



QUARTER FOUR  
**REPORT**

OCTOBER - DECEMBER

2025

# WORD FROM EXECUTIVE DIRECTOR

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As we close the fourth quarter and step into 2026, we do so with gratitude, pride, and renewed purpose. At Afyaplus, this season has reflected the strength of our shared vision and the impact that becomes possible when communities, partners, and institutions work together.

Throughout the year, we expanded access to clean water, strengthened sanitation facilities, and advanced menstrual health education creating safer, healthier learning environments for children and more resilient communities across Tanzania.

As we look ahead, our commitment grows stronger. With the continued support of our partners, donors, communities, and stakeholders, 2026 holds the promise of greater reach, deeper impact, and sustainable transformation. Together, we move forward driven by hope, guided by purpose, and united in building a healthier and more dignified future for all.

**Suzan Yumbe, MSc Public Health for Development London school of Hygiene and Tropical Medicine (LSHTM). Founder and Executive Director, Afyaplus**

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A young boy in a green sweater is smiling and raising his hands in a schoolyard. In the background, other children and a banner for 'AFY Health' are visible.

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# LIST OF ABBREVIATIONS

<b>ASRHR</b>	Adolescents Sexual Reproductive Health and Rights
<b>AGYWS</b>	Adolescents Girls and Young women's
<b>APO</b>	Afyaplus Organization
<b>DC</b>	District Council
<b>EWB</b>	Engineers Without Borders
<b>MHH</b>	Menstrual Health Hygiene
<b>MSU</b>	Michigan State University
<b>MHM</b>	Menstrual Hygiene Management
<b>WASH</b>	Water Sanitation and Hygiene
<b>GBV</b>	Gender Based Violence
<b>NGOs</b>	Non Governmental Organizations
<b>SDGs</b>	Sustainable Development Goals
<b>VSLAs</b>	Village Saving and Loan Associations

AFYAPLUS is a non-profit organization operating its core development agenda of prevention and control of diseases through the promotion of water, sanitation and hygiene (WASH) and empowerment of girls and young women. The main goal of the organization is to improve school performance and create a community free from diseases caused by lack of safe and clean water, poor sanitation, poor hygienic practices, poor nutrition and empowerments adolescent girls and young women in a community.

## Our mission

To cultivate behavior change and build a strong community through the promotion of water sanitation, hygiene services, Nutrition and empowerment of adolescents girls and young women through engaging relevant stakeholders.

## Our vision

A responsible community where children grow healthy, women are empowered and the community is free from nutrition, sanitation and hygiene-related diseases.

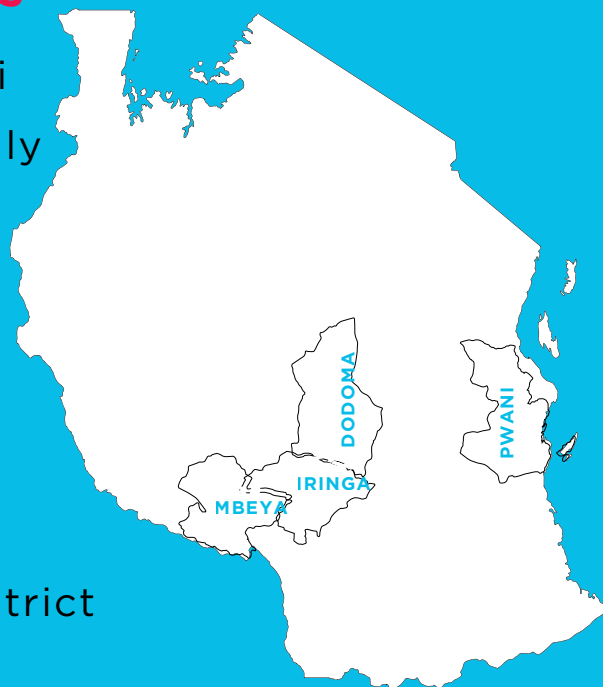




## Our areas of interventions

We operate in the Iringa, Pwani and Dodoma regions, specifically within the following councils:

- **Iringa:** Kilolo, Iringa and Mufindi districts
- **Mbeya:** Mbarali District
- **Dodoma:** Dodoma City, Chamwino District, Bahi District





## OUR STRATEGIC GOALS



Water, Sanitation and Hygiene (WASH) Services Improved in Schools and Community.



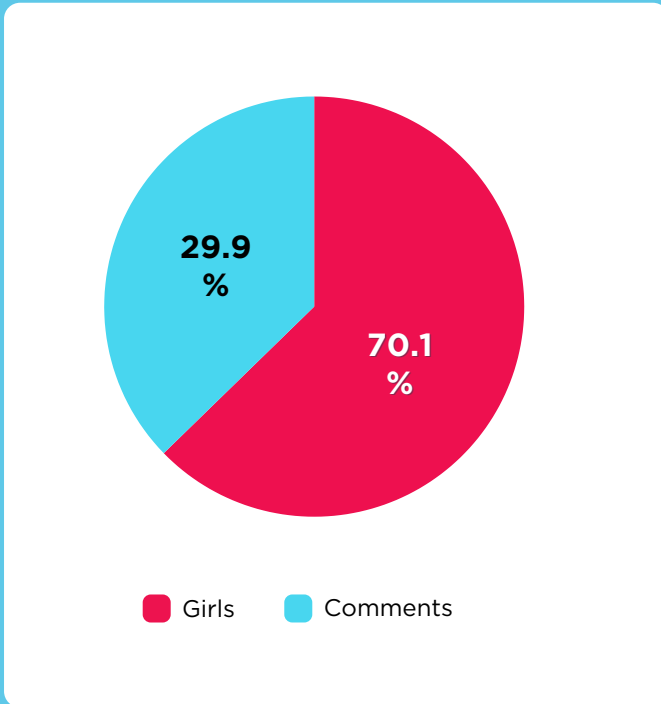
Adolescent Girls and Young Women Empowered to Exploit their Potential to the maximum.



Afyaplus Organizational Capacity Improved.



Nutrition



## Safe Pad Lab Project

6972 Girls      3287 Boys

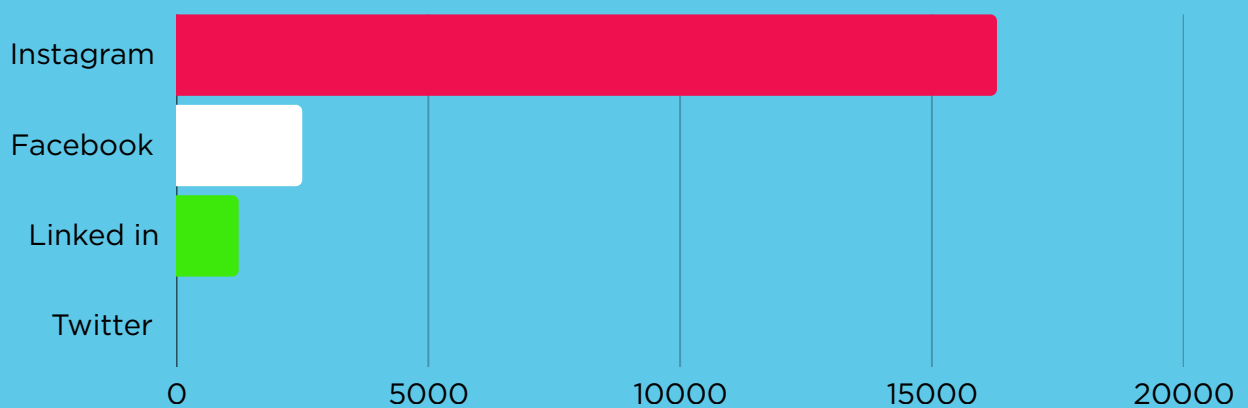
## Water in school Project

2208 Girls      2172 Boys

**14,639**

TOTAL DIRECT REACH

## SOCIAL MEDIA REACH





**TEACHER, BUIGIRI SEC. SCHOOL**

“Before the Afyaplus project, students depended on buckets and jerry cans for handwashing, which required constant refilling, broke easily, and provided limited water. The school had only one tap, causing congestion and making proper hygiene difficult. Through the Afyaplus project, a permanent handwashing facility with eight taps was installed, ensuring continuous water availability and reducing crowding. This improvement has enabled students to practice proper handwashing more easily, reduced the risk of hygiene-related diseases, and created a healthier and safer school environment. The facility provides a long-term solution that will benefit both current and future students.

“We feel very fortunate to have the new handwashing facilities at our school through this project. The project has helped us understand that handwashing is not only done when our hands are visibly dirty, but also before and after meals, after using the toilet, and at many other important moments in our daily lives. These facilities will help protect us from many illnesses and make our school a safer place to learn. What we appreciate most is that this is a long-term solution, unlike the jerry cans and buckets we used before. The new handwashing facilities will remain in our school for us and for future students, allowing everyone to grow up practicing proper hygiene. We hope AfyaPlus can extend this support to other schools that are in need of these services.



**TEACHER, BUIGIRI SEC. SCHOOL**



**ELIVILA VICENT,  
BUIGIRI SEC. SCHOOL**

“The Water in Schools project by Afyaplus has really changed the way we take care of ourselves. We have learned the importance of washing our hands not only when they are dirty, but also before eating, after eating, and after using the toilet. This has helped us build a strong habit that will protect us from diseases like cholera, diarrhea, COVID-19, and many other water-related illnesses. What makes us very happy is that these facilities are permanent, so even after we finish school, other students who come after us will also benefit. It is a project that will keep helping many generations.



Afyaplus Organization promotes sustainable WASH services in schools and communities to improve health, education outcomes, and gender equality. By preventing disease and strengthening sanitation infrastructure, Afyaplus advances SDGs 6, 5, and 4 Ensuring access to clean water, quality education, and equal opportunities for all, especially children and vulnerable families.

From October to December, AfyaPlus continued with project evaluation and follow-up activities for the Water in Schools Project in Dodoma Region, with a focus on assessing whether the project objectives had translated into tangible outputs and impacts in the beneficiary schools.

The project was implemented in five (5) targeted schools within Chamwino District, namely Chamwino Secondary School, Bugiri Secondary School, Bugiri Mission Primary School, Uguzi Primary School, and Chamwino Primary School. In total, the project reached 4,380 students, comprising 2,208 boys and 2,172 girls.



The evaluation findings indicate positive project outcomes, particularly in terms of behavioral change and hygiene practices among students. More than 84% of students demonstrated consistent handwashing practices after cleaning school compounds, after visiting latrines, and before and after meals. These practices reflect improved awareness and adoption of proper hygiene behaviors promoted through the project.

Furthermore, during the evaluation period, no new cases of intestinal or hygiene-related diseases were reported in the beneficiary schools. This outcome suggests a strong link between improved access to water facilities, effective hygiene promotion, and improved student health.

A key component of the project was the establishment of School Water, Sanitation and Hygiene (SWASH) Clubs, which played a vital role in strengthening hygiene education, peer learning, and continuous awareness among students. These clubs are critical to ensuring the sustainability of project outcomes beyond the implementation period.



Overall, the project contributes directly to the achievement of Sustainable Development Goals (SDGs), particularly SDG 4 (Quality Education), SDG 5 (Gender Equality), and SDG 6 (Clean Water and Sanitation), by creating a safe and inclusive learning environment where water, sanitation, and hygiene are no longer barriers to education.

Building on the positive results achieved in 2025, Afyaplus plans to scale up the Water in Schools Project to additional schools in 2026, reaching more students and strengthening WASH outcomes across the region.

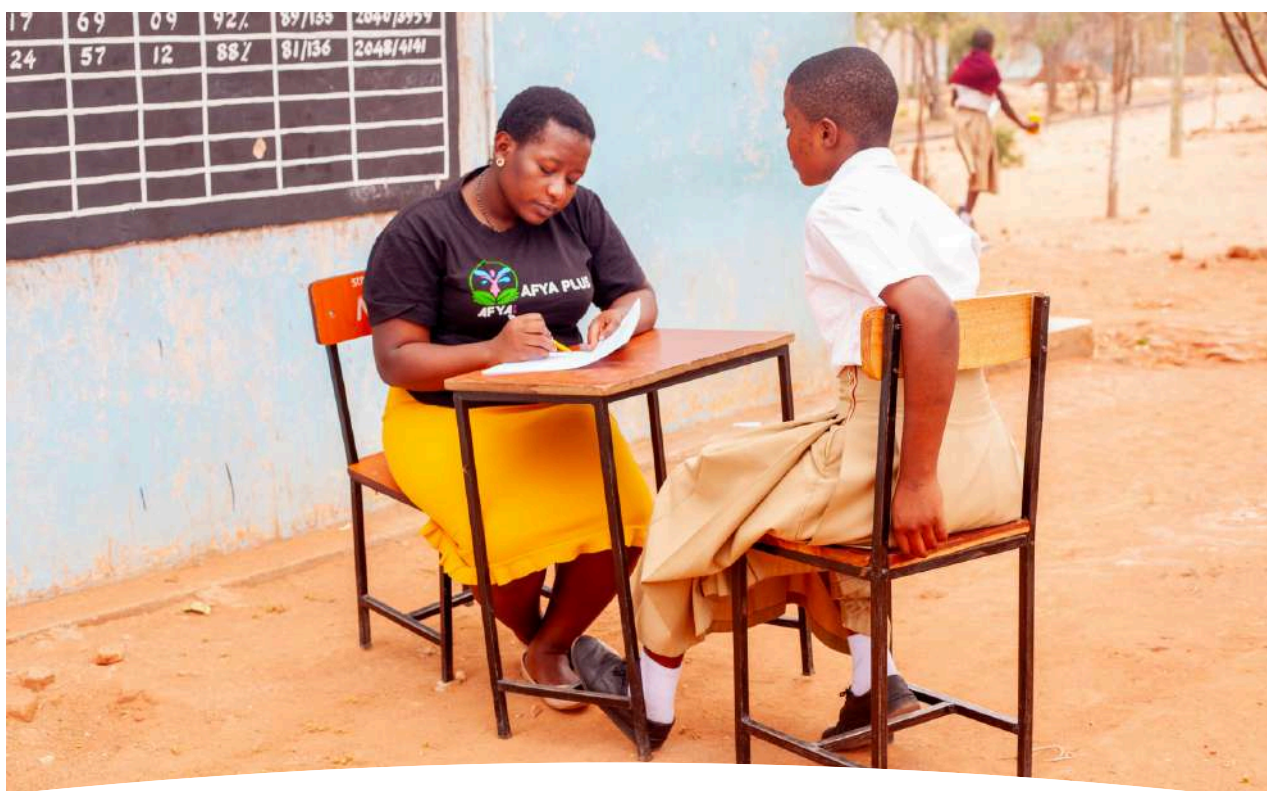


During this reporting period, Afyaplus continued the implementation of the Safe Pad Lab Project, a four-year initiative funded by the Malala Fund. The project targets adolescent girls in 92 schools across six districts in the Iringa Region (Iringa Municipal Council, Iringa District Council, Kilolo District Council, and Mafinga Town Council) and the Dodoma Region (Chamwino District Council, Dodoma Municipal Council, and Bahi District Council). The project is designed to address persistent challenges related to menstrual health and hygiene (MHH) and adolescent sexual and reproductive health rights (ASRHR), which continue to negatively affect girls' school attendance, participation, and overall wellbeing.

Monitoring and Evaluation (M&E) for the Safe Pad Lab Project is integrated throughout implementation to track progress, measure results, and inform adaptive decision-making. The M&E approach combines routine activity monitoring, field supervision, participation tracking, and qualitative feedback from students, teachers, and community stakeholders. Data is collected using attendance registers, training reports, observation checklists, and post-session reflections, with a strong emphasis on sex-disaggregated data to ensure gender-responsive reporting.

During this reporting quarter, Afyaplus entered the final phase of implementation of the Safe Pad Lab Project, with increased emphasis on measuring project outputs, outcomes, and overall deliverables. This phase followed the successful completion of the project's two core components:

(i) comprehensive awareness and sensitization sessions on Menstrual Health and Hygiene (MHH) and Adolescent Sexual and Reproductive Health and Rights (ASRHR) targeting both school girls and boys; and  
(ii) the establishment of reusable sanitary pad laboratories in selected schools across the Dodoma and Iringa regions, which included the provision of sewing machines, production materials, and hands-on training for students and teachers on the production of reusable sanitary pads.



### **MHH and ASRHR sensitization**

Through MHH and ASRHR sensitization, the project aimed to improve students' Knowledge, Attitudes, and Practices (KAP) related to menstruation, sexual and reproductive health, and personal hygiene. Improved knowledge and positive attitudes have contributed to increased school attendance, particularly among girls, by addressing menstrual-related stigma, misinformation, and fear. We have succeeded reach 92 schools in Iringa and Dodoma. reaching As a result, students are better equipped to make informed decisions about their reproductive health, contributing to the reduction of early marriage, unintended pregnancies, gender-based violence (GBV), school dropout, and frequent absenteeism

The sensitization sessions also intentionally integrated discussions on gender-based violence, safeguarding, child protection, and reporting mechanisms, reinforcing girls' rights to safety, dignity, and access to support services. By linking MHH, ASRHR, and GBV, the project addressed interconnected social and structural barriers that often contribute to low self-confidence, absenteeism, and dropout among adolescent girls.

During the project evaluation process, Afyaplus observed immediate and positive outputs, including a noticeable reduction in student dropout rates compared to baseline data collected in 2022 prior to project implementation. In addition, increased levels of awareness and positive behavioral change were recorded through structured questionnaires, key informant interviews, and beneficiary feedback sessions. Teachers and school administrators also reported improved confidence in supporting menstruating students and addressing sensitive ASRHR issues within school environments.

### **REUSABLE SANITARY PADS LABORATORY**

To date, Afyaplus has successfully established 25 Safe Pad Laboratories and trained students in reusable sanitary pad production. These laboratories serve not only as reliable sources of menstrual products within schools but also as practical learning spaces that build students' technical skills, confidence, and long-term sustainability of menstrual product access.





## PARENTS AND CAREGIVERS AWARENESS SESSION

As of November 2025, Afyaplus successfully expanded its adolescent health interventions beyond students by engaging parents, caregivers, teachers, and local government leaders in Mtwivila Ward. Through targeted capacity-building sessions, 169 participants were equipped with practical knowledge on Menstrual Hygiene Hygiene (MHH) and Adolescent Sexual and Reproductive Health and Rights (ASRHR).



The engagement focused on strengthening the ability of parents and caregivers to support adolescents during their formative years, address challenges related to puberty, and guide young people in managing peer pressure with resilience. Teachers and local government leaders were also empowered to create supportive school and community environments and to advocate for improved MHM and ASRHR services within educational institutions.



This approach recognizes that empowering students alone is not sufficient; adolescents thrive best when surrounded by informed, supportive adults and enabling systems. By strengthening the capacity of key influencers at household, school, and community levels, the initiative helped embed menstrual health, gender equity, and adolescent well-being within existing school and community structures. This systemic approach significantly increases the likelihood that project gains will be sustained over time.

Afyaplus appreciates the strong collaboration and positive support received from local government leaders and the wider community of Mtwivila Ward, which was important in the successful implementation of this activity.

## PARTICIPATION IN THE LAUNCH OF THE EDUCATION RE-ENTRY POLICY ASSESSMENT REPORT

On 12 November 2025, AfyaPlus successfully participated in the launch of the Policy Assessment Report and Implementation Action Plan for the Guidelines on Re-integrating Students Who Dropped Out of Primary and Secondary Education.

The event was organized by the Tanzania Education Network (TEN/MET) in collaboration with the Ministry of Education, Science and Technology (MoEST) and the President's Office - Regional Administration and Local Government (TAMISEMI).



The Guest of Honour was the Deputy Permanent Secretary of the Ministry of Education, Science and Technology, Dr. Hussein Mohamed Omar, who emphasized the importance of strong collaboration between the government and education stakeholders to ensure effective implementation of the re-entry guidelines.

Afyaplus' participation reaffirmed its commitment to improving school learning environments, strengthening sanitation infrastructure, and advancing community awareness on Menstrual Health Hygiene (MHH) and Adolescent Sexual and Reproductive Health and Rights (ASRHR). Engagement in this national dialogue further strengthened Afyaplus' alignment with government policies aimed at ensuring inclusive, equitable, and child-friendly education for all learners.

## **GENDER-BASED VIOLENCE AWARENESS AND PREVENTION ACTIVITIES DURING THE 16 DAYS OF ACTIVISM CAMPAIGN**

In commemoration of the 16 Days of Activism Against Gender-Based Violence, Afyaplus Organization, in collaboration with the Iringa Municipal Social Welfare Officer, Ms. Getruda, the Community Development Officer for Ipogoro Ward, Ms. Rehema Sanga, and Ms. Sigmanta Kavisha, conducted community awareness and education activities aimed at preventing gender-based violence among women, girls, and students at Tagamenda Secondary School.



The activities were implemented under the 2024 global theme, “UNITE to End Digital Violence Against All Women and Girls,” emphasizing the prevention of both online and offline forms of gender-based violence. The sessions focused on promoting safe spaces, enhancing awareness of gender rights, strengthening reporting mechanisms, and fostering gender inclusion among adolescents and young people.

During the campaign at Tagamenda Secondary School, a total of 317 students participated, including 201 girls and 116 boys. Students received education on gender-based violence prevention, available reporting and referral mechanisms, and the importance of respectful and inclusive behaviors.

These engagements amplified project messages, strengthened stakeholder collaboration, and reinforced broader efforts toward social change and the elimination of gender-based violence in the community.



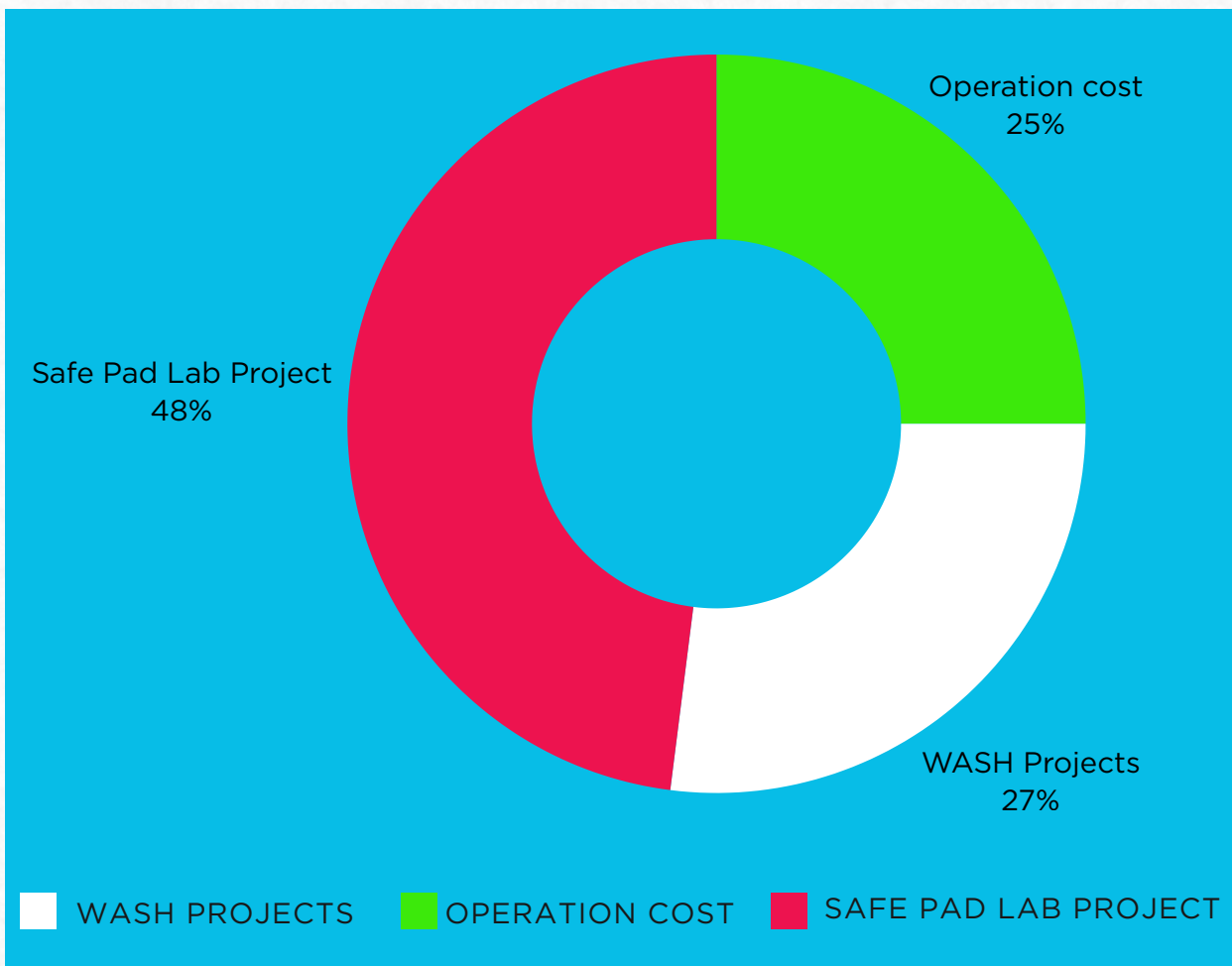
The activity received strong support from local government leaders and the wider Mtwivila Ward community. A total of 96 participants, including parents, caregivers, and school community leaders, took part in the session.

# FINANCIAL UPDATES

**Quarter Four Opening balance was Tsh. 7,064,484.94**

**Afya plus was also disbursed with a total of Tsh 52,089,000 from different financiers to implement project activities**

## QUARTER FOUR EXPENSES



## OUR ESTEEMED DONORS AND PARTNERS

AfyaPlus Organization extends heartfelt gratitude to our donors, development partners, government institutions, and all esteemed stakeholders. Your unwavering support and generous contributions have been instrumental in driving our growth and amplifying our impact. Because of your partnership, we can continue advancing our mission of empowering communities and creating lasting change. Thank you for being part of this journey with us.

### Government



- Ministry of Community Development, Gender, Women and Special Groups.
- Ministry of Education, Science and Technology.
- Ministry of Health.
- Ministry of Water
- President's Office Regional Authority and Local Government.

### Developmental partners





## MORE ABOUT US

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