





ABOUT US

AFYAPLUS is a not-for-profit organization operating its core development agenda prevention and control 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, Nutrition and empowerments adolescent girls and young women in a community.



然 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.



VISION

A responsible healthy Tanzanian community free from diseases caused by unsafe water, poor sanitation, hygiene and nutrition services; and where adolescent girls and young women are empowered.



MESSAGE FROM OUR EXECUTIVE DIRECTOR



Dear Friends, Partners, and Supporters

It is with immense pleasure that I vou Afvaplus' 2024 present to Integrated Annual and Financial Report. This year has been a year of remarkable progress and growth across our programs. Afvaplus reached over 56,739 people through our health and community-centered interventions. Our flagship Water in School Project expanded to five more schools, bringing the total to 40 schools, giving 4,528 students access to clean water, improved sanitation. and handwashing facilities. This progress helps students stay healthy and focused on learning.

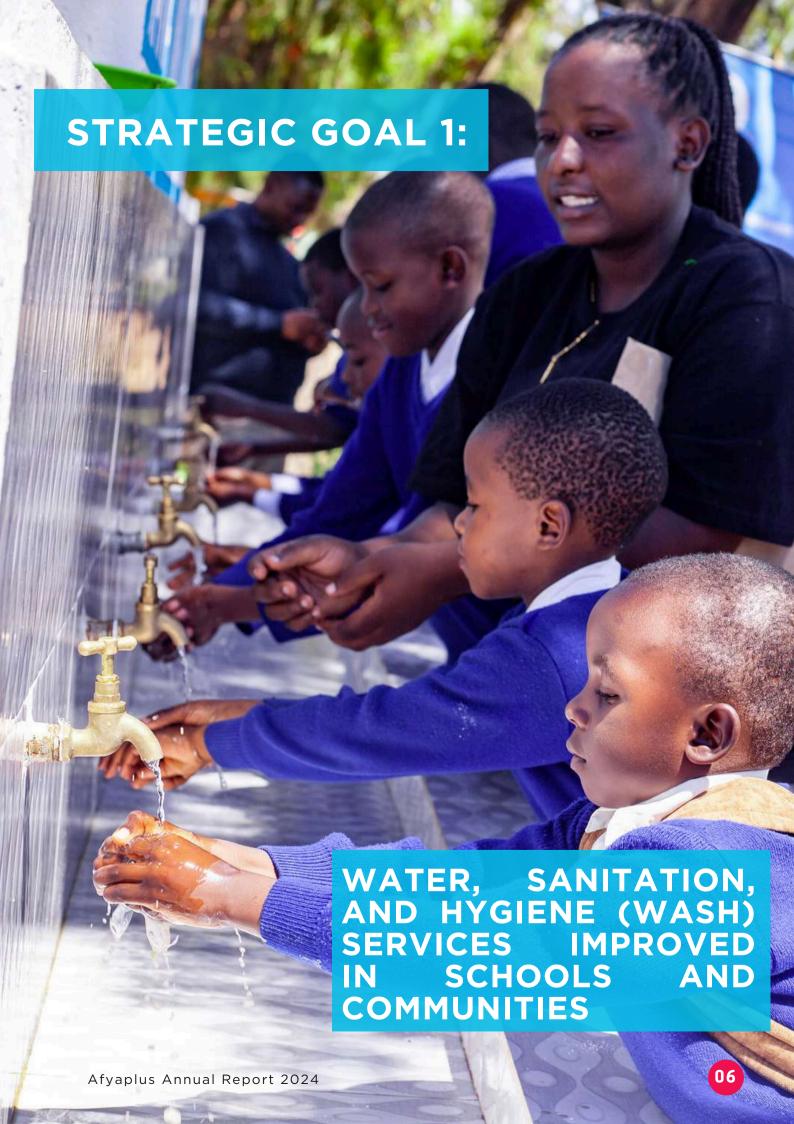
The Safe Pad Lab Project, now in its third year, continued to support adolescent girls through menstrual hygiene education and access to reusable sanitary pads, reaching 92 schools across Iringa and Dodoma. Through the Girls' Vision for Education Program, we empowered 30 girls in workshops funded by the Malala Fund a powerful moment of pride for us.

We started the development of 2025-2030 Afyaplus Strategic Plan to guide the next phase of our growth. We welcomed new partners including World Centric, 1% for the Planet, Engineers Without Borders USA Chapter), and Nawiri Foundation, contributed to sanitation facility improvements in Mbarali District. Afyaplus also expanded into Pwani, Mbeya, and Dodoma Regions, and opened a new office Dodoma for in smoother operations.

As we reflect on these milestones, Afyaplus remain truly grateful for your continued support. Your commitment enables us to create lasting, meaningful change in the communities we serve.







WASH SITUATION IN MOST SCHOOLS IN TANZANIA

Safe water, adequate Access to sanitation, and hygiene (WASH) in schools is a critical factor for improving health, school attendance, and learning outcomes. However, in Tanzania, many schools continue to face severe challenges in providing these basic services. The problem is particularly acute in rural and low income communities. where infrastructure is lacking and maintenance is limited.

According to UNICEF Tanzania (2022), only 57% of schools have access to improved water sources, and just 38% have basic sanitation services. Even where water sources exist, they are often unreliable, unsafe, or located far from school premises, forcing children especially girls to walk long distances to fetch water. This takes up valuable learning time and increases the risk of violence and harassment, particularly for girls.

The availability of clean water is not only about access but also about safety and consistency. A 2021 report by the Ministry of Health shows that over 60% of school water sources are contaminated with bacteria, posing risks of waterborne diseases such as diarrhea, typhoid, and cholera. These illnesses are a leading cause of absenteeism and can have long-term effects on children's growth and cognitive development.

Moreover, many schools lack separate toilets for boys and girls, and often do not have facilities for menstrual hygiene management.

disproportionately This girls, who may miss up to 5 days of school each month due to the lack of safe, private, and clean facilities (UNESCO, 2020). The stigma and challenges associated with menstruation lead many girls to drop out of school altogether, particularly in upper grades. Teachers are also affected poor WASH infrastructure. which can demotivate staff and unhealthy an create environment. Additionally, schools without water struggle to maintain cleanliness in classrooms kitchens, jeopardizing the health of all students and staff.

The lack of clean water and proper sanitation in schools undermines Tanzania's national commitment to Sustainable Development Goal (SDG) 4: Quality Education, and SDG 6: Clean Water and Sanitation. strategic Without urgent and investment in school infrastructure, education and health outcomes for Tanzanian children especially girls will remain compromised.

In conclusion, addressing WASH challenges in Tanzanian schools is not a luxury but a necessity. Providing safe water, hygienic toilets, and handwashing facilities transform learning can environments. reduce dropout rates, and empower children to reach their full potential in a safe and healthy setting.

STORIES OF CHANGE

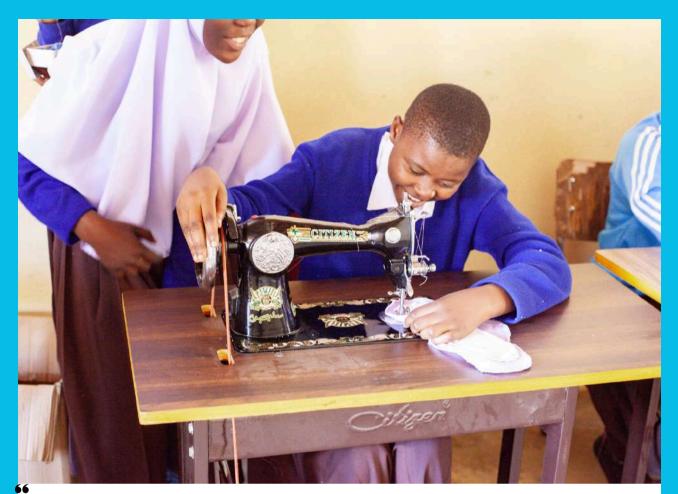


My name is Emiliana Myovela, I am a Form Three student at Kilolo Secondary School in Kilolo District, Iringa Region. Before the Safe Pad Lab project came to our school, we faced many challenges related to menstruation especially due to the lack of menstrual education, peace of mind, and menstrual products. It was difficult to manage our periods, particularly when it happened during school hours.

Since joining the project, My classmates and I, we have received training on Menstrual Health Hygiene and learned how to make reusable sanitary pads. under the guidance of our trainer from Afyaplus, have made 102 pads so far.

Now, menstruation feels like a normal part of life, even at school. If we need help, we can reach out to each other without feeling the need to go home. We are very grateful to Afyaplus and the Malala Fund for their support. We hope this project will continue to reach more girls, both in school and in our communities. *9





She explained that without proper menstrual products, girls often decide to stay home, missing three to five days of classes, due to shame and hence leading to disruption in their education. However, with the skills acquired on how to make reusable pads, and easily accessibility of it from our Safe Pad Lab now these challenges will become a thing of the past. The student expressed confidence that she will now feel safe and free to attend school even during her period, as she will be adequately covered. This project not only addresses a critical health need but also ensures that girls can continue their education without interruption, contributing to a more inclusive and supportive school environment.

The Safe Pad Lab Project has reached 35,000 schoolgirls, surpassing its initial goal of 30,600. Operating primarily in Iringa, we have successfully implemented our menstrual initiatives in 62 schools. Empowerment begins with education, and our efforts focus on breaking the stigma around menstruation, advocating for accessible facilities, and providing affordable menstrual products. ••



My name is Mwalimu Faraja Ruvinga, a teacher at Kilolo Secondary School. Before Safe Pad Lab Project, our school faced great challenges related to menstrual health, especially when it came to supporting girls students during their periods. Many girls were missing school due to lack of access to proper menstrual supplies and support, which affected their learning and attendance. Thanks to this project, our students have received valuable education on safe menstruation practices and reproductive health. They've also been trained to make their own reusable sanitary pads. So far, we have been able to sew and distribute 102 pads, which some going to students in need and the remaining entrusted to our matron to distribute as needed.

This project has been transformative, not only in equipping our young people with essential knowledge on menstrual health but also in helping them build skills for self-sufficiency. The sewing machines and materials provided have been a huge asset, and we are committed to ensuring this initiative continues to benefit more students and the wider community. We extend gratitude to Afyaplus and Malala Fund for their support. Because of this project, we believe our daughters have a brighter, more empowered future ahead, and they're now better equipped to achieve their dreams. 99



The Water in School Project is a WASH (Water, Sanitation, and Hygiene) project implemented by AfyaPlus Organization with support from Afyaplus WASH Gala stakeholders. The project aimed to improve hygiene and sanitation standards in selected schools across Iringa Region. By focusing on sustainable access to handwashing facilities, hygiene education, and behavioral change among students, the project has significantly contributed to the well-being of schoolchildren throughout 2024.

ACHIEVEMENT

Construction of Handwashing Facilities

A total of five handwashing facilities were constructed and installed in all targeted schools With the addition of these five handwashing stations, a total of 40 schools have been reached by the Water in School project in the Iringa region. Each facility was equipped with running water and soap and designed to be child friendly and accessible.





These structures have significantly improved the hand hygiene behavior of students, particularly before meals and after using the toilet. This completed hands-washing facility will serve a total of 2109 students 4453 (2502 girls and 1951 boys) from The completed hands-washing facility is a crucial component in promoting proper hygenic practices



SWASH Club Formation and Engagement

SWASH clubs were established in all 10 schools, consisting of both boys and girls and supported by teacher patrons. The clubs were instrumental in promoting hygiene practices through:

Weekly hygiene talks, Handwashing demonstrations, Monthly

school clean-up campaigns





SWASH clubs became the driving force behind sustaining WASH activities and behavior change at the school level.

SAFE PAD LAB PROJECT

The Safe Pad Lab Project is a four-year initiative implemented by Afyaplus and generously funded by the Malala Fund. The project is designed to support adolescent girls across 92 schools in seven districts within the Iringa Region (Iringa MC, Iringa DC, Kilolo DC, and Mafinga TC) and the Dodoma Region (Chamwino, Dodoma, and Bahi).

The primary goal of the project is to challenge and dismantle menstrual health taboos, myths, and harmful cultural beliefs that continue to hinder girls' access to education. Many girls face school absenteeism due to limited menstrual health education, social stigma, and lack of access to safe and affordable sanitary products.



Since the strart, the Safe Pad Lab Project has reached over 35,000 schoolgirls exceeding the initial target of 30,600 during the first phase of implementation. The project is now in its second phase, extending its reach to an additional 40 schools across both the Iringa and Dodoma regions, continuing its mission to empower girls through menstrual health education and dignity.

ACTIVITIES AND ACHIMEVENT

Session on making reusable sanitary pads

In this year, Afyaplus continued with sessions on making reusable sanitary pads in 15 schools, where students were equipped with a variety of skills required to efficiently create reusable sanitary pads, including technical sewing skills, fabric handling, stitching, cutting, and pattern-making. Along with these skills, students learned about different types of materials, their qualities, and how to select the best fabric for manufacturing reusable sanitary pads.



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To raise community knowledge among 198 parents and caregivers in Mwangata and Isimani wards on how to discuss menstrual health issues and ASRH with their girls.

Enlightening parents and caregivers on MHM and ASRH issues give them the skills they need to approach and discuss puberty issues with their daughters, and explaining that puberty is an exciting time that means adulthood is on its way can be a positive way to introduce this period of change.

Attempt to express empathy for the changes they're experiencing and reassure them the changes are normal, and that many are only temporary. If you are concerned or are unsure about your child's development, you can contact a range of support services which are listed at the bottom of this page.





SWASH PROJECT IN MBARALI

In November 2024, Afyaplus partnered with Nawiri Foundation to implement a project to improve Water, Sanitation, and Hygiene (WASH) infrastructure in four schools in Miyombweni Ward, Mbarali District, Mbeya Region. The schools Magigiwe Primary School, Mapogoro B Primary School, Mlungu Primary School, and Msangaji Mpya Primary School face significant challenges in accessing clean water and sanitation facilities, affecting students' health and wellbeing as noted in baseline assessment conducted by Afyaplus team in 2024. This project will rehabilitate toilets at Magigiwe Primary School, construct changing rooms for girls, build an incinerator for safe sanitary waste disposal, install two handwashing stations, and set up a water tower with 10,000-liter storage tanks.



Additionally, it will provide SWASH (School Water, Sanitation, and Hygiene) education to equip students with essential knowledge on hygiene practices, environmental cleanliness, gender equality in WASH, disease prevention, and water conservation. Also will include construction of Water tank raiser and distribution of water storage tank 5000 Litres in three schools Mapogoro B, Mlungu and Msangaji mpya primary school

At Magigiwe Primary School, all planned WASH activities are currently in progress. These activities aim to improve hygiene, sanitation, and access to clean water for students and staff. The interventions underway include: Renovation of the existing school toilet block, Construction of a girls' changing room to support menstrual hygiene management, Installation of an incinerator for safe disposal of sanitary materials, Construction of a water tank raiser designed to hold a 10,000-liter tank, Installation of two handwashing facilities to promote daily hygiene practices, Extension of the water supply system to the renovated toilet block





Mapogoro B, Mlungu, and Msangaji Mpya Primary Schools Three additional schools—Mapogoro B, Mlungu, and Msangaji Mpya were selected to receive improved water access infrastructure. Activities include: Construction of water tank raisers, each capable of supporting two 5,000-liter tanks, these systems will significantly improve water availability for hygiene and sanitation purposes at the school level.

MANGALALI WATER SUPPLY PROJECT

Afyaplus has partnered with Engineers Without Borders to implement the Water Station Installation Project in Mangalali Village, Iringa District. Mangalali currently depends on the Tanangozi water scheme, a 60-year-old system serving nine villages. Due to population growth and increased demand, Mangalali receives water only once a week for 2-3 hours, with availability fluctuating seasonally. To address these challenges, the project aims to install water stations in schools, health centers, and residential areas, ensuring improved access to clean and reliable water. This project aligns with Afyaplus' commitment to sustainable WASH solutions, enhancing community health and resilience.





ACTIVITIES CONDUCTED

Meeting with Iringa District Commissioner

As part of the Mangalali Village Water Installation Project assessment, Afyaplus met with Iringa District Commissioner Hon. Kheri James to introduce the initiative. They discussed its community impact and emphasized sustainable water access. Hon. James commended Afyaplus' efforts in enhancing community well-being, recognized the organization as a key player in driving positive change in Iringa, and reaffirmed the government's commitment to supporting initiatives that improve Water, Sanitation, and Hygiene (WASH) services in underserved areas.

This engagement strengthened collaboration with local authorities to address water challenges in Mangalali.





Meeting with Ruaha Catholic University Vice Chancellor

Before starting our assessment trip, Afyaplus visited Ruaha Catholic University (RUCU) and engaged with Vice Chancellor Rev. Prof. Pius Mgeni and Dr. Bernard Mwakisunga, Head of Environmental Health Science Department. This meeting strengthened our partnership and facilitated discussions on collaborative efforts to improve water systems and ensure access to clean, safe water for the Mangalali community. We appreciate RUCU's support and commitment to advancing sustainable water solutions.





Community Engagement:

To ensure the Mangalali Water Installation Project aligns with community needs, Afyaplus, RUCU, Engineers Without Borders MSU, and local leaders hosted a community meeting and focus groups. These engagements allowed residents to voice concerns and aspirations, fostering collaborative discussions on sustainable water solutions. This partnership supports a sustainable water system for households, schools, and dispensaries.





Household and Water Source Survey in Mangalali Community

The Afyaplus team, in collaboration with Engineers Without Borders MSU, Ruaha Catholic University, and Mangalali village leaders, conducted a household survey assessing water shortages, usage patterns, and WASH conditions. They evaluated water sources, including Itunda underground source and the Ruaha River, and collected water samples from households and natural sources for quality testing to inform sustainable water solutions.





Assessment of Tanangozi Water Scheme

As part of our survey, the Afyaplus team visited the 60-year-old Tanangozi water scheme, which struggles to meet demand, leaving Mangalali with water only once a week for 2-3 hours. Seasonal fluctuations exacerbate shortages. Water samples were collected along the distribution line to assess quality and efficiency.



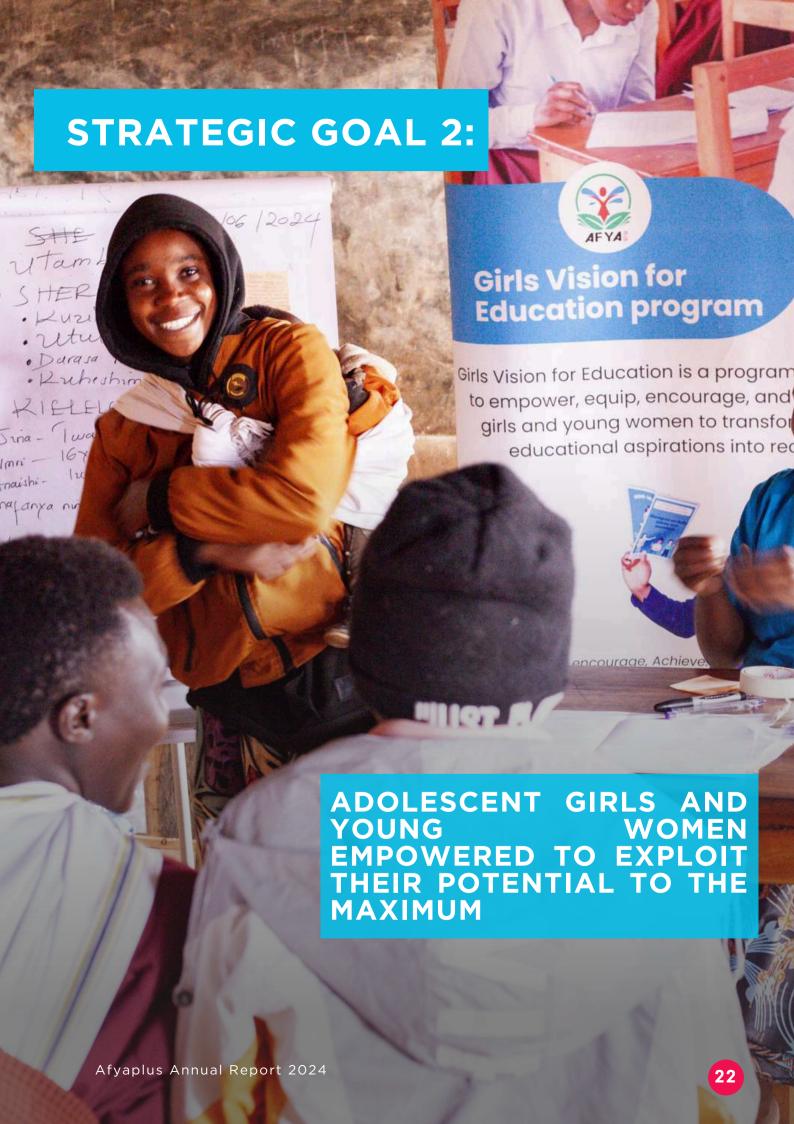


Community Meeting and Conclusion of Water Assessment trip

On the final day of our assessment in Mangalali Village, the Afyaplus team held a community meeting to share key findings, observations, and insights gathered from the water assessment. The discussion focused on immediate actions that can be undertaken to address urgent water challenges while preparing for the next phase of project implementation.







GIRLS VISION FOR EDUCATION PROGRAM

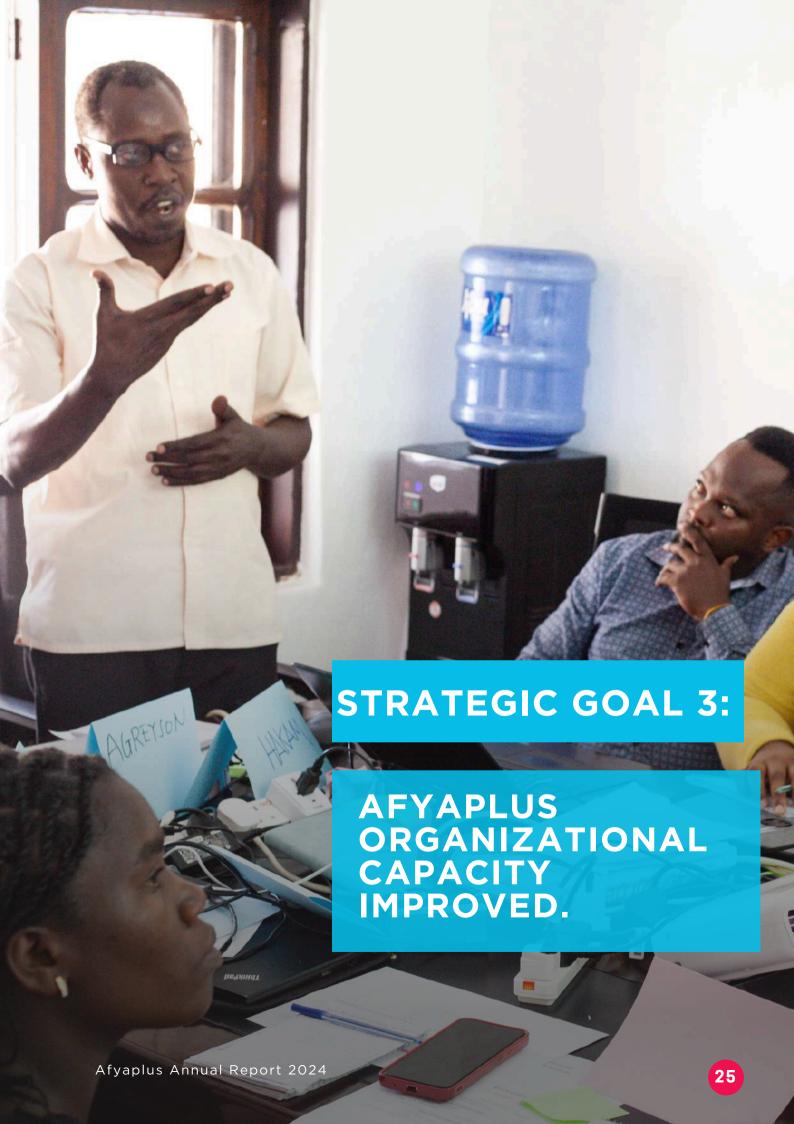
The Girls Vision program is a global initiative that provides both in person and online consultations, empowering girls and young women to redefine education. Through this program, participants are equipped, connected, and encouraged to turn their educational visions into reality.



With the help of Girls Vision for Education facilitators, Afyaplus successfully hosted 6 in-personal workshops for 30 girls and young women who are in and out of school. This initiative reached three districts: Iringa DC and Kilolo DC in the Iringa region, and Mkuranga DC in the Pwani region. The program empowers girls and young women to redefine their educational experiences through in-person workshops. We are thrilled to be part of this global movement of amplifying marginalized voices and striving for educational equity. The workshop was a huge success! The girls provided valuable insights, bringing us closer to making their educational dreams a reality.







Organization Capacity Building

The Afyaplus team successfully conducted a comprehensive capacity-building training focused on resource mobilization, proposal writing, and impact report writing. This important session brought together the Afyaplus management team and community-based trainers, reinforcing their skills and commitment to the organization's mission.



By enhancing their abilities to secure resources and effectively communicate their impact, the training equips the team to better promote sustainable development and health within our communities. This investment in capacity building is a crucial step toward advancing Afyaplus's goals and ensuring long-term success.

EVENTS AND CAMPAING



DEVELOPMENT OF AFYAPLUS SIX YEARS STRATEGIC PLAN (2025-2030)

Afyaplus Organization, in collaboration with External Consultant Dr. Donald Kashongi, our Strategic Plan Consultancy Lead, along with key stakeholders and beneficiaries, conducted a comprehensive review of our project implementations and explored the future direction of our interventions.

The meeting focused on gathering feedback from projects implemented between 2020 and 2024, serving as a critical step in shaping our upcoming Six-Year Strategic Plan (2025-2030). As part of this process, we had the privilege of meeting with the Iringa Regional Academic Officer, engaging with beneficiaries from the Water in Schools Project at Saba Saba Primary and Lugalo Secondary Schools, and connecting with participants from the Safe Pad Lab Project.





The Afyaplus team met with different stakeholders at the Iringa Regional Governor's meeting hall to gather ideas and suggestions for our new Six-Year Strategic Plan (2025-2030). This meeting also gave us a chance to review the progress of our projects over the past years in Iringa. The stakeholders included education, health, and community development coordinators from the regional and district levels, as well as school representatives and partner organizations. We are grateful for their valuable input, which will help us improve our projects so they meet community needs, follow government guidelines, and support global goals like the Sustainable Development Goals (SDGs).





As part of the development of the Afyaplus Six-Year Strategic Plan (2025-2030), the team has identified key thematic areas that will guide future interventions, ensuring they effectively address both global challenges and local community needs. These thematic areas include Nutrition, Climate Change and Adaptation, Water, Sanitation and Hygiene (WASH), Antimicrobial Resistance (AMR), and Economic Empowerment. By focusing on these critical areas, Afyaplus aims to enhance the health, well-being, and resilience of communities while aligning its efforts with national priorities and global development agendas. These themes will serve as the foundation for Afyaplus' strategic direction over the next six years, shaping programs and initiatives that drive meaningful and sustainable impact.



Celebrating Menstrual Hygiene Day 2024

This year, Afyaplus celebrated Menstrual Hygiene Day by organizing an awareness campaign focused on menstrual health hygiene. Safe Menstrual Hygiene Day, celebrated on May 28 each year, was marked with the distribution of reusable sanitary pads at Lugalo Secondary School in Iringa MC. These pads were made by students through the Safe Pad Lab project, which provides a space for students to produce their reusable pads.



Commemoration of Menstrual Hygiene Day at National level in Arusha region

In Tanzania, the national celebration took place in Arusha, bringing together various MHH stakeholders to underscore the importance of this day. The event was honored by the Deputy Minister for Health, Hon. Godwin Mollel (MP), who stressed the significance of parents and guardians specifically male parents to consider girls' needs and discussions surrounding participate in menstrual the establishment of period-friendly infrastructure in schools, and access to affordable reusable pads. He highlighted that education on Hygiene (MHH) and Adolescent Health Sexual Reproductive Health and Rights (ASRHR), along with increased investment in these areas, is essential for the well-being of young girls.







Afyaplus Participates in TAWASANET Meeting

In 2024 Afyaplus, actively participated in the TAWASANET meeting held in the Iringa region. The primary objective was to assess the contributions of non-governmental organizations (NGOs) implementing water, sanitation, and environmental projects, specifically the WASH (Water, Sanitation, and Hygiene) project by reviewing TAWASANET progress report of 2023 and develop strategies to enhance the upcoming 2024 report. This important gathering took place at the Mount Royal Hotel in Iringa on June 18, 2024.

The session brought together representatives from TAWASANET, Afyaplus, the Ministry of Water (MoW), registrars of NGOs, and officials from the Ministry of Community Development, Gender, Women and Special Groups, and the Ministry of Home Affairs.







In June 2024 Afyaplus was honored to host a distinguished delegation including representatives from the TAWASANET Secretariat, the Ministry of Home Affairs, the Ministry of Water, and the Ministry of Community Development, Gender, Women, and special groups. Visited organization headquarters to gain insights about Afyaplus projects and management strategies. Later on, the visitors had an opportunity to visit Sabasaba Primary School, it one among the school benefit from Water In School Project which aims to enhance Water, Sanitation, and Hygiene (WASH) services.





Also visited the Safe Pad Lab Project at Lugalo Secondary School, which focuses on providing reusable sanitary pads to support girls' education by addressing Menstrual Health Hygiene. Through this project, Afyaplus conducted awareness sessions on MHH and ASRHR, and established a reusable sanitary pad laboratory that produces high-quality, hygienic reusable sanitary pads.





MILESTONES ACHIEVED IN 2024

- 1. Afyaplus has successfully established 12 Afyaplus SWASH Clubs and conducted awareness training for a total of 299 students, including 115 boys and 184 girls, from 12 schools of Iringa Municipal Council in the Iringa region.
- 2. Through the Water in Schools project, in 2024, the Afyaplus organization successfully constructed five hand-washing facilities in 5 schools, which are Irole Secondary School and Isimani Secondary School. The hand-washing facility is expected to serve a total of 1738 students (658 boys and 1080 girls). The hand-washing stations make a total of 15 stations constructed that will be added to the previous 25 schools and bring a general number of 40 schools reached by the water-in-school project.
- 3. Through the Mangalali Water Supply Project, we managed to conduct an assessment to understand water sources, sanitation, and community awareness. A survey of 270 households was conducted, collecting water samples for quality testing. Based on the results, recommendations for long-term improvements, such as water filtration systems and better hygiene practices, were provided to enhance water quality and community health.
- 4. The Afyaplus organization, in collaboration with government officials, has managed to carry out WASH training for 3209 students (1228 boys and 1981 girls) more students which makes a total of 15,062 students (8260 boys and 6802 girls) students from 35 schools reached by the training.
- 5. The Afyaplus organization has managed to capacitate 10 more community-based trainers (CBTs), which makes a total of 29 CBTs trained with the necessary skills and knowledge of menstrual hygiene management (MHM) and Adolescent sexual reproductive and health (ASRH) issues.

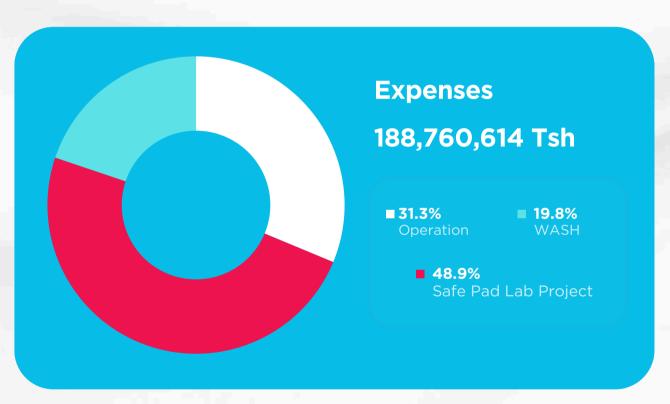


ANNUAL FINANCIAL BREAKDOWN

In 2024, Afyaplus has raised a total of TSH 188,760,614

EXPENSES

OPERATION EXPENSES	59,015,615
SAFE PAD LAB PROJECT	92,310,266
WASH PROJECT	37,434,733





Challenges Encountered

- Water shortages and water costs schools experienced temporary water supply interruptions during the dry season.
- Cultural taboos: Some girls were initially hesitant to participate in MHM sessions due to stigma.
- Remoteness of project areas hinders access to girls and communities facing poor sanitation, limited ASRHR and MHH awareness, and inadequate menstrual hygiene facilities, affecting outreach and service delivery efforts.

Lesson learned

- Involving students as hygiene ambassadors through SWASH clubs leads to long-term behavior change.
- Continuous engagement with teachers and school leadership is key to sustaining WASH infrastructure.
- Inclusive design is essential future installations should ensure accessibility for all students, including those with disabilities.

Recommendations

- Collaborate with local government to establish permanent water sources in water-stressed schools.
- Expand the project to reach more schools in underserved wards.
- Strengthen the involvement of parents and school committees in maintaining facilities.









Our esteemed donors and partners

Afyaplus Organization extends its heartfelt appreciation and acknowledges the support received from donors, esteemed development partners, government entities, and various stakeholders. Your commitment and contributions have played a great role in growth and success of Afyaplus Organization.



Government

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

Developmental partners















MORE ABOUT US

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