safe and cared for, now over **80** teachers have been trained in child protection.
- \* Parents are now learning about good hygiene, and keeping themselves and their children clean and healthy.
- \* Children have new books and equipment so they can go to school and learn.
- \* Children are better fed, growing up healthy and well.

*“Seeing the video is very touching and makes my sponsorship more real to me.”* Gillian, Newtownabbey.

Have you seen your video from your sponsored child's community showing just how much your support means to them? Watch it today.

Register now at [www.worldvision.org.uk/my-sponsorship](http://www.worldvision.org.uk/my-sponsorship).

See back cover for more details.



**TOP LEFT:** Maria, 9, and her friends, take part in an arts festival promoting children's rights. "We danced and sang for our rights at the festival," she says. **BOTTOM LEFT:** Now Miguelina knows how to cook nutritious meals, her daughter doesn't get sick. "Our children are growing healthier and happier," she says.

© 2016 World Vision. **BOTTOM RIGHT:** Wilson, 10, and his friends, enjoy painting in a schools' murals contest campaigning to end discrimination of children.



## How do children like your sponsored child feel when they hear from their sponsor?

We asked sponsored children to share their thoughts with us...

*"I keep them in my secret box, so that no one can get them."* Elina, 5, Armenia.

*"I want to spend Christmas Day at church singing songs for my sponsor so that God can bless her."* Bibian, 15, Zambia.

*"I am happy to receive a Christmas card from my sponsor in the UK. I've shown it to my friends and I keep it in my bag. I want my sponsor to visit me, and I would love to say hello to them."* Sokly, 15, Cambodia.

However you choose to stay in touch with your sponsored child – whether by writing, emailing them on My Sponsorship, sharing photos or just taking a few moments in a busy day to think about or pray for them – thank you for bringing hope to your sponsored child.

Keep an eye out in the post as we'll send a Christmas card for you to send to your sponsored child in a few weeks' time.

**ABOVE:** Christmas cards add a spark of excitement to a normal day for Margarita, from Bolivia. © 2015 Eugene Lee / World Vision.

*"I am very happy to see that I am in your thoughts. You are so special to me. I am thankful for all you have done for me."*

Gentiana, 12, Albania.

# For the long-term, for lasting change, **for ever.**

Thanks to you, and other sponsors who are equally generous, we can work alongside a community for 15 years. That gives us time to help them bring about lasting change themselves, so they can continue to care for children long after we've left. When we do leave, it's because they're strong enough to stand on their own two feet.

Amanda (pictured below) has sponsored six children over 31 years, including Wasim, who she met in person on a trip to Bangladesh. She knows how it feels to say goodbye after so many years...

*"It was a wrench... [but it was] so lovely to have that connection with Wasim and to see him grow and progress, and now we're sponsoring Joya. So we have every hope that she will progress as well as Wasim did."*

Mary has been a sponsor for 34 years. In this time she's sponsored eight children. She tells us what this was like for her...

*"As I never married and haven't had children of my own it's been a blessing knowing that I have helped in some way to improve the lives of children a long way away and let them know that I care about them and love them. I will always be a sponsor and support World Vision even when I'm gone."*

## How you can improve the lives of children for ever

You're already creating a legacy by giving real hope to your sponsored child and their community. A legacy of permanent, positive change. By leaving a gift in your will, you can continue to bring life in all its fullness to vulnerable children for generations to come.

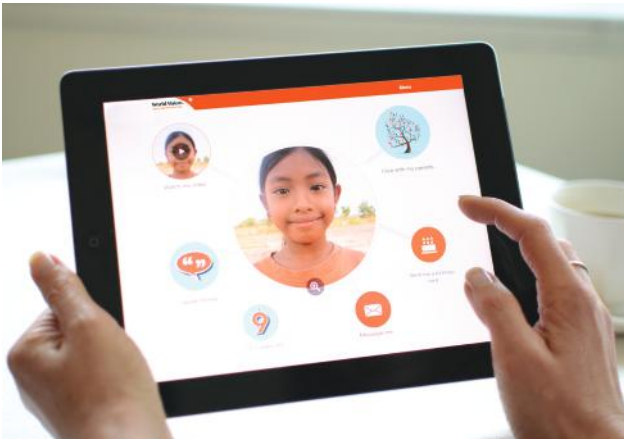
To find out more about this way of giving, please call our Legacy team on

**01908 84 10 60** or email [legacies@worldvision.org.uk](mailto:legacies@worldvision.org.uk)





# Feel closer than ever before



*“I love being able to send a message. It’s so easy to do and brings them closer as part of the family.”*

Ruth, Billingham.

Go to My Sponsorship today

My Sponsorship is the place on our website where you can find out more about your sponsored child, send messages, see photos and watch videos.

Here’s what sponsors like about it...

*“The video is amazing! Brought a tear to my eye.”* Joanna, Newtownards.

*“It’s great to see more photos of the community where my sponsored child lives (I went through every photo looking out for her).”* Hannah, London.

*“I love the part where I can send pictures and tell them about a day in my life. Seeing the videos of what’s happening in the communities just makes it so real.”* Kathryn, Kings Lynn.

## How to register?

Go to [www.worldvision.org.uk/my-sponsorship](http://www.worldvision.org.uk/my-sponsorship) to register today.

All you’ll need is your Supporter ID.



This Halloween, join in with other sponsors and carve a **heart** in your pumpkin as a symbol of hope for children living in fear.

For more ideas and to find out how you can get involved visit [www.worldvision.org.uk/carveaheart](http://www.worldvision.org.uk/carveaheart)

#carveaheart



CARVE  HEART

World Vision is the world’s largest international children’s charity. Every day we bring real hope to millions of children in the world’s hardest places as a sign of God’s unconditional love.

**FRONT COVER:** Darwin, with his sisters, Ofelia and Maritza, from Bolivia.

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