

Fast facts



Fit for Future

Addressing the Sexual and Reproductive Health of Young Women in the Informal Sector in Tanzania

Young women in the informal sector are a highly vulnerable group; with low earnings and limited education and literacy, they face an uncertain future. Most livelihoods opportunities are closed to them, resulting in a vicious cycle of low productivity, low income and inaccessible to resources. At the same time, they lack information about sexual and reproductive health and rights (SRHR) and have limited access to comprehensive SRH services. Their vulnerable position puts them at high risk for harassment and abuse, HIV/AIDS and other sexually transmitted infections (STI), unwanted pregnancy, and discrimination.

Fit for Future was developed to contribute to the efforts to alleviate poverty and the spread of HIV/AIDS among youth in Tanzania. To do this, the project works towards a specific objective of improving the sexual and reproductive health and socio-economic status of young women working in the informal sector in the Northern Zone of the country. The project's direct beneficiaries include 15,000 poor and vulnerable female youth aged between 10 and 24 years, and indirect beneficiaries will number up to 1,500,000 people.

To achieve the project objective, DSW works towards four key results:

- Enhancing awareness and knowledge on adolescent SRH, including HIV/STI prevention and management
- Ensuring provision of high-quality, youth-friendly adolescent SRH services, including referrals

Fit for Future: at a Glance

Project Duration: 2008 – 2011

Donor: European Union and private donors

Budget: EUR 973,324

Location:
Tanzania (Arusha, Kilimanjaro and Tanga Regions)

Partners:
UMATI
Tanzania 4H



DSW

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- Supporting profitable income-generating activities and other employment opportunities for young women
- Increasing awareness of employment and adolescent SRH policies among employers, workers and other stakeholders and advocating for enactment of supportive laws

DSW and partners use a blend of approaches to achieve these results, drawing from DSW's highly successful Youth-to-Youth (Y2Y) approach. 82 youth clubs have been established and supported under this project; working through these clubs DSW educates girls and women about sexual and reproductive health and offers vocational training, for example in tailoring. In addition, we provide courses in critical subjects for managing small businesses, such as accounting and logistics. DSW helps young women to access small loans to get their business projects off the ground and supports those looking for employment by linking them with potential employers.

At the same time, DSW also works with public and private health service providers to build their capacity to provide youth-friendly SRH service. Sensitisation and awareness-raising campaigns have been carried out, targeting community members and employers to increase their knowledge about employment and SRH policies. DSW has worked with established companies in industries such as floriculture, textiles and small scale businesses to improve working conditions and access to SRH services. Ongoing advocacy efforts target decision-makers, encouraging them to enact and implement policies that protect the health and rights of young women in the informal sector.

Fit for Future has helped to give girls a new chance in life – not just to earn a living, but to lead healthier, better lives.

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