

DSW'S PROJECT WORK IN EAST AFRICA



DSW has built a network of 195 youth clubs and 40 youth empowerment centres across Ethiopia, Kenya, Tanzania and Uganda, providing training to numerous young people and opening up new prospects for their future as a result. The youth clubs and youth empowerment centres also provide information on sexual and reproductive health and rights (SRHR) and are the heart of our project work. Take a look at some of our projects below.

Ethiopia



Unintended pregnancies in Ethiopia

According to the Guttmacher Institute, **42 per cent** of all pregnancies in Ethiopia are unintended. Of these unintended pregnancies **31 per cent** end in an abortion. According to the UNFPA State of World Population Report 2022, the birth rate is 80 births per year for every 1,000 young women between the ages of 15 and 19.

With combined strength

Stiftungsallianz für Afrika (SAfA)



Amhara, Oromia

Providing early sexuality education and raising awareness, enabling access to youth-friendly healthcare (especially contraceptive products), securing secondary schooling completion and ensuring sustainable, income-generating measures for young people after graduation – all of these goals can be found under the umbrella of the *Stiftungsallianz für Afrika (SAfA)*. Three organisations contribute their core competencies under SAfA: DSW covers the area of SRHR awareness and sexuality education; the Hanns R. Neumann Stiftung trains young people in agriculture and assists with business planning; and the Elias Melake Foundation provides training for young people in the development of supply chains for their products and in building business networks. Implementation of these measures is already underway in the densely populated Amhara and Oromia regions – impacting more than 70,000 young people, aged between 15 and 29 years. The project is financed by the German Federal Ministry for Economic Cooperation and Development and the four foundations that make up SAfA gGmbH: the Rossmann Stiftung, the Kühne Foundation, the Max and Ingeburg Herz Stiftung, and the Hanns R. Neumann Stiftung.



Birtukan Degu is a youth leader at the DSW Girls' Club in Gish Abay.

Ethiopia

Help at the workplace

Healthy Youth at Work

 Oromia

Bringing SRHR awareness and contraceptive services to where young people are and where they need them is one of DSW's central goals. In the Oromia region, this includes the massive flower farms where many young people between the ages of 15 and 29 work. Training on gender and life skills or reproductive health discussion rounds, take place directly at the farms. At the same time, age-appropriate counselling centres have been set up in the local health centres. Staff are also trained to answer questions on sexuality, contraception, and sexualised violence at the farms and provide direct practical support. In order to be able to advocate for a self-determined life at the political and social level, young people receive training in how to present such issues to government and community representatives.



Many women work at the flower farms in Oromia.

As close as possible to the youth

Integrating Youth Friendly Clinics into Youth Empowerment Centers

 Oromia, Amhara, Southern Nations, Nationalities, and Peoples' Region (SNNPR)

"There are definitely more women than men coming", says Kidist, "and most of them come alone." Nurse Kidist works for the pilot project *Integrating Youth Friendly Clinics into Youth Empowerment Centres* (YECs). Its aim is to bring the possibilities of self-determined family planning and modern contraceptives as well as healthcare as close as possible to the young people.

Within the initial five YECs, nurses like Kidist advise young people on forms of contraception appropriate to their age and life situation. "Women who have a partner are more likely to seek a long-term contraceptive method, such as hormone implants. Other women who are not in a relationship, often prefer the pill or hormone injections." This is due to these methods being discreet, cheap, and easily available. Nurse Kidist also offers the contraceptives directly – at an affordable price for young people, which also enables Kidist to earn an income. The low inhibition threshold and discretion makes the offer a youth-friendly approach.

If medical interventions are necessary, Kidist refers the young women to suitable health facilities.

The youth-friendly clinics in the YECs are supplemented in rural areas by "flying nurses". These nurses work on the same principle as Kidist, but are mobile and come directly to the homes of young people. These are often in places where there is neither counselling nor contraceptives and the nearest health centre is far away.

The need is great: not a day goes by without at least five to ten patients sitting on Kidist's bench. And she can't always help: not only are contraceptives often in short supply, but there are also many girls who get pregnant unintentionally. Although abortions are not forbidden in Ethiopia, age-appropriate and medically safe help is hard to find. But Kidist is not discouraged. On the contrary, she is very motivated to train other nurses as well in order to expand the services as quickly as possible.



Nurse Kidist works with detailed questionnaires towards providing individual counselling to the young people.



These nurses have just completed a training course in Bahir Dar to become "flying nurses".



Unintended pregnancies in Kenya

According to the Guttmacher Institute, **61 per cent** of all pregnancies in Kenya are unintended. Of these unintended pregnancies, **38 per cent** end in abortion. According to the UNFPA State of World Population Report 2022, the birth rate is 96 births per year for every 1,000 young women between the ages of 15 and 19.

The solution is at hand

Vijana Vuka na Afya (VIVA) | *Life Yangu*



Mombasa, Kisumu, Nairobi

“You have the solution in your own hands”, was how Evelyn Samba summed it up at the presentation of *Life Yangu* in April. The director of our country office in Kenya meant it quite literally, because *Life Yangu* is an app. It provides young people with access to age-appropriate SRHR education, information on contraceptives, as well as contact details and directions to youth-friendly health centres via their smartphone – anytime and anywhere. *Life Yangu* is part of the VIVA program, in which DSW organises social media campaigns with the Kenyan government to introduce youth, not only to health services, but also to educational opportunities. A digital voucher system creates incentives for increased use.



[Click here to view a video on *Life Yangu*](#)



The launch of *Life Yangu* in Nairobi was celebrated with fun and excitement.

Giving mothers a voice

Reaching the Last Girl



Kilifi, Migori

Two thirds of people with HIV live in sub-Saharan Africa. There, six out of seven new infections among young people between the ages of 15 and 19 occur in girls – many of whom have children at that age.



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An effective network

Linda Binti Project



Mathare, Korogocha Slums in Nairobi

Preventing unintended pregnancies is the central goal of the *Linda Binti Project* in Nairobi, which is run by the German Doctors agency. Their clinic is located near the two informal settlements of Mathare and Korogocha. Here, young people at risk between the ages of ten and 24 are educated and informed about suitable contraceptive methods. As a cooperation partner, DSW helps to create an effective education network where school headmasters, teachers and parents are trained. The young people themselves also learn to pass on their knowledge to their peers without feeling inhibited to do so. For those who are pregnant, DSW not only refers them to the clinic's mother-child-care, but also offers training in coping with everyday life so that the teenage mothers are not left alone.

The *Reaching the Last Girl* project addresses affected mothers and their children: the women receive training in self-determination and life skills as the stigmatisation of people living with HIV is still enormous. A key aim of the project focuses on giving young mothers a voice to be able to participate in political and social decision-making processes to fight traditional harmful practices, stigma, and the marginalisation of their sexual and reproductive rights.

“People are now obeying the law.”

Holistic Action for Young People in the Phase of Adolescence (HAPA)

 West Pokot County, Kilifi

“Our people now know that it is a criminal offence to have sex with school-going girls.” William Karisa Thoya attributes this progress to the successful implementation of the HAPA project. However, the police chief of the village of Kaloleni in Kenya’s Kilifi district knows that this is about much more than simply enforcing the law: “We still have this culture where men believe that they have an unlimited say and that everything around them belongs to them.”



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William Karisa Thoya is a police chief in Kaloleni in Kilifi district and an ambassador for the HAPA project.

For this reason, for example, marrying a young girl to an older man is not considered wrong. One of the biggest problems, however, is the sexualised violence that takes place in many places. “When girls are affected, they stop going to school, which leads to poverty in the community”, explains William, who is involved in the HAPA project as an ambassador against sexualised violence. In addition to education in schools and the corresponding training of teachers, HAPA also includes the training of young people and journalists to be able to influence all political and social levels. “Preventing sexual and gender-based violence is not a one-man job. It involves several stakeholders, so there is need for cooperation”, says the police officer. The HAPA project has developed different approaches to educate the community and ensure that victims of gender-based and sexualised violence are helped and perpetrators are held accountable. “Through the HAPA project we have assisted several girls. DSW’s work for young people in the community is very important, because through the HAPA project people are now obeying the law.”

 [Click here to view a video on HAPA](#)



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As part of the HAPA project, sexuality education and awareness is promoted in schools, as shown here in Kilifi.

Tanzania

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Girls on their way to school.



Unintended pregnancies in Tanzania

According to the Guttmacher Institute, **46 per cent** of all pregnancies in Tanzania are unintended. Of these, **36 per cent** end in abortion. According to the UNFPA State of World Population Report 2022, the birth rate is 139 births per year for every 1,000 young women between the ages of 15 and 19.

Spreading awareness in schools

Afya yangu - Shule yangu - "My Health - My School 2"



Dodoma (Mbabala, Mkonze, Chilangali, Makutopola, Ntyuka, Mpunguzi, Kikuyu Kaskazini)

The rate of teenage pregnancies in Tanzania is one of the highest in the world: 27 per cent of girls between the ages of 15 and 19 already have their first child or are pregnant. For most of them, this means the end of their school career. Their career opportunities are then severely limited, which can lead to a life of poverty and financial dependency – a cycle often repeated in the next generation. The aim of the project is to prevent this through targeted education and trainings for teachers within seven administrative districts and

their secondary schools. Training also includes youth counsellors, who will supervise the youth clubs integrated into the schools and pass on their knowledge to the young people there. Also government officials in the seven districts are trained and sensitised to the problems of sexualised and gender-based violence. Last but not least, this approach promotes understanding among responsible authorities that excluding underage pregnant young women from school is not a solution.

Breaking taboos and shaping the future

Supporting Youth Initiative for Youth Empowerment Tanzania II (SIYET II)

 Longido, Meru, Kinondoni, Ubungo

When Naserian came to the youth club for the first time, she could not believe her ears. How could one speak so freely about things that were never uttered in her culture, neither by young people nor by older ones? Topics like early marriage, teenage- and unintended pregnancies, and more. At first, Naserian says, she was very embarrassed, but when she began to realise just how much it all affected her, and how she too was affected by this patriarchal system that oppresses girls and women – she wanted to do something to change it!

Naserian comes from Engarenaibor, a pastoralist community in the Longido district of Tanzania. At 22 years of age, she has not only learned how to speak openly about taboo topics, but also how to raise awareness and get others to speak out. In one of our youth clubs, she took part in the *Supporting Youth Initiative for Youth Empowerment Tanzania*. The project is aimed at young people like Naserian, to train them as counsellors so that they can inform their peers about sexuality, the risk of sexually transmitted diseases, early or unintended pregnancies and, of course, how to achieve a healthy and self-determined life.

Today, Naserian is very proud to have helped so many young people: “In our culture, it is normal for a young girl to get married early and to have at least two children by the age of 20 and to be expecting another in a few months. I say this because I am also one of those girls who were married off early.” To finally break these norms, Naserian’s big goal is to spread her knowledge about SRHR and family planning, as widely as possible. Those that she has helped, will also have the knowledge, confidence, and skills to educate many others about their rights in the community.



Naserian was trained as a counsellor in the SIYET project.



Girls training in a meadow in Arusha to raise awareness among their peers.

Replacing old rituals with new ones

Binti na Maendeleo – Girls and Development

 Arusha, Manyara, Kilimanjaro

Mutilating the genitals of girls in order to marry them off, is a custom that has been practiced for generations in the Arusha region. To end this form of violence, which often leaves girls and women with irreversible psychological and physical harm, we have been supporting a government action plan to raise awareness of this dangerous practice among young people aged between ten and 24 since 2018. Counsellors, who were once trained by DSW, now work within newly created school health clubs in the region. The best way to combat old rituals is to create new ones. For instance, former circumcisers and traditional birth attendants have been recruited to develop and teach alternative rites that do no harm. Within protected rooms, women affected by female genital mutilation, are provided space to exchange information and receive counselling. They also learn how to earn their own income, which supports them to become independent.



Unintended pregnancies in Uganda

According to the Guttmacher Institute, **58 per cent** of all pregnancies in Uganda are unintended. Of these, **30 per cent** end in abortion. According to the UNFPA State of World Population Report 2022, the birth rate is 111 births per year for every 1,000 young women between the ages of 15 and 19.

Warning: High risk of addiction!

“Kangogolijjo” (*TeamUp*)

 Mityana

Move over Netflix! In Uganda, the *TeamUp* program, for which we have joined with the Hanns R. Neumann Stiftung and the Siemens Stiftung, has created an addictive radio novella called, “Kangogolijjo”. Produced by young people at the Mityana Youth Club, the play packages topics such as agriculture, water, and health, in a highly entertaining way and is part of the very popular weekly *TeamUp-Hour*. This is just one component of the comprehensive program, which offers sexuality education (in addition to training in water, sanitation, and hygiene), for over 50 youth clubs and 40 schools so that young people can become self-sufficient in sanitation.



[Click here to hear a small sample of “Kangogolijjo”](#)



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Youth Champion Fatuma distributes information material in Mityana.



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Mobile awareness creation

Youth Truck

 Busia, Kampala, Kamuli, Mityana, Mukono, Tororo, Wakiso districts.

“When the Youth Truck comes, everyone immediately knows what it’s all about”, enthuses Edmund, who works in the team that has been travelling Uganda’s roads with the colourfully printed Toyota Land Cruiser since 2018. Equipped with a loud-speaker system, screen and projector, the *Youth Truck* brings sexuality awareness and contraceptives to Uganda’s most remote villages. In addition to awareness-raising events and the distribution of condoms, talks are sought with parents, teachers and district officials to make them aware of the issues of sexual and reproductive health and to change the structures sustainably.



[Click here to view a video on the Youth Truck](#)

The Youth Truck goes wherever it is needed.

Preventing menstruation from becoming a poverty trap

MakaPads (TeamUp)

 Kampala, Wakiso, Mityana

“I was at school when I got my first period. Suddenly there was a blood stain on my skirt. I was terrified. I didn’t know what menstruation was. I did not stand up until everyone was gone home because I feared they would laugh at me.”

Joyce Nakanwagi’s experience 15 years ago in a village in southern Uganda is the same for many girls. Menstruation and sexuality education are still taboo in many traditional societies, and girls and young women are left alone with their fears and needs. Because many of them have no access to sanitary pads, they often do not leave the house during their period, skip classes, and cannot go to work and participate in social life. This means that educational and earning opportunities are restricted, and gender inequality continues to grow.

To ensure that menstruation does not become a poverty trap, the start-up “MakaPads” in Uganda produces affordable, reliable, and comfortable pads made from renewable raw materials: Papyrus plants harvested in the region are first dried and ground and then processed with paper and water into a pulp. After they are dried in the sun, rolled out and cut into absorbent pads, they are then disinfected using ultraviolet light.

The start-up has already produced over ten million sanitary pads and currently provides decent paid work for more than 55 people. Among them are many women who previously could not afford sanitary pads themselves and had to drop out of school. Together with DSW, the third production facility was opened in Mityana. This is also directly integrated with one of the youth clubs there.



Joyce now sells the MakaPads herself in her kiosk in Mityana.

Want to learn more about DSW?

Deutsche Stiftung Weltbevölkerung (DSW) is a global development organisation that focuses on the needs and potential of the largest youth generation in history.

We are committed to creating demand for and access to health information, services, supplies, and economic empowerment for youth. We achieve this by engaging in advocacy, capacity development, and reproductive health initiatives, so that young people are empowered to lead healthy and self-determined lives. With our headquarters in Hannover, Germany, DSW operates two liaison offices in Berlin and Brussels, as well as maintaining a strong presence in Ethiopia, Kenya, Tanzania, and Uganda.

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