

QUARTER THREE REPORT

JULY - SEPTEMBER

2025

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LIST OF ABBREVIATIONS

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

WORD FROM
EXECUTIVE DIRECTOR



As we close the chapter on our third quarter, I'm proud to reflect on the progress we've made at Afyaplus. This season has been a journey of learning, collaboration, and growth as we continue expanding access to clean water, sanitation, and menstrual health education for children and communities across Tanzania.

From providing clean water services to establishing Safe Pad Labs and strengthening community partnerships, every step reminds us of the power of collective action and compassion.

Thank you for being part of our journey toward healthier, more empowered communities. Together, we continue to create lasting change.

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

ABOUT AFYAPLUS ORGANIZATION

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 of 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 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.

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 and Bahi District





OUR STRATEGIC GOALS

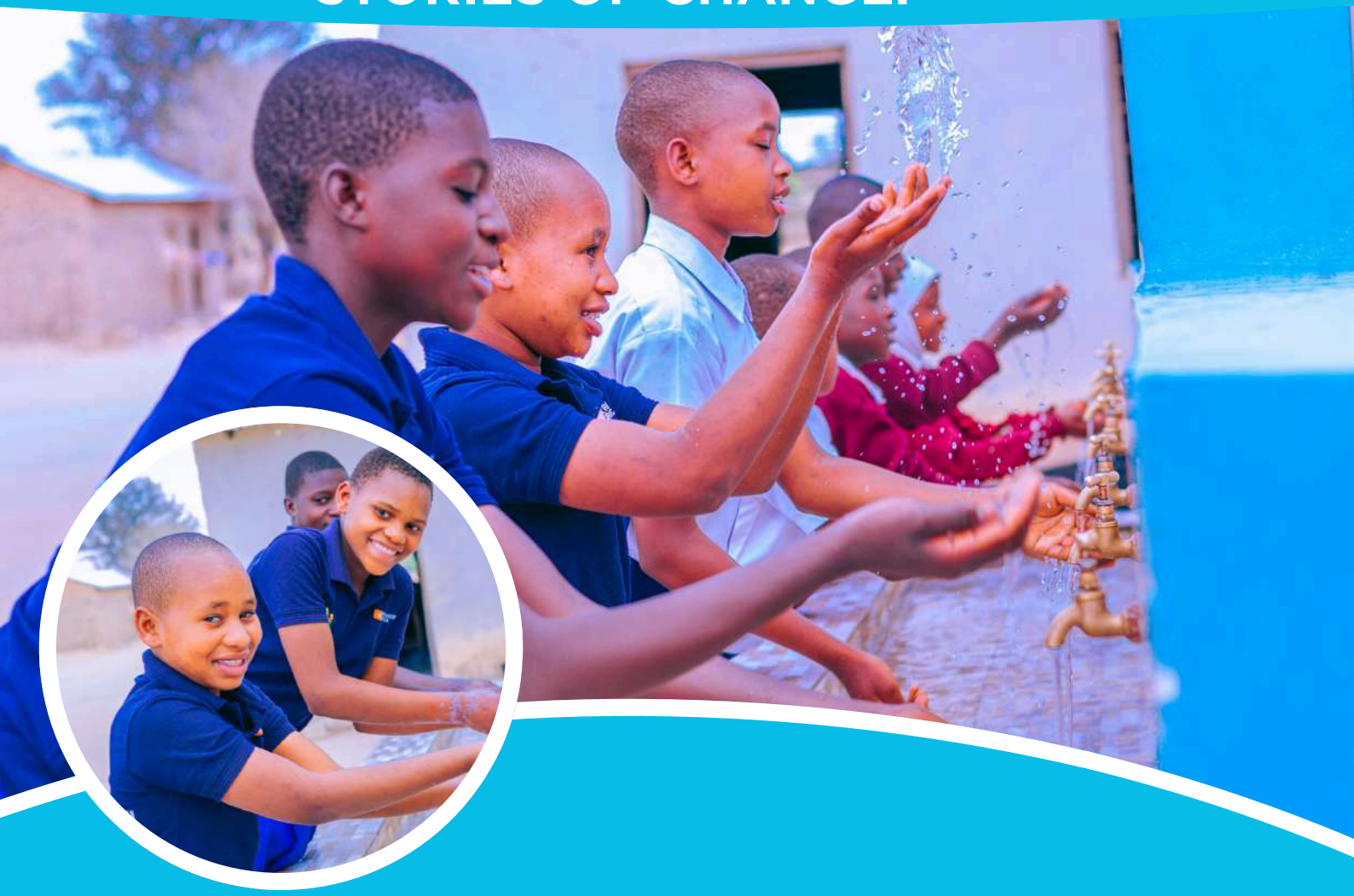
Water, Sanitation and Hygiene WASH) Services Improved in Schools and Community.

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

Afyaplus Organizational Capacity Improved.

Nutrition

STORIES OF CHANGE:



Restoring Dignity and Health through Clean Water and Sanitation at Magigiwe Primary School

For years, pupils at Magigiwe Primary School faced serious challenges due to the lack of clean water and proper sanitation facilities. Among them was Rehema Mahmoud, a Standard Six pupil who recalls walking nearly three kilometers to fetch water for school use. “We used to carry buckets before classes,” Rehema says. “Sometimes, we missed lessons, and it was even harder for us girls.”

The absence of adequate toilets, safe water, and private changing rooms for girls made school life uncomfortable. Many girls stayed home during menstruation, while poor hygiene exposed students to illness and reduced class attendance.

In 2024, Afyaplus Organization intervened by improving WASH infrastructure at Magigiwe Primary School.

The project included the construction of modern toilets, a girls’ changing room with an incinerator, and installation of a water system connected to handwashing stations around the school. “The day we saw running water, we were so happy,” Rehema smiles. “Now we have clean toilets, we can wash our hands anytime, and girls have privacy during their periods. We feel respected and cared for.”

Today, Magigiwe Primary stands as a shining example of how investing in WASH not only improves sanitation but also strengthens education. Through clean water and safe spaces, Afyaplus has restored dignity, improved health, and inspired learning among pupils like Rehema.

OUR IMPACT



26,841
Student reached

34
Schools reached

SAFE PAD LAB PROJECT

21,055 Students

Boys	Girls
7041	14,014

WATER IN SCHOOL PROJECT

4,380 Students

Boys	Girls
2172	2208

SWASH PROJECT IN MBARALI

1406 Students

Boys	Girls
741	665





STRATEGIC GOAL 1

WATER, SANITATION AND HYGIENE WASH) SERVICES IMPROVED IN SCHOOLS AND COMMUNITY.

WATER IN SCHOOL PROJECT

During the reporting period, Afyaplus continued to advance a commitment to SDG 4 (Quality Education) and SDG 6 (Clean Water and Sanitation) through impactful WASH projects, including the Water in Schools and Safe Pad Lab Projects. In alignment with the UNICEF MHM 2022 Report, which highlights that 16.8% of girls miss school during menstruation due to limited access to hygiene products and inadequate sanitation facilities, Afyaplus has prioritized strengthening school and community WASH systems to promote health, dignity, equality, and improved learning outcomes.

Despite progress, national data reflects persistent gaps in WASH infrastructure and service delivery. Currently, 55% of Health Care Facilities (HCFs) have basic water services, 27% have limited water services, and 18% lack water supply entirely. Additionally, only 38% of facilities have functional handwashing stations at points of care, with 94% falling under limited WASH service standards leaving just 6% fully compliant, posing challenges for infection prevention and patient safety. While basic hygiene services are available in 42% of facilities, more resilient, inclusive, and sustainable solutions remain critical.



With regard to school WASH, infrastructure has been successfully established in 1,952 out of 2,089 targeted primary schools, representing a 93% completion rate; however, menstrual hygiene management challenges persist, with 34% of girls reportedly missing school due to limited privacy and inadequate changing spaces. Similarly, WASH facilities were also constructed in 88 key transport locations, demonstrating a growing multisector response.

In this quarter, Afyaplus supported these national efforts by completing and handing over five handwashing stations fitted with reliable water systems in Dodoma Region, bringing the total number of schools reached to 45 since the project's inception. Implemented in collaboration with World Centric, the Government of Tanzania, and school leadership structures, these durable WASH infrastructures contribute significantly to reducing WASH-related diseases, strengthening hygienic practices, and creating safer, healthier learning environments for students.







The Water in Schools Project was implemented to address the pressing challenges of Water, Sanitation, and Hygiene (WASH) in schools by constructing permanent handwashing facilities. These facilities are not short-term fixes but durable, sustainable structures designed to serve students for generations.

By providing reliable and safe access to handwashing points, the project aims to promote healthier learning environments where children are protected from preventable waterborne diseases such as cholera, diarrhea, and stomach infections.



Behavior Change and Hygiene Education

Beyond infrastructure, the project prioritizes behavior change and hygiene education among students. Many illnesses affecting schoolchildren stem from poor hygiene practices; therefore, the project integrates continuous hygiene awareness through the establishment of School Water, Sanitation, and Hygiene (SWASH) Clubs in each participating school.





These clubs empower students to:

- Promote handwashing and sanitation awareness among peers.
- Learn and demonstrate proper hygiene practices.
- Extend positive behavior to their homes and communities.

Through this approach, students gain knowledge and develop lifelong hygiene habits, improving both their personal health and that of their families.



SAFE PAD LAB PROJECT

During the third quarter, Afyaplus continued to make great progress in advancing menstrual health and adolescent well-being through the Safe Pad Lab Project. The initiative focuses on strengthening awareness of Menstrual Health and Hygiene (MHH) and Adolescent Sexual and Reproductive Health and Rights (ASRHR), while promoting gender equality and reducing barriers to education for girls.

A total of **12,885** students across 20 schools in three councils within Dodoma Region benefited from the project comprising **8,987** girls and **3,898** boys. Through targeted awareness sessions, students gained accurate, age-appropriate knowledge designed to challenge long-standing taboos, myths, and cultural beliefs surrounding menstruation factors that have historically limited girls' school participation. By integrating menstrual education and access to reusable sanitary products, the project continues to foster a more inclusive and supportive school environment, reducing absenteeism and dropout rates among girls.

The Safe Pad Lab Project operates under two core components:

- Establishment of Safe Pad Laboratories in 25 secondary schools.
- Awareness and sensitization training on MHH and ASRHR across 23 primary and 17 secondary schools under the second phase of implementation.

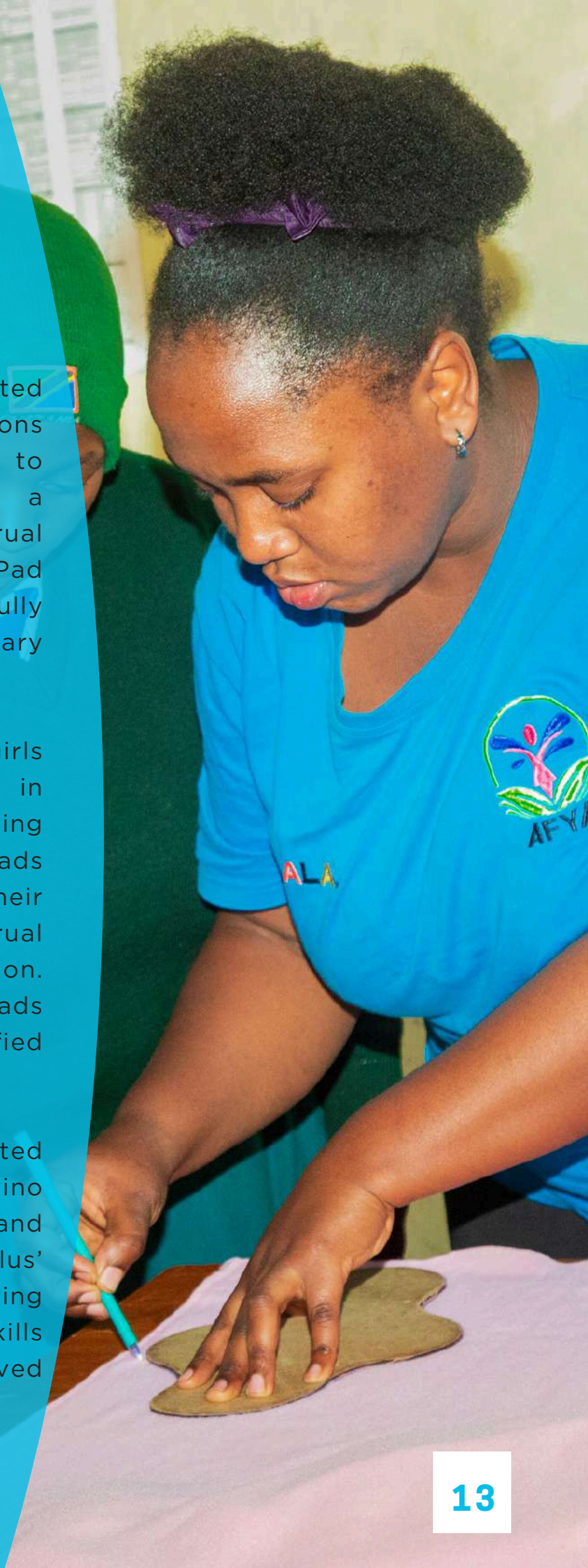


1. Training on Reusable Sanitary Pad Sewing Skills

In this quarter, Afyaplus conducted hands-on training sessions equipping students with skills to sew reusable sanitary pads a sustainable approach to menstrual hygiene management. Ten Safe Pad Laboratories were successfully established in ten secondary schools within Dodoma Region.

A total of 938 students (692 girls and 246 boys) participated in practical sewing sessions, learning to produce reusable sanitary pads while deepening their understanding of menstrual hygiene and gender inclusion. Additionally, 400 reusable pads were distributed to girls identified as most in need.

This intervention was implemented across ten schools in Chamwino District, Dodoma City Council, and Bahi District, reinforcing Afyaplus' commitment to empowering adolescents with practical skills and knowledge for improved menstrual health management.



From Challenges to Confidence A Girl's Journey Through the Safe Pad Lab Project

Before joining the Safe Pad Lab sessions, Neema, a student at Mkonze secondary School, faced monthly struggles that affected her education.

"I used to miss 3 to 5 school days every month because I didn't have sanitary pads to use," she recalls softly. "Sometimes I would stay home, feeling ashamed and uncomfortable."

Through the Afyaplus Safe Pad Lab Project, Neema and her classmates received training from Afyaplus community trainers on how to craft reusable sanitary pads. Beyond the skills, the project helped them understand menstrual hygiene management and the importance of maintaining dignity and health during their periods.

"Now that I have reusable sanitary pads, I come to school comfortably during my menstrual periods, feeling confident and healthy," says Neema with a smile. "I even teach my friends how to make them, and we all help each other."

The project has not only improved girls' school attendance but also equipped them with sewing and entrepreneurship skills, promoting confidence, dignity, and self-reliance among young girls while ensuring a healthier and more equitable future for all.



2. MHH and ASRHR Awareness and Sensitization Sessions

Through structured awareness sessions, Afyaplus reached 12,885 students (8,987 girls and 3,898 boys) across 20 schools in the Dodoma Region. The sessions focused on building knowledge and positive attitudes toward menstrual health, hygiene, and reproductive rights.

Students demonstrated enhanced confidence and understanding. As shared by Grace Peter, a Form Three student:

"***Now I feel more confident, even when my period starts at school. I know how to take care of myself and support my friends. There's no more shame or running home.***"

This behavioral change reflects improved menstrual confidence, reduced absenteeism, and increased gender inclusion. Boys were also actively engaged in discussions to promote menstrual empathy and peer support, helping dismantle stigma and social barriers.





Furthermore, the sessions provided both boys and girls with accurate reproductive health information to support informed decision-making, reduce early pregnancies, and prevent early marriages and gender-based violence.



Overall, the Safe Pad Lab Project continues to create lasting impact by equipping adolescents with practical skills, accurate knowledge, and confidence ensuring that every student can learn with dignity, safety, and equal opportunity.

SWASH PROJECT IN MBARALI

Afyaplus Organization, in partnership with Nawiri Foundation, is implementing a School Water, Sanitation, and Hygiene Project in Miyombweni Ward, Mbarali District. The projects supports progress toward Sustainable Development Goal (SDG) 6 Clean Water and Sanitation and SDG 4 Quality Education, by improving access to safe water, sanitation, and hygiene services in four primary schools. Through the construction and rehabilitation of essential WASH infrastructure, the project aims to enhance student health, strengthen hygiene practices, and create safe, inclusive, and supportive learning environments for all learners.



Global evidence from UNICEF and the World Bank shows that schools equipped with adequate WASH facilities record higher student attendance, improved concentration, and better overall health outcomes. Conversely, the lack of toilets, safe water, and proper hygiene facilities increases vulnerability to preventable diseases such as diarrhea, intestinal worm infections, and skin-related conditions factors that negatively impact students' participation, performance, and retention.

Despite gradual national progress, access to basic handwashing facilities with soap and water remains inadequate at 46%, up from 34% in 2020 but still far below the level required to effectively prevent disease transmission among schoolchildren and communities.

This shows an urgent need for investment in sustainable, child-friendly hygiene facilities to protect health and support learning.

Girls are disproportionately affected by poor school hygiene. Without private, safe toilets and clean water, many miss school during menstruation or drop out entirely. At Magigiwe Primary School, new sanitation blocks have been designed with girls' needs in mind, featuring separate, private facilities that ensure dignity and comfort. This has reduced absenteeism among female learners and contributed to narrowing the gender gap in education at the upper primary level.



Improving Health and Attendance

Since the installation of improved facilities, teachers report notable improvements in attendance and fewer illness-related absences. With fewer sick days, students remain engaged and are better able to achieve their academic goals making the schools safer and more conducive to learning.

Infrastructure Development and Sustainability

In the other three schools, Afyaplus and Nawiri Foundation installed comprehensive water systems, including 10,000-litre water storage tanks and raised platforms to ensure reliable water access throughout the school campuses.

During this quarter, the Afyaplus team conducted a Summative Evaluation to assess the project's outcomes against its initial goals. The evaluation engaged students, teachers, parents, caregivers, and local leaders to measure effectiveness and sustainability.



Key Findings

- Positive behavioral change: Students demonstrate improved hygiene practices and consistent handwashing.
- No reported WASH-related diseases since the project handover.
- Higher attendance rates and reduced absenteeism across all schools.
- Strong community ownership and commitment to maintenance.
- Direct beneficiaries: 1,406 students (665 girls, 741 boys) and six teachers across the four schools.

Students expressed excitement and pride in their new learning environments, describing the improved WASH facilities as a "game changer" that makes school a safe, healthy, and enjoyable place to be.



Transforming School Hygiene and Attendance in Miyombweni Ward

"We have witnessed remarkable transformation in our schools through the Afyaplus and Nawiri Foundation project."

The Afyaplus and Nawiri Foundation project has transformed four schools in Miyombweni Ward by improving water, sanitation, and hygiene facilities, creating safer and more inclusive environments especially for girls during menstruation. The modern sanitation infrastructure has enhanced privacy and dignity, helping reduce absenteeism and promoting consistent school attendance, particularly in Magigiwe and Mlungu villages.

The Ward Executive Director noted that clean, well-maintained facilities now motivate students to remain in school and focus on learning. Local government and village leaders have established systems to monitor, protect, and sustain the facilities, ensuring their long-term use.

The Miyombweni Ward Executive Officer concluded with appreciation, recognizing the project as a true partnership between communities and development partners, led by Afyaplus Organization in collaboration with Nawiri Foundation.

"This project has brought lasting change to our schools and community. We will continue to safeguard it for the benefit of our children and the generations to come."

Participation in the Adult Education and Non-Formal Education Week (EWW)

During this quarter, Afyaplus, through its Safe Pad Lab Project implemented in Dodoma Region, participated in the Adult Education and Non-Formal Education Week (EWW) celebrations held at Mkonze Secondary School grounds. The event featured various exhibitions, including demonstrations by Mkonze Secondary School students on how to sew reusable sanitary pads a skill they acquired through Afyaplus' menstrual health empowerment sessions.





The event was graced by Dr. Mohamed Msoloka, the Vice Chancellor of the Open University of Tanzania, as the Guest of Honour. Afyaplus was invited as one of the key stakeholders recognized for championing girls' education and promoting an equitable, safe, and healthy learning environment through its WASH interventions. The participation strengthened the organization's visibility and reaffirmed its commitment to ensuring that every student learns and thrives with dignity.



Participation in the Education Stakeholders' Meeting

On the 8th of July, 2025, Afyaplus Organization proudly took part in a high-level education stakeholders' meeting convened by the Iringa Municipal Council. The meeting aimed at advancing the education system through collaborative efforts and knowledge sharing among key actors. It brought together representatives from government departments, non-governmental organizations, and various education institutions operating within Iringa Municipality.

Afyaplus was represented by the Program Coordinator, Ms. Jacquiline Raphael, who had the privilege of presenting the organization's ongoing efforts and achievements in promoting access to quality education and supporting school environments through our community-focused initiatives. Our presentation highlighted the integration of WASH programs in schools, health and hygiene education, and the role of Afyaplus in creating safe, inclusive, and supportive learning environments for both students and teachers.



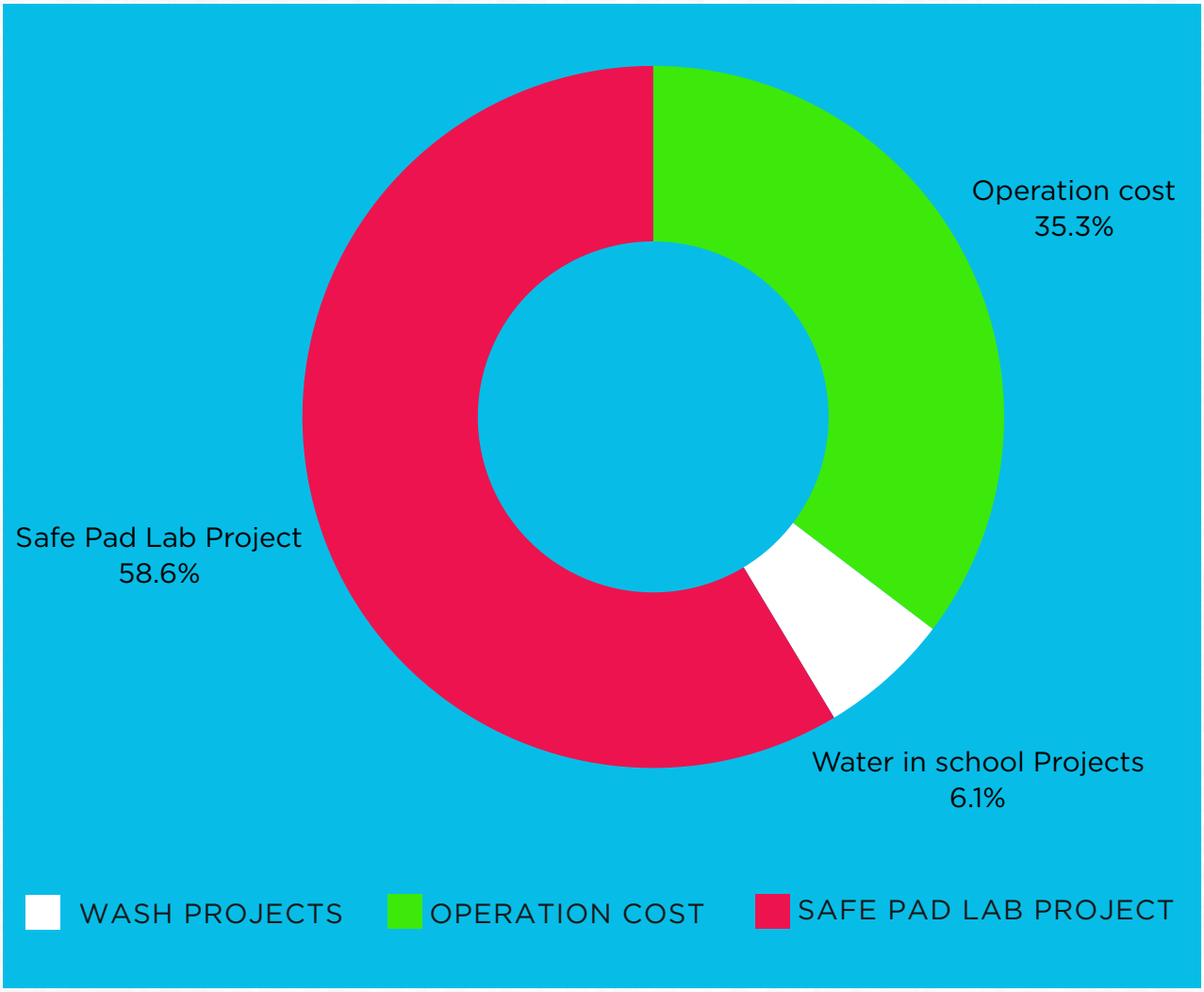
We were honored to be recognized among the leading NGOs in Iringa that are committed to finding sustainable, community-driven solutions aimed at strengthening the education system. This recognition reflects Afyaplus' continued dedication to partnership, innovation, and impactful interventions that contribute to the holistic development of children and the community at large.

FINANCIAL UPDATES

Quarter Two Opening balance was Tsh. 39,863,407.91

Afyaplus was also disbursed with a total of Tsh 33,248,521.58 from different financiers to implement project activities

QUARTER ONE EXPSENSES



OUR ESTEEMED DONORS AND PARTNERS

Afyaplus Organization extends heartfelt appreciation to our donors, development partners, government institutions, and dedicated stakeholders. Your trust and generosity continue to fuel our journey of impact and transformation. Because of your unwavering support, more communities are being empowered, more children have access to clean water and safe learning environments, and more lives are being changed for the better.

Together, we are proving that lasting change happens when compassion meets action. Thank you for being an essential part of the Afyaplus story today and for the future we're building together.

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

Segal Family Foundation

MALALA FUND

ENGINEERS WITHOUT BORDERS USA Michigan State University Chapter

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MORE **ABOUT US**

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