

Good Health for Youth! – how Wolfson is supporting young people in Tanzania, through Amref Health Africa’s ‘Afya Kwa Vijana’ Project

Over the last two years Wolfson College has supported Amref Health Africa’s ‘Afya Kwa Vijana’ (Good Health for Youth) project to support young people in Meatu District, Tanzania to improve their sexual and reproductive health and claim their rights. Amref UK’s Programme Officer Aleena Khan recently visited the project and saw the impact of Wolfson’s support first-hand.

Over the course of the project, 2,340 peer educators have been trained in Meatu, reaching over 80,000 young people with sexual and reproductive health education. This would not have been possible without support from everyone at Wolfson!

Mbugayabanghya Village Health Dispensary – Out-of-school peer educators with Aleena Khan, Programme Officer at Amref Health Africa UK



At Mbugayabanghya village, we met with a group of out-of-school peer educators who have received training through the Afya Kwa Vijana project on sexual and reproductive health and rights (SRHR). The peer educators are volunteers from the local community, aged around 16-25, who want to support their peers by ensuring they’re in a position to make informed decisions about their sexual and reproductive health. In this village the peer educators play a vital role in reaching young people who are not in school and have limited options in accessing SRHR services. The peer educators share their experiences and the common challenges faced by young people in the community. Teenage pregnancies are still a big problem but attitudes are starting to change as young people, especially young women, are becoming more proactive about accessing contraception, and more men are coming forward for HIV testing. This new-found knowledge can be life-saving for young people.

Donath Mayanga, 32, Health Facility-in-charge, Mbugayabanghya Village Health Dispensary



Donath is the only health worker at the facility, dealing with all essential care and overseeing all services. He also facilitates out-of-school peer educators, supporting them with patient referrals and advice on family planning.

Josephina Elias, 30, out-of-school peer educator



“I am very proud of my role as a peer educator in Mbugayabanghya area. I have three children and my younger sister has five. I’m pleased to now be informed about family planning options and to be able to share them with my friends and family. For example, I have one friend who was scared of talking openly about his sexual health and took a long time to discover he had syphilis. Thanks to my work as a peer educator, I was able to encourage him to get diagnosed at the local health centre and he has now been referred to the District hospital for treatment.”

Jilala Darushi, 26, out-of-school peer educator



“I owe the community a lot because they trusted me to get this training.”

Jilala takes his role of peer educator seriously and is passionate about supporting his community. A father of one himself, he wants to make sure sexual and reproductive health information is readily available to all youth in his village. Jilala speaks to young people in his community, particularly boys, about sexual health and is happy that he can provide them with support based on the training he has received.

Mwandoya Secondary School, with Aleena from Amref UK



Mwandoya Secondary School is just one of the schools where Amref Health Africa has been supporting young people to learn about their sexual health and rights through its Afya Kwa Vijana project. The school has around 600 students, mostly 13-18, who face a range of challenges. The support of in-school peer educators is enabling young students to be more open about their health, traditional practices such as FGM and early marriage, and family planning options available.

Charles Mbukwimba Daud, 19, in-school peer educator



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As you can see from the video, Charles loves talking to other people and really enjoys his role as a peer educator. He feels that he has learnt so much through the programme and is now able to pass on his knowledge to others at the school. It is important for young people to have the opportunity to make their own life choice, as he says: *"pregnancy can cut your dreams"*.