

Nkasi Tanzania

Positive changes are happening in Nkasi. Learn more about how we're supporting children and girls' rights through our collaborative, equality-driven work.

Heavy rainfall from climate change has led to landslides and flooding in Nkasi, causing loss of lives and damage to livestock, crops, homes, and infrastructure. In 2024, Cyclone Hidaya severely impacted Tanzania's coastal regions, causing widespread damage and casualties. The most vulnerable - children, young girls, women, and those with special needs - are hit hardest. The situation is further worsened by poverty, forced child marriages, limited educational and youth-friendly health services.

In collaboration with the community and government, Plan is strengthening social and educational services for children and young women in Nkasi. Our initiatives include building inclusive sanitation facilities in nine schools and training six community workers in the Village Savings and Loans model to support families economically.

"After this program, I feel confident to address child marriages and teenage pregnancies and make informed decisions." - Minza, 15-year-old, Sponsored Child



Children posing in a school compound.

Impact in Numbers

14,726

children were trained in sexual health and rights

61

parents trained in positive parenting practices

37

schools participated in 16 Days of Activism

Breaking the Silence around Menstruation



NAME:

Grace

AGE:

14 years old

DREAMS TO BE:

A Nurse

“I can now sew my own sanitary pads by using locally available products. I have also helped 13 fellow students sew their sanitary pads with local materials.”



Meet Grace

Grace, a 14-year-old in Standard Seven, is passionate about science and loves to spend her free time singing gospel songs and hanging out with friends. She lives with her parents and siblings in a small house made of burnt blocks with a metal roof, which has three bedrooms. Her parents are dedicated livestock farmers, raising cows and goats for food and sale. Inspired by her desire to make a difference, Grace dreams of becoming a nurse and hopes to positively impact both her family and community.

Lack of Awareness about Menstrual Health

In Tanzania, limited information about menstrual health leaves young girls ill-prepared to manage their menstruation and hygiene. Additionally, traditional gender norms have fostered discriminatory attitudes towards menstruation, making it difficult for many girls to discuss menstrual health and hygiene issues with their families.

To avoid embarrassment and inconvenience, Grace has had to miss school during her menstruation days, resulting in poor attendance and performance in her class.

Breaking Barriers

To support girls' education in a safe environment, Plan has launched menstrual health and hygiene workshops in schools and communities. Grace has learned about menstrual hygiene management, the science of menstruation, and how to make and use reusable sanitary pads.

These workshops have empowered her and her classmates to confidently address menstrual health, helping to break the silence and reduce cultural stigma in their community.



Girls making reusable sanitary pads in schools.

We Work With 9,224 Sponsored Children in Nkasi

Projects That Support Lasting Change

Inclusive Education

Poor infrastructure, shortage of teachers, and socio-cultural practices that discriminate against children with special education needs, has led to limited educational opportunities for children in Nkasi.

Plan's initiatives promote gender equality by breaking down educational barriers for all children. During the "Girls Take Over" campaign on the International Day of the Girl, girls developed vital life skills and boosted their self-esteem. The campaign also strengthened connections between the organisation, the community, and local schools, empowering the girls and meeting the programme's local objectives.

Additionally, 64 primary school teachers were trained in various teaching methods, including updated instructional strategies aligned with the latest syllabus and curriculum, classroom management techniques, and creating a supportive and welcoming learning environment for students.



Children participating in Gender-based violence session.

37

child protection gender desks were set up in schools



Champion of Change facilitating a dialogue about gender.



Agatha, 16-year-old, sewing clothes in Nkasi.

Ending Child Marriages

In Tanzania, 37% of girls are married before 18, often leaving them unprepared for marriage and motherhood.

Plan's initiatives aim to raise awareness about early child marriage and empower girls to stay in school, offering support in sexual and reproductive health and menstrual hygiene to ensure equal opportunities.

Through our awareness campaigns, young people's knowledge of Sexual and Reproductive Health and Rights has increased from 28% to 55%. With this new knowledge, young people are more assertive in situations that affect their own lives and futures.

Additionally, through our economic initiatives, 3,392 young people - including 1,890 women and 1,502 men - have been trained in vocational skills and horticultural practices.

"I bought my own sewing machine and can now afford small things like sanitary pads, and body oil and I bought a cellular phone for myself to easily communicate with customers." Agatha (16) from Nkasi

You're Supporting a More Equal Future



Youth Saving and Loan Association (YSLA) member sewing clothes.

Together, we're working to create a more just world.

In Nkasi, 60% of schools lack proper sanitary toilets. Next year, Plan will partner with the government to support gender-sensitive sanitation facilities and promote hygiene management in primary schools.

Nkasi has a 60% shortage of classrooms, impacting children's education. Plan will work with the government to advocate for equal access to quality education and support the construction of new classrooms.

Nkasi has a 30% rate of teenage pregnancies, affecting young women's sexual and reproductive health. Plan will collaborate with the government to raise awareness and establish a one-stop centre for youth-friendly, gender-sensitive services.

Message from Plan Staff

"I take this opportunity to thank you for your support. It has helped educate parents about child rights and empowered children to voice their desire to stay in school. This effort aims to build a strong foundation of knowledge to combat all forms of gender inequality, including child marriage."



Adolf Fulgence Kaindoa,
Programme Unit
Manager, Nkasi.

The Plan Effect

Sponsored children are at the centre of everything we do, and they help plan our programmes based on what's important to them. Sponsors' donations are a gateway into a community. This helps build trust and credibility to attract even more funds from new sources. This makes more sustainable programmes possible in sponsorship communities. This powerful synergy is something we call The Plan Effect.

Progress in Numbers

25

health workers
trained in youth-
friendly services

81

teachers trained
in sexuality
education

8

community
workers trained in
financial literacy

74

youth trained as
menstrual health
facilitators