



TUPANGE MAISHA (LET'S PLAN LIFE) END OF PROJECT FINAL REPORT

PROJECT NUMBER: 19-S22F

IMPLEMENTED BY: MANLUKU YOUTH DEVELOPMENT INITIATIVES – TANZANIA
(Mydia-tz)

FUNDED BY: GAIA INITIATIVES, USA

MAY 2023



A group photo after a kickoff meeting held at Kasulu town council's venue, in Kasulu district, Kigoma – Tanzania.

Contacts: Mr. Liberatus Lukurazo

Director, **Mydia-tz**

Murusi street of Kasulu town,

P.O. Box 416, KASULU, KIGOMA – TANZANIA

Phone: +255753120928 | Email: info@mydia-tz.or.tz | manlukuinfo@gmail.com

Website: <https://mydia-tz.or.tz/>

[Facebook](#) [Twitter](#) [Instagram](#) [YouTube](#) [LinkedIn](#)



INTRODUCTION:

The Tupange Maisha “Lets Plan Life” project, was a six-month project aimed at increasing knowledge for youth ages 15 to 45 on family planning through training and awareness campaigns. The project had three main stages: planning, implementation, and assessment. This report gives highlights of the activities done, challenges and lessons learnt during the planning, implementation, and assessment stages. Special thanks goes to GAIA Initiatives, USA for their funding support and ensuring that this project was successfully implemented.

Summary of Milestones and Deliverables

Budget code	Milestones / Deliverables	Target Delivery Date	Actual Delivery date	Status	Verification/ Comments
Planning stage					
PR19-S22F_001	Follow up for permit from the Kasulu district	04/11/2022	09/11/2022	<i>Achieved</i>	Permit document
PR19-S22F_002 PR19-S22F_003	Procurements for the kickoff meeting & other project related materials	08/11/2022	10/11/2022	<i>Achieved</i>	Procurement documents
PR19-S22F_002	Kick off meeting event	18/11/2022	18/11/2022	<i>Achieved</i>	Activity report
Implementation stage					
PR19-S22F_004	Conducted a 3-day train of trainers (ToTs) for 30 youth	06/01/2023	23/01/2022	<i>Achieved</i>	Activity report
PR19-S22F_005	Conducted a 3-day roll out training for 300 other selected youth on family planning	10/02/2023	28/02/2023	<i>Achieved</i>	Activity report
PR19-S22F_006, 007, 008 and 009	Conducted media awareness sessions with FP messages, testimonials	25 th March 2023	03 rd April 2023	<i>Achieved</i>	Media awareness programs & testimonial recordings
Assessment stage					
PR19-S22F_010	Conducted baseline survey for 83 respondents	12/12/2022	05-12/12/2022	<i>Achieved</i>	Baseline survey report
PR19-S22F_011	Conducted monthly field monitoring visits			<i>Achieved</i>	Monthly progress reports
PR19-S22F_012	Conducted endline survey & Final Evaluation Report	24 th April 2023	28 th April 2023	<i>Achieved</i>	Baseline report
	End of project, final report	30 th April 2023	08 th May 2023	<i>Achieved</i>	End of project, report



KEY ACTIVITIES:

1. Follow up for project implementation permit

The project successfully obtained the permit from the Kasulu town council though a its was a little bit late than expected; however this didn't affect the project work plan much in terms of other activities that were to follow.

2. Organize stakeholders and kick off meeting

Most of the key stakeholders of the project were organized on time, except those whose offices were out of Kasulu, but have some related interventions in Kasulu. Key government officials, NGOs & CBOs, community/youth and Media representatives were all well-organized for the project kick off meeting.

The event was conducted on 18th November 2022, at the Kasulu town council's venue and attended by 23 people (men, women and persons with disabilities). The government, through the Kasulu district, Kasulu town council and the respective wards' executive officers, promised to provide all the necessary support and cooperation to ensure that the project is successful, and their people gets knowledge on family planning.

The project, through ward executive officers and community health officers, identified the 30 ToTs from Nyumbigwa and Msambara wards; identified the ToTs training facilitator from Kasulu district medical office, the comedian/star popularly knowns as "Brother K" from Futuhi Comedians found in Mwanza for media awareness campaigns and Radio Kwizera for our project's media awareness campaigns.



Photos: During the kickoff meeting, project presentation and discussions

3. Conduct Baseline survey

A total of 64 individuals were interviewed through a developed mobile based data collection tool, and two Focus Group Discussions (FGDs) conducted with 20 people from both Msambara and Nyumbigwa wards. The baseline survey intended to establish a benchmark that could be used to measure change through the endline survey, using the outcome indicator “% of youth beneficiaries with increased understanding of FP and its service delivery”. A baseline survey report is available for further details.



4. Conduct a 3-day train of trainers (ToTs) for 30 youth

The project successfully trained 30 selected ToTs (16M, 14F) on family planning and service delivery. The master trainer from the Kasulu district council's medical office prepared all the training materials referencing the government's FP training manual (October 2020). ToTs were taught among other things techniques to train their fellow youth and community outreach methodologies. The master trainer also introduced to the project a referral form for any interested trained youth/community member to get referred to the nearest health center for FP services. In all the training sessions, pre- and post-tests were taken to measure the impact of our trainings on participants. During this ToT training session more than 90% of the training participants showed an improved understanding on Family planning issues and its services.



A group photo, after ToTs training session, at Kasulu town



5. Conduct a 3-day roll out training for 300 other youth on family planning

The trained ToTs together with the Mydia-tz project manager successfully trained another 339 youth. Different training methodologies were used including teaching, elaborating/drawings and some group discussions. An average of 79% of all training participants demonstrated an increased understanding of family planning by 55% and showed an interest of getting FP services.

ToTs conducted five outreach community awareness sessions on family planning (three for Msambara and two for Nyumbigwa), reaching a total number of 245 community members.



Photos: FP roll out training sessions at Msambara ward of Kasulu district, Kigoma region – Tanzania



Photo: One of the FP training sessions conducted at Msambara ward of Kasulu district, Kigoma region - Tanzania



Photos: FP roll out training sessions at Msambarwa ward of Kasulu district of Kigoma region – Tanzania



Photos: ToTs conducting group discussions, during one of the FP training sessions Msambarwa & Nyumbigwa wards

6. Conduct media awareness sessions

The project conducted five media and testimonial sessions with the aim of creating more awareness to the community on FP and access to the respective services. The awareness sessions involved some ToTs and the most popular comedian in Tanzania, known as “**Brother K**”, from Futuhi comedian group, and in the script named as “Mzee Nzogera = Mr. Nzogera”. Nzogera is the common name for the Ha tribe of Kigoma region community.

Both media program and testimonials were aired out through Radio Kwizera, in different six sessions, reaching an approximately number of 2,500 people in Kasulu and Kigoma region as whole.

Below are the links to the awareness sessions, posted in our different Mydia-tz social media channels, including YouTube.

Awareness program https://youtu.be/0xMG3AX_oAs

Testimonial 1 <https://youtu.be/fEGUaCNrvME>

Testimonial 2 <https://youtu.be/loXJOsTwiWo>

Testimonial 3 <https://youtu.be/5cylfBpV9Yo>

Testimonial 4 <https://youtu.be/VjMBTdAgF7M>



CHALLENGES AND LESSONS LEARNT

The project was conducted in two wards only, reaching a limited number of beneficiaries through trainings than the number of interested youth, due to limited resources. However, it was very difficult to follow up, track and get feedback on the referred individuals to the health centers, whether they were attended, how were they attended and their progress due to limited resources. The that could has helped us tracking progress and know the number of individuals who has accessed FP services as a result of our intervention.

The project has learned that using sports & games gatherings would have enhanced reaching many youths for awareness purposes. However, more advocacy on SRHR as a right and access to its related resources and information at both individual level, government and other stakeholders like CSOs is required. The community and local health practitioners such as the community health workers (CHWs) needs to know the current policies regarding SRHR and family planning in Tanzania. Critical research and gathering of data on the current SRHR and family planning situation in Tanzania, and especially in rural areas is also very limited. This would also increase sustainability and scalling of the related programs in Tanzania.

