

ANNUAL REPORT 2021



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Founded in 2008, Empower Tanzania is a rapidly growing international NGO. We are a U.S. 501(c)3 nonprofit and a Tanzanian-registered NGO. Our outstanding volunteers from around the world and our staff in the US and Tanzania work together to improve quality of life for communities in Tanzania. Together, we make a difference!

An Overview of Tanzania

In 1964, the United Republic of Tanzania was formed as a sovereign state when the two newly recognized states of Tanganyika and Zanzibar united, making Tanzania the largest country in East Africa.

Tanzania is situated just south of the equator in what is known as sub-Saharan Africa. With a population of 55,890,747 Tanzania has the largest population in East Africa, with two-thirds of the population under the age of 24.

The primary languages spoken are English and Swahili, although many tribal languages are also spoken.

Safe water is not accessible to 55% of Tanzanian households. Gender-based violence affects one-third of all women in Tanzania, and only 16% of women and 23% of men are educated past the elementary level. *

Empower Tanzania serves the communities of the Kilimanjaro Region through programs in health, education, economic empowerment, and agriculture.

We invite you to learn more about Tanzania and the work we are doing for its people, families, and communities.



**EMPOWER
TANZANIA**

* CIA Government Data Library, 2020.

Empower Tanzania

Our Mission

Empower Tanzania works in partnership with rural Tanzanians to improve their quality of life. We address the underlying issues that hinder resiliency in rural areas including health care, education, agriculture practices, markets for products, and increasing water supply and quality.



Empower Tanzania 2021: Year in Review



Dear Loyal Friends and Supporters,

The year 2021 was a challenging but crucial year for Empower Tanzania and we are tremendously grateful for the ongoing support we received from our generous and faithful supporters.

COVID-19 forced major changes in how Empower Tanzania operated. Thanks to our dedicated Board of Directors and staff in both the US and Tanzania, we persistently supported our programs through virtual meetings. Even during the worst stages of the pandemic, when volunteer participation was low, we continued implementing program activities. We are now scaling up operations to pre-pandemic levels. Our volunteers and staff deserve our thanks and praise for their extraordinary efforts during the pandemic.

Last year also saw a major change in our organization. In compliance with our strategic plan, we recruited our first development professional. Over 70 qualified candidates applied for the opportunity. We chose Amanda Johnston to serve as our director of advancement and she began her role in November.

Amanda brings over two decades of experience successfully mobilizing resources for nonprofits. She is excited to bring her passion for international development and her expertise in nonprofit management to Empower Tanzania. This year, Amanda will work closely with our board and staff to scale up our programs and help Empower Tanzania grow and thrive.

We continue to be a listening organization, focused on meeting the needs of people at the community level. We look forward to a new and productive year and we remain grateful for your generosity and support!

Todd Byerly

*Executive Director
Empower Tanzania*

ADDRESSING COVID-19

In 2021, Empower Tanzania worked with families to relieve hunger and mitigate the impact of COVID-19 related problems.

Relief

Following school closures in 2020, students who attended the Same Learning Center stopped receiving the nutritious meals provided by the program. These meals were a significant part of their diet. During the months-long school closures, we distributed funds directly to families so they could purchase food to augment their children's nutrition. The same situation arose with the 99 entrepreneurs in Vumwe Designs. These women counted on income from the program to feed their families. When the program closed due to COVID-19, Empower Tanzania provided the funds women needed to feed their families.



Mitigation

Our efforts to mitigate the risk of transmission, illness, and death from COVID-19 focused primarily on public health education. In coordination with the Same District Health Department, 33 Empower Tanzania Community Health Educators distributed 50,000 educational flyers in Swahili. Flyers described the virus, the illness it causes, and methods for prevention of transmission. Information was provided on the importance of hand washing, using masks, social distancing, and ensuring proper ventilation.

We also worked with the Kilimanjaro Region Health Department to reach 1.6 million people with similar information through loudspeaker trucks. Community Health Educators continued COVID-19 education. They modeled social distancing and proper masking practices. Women showed videos on COVID-19 and led discussions, reaching thousands of people each month. Additionally, the Vumwe Design entrepreneurs produced masks for sale, which were distributed through various outlets, including the Community Health Educator presentations.

Vaccines

Vaccines became available in Tanzania in October of 2021. Empower Tanzania worked closely with the Same District Health Department to promote vaccine distribution and acceptance. We provided training to 33 Community Health Educators, 34 Maasai Health Workers, and 34 Maasai men. The trainees returned to their communities to share what they learned about COVID-19 and promote the vaccine.



HEALTH PROGRAMS

Empower Tanzania's Community Health Network utilizes educators in the Same District of Tanzania to improve health knowledge and outcomes. Our educators offer interactive presentations in the areas of childhood pregnancy, sexually transmitted infections (including HIV), and COVID-19.



The Community Health Network improves key health measures in rural Same District through education. The community arm of the network consists of 33 Community Health Educators. An additional 34 Maasai educators focus on under-served communities in 21 Maasai villages.

The school arm of our network currently includes 265 teachers in government, Catholic, and Islamic primary and secondary schools. Our educators present to over 30,000 adults and children per month on sexual and reproductive health, contraception, sexually transmitted infections, HIV, gender-based violence, sexual violence, COVID-19, and vaccination.

Students receive weekly lessons based on UNESCO technical guidelines for sexuality education. Additional topics include tolerance, respect, human rights, peer influence, body image, stigma, discrimination, harassment, bullying, negotiation tactics, and techniques for self-defense.

Our educators use interactive teaching methods including video, demonstration, written materials, and social media to educate their communities. At school and community assemblies, students present skits, poems, songs, and dances to educate peers, parents, and community members.

"After COVID-19, the ward officers were inviting me to all their meetings to talk about preventive measures and later about COVID-19 vaccines. My ward is giving me all the support and I'm glad that my network is growing."

~ Minael Daniel, Community Health Educator



Nafika's Story

Nafika is a 29-year-old mother of two living in rural Same District, Tanzania. Nafika's husband works on construction projects in Dar es Salaam, far away from the family home. Several years ago, Nafika noticed she was easily fatigued, had lost a great deal of weight, and had occasional fevers. She became so sick that the care of her children was taken over by a relative in another town. Although she thought she might have AIDS, she was paralyzed with fear about the certainty of death, so she did nothing about it.

A close friend of Nafika's told her about a presentation she attended given by an Empower Tanzania Community Health Educator about HIV testing and the possibility of life-prolonging treatment for HIV/AIDS. Upon hearing this, Nafika sought out and attended a presentation by Empower Tanzania and decided to be tested and treated, as did her husband who was experiencing similar symptoms. With proper treatment, she has recovered the weight she lost, regained her vitality, and her children have been returned to her care. She is grateful for the Community Health Educator who helped her face this frightening illness.

**Nafika (not her real name) has shared her story with informed consent.*

"I have become friends with youth and I distribute condoms in my ward. Since I started distributing condoms, I have seen a big decline in teen pregnancies in our village." ~Community Health Educator



Scola Willium, Emuguri Village

I would like to talk about the bicycle program and how it helped me maintain my clinical health worker role and peace in my family.

When the program started, my villagers chose me to be a Community Health Worker and I was so happy. After the training, I started my role, and it went very well until my husband started getting upset about me coming home late. It was hard because I would get calls from far away homes when someone needed my help. I might need to escort a pregnant woman to the hospital.

Sometimes my husband would understand, but most of the time he didn't want to hear the reason and he would get very mad. That made me so sad, but I didn't give up. When I got my bicycle, it was a lifesaver. I was able to be a clinical health worker even to the far homes and get home early. Now, when my husband comes home, he finds me back already, our dinner is ready, and the kids are fed. Thank you for this bicycle. It has saved my job and given me my happy marriage again!



EDUCATION PROGRAMS



Empower Tanzania's Education Programs include the Msindo Most Vulnerable Children's Program and the Same Learning Center.

Msindo: Most Vulnerable Children's Program

Fifty vulnerable kids in the Msindo village participate in life skills trainings led by three community leaders. Saturday sessions are conducted in and around the local Lutheran church. Empower Tanzania partners with the Tanzania Club at Newton High School in Iowa to garner support for the program.



“Most Vulnerable Children” is the phrase used by the Tanzanian government to describe children at the highest risk. A child is vulnerable, among other things, if he/she has only one or no parent at home, if there is low household income, poor shelter, a disability, not enough food, and underlying social problems. The 50 children, and others in the community, are at risk for poverty, health concerns, neglect, and abuse. Typically lacking family support or basic access to education, these children are the participants of Empower Tanzania’s Msindo program.



The Same Learning Center

The **Same Learning Center (SLC)** provides enhanced English education for students in government primary schools, which often do not have qualified English teachers. Fifty students meet at a newly refurbished learning center after school on Tuesdays and Thursdays to work with highly skilled teachers to improve their reading skills in English and Swahili, and to help them learn and comprehend their school work better. On Saturday, the students receive additional tutoring, participate in daily living instruction such as animal husbandry, growing crops, games, and gardening, and get nutritious porridge (*uji*) and a nutritious meal (either *makonde* or *pilau*). Leaders teach the students their rights as a child, such as the right to be heard and to be loved, and to instill in them that their lives matter and to not ever lose hope. They are counseled by the SLC team and are encouraged to speak out against any forms of abuse and bullying.

The SLC provides school uniforms, shoes, notebooks and pens, lunch support for every school day, and hygiene materials monthly (soap, oil, toothpaste, and menstrual pads for girls).

In 2021, the program was a big success.

Same Learning Center Program 2021 Outcomes:

- 50 students received school uniforms and stationary for classes
- 50 students from six primary schools in Same Town received daily lunch (30 kg of corn, 12 kg of beans), 30,000 Tsh for ingredients each year, and Saturday lunch
- 50 students received monthly hygienic supplies including soap, shoe polish, tooth paste, lotion, and menstrual pads



"The Same Learning Center had 21 Standard Seven students, and all 21 earned a 'B' average on their final examination! We are so happy to see this dramatic change from our beloved students!"

***~Yoeza Mbonea Mnzava,
Education Programs Director***

John's Story

Bright-eyed and charismatic, thirteen-year-old John Mkirindi is known as “a man of the people.” He is as popular with his peers on the playground of the Same Learning Center as he is among the adults in the center’s office.

John lives in a suburb of Same Town where he and his family share a single-room home. Their tiny unit is surrounded by seven others, all filled to the brim with families. There is never a private moment, but John embraces the company.



“John is always helping out,” says his mother Salome. “He is always reading with his brother (Daudii) and sister (Nainkwa) and he helps the neighbor kids with their English.”

Why does John choose to spend so much time helping others? John recently told his teacher, Yoeza Mnzava, with tears in his eyes: “We are taught at the Same Learning Center to help others ... especially less-privileged people ... as a way of paying back to our community.”

John’s mother Salome and her husband Mkirindi want to provide a better life for their children but are unable to put all three through school because they are unskilled workers who are paid less than \$12 a week.

“Because I don’t have an education, I can’t get a job that pays any money,” says Mikirindi, who, like his wife, was unable to attend school as a child or young adult. “There are a lot of people in this situation in Same Town and there is not much work.”

Children in John’s situation have very little chance of graduating from school. In Tanzania, the average person has only 5.11 years schooling and only 35% of secondary school-aged children attend school. However, he was chosen to attend the Same Learning Center, and now dreams of a bright future for he and his family.

“I want to become a doctor,” says John, who is ranked No. 1 in his class in both Swahili and science at Kiwanja Primary School. This dream would be impossible were it not for the support he receives through the Same Learning Center and his incredible attitude and dedication.

“Going to Same Learning Center means he can become whatever he wants to be,” says John’s father, Mkirindi. “If he wants to become a doctor, he can become a doctor. If he wants to become teacher, he can become a teacher. Because he has an education, he can get a job and he can help make life better for his brother and sister.”

AGRICULTURE PROGRAM



Q&A with Joseph Kimbwereza, Program Manager for Integrated Farming and Water Projects

LAMBO FARMING PROJECT

Lambo is a community in the Mwanga District which borders the Same District and is part of the area in which Empower Tanzania focuses its attention. We began an agriculture project there at the request of Zion Lutheran Church in Iowa City, Iowa, a partner of the Lutheran church in Lambo. Joseph Kimbwereza provides staff support to this program. Here's what Joseph had to say in a recent interview:

Q: A major part of the project is better methods for caring for sheep and goats. How many were there and how many are there now?

Joseph: We began with 10 goat farmers who had 12 dairy goats and 10 sheep farmers with 12 sheep. Along with training, we gave each farmer two animals, which meant 14 dairy goats and 14 sheep. Now they have 50 animals—a big increase even though climate change caused the death of some animals.

Q: How many farmers participate in the program? Do they grow grain amaranth, a healthier grain than corn?

Joseph: We began with 23 farmers who grew grain amaranth. Now there are 30 farmers. They are using this grain in their families' diets and plan to increase production to sell the grain at the market. I will provide more education for them to increase production of grain amaranth as a cash crop.

KISIWANI FARMING PROJECT

Empower Tanzania purchased a farm in the village of Kisiwani. Joseph is liaison to that project:

Q: How many irrigated acres did we plant at Kisiwani and what did we harvest?

Joseph: We planted five acres, four were corn and one was beans. Yields were 32 bags of corn and one bag of beans. These results were lower than planned because of low rainfall, which dried the rivers we use for irrigation.



FAIR TRADE PROGRAM

The Vumwe Designs Story

How a Gender-Based Violence Program Evolved Into Social Enterprise

Our Fair Trade Program, Vumwe Designs, began in 2013 when a pastor who was concerned about gender-based violence in Tanzania contacted us. We responded by arranging a meeting with ten survivors who shared stories about the gender based violence and economic hardships they faced. Three of them had survived attempted murder.

Next, Empower Tanzania arranged for a community member to receive training on gender-based violence counseling. Then we asked ten different communities to identify ten survivors in need of counseling and support. The newly trained program counselor provided 100 women with counseling for two years. After six months of counseling, all survivors showed improvement in depression and anxiety on a culturally sensitive psychological assessment tool.

In 2016, we initiated the economic strengthening phase of the program by sending five “champions” to the Days for Girls training center in Uganda. They learned batik and tie-dye fabric techniques, sewing, and soap production. The champions returned and shared their new skills with the other participants. To further enhance their skills, our entrepreneurs received education on banking, money management, and other skills.

Today, program coordinator Catherine Wales leads the co-op called “Vumwe Designs.” Vumwe focuses on the production of handmade batik and tie-dye fabrics. Products include tablecloths, table runners, napkin sets, duster bags, lounge pants, masks, and reusable menstrual pad kits. Products are for sale in Tanzania and the US with proceeds going to the entrepreneurs.

In 2019, Empower Tanzania was verified by the Fair Trade Federation to help create more opportunities to enhance revenues.



**VUMWE
DESIGNS**

Shop Vumwe Designs at: <https://shop.empowertz.org!>

***“My children see how Vumwe Designs is improving our lives ...
I am a role model to my children.”***

~ Tatu Liputai, Vumwe Entrepreneur

FAIR TRADE PROGRAM (cont.)



Improving Women's Lives

Provided with resources for psychological recovery and income generation, Tanzanian women are better equipped to protect and provide for themselves and their children, and are empowered to take a leading role in decision-making activities. Many participants have established their own businesses with the skills they learned in our program. New sources of income allow them to provide food, medicine, and shelter for their families, and to pay the school fees that keep their children in school.

Testimonies of change in response to the question: What changes have you seen since the program started?

Safina: Paying my children's school fees and capital for animal keeping (chickens). Paying for my children's medication.

Agness: I'm able to provide food to my family and provide good shelter. My family gets three meals a day.

Namvumo: Now I'm paying school fees for my children and buying school items. The health of my family has improved.

Amina: I'm sending my children to school and have capital for small business. My community sees me as a strong and hard-working woman, and they support me.

Doldina: Being respected and being able to contest in any government and political election.

**Actual names have been changed. Program participants shared their stories with informed consent.*

Fair Trade Program Survey Results:

90% or more stated:

- I am more confident in my ability to manage money
- I am more likely to start a business
- My place in society is better
- The program has improved my life

80% or more stated:

- I am safer in my home
- My ability to solve my challenges and problems has improved
- I am appropriately paid for the work I do for the program
- My financial security has improved
- My involvement in my community and political activities has increased



We Value Partnership

Empower Tanzania knows that building and maintaining strong relationships with community leaders is essential to understanding the problems they face. We work collaboratively with Tanzanians to figure out effective, affordable, and sustainable ways to resolve problems. We *never* act without local support.

Some of our partners include: the Same District Departments of Health, Primary Education, Secondary Education, Social Welfare, AIDS Coordination, Nutrition, Health Education, the Same Counseling Foundation, and local police.

While we are a secular organization, we have collaborative agreements with religious leaders, including the Lutheran Bishop of the ELCT, the Catholic Bishop of Same Diocese, and leaders of the Muslim community.



In-country staff are often consulted on major issues:

In 2021, Efrancia Nzota and Catherine Wales were invited to a national conference on the impact of Gender-Based Violence and HIV/AIDS on specific groups, such as prostitutes, LGBTQ-IA people, and people struggling with addiction. Additionally, our Reproductive Health Relations Program was in direct response to a request from the District Commissioner of Same District to develop a plan that would reduce pregnancies among schoolgirls.

Elibariki Kisimbo, our Country Director, was invited to a national conference of NGOs in Dodoma at which the new president of Tanzania, Her Excellency Samia Suluhu Hassan, was present. She recognized the important role played by the international NGOs in attendance in solving Tanzania's problems.

FINANCIALS

Statement of Activity

REVENUE	
Grants	\$ 191,186
Individuals	\$ 24,884
In-Kind	\$ 133,640
Businesses	\$ 9,738
Fundraisers	\$ 59,627
TOTAL REVENUE	\$ 419,074
EXPENSES	
Tanzania Program Costs*	\$ 186,525
United States Admin Support	\$ 59,280
Fundraising	\$ 2,110
TOTAL EXPENSES	\$ 247,916

* Includes salary & benefits for Country Director and other local Tanzanian staff

Statement of Financial Position

ASSETS	
Current Assets	
Cash + equivalents	\$ 448,199
Prepaid expenses + other current assets	-\$ 11,166
Farm Plots	\$ 4,123
Other Assets	\$ 31,025
TOTAL ASSETS	\$ 472,181
LIABILITIES	
Liabilities	\$ 656
NET ASSETS	
Restricted	\$ 296,003
Unrestricted	\$ 4,364
Net Reveue	\$ 171,158
TOTAL LIABILITIES AND NET ASSETS	\$ 472,181

As of December 31, 2021



WE ARE SO GRATEFUL TO OUR DONORS!

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Thank you!

Empower Tanzania appreciates you! We are grateful to every single person who help make this work possible.

Join Our Generous Donors and Make A Difference!

"Over the last 10 years the blessings that we've seen as a result of programs that we've sponsored have greatly exceeded our wildest hopes and expectations!

We commend Empower Tanzania for their strategic work and the implementation of medical education and healthcare programs which continue to have a tremendous impact on improving the health and quality of life of untold hundreds of thousands of Tanzanians."

*Dean A. Peterson, President of the Peterson Family Foundation, Inc.,
September 17, 2021*



Thank you!

*Without the generosity of donors like the
Peterson Family Foundation, our work would not
be possible.*

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<https://empowertz.org/donate>

Send a check to Empower Tanzania. We will gratefully receive your contribution at P.O. Box 1121, Ames, Iowa 50014.

Join the Wezesha Circle! In Swahili “wezesha” means to “empower” and it’s what we believe in! Join the Wezesha Circle by committing to a planned monthly or yearly donation at

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