Tale for girls, boys, adolescents and caregivers during the quarantine.
These materials were designed for you and the people in your household.

Help us to know you better and give us your opinion about future materials!

Know more about the adventures of Zuri
Nestopolis
AN UNFORGETTABLE FESTIVAL
TALE FOR GIRLS, BOYS, ADOLESCENTS AND CAREGIVERS DURING THE QUARANTINE
Hi, my name is Zuri! I was born in Far Far Away Jungle and not long ago I moved to Nestopolis. At first, I was a bit sad. You know, changes can be hard. But they are also an opportunity to explore new places.

Nestopolis is wonderful, the trees here are super tall and green, heavy with delicious fruits and seeds. But the best part is that all the birds that live here are very nice, warm, and welcoming. Like myself, a lot of them were born somewhere else. But here everybody is made to feel at home. There’s space for everybody to build their nests! We all belong here and that’s what makes Nestopolis so special.
I have all types of friends. I am a tucan, but I have friends that belong to different bird groups. For example, Blue is an arara, Dani is a hummingbird, and Pau is a cockatoo. Teacher Aurora is a pink flamingo who was born in a lake far, far away. I live with Grandpa Gili and Aunt Flora, two owls that take care of me and that tell me stories of when they were my age.

In Nestopolis we love to do things as a community, we take good care of the jungle because it’s our home. Everyday we carry seeds from one side to the other, so more trees can grow. We also spend time together and have a lot of fun. After school my friends and I like to fly around, singing songs and inventing new games.
It was a pleasant Friday afternoon on the first days of March. Outside, the light rain that fell against the broad leaves of the tallest trees, sounded like calm and beautiful music. Inside the tree, the birds used the last hours of the school day to finish their preparations for the Fruit Festival. The Fruit Festival, which took place every year, was the most important festival in Nestopolis, as it celebrated the diversity of fruits and lives brought by each species of birds that had moved there. Among all the birds in the group, Zuri, who had recently arrived in Nestopolis, and had lived its entire live in the Far Far Away Jungle, was certainly the most excited, as this would be its first festival.

Zuri and its friends were talking about the costumes they would wear during the festival. They also commented on the fruit salads they were going to prepare, when Teacher Aurora asked for their attention. As everyone loved and respected Teacher Aurora, who was very nice and intelligent, they sat down to listen to what she had to say.

“My lovely students, I have some important news and information to share with you, can you all hear me?” - asked the teacher.

“Yes, Teacher Aurora!” They all boasted in unison.

Teacher Aurora then turned to the blackboard and wrote something on it. All the little birds got curious. For they were always interested in the new things their teacher taught them. In big bold letters, Teacher Aurora wrote COVID-19.
- Are we going to talk about the Carlota virus?, Pau asked, reading the sign.
- I think it is called Coronavirus, Pau, replied Dani, whose mother was a doctor.
- Very good Dani, the teacher agreed. COVID-19 is another way to call the coronavirus. Has anyone heard of this?

All the little birds raised their wings. For days now, the adult birds in their nests had been talking about something called a coronavirus. They had also heard about this on the radio. The virus was said to be faster than any bird. However, only Dani raised her feathers to speak: “Yesterday, a carrier pigeon brought a letter from Feather Beach to my mother. It said that the virus is making us sick and it is more serious for the elder. My mom decided that she was going out for a few days to go and support the birds that work in the Health Centers in Feather Beach” she explained.
Teacher Aurora cleaned her glasses and explained:

- Coronaviruses are a family of viruses that are named like that for having crown-like structures. **Coronaviruses can cause COVID-19 disease**, the main symptoms are dry cough, fever and tiredness …

- Like a flu! Pau exclaimed with excitement.

The teacher smiled and continued: “No Pau, the symptoms are similar, but **COVID-19 and the flu are different diseases**. COVID-19 can become more serious and dangerous. That is why it is so important that you always notify the adult birds that take care of you if you do not feel well…”

Blue, who was the smallest of the birds in the class, became very nervous. “What are we going to do? Are we in danger?” he asked. Then Teacher Aurora stroked its head with her wing. Then she approached the board and wrote three words:

- These are the three powers to combat the virus: hygiene, calm and care, explained Teacher Aurora. Imagine that you are superheroes and superheroines that must fight the virus!

The little birds closed their eyes and listened attentively to the teacher, as they imagined themselves fighting the virus with their special suits and their superpowers.
A new virus reached Nestopolis. We need help from the Winged Clan!

Viruses are very small beings that like to travel and visit our bodies. But they are not very pleasant visitors since they can cause us some illnesses... For example, the coronavirus can cause COVID-19.

The main symptoms are:

- Dry cough
- Tiredness
- Fever

Remember! The coronavirus likes to travel a lot, but it cannot fly very far by itself. So it uses people to travel from one to the other. The virus travels when we shake hands and hug each other. It also moves into the small saliva particles that come out when we talk, cough, or sneeze.
Although the coronavirus is very fast and can be spread very easily, there are **6 simple actions** that we can take to prevent it from continuing to visit our homes and attacking other birds.

**#1**
**AVOID DIRECT CONTACT!**
Do not say hello with a kiss or a handshake and do not hug others.

**#2**
**WASH YOUR HANDS**
with plenty of soap, alcohol or antiseptic gel correctly, at least every three hours. Also remember to wash your hands before and after going to the bathroom, eating or playing with your pet.

**#3**
**COVER YOUR NOSE AND MOUTH WITH YOUR FOREARM**
(not your hand) when sneezing or coughing.

**#4**
**IF YOU HAVE THE FLU OR A COLD,**
wear a face mask and stay home.

**#5**
**CLEAN YOUR HOUSE**
with all the members of your home. This is essential to eliminate the virus.
#6 BUT ABOVE ALL, try to stay at home with your loved ones and avoid going outside. It is the best way to prevent infection!

It is very important to wash your hands well. Follow the next steps!

1. Wet your hands with clean water
2. Apply enough soap to your hands and wrists
3. Rub between your fingers
4. Rub your thumbs
5. Rub the back of each hand
6. Rub your wrists and rinse

It is very important to wash your hands well. Follow the next steps!
Let an adult know if you are feeling unwell!

Call the emergency line of your country before going to the hospital.
After finishing the explanation about COVID-19, the teacher told them that they were going to close the school for an indefinite time. That all birds should remain in their nests, but they could continue studying from their homes.

When Zuri got home after flying from school, Grandpa Gili and Aunt Flora had already prepared dinner for them. Zuri’s favorite meal of all times: green mango ceviche. Of course, before entering the house, Zuri took great care to clean its feathers, so their nest would be clean and protected.

While they sat to eat, Zuri asked Aunt Flora what would happen with the Fruit Festival. Zuri was very disappointed to miss their first festival ever. Aunt Flora, who was a very wise owl, told Zuri the following:

“There is no need to be sad. The objective of the festival is to celebrate the community and celebrate that we will always love and protect each other.
Aunt Flora and Grandpa Gili also told Zuri that it was not the first time something like that happened to Nestopolis and the rest of the Jungle. A long, long time ago, another virus had tried to make everyone sick, but with hard work and solidarity, the communities were able to make it go away.

Talking to Aunt Flora and Grandpa Gili always made Zuri feel better. Because they were very smart, knew a lot of things and had traveled to a lot of different corners of the jungle.

Because Grandpa Gili was an elderly bird he could no longer fly a lot, for he got tired fast. But he was great at telling stories and had an amazing imagination. Zuri felt lucky to have this time at home so they could share stories, adventures and games among household members.

Zuri realized then that although staying at home meant not playing with all the other little birds, it was also an opportunity to spend more time with Gili and Aunt Flora.
After the talk with Aunt Flora and Grandpa Gili, Zuri went to the balcony. Zuri heard very loud screams and with a lot of concern it observed a fight between a pair of parrots who lived in the tree opposite to theirs. Zuri saw the male parrot yell at and even hit the female parrot in their nest. Anguished, Zuri went to look for Aunt Flora.

Aunt Flora listened to Zuri carefully about what was going on, she stroked the feathers on its head and said:

Zuri, you did well to let me know! It is very important that we talk whenever we see that someone is being a victim of violence. It doesn’t matter if it happens with your friends, with someone in the family, with your teachers or even someone you don’t know. The nests are our home and the home must be a safe place, full of love and peace.”

Aunt Flora called the hotline to report the situation. Soon, expert birds in solving these situations arrived at the parrot’s nest. Aunt Flora, in her immense wisdom, said: “Being locked up is difficult, but we cannot be aggressive or let others attack us. It is very important that we remain calm and be responsible in how we behave towards others. It is also very important that we always report an attack and know that there are always people that can protect us.”
We owls have to take control of our emotions and not unload our anger or fears on the people we live with. And know that those who love us, don’t attack us.

REMEmBER!
If you ever find out that any of your friends or someone you know is experiencing violence in their homes or on the streets, you can help them by telling a trusted person and calling your country’s helpline. If you call, someone will come and help you! Remember that we are not alone!

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On the other side of Nestopolis, Dani arrived at the hummingbirds’ nest to find that Mommy hummingbird was still away. For she was helping the other healers to treat those that were starting to get sick.

Dani got a little worried because she was hungry, and Mommy hummingbird was the one who cooked dinner every night. Besides, she was also the one who cleaned the entire nest, took out the dirty leaves and prepared Dani to go to school.

Dani was very attentive in class and had heard every word Teacher Aurora had said. Dani now knew that their nest had to be kept clean to prevent the coronavirus from reaching it.

“How will we eat, and clean our feathers with mom working away?” Dani thought.

But all of a sudden Dani heard some loud crashing noises coming from the kitchen. Dani went to see what was happening and found Daddy hummingbird cutting some fruits. Dani wanted to help and asked her dad if they could cook together. Daddy hummingbird accepted her help and they finished preparing their meal.
Once they were done eating and cleaning everything, Daddy hummingbird helped Dani to get ready for bed. While being tucked in by Daddy hummingbird, Dani decided to ask him a very important question, which she had had in mind all day.

- Dad, Dani started. **Why is it always mom who cooks and cleans if we can both also do it?**

Dani’s dad smiled and replied: “Well, that is a great question, Dani. I was asking myself that just before you got home. I guess we got used to thinking that Dads and all the male birds work outside. And the moms and female birds work inside taking care of the chores around the nest”

Dani, who was not completely satisfied with the answer, said: “Yes, Dad, but mom also works outside, taking care of the birds and other animals”

Dani was absolutely right. Daddy Hummingbird had thought that he should also do the nest tasks. Then he smiled and said, “Just like me, Dani, you should also do chores that are appropriate for little birds. **If we all help a little, we can do it faster and spend more time together.**”

At first Dani and her dad felt sad that they couldn't leave the nest for a while, also because Mommy Hummingbird would be out of the nest for a few days. However, they learned to organize and distribute the nest's chores.
Once everything was back to normal in Nestopolis, Dani and Daddy Hummingbird continued doing the nest chores. Mommy Hummingbird was very happy that they had taken charge! The day she arrived they had prepared a surprise welcome dinner, to thank her for her work and love.
Zuri woke up the next morning feeling better. And even excited to play some board games with Grandpa Gili and Aunt Flora, and listen to some other stories. But while Zuri was helping Grandpa Gili prepare their breakfast, they started to hear a soft melody coming from outside their nest. At first, Zuri thought it was one of the birds who collect the dry leaves of the trees, for they are used to singing while working. But then it became clear that the sounds were not coming from one bird but from many different peaks. Zuri, Grandpa Gili and Aunt Flora rushed to the balcony of their nest to see what was happening. What they saw left them amazed and in awe. All the birds from Nestopolis were on the balconies of their nests, dressed in fruit
costumes and singing together the beautiful melody. More specially, Zuri’s friends were all holding pieces of watermelon, Zuri’s favorite fruit.

Zuri understood that even though their first Fruit Festival was not as expected, it was very special. Because the whole population of Nestopolis was spending time apart to prove they were more united than ever. In the end, Zuri and the rest of the little birds got really happy and grateful to be able to experience such a different and special Fruit Festival. But of course, they were also excited for the next one. When everything would be back to normal and they could fly together, wing to wing, around the beautiful forest they loved so much.
“The Adventures of Zuri” is an initiative of Plan International, in order to provide support to children and adolescents as well as to the adults who care for them during the COVID-19 pandemic. The project contemplates the dissemination of stories adapted for all audiences through print, digital and audiovisual media, prioritizing the thematic areas of gender protection, education, social integration, water, sanitation and hygiene (WASH).

Likewise, the initiative includes the distribution of ludic guides, with the aim of guaranteeing that children, adolescents and adults have an accessible tool that helps transform homes into a safe and learning space. The guides designed by the team of educators and communicators that make up the project Pasos Sostenibles (Sustainable Steps) financed by EU Humanitarian Aid, and the Regional Office of Plan International for the Americas Hub (ROAH). The project Pasos Sostenibles belongs to the consortium between Plan International ROAH, Plan International Peru, HIAS, RET and the Red de Casas Don Bosco.

If your organization and/or institution is interested in using, disseminating, or working together with Plan International in the production of the Adventures of Zuri materials

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Sustainable Steps

Promoting access to water and education

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