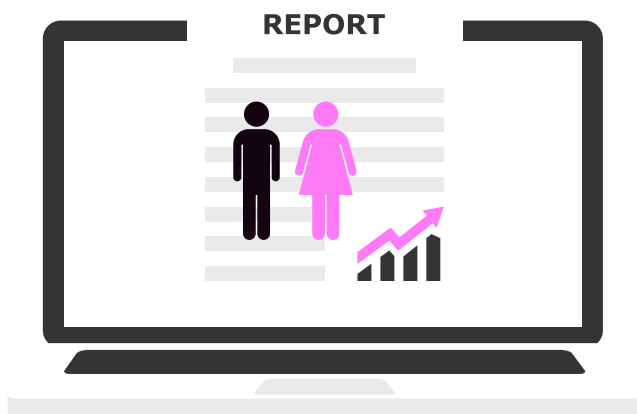




**PRACTICES FOR GIRLS AND WOMEN  
CAREER DEVELOPMENT  
FOUNDATION.**

# Annual Report 2023



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# Message From Our Executive Director

I am thrilled to extend a warm invitation to you to delve into the insights of our detailed Annual Report for the year 2023.

PGWOCADÉ has remained firm in its commitment towards unlocking the potential of adolescent girls and young women across Tanzania mainland. In 2023, we consolidated eight years of dedicated efforts, focusing on providing crucial support for girls' access to quality health and education services.

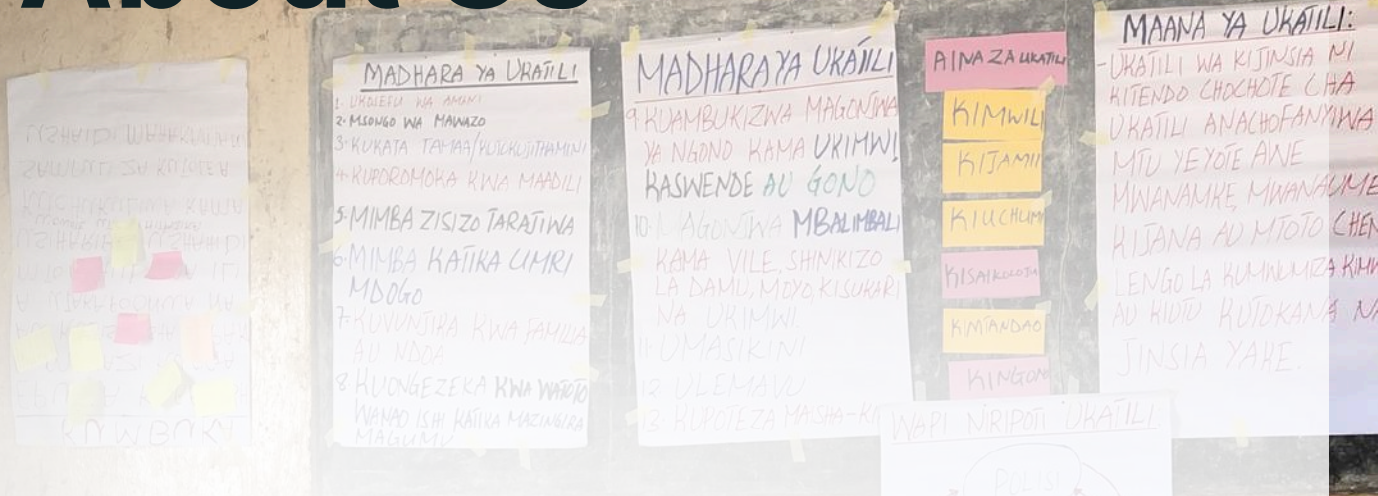
Our primary focus in 2023 was to enhance the delivery of adolescent youth sexual reproductive health services, Keeping girls in school and empowerment initiatives. Through partnerships with government departments, like-minded local organizations, media outlets, religious and traditional leaders, healthcare facilities, workers, and the local community, we have made significant strides in this direction. Annual Report not only reflects on our accomplishments in 2023 but also underscores our unwavering dedication to shaping a brighter future for AGYW in the communities we serve and beyond. To further this mission, we deliberately expanded our initiatives to the four districts of the Rukwa region.

To our donors I invite you to explore our Annual Report and witness firsthand the impact of your contributions. Together, we are forging a path towards a future where every girl has the opportunity to thrive and realize her full potential.



**every girl deserve the  
chance to reach her  
full potential, lets  
make it possible  
together.**

# About Us



**PRACTICES FOR GIRLS AND WOMEN CAREER DEVELOPMENT FOUNDATION** was founded in 2015 as volunteering movement to promote girls and women right addressing child marriage in Rukwa region where girls education was not a priority, then registered in 2018 under the NGO ACT,2002 as a national organization operating Tanzania mainland with a broader objectives to create an equal world which aids women and girls rights and promote equality.



# Our Vision

**A society integrating women and young girls in national development agenda.**

## Our Mission

**Empower and promote girls and women in realization of their goals, through capacity building, development support, access to education, health and nutrition.**

## Our values

- Integrity
- Accountability
- Equality
- Inclusion
- Confidentiality



# ENDING GENDER BASED VIOLENCE



Training AGYW's group in Mpui ward

The project was dedicated to ending Gender Based Violence (GBV) specifically Sexual Based Violence (SBV) targeting adolescent girls aged 15 to 17 who are in 10 both primary and secondary schools, and who are out of school. This initiative combines awareness-raising campaigns, comprehensive education on consent, gender equality, and respectful relationships. Through empowerment workshops and access to counseling services, the project aims to equip 1550 young girls with the knowledge and confidence to speak out against violence and protect their rights.

- **Youth-Friendly Spaces and Supportive Environment:** Creating safe and youth-friendly spaces for AGYW to have the confidence to seek support, and access health, rights, and social welfare services was another key accomplishment.
- **Empowering AGYW as Agents of Change,** we successfully recognized AGYW as agents of change, and involving them in the design and implementation of our programs proved to be crucial. When AGYW had a voice and active participation in decision-making processes, the initiatives were more relevant, sustainable, and impactful because the initiatives focused on improving their lives directly so it was easy for them to speak on their own

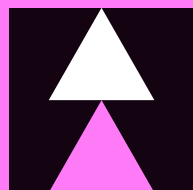


### Stakeholders meeting at Sumbawanga village district

- 780 people were reached where 40 are members from the 3 existing women and child protection committees (MTAKUWWA) which draws its membership from the religious group; police gender desk, health workers, education institutions, local government leader, women representative and youth representatives and 740 are AGYW from the 5 wards of the implementation.
- 5 Trained conducted which are Adolescent girls round table discussion 80 AGYW trained, Girls symposium 150 AGYW trained, Adolescent Health forum 240 AGYW trained, Establishment of youth club 80 AGYW trained, and during sport Bonanza 100 AGYW trained.
- Community Engagement and Empowerment: we successfully involved actively with local communities like local leaders, elders, school teachers, health care providers, and influential and other local organizations to raise awareness and challenge harmful social norms and practices that negatively affected AGYW. School-based interventions and youth-led advocacy programs played a vital role in empowering AGYW to assert their rights, access opportunities, and make informed decisions about their lives.

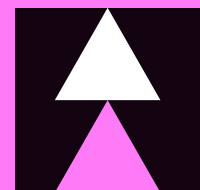
**1550**

AGYW REACHED



**40**

STAKEHOLDERS  
REACHED



# KEEPING GIRLS IN SCHOOL

## Increasing girls access to safe and sustainable reusable sanitary pads to increase school attendance

The project aimed at increasing awareness of Menstrual health and rights to reduce school dropout and absenteeism, and increase the performance of girls students in 5 secondary schools of Sumbawanga District Council. The project involves an activity of distributing reusable sanitary pads that are safe, accessible, affordable, and sustainable. Through this project, we achieved to help more than 1100 girls to stay in school and for the girls who are out of school to know MHM. The project achieved to increase awareness around MHM and advancements in education and healthcare.



Training in school on Menstrual Health Management at Katuhuka secondary school



**In schools girls reached**

1100.



**In schools boys reached**

100



**Stakeholders reached**

50



**Tailors trained to sew reusable sanitary pad**

10





commemoration of international MHM day

Increasing girls safety

100%+

Of targeted group reached

## OUT OF SCHOOL GIRLS

We conducted a Menstrual Hygiene Management (MHM) training for 100 out-of-school girls in Mpui ward. The training aimed to empower these young girls with essential knowledge and skills related to menstrual hygiene. We covered topics such as proper menstrual hygiene practices, the use of sanitary products, and the importance of personal hygiene during menstruation. The interactive session provided a safe and supportive environment for the girls to ask questions and share their experiences. By the end of the training, the girls were better informed and equipped to manage their menstrual health confidently. Three out-of-school girls were trained to sew reusable sanitary pads, contributing to their overall well-being and empowerment.

## ALLOCATED SCHOOLS LOCATIONS

WARDS	NAME OF SCHOOLS
MUZE	MAZOKA SECONDARY SCHOOL
MTOWISA	VUMA SECONDARY SCHOOL
KAENGESA	MZINDAKAYA SECONDARY SCHOOL
MPUI	MPUI SECONDARY SCHOOL
LAELA	KATUHUKA SECONDARY SCHOOL



Out of school Training on Sexual Gender Based Violence

# Our Team

Together we're working towards a future where every girl has the opportunity to thrive and succeed. Let's stand together, break barriers, and ensure that education and health knows no bounds.



**Dr. Jackline Tung'ombe**  
Founder & Executive Director



**Mary Chipeta**  
Program Manager



**Malaika Angolwisye**  
Finance officer



**Felix Zumba**  
HR Manager



**Getrude Geofrey**  
Project Coordinator



**Erick Angelo**  
M&E Officer



**Shukuru Mwasaka**  
Procurement Officer



**Robnson Ombewa**  
Communication Officer



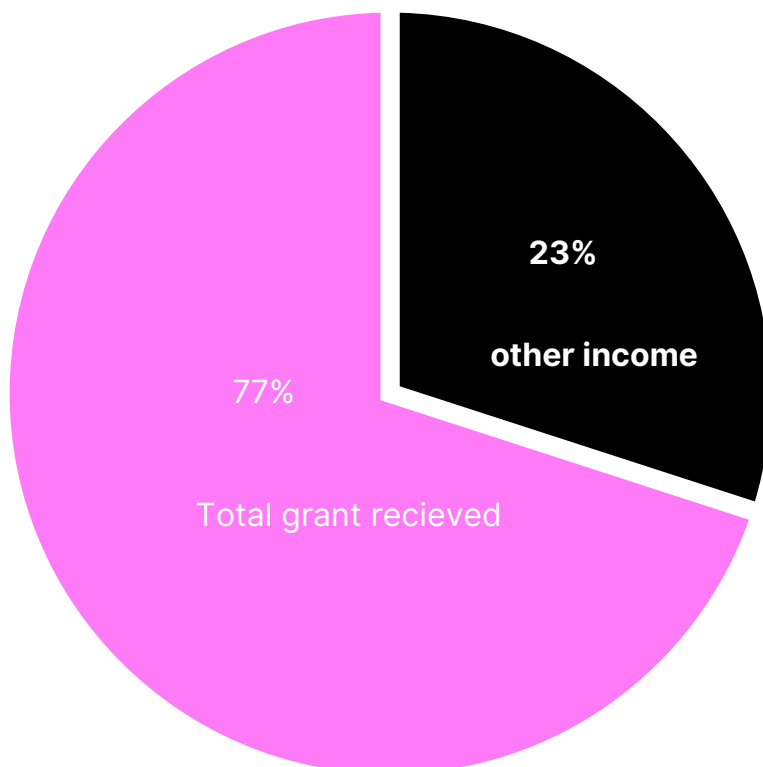
**Joseph Mwakabanga**  
Office Assistant

# FINANCIAL STATEMENT

For the year ending 31st December , 2023

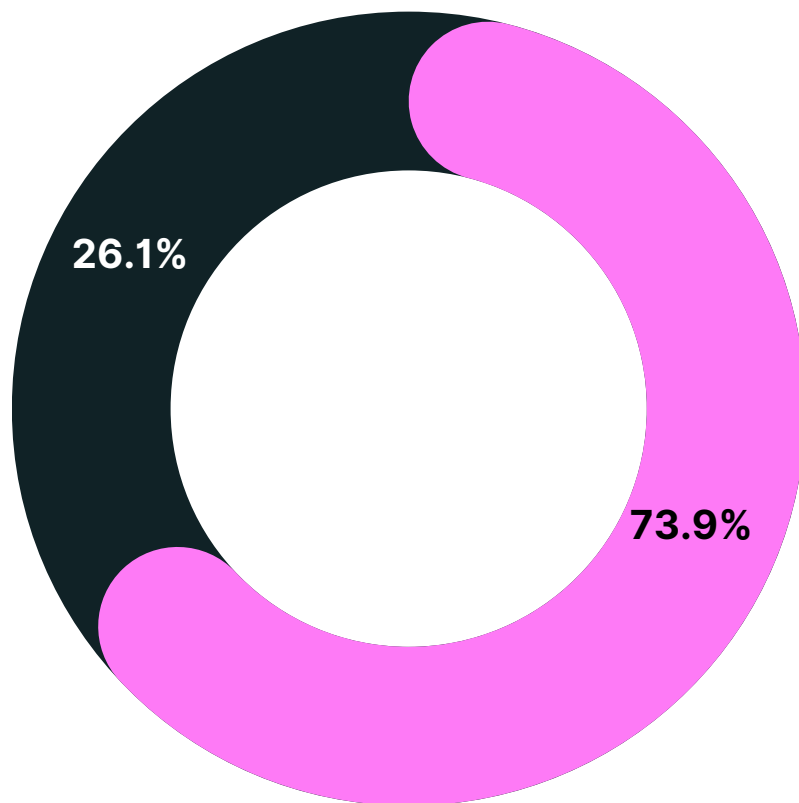
## INCOME FOR THE YEAR 2023

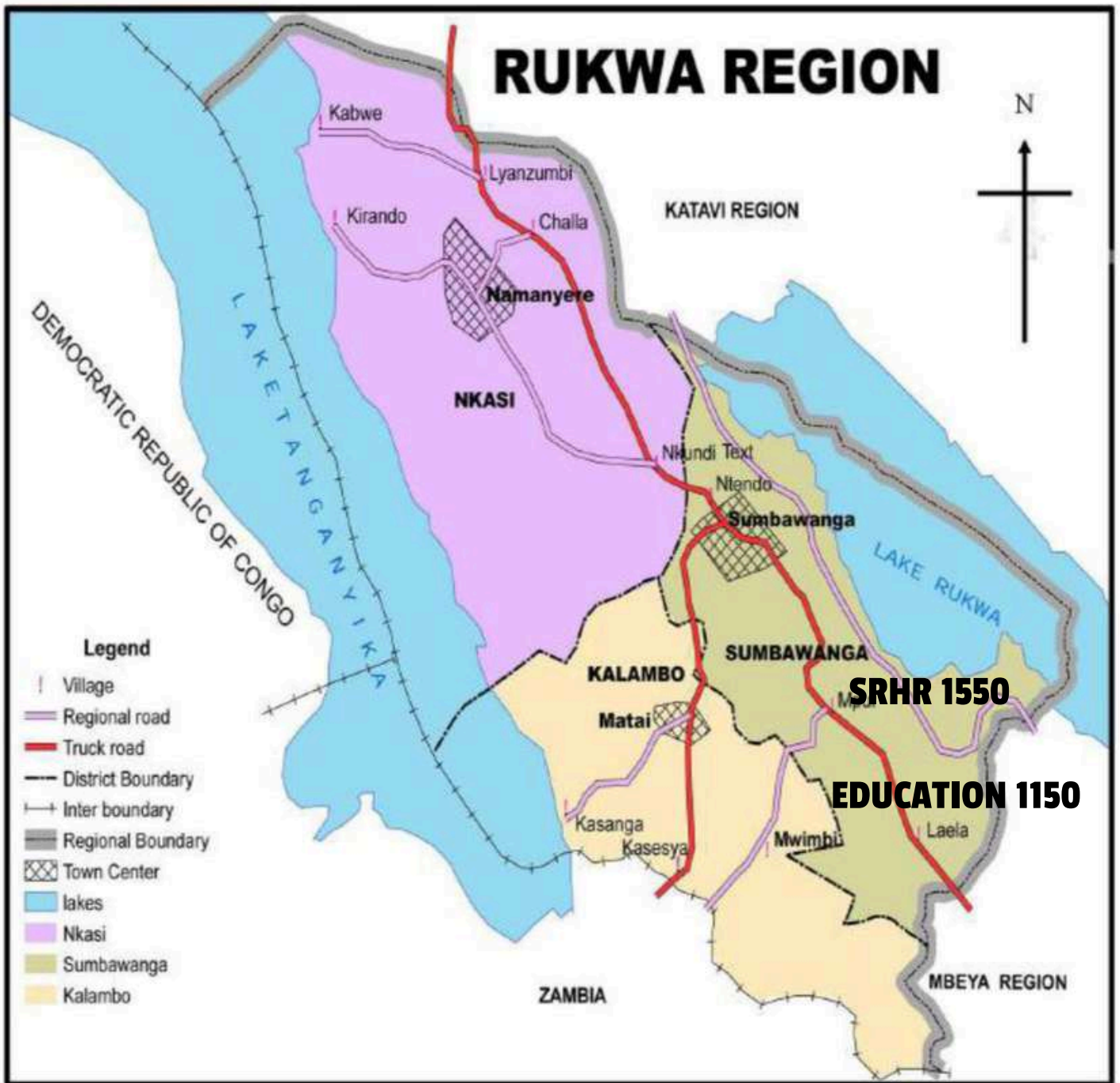
INCOME	USD	TSH
<b>TOTAL GRANT RECIEVED</b>	9,358.1	24,121,872
<b>OTHER INCOMES</b>	1,928.91	46800
<b>TOTAL INCOME PER YEAR</b>	<b>11,287.01</b>	<b>28,801,872</b>



## EXPENSES FOR THE YEAR 2023

EXPENSES	USD	TSH
PROJECT COST	8,286.49	20,923,387.25
ADMINISTRATION COST	3000.52	7,576,313.00
TOTAL EXPENSES PER YEAR	11,287.01	28,499,700.25





# Region Review

## Our partners



THE  
Rukwa Foundation



GLOBAL NETWORK OF  
YOUNG PEOPLE  
LIVING WITH HIV

We recognize that our accomplishments would not have been possible without the generous support of donors like you. Your investment in our organization is an investment in the future of women in Tanzania, and we are deeply grateful for your partnership in this journey towards advancing equality and empowerment.



# YEAR REVIEW

## BUILDING FUTURE TOGETHER

Donor's visit from The Rukwa Foundation , President Patrick and treasure Susi at our head office .



### INAWEZEKANA Project 2

Reusable sanitary pads production using local fabric materials at our office demonstrate d by one of our beneficiaries traned through [Inawezekana phase 2](#) project. An initiative supported by The Rukwa Foundation



### INAWEZEKANA PHASE 2

Presentation on scaling the project by improving production and launching a small scale interprise for production of safe and sustainable sanitary pads.





# Year Review



## Her Voice Fund country lead REPSSI Tanzania visit

Our donor representative from REPSSI Tanzania meeting our out of school girls during their evaluation visit at Mpui ward.



## Office visit

Karesma and Phinehas from REPPSI during their visit at our office to asses our implementation, share experience and document our work on addressing AGYW SRHR

#voiceup:sexualreproductivehslthmatte

   @pgwocade

# Work with Us

You can contribute to our cause through volunteering, partnership or donate to support our work



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