



ANNUAL REPORT

2022

PREPARED BY :
THE PANGEA NETWORK TEAM





Transforming lives

Since 2007

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MESSAGE FROM THE COUNTRY DIRECTOR

The year 2022 has been a time of great introspection for all of us, living in the post Covid 19 era and with the changes brought about by the pandemic, we have and continue to witness and embrace the new normal. Introduction of new programs like the Tubonge Uwazi na Dada Initiative {TUDAI} that saw 375 girls in Vihiga, Siaya and Homa Bay Counties gain life skills and knowledge on the sexual reproductive health, a training that took one calendar year. There was also growth in the women empowerment six-month training program. The number of women trained went up from 125 in 2021 to 173 women in 2022. All this could not have been possible without the support of the board, our partners and of course our very able and dedicated team that goes beyond the call of duty at all times to make this a reality on the ground and you-our supporters. May you all be encouraged as we continue making this world a better place than we found it.



DOROTHY OMBAJO

"The year has been a time of great introspection for all of us; we have and continue to witness and embrace the new normal."

INTRODUCTION

The Pangea Network is a registered non-profit organization headquartered in The Woodlands, Texas. Kenya operations started in 2007 after registration as a Foundation Trust. It is situated in Nairobi and currently runs three programs; The Kenya Women's Network (KWN) Program, the Student Sponsorship (SSP) Program and Tubonge Uwazi na Dada Initiative (TUDAI) Program - adolescent sexual & reproductive health. The organization works with marginalized women and youth living in rural and informal settlements across seven counties, namely; Homabay, Kajiado, Kwale, Mombasa, Nairobi, Siaya and Vihiga. Since inception Pangea has provided knowledge, skills and tools to improve the life of women and youth in Kenya.

OUR MISSION

To empower marginalized women and youth in Kenya and USA socially and economically by providing them with education, training and resources for personal development and financial growth to transform their lives.

OUR VISION

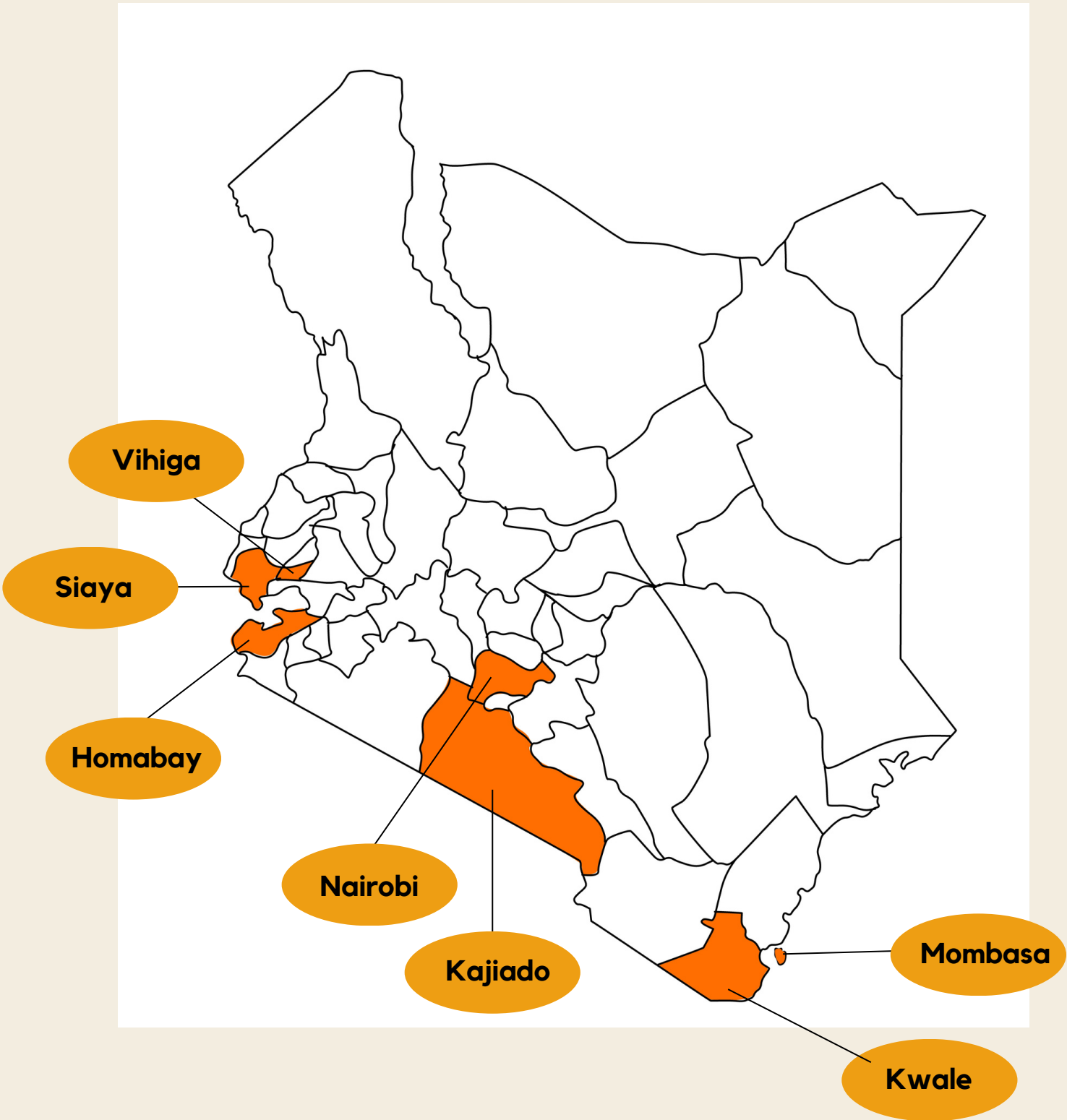
Our vision is to help foster a society where all have the ability to live up to their full potential and be important contributing members in their communities. At The Pangea Network, we believe women and youth are an integral part of positive change throughout the world. Our vision is that by working together with these sectors of the society, we will extend change to families, villages and entire communities.

OUR VALUES

- ❖ CLEAR FOCUS
- ❖ WE ARE ADAPTIVE
- ❖ WE LISTEN
- ❖ CONSTANT EVALUATIONS
- ❖ EXTREMELY EFFICIENT
- ❖ TRANSPARENCY
- ❖ CULTURALLY AWARE
- ❖ SELF-SUSTAINING PROGRAMS
- ❖ EQUAL PARTNERSHIP
- ❖ INNOVATION

OUR REACH

PANGEA IN KENYA



• KEY



Counties where Pangea Network works

OUR COOPERATIVES

County	No of Cooperatives	Names of Women Cooperatives
Kwale	14	Mkwiro*, Tawakal*, Amkeni*, Siri ya Nyumbani*, Wasini, Shimoni, Anzuwani, Akiba, Inua Mama, Muungano, Mzerani, Tabasamu, Tuwe Imara A & B
Mombasa	3	Ahadi Kiembeni*, Shanzu, Shinning
Siaya	9	Mama na Dada*, Odwadu*, Star*, Advocates I & II*, Mothers' Union*, Ndere, Tazama, Upendo
Vihiga	2	Omboki*, Osiepe*
Homabay	6	Kinda*, DET, Togetherness, Tuungane, Rachuonyo Visionary, Rarieda,
Kajiado	2	Agruppa Mandasi*, Angaza
Nairobi	13	Huruma Gift*, Kibera Pioneer*, Sisters of Hope*, Nema*, Kibera Pangea, Ngomongo, Sauti ya Wajane, Lea Toto - Dandora, Dagoretti, Kangemi, Kawangware, Kibera
TOTAL	49	

(*) - Cooperatives that have achieved Alumni Status.

OUR IMPACT

46

SCHOOL
SPONSORSHIPS FOR
KENYA STUDENTS

874

WOMEN TRAINED ON
REPRODUCTIVE
HEALTH

1477

KENYAN WOMEN
GRADUATED AFTER 6-
MONTH EDUCATION
PROGRAM

375

GIRLS HAVE
RECEIVED
ADOLESCENT SEXUAL
AND REPRODUCTIVE
HEALTH EDUCATION

66%

OF THE KENYAN
WOMEN'S NETWORK
REPORTED BEING
ABLE TO PROVIDE
THE MAIN SOURCE OF
FAMILY INCOME

432%

AVERAGE INCREASE IN
KENYAN WOMEN'S NETWORK
COOPERATIVE SAVINGS

HIGHLIGHTS OF 2022

KENYA WOMEN'S NETWORK

- 128 women graduated from 5 women cooperatives in Homabay County.
- Creation and disbursement of Sh.1,700,000 (~\$16,000) revolving fund to 128 small businesses.
- Recruitment and training of 173 women from 7 Cooperatives in Kwale County.

STUDENT SPONSORSHIP

- Matthew & Clinton joining college to study Diploma in Nursing & Diploma in Medical & Social Work respectively.
- Daisy & Javan graduate from university with Bachelors in Law & Bachelors in Biological Sciences respectively.
- 14 students have graduated from the Pangea sponsorship program since its inception, 7 are in gainful employment and 2 have furthered their studies.
- Annual Girls Retreat successfully held in April 2022.

TUBONGE UWAZI NA DADA INITIATIVE

- Successful parent and community stakeholder's workshops in Homabay, Siaya and Vihiga that created awareness and advocated for dialogue on Adolescent Sexual & Reproductive Health (ASRH) matters.
- Successful completion of Girls ASRH Workshops and Peer meetings in three counties in December 2022.
- 375 girls awarded certificates in recognition of their participation in Adolescent Sexual & Reproductive Health & Life skills workshops under TUDAI
- Zero pregnancy and zero school dropout rate among the 375 TUDAI beneficiaries in 2021 and 2022.



20
22

KENYA
WOMEN'S
NETWORK
PROGRAM

Transforming lives



INTRODUCTION

The KWN empowers women with the knowledge and skills and an ongoing network of support that enables them to achieve their dreams and make positive life changing contributions in the communities where they live. Women from the rural areas and informal urban settlements are finding their voice, gaining independence and giving back to their communities everyday.

They are able to do this when they undergo The Pangea Network 6-month empowerment training whose curriculum covers areas of Gender and Human Rights, Women and Leadership, Book Keeping, Basic Business Skills, Personal Development, Basic Nutrition and Women's Health. Some of the women have also been trained and gained skills in First Aid and animal husbandry. Since it's inception in 2007, the KWN Program has impacted the lives of 1,477 women directly and over 8000 members of their households indirectly. This has been achieved by provision of revolving funds for business, business coaching, providing networks and opportunities to showcase their products which have resulted in more income in their pockets, improved businesses, improved lifestyle and healthier families.

New Cooperatives

The 7 new cooperatives are based in Kwale County in the Coastal area. The groups conduct activities such as merry-go-round, table banking, and savings and run their own individual businesses. Their businesses include the sale of foodstuffs, farming, and sale of clothes and artifacts. Each group attested to coming together in order to support each other socially and economically. They intend to conduct collective group projects in the near future.

Inua Mama was formed in October 2021 by 25 women who wanted to collaborate on many issues of development. They hold weekly meetings to discuss group affairs as well as conduct merry-go-round and savings. Their long-term goal is to have a group income generating business. Currently they have their eyes set on opening a uniform shop and a bookshop.

1

2 Akiba was formed in October by 25 women 2021 to assist members to purchase items they need and engage in group projects. Every Sunday, they contribute money for merry go round which is split amongst two people. They do not have a set amount for savings contributions and therefore members contribute according to their ability. The group started a business of hiring out chairs. They have also started making payment for a tent which will also be available for hire. They plan to expand this business in the future.

Mzerani meaning a place of shade, was founded under a mango tree in 2016 as members came together to support one another. The 21 members participate in merry go round and table banking which provide a source of funds to boost member's businesses or to meet domestic needs. After training, the group opened a maize meal business where they charge to mill maize and have employed a young man to work there.

3



New Cooperatives

Women participants in Kwale engaging in class activities, both indoors and outdoors. Training sessions included discussions, roleplays, presentations, groupwork and facilitation of topics.



New Cooperatives

4

Tabasamu cooperative consists of 24 women.

The women came together with the goal of raising each others economic status through merry go round and welfare support activities and later table banking. It was registered in 2016. They usually meet on Sundays at 10:15 am. The women businesses range from selling local food such as maandazi, mahamri, viazi karai, sale of clothes and shoes as well as fish and fruits such as mangoes and coconuts. Together, they have a common project of hiring out tents and chairs during events.

Tuwe Imara A cooperative consists of 25 women. The cooperative was registered in 2017.

They usually meet on Sundays at 2:00 pm. Some of the activities they conduct during their meetings include merry go round and table banking. The women have their individual businesses which include running food cafes, retail and grocery shops as well as farming, selling fish and second hand clothes. As a cooperative, they have a common project whereby they bought a tractor and hire it out to large scale farmers to till their land before growing crops.

5

Muongano cooperative consists of 26 women. The cooperative was registered in 2016.

Prior to this, the women conducted their merry go round activities on a weekly basis and once they had accumulated enough money, they start engaging in table banking which they used to generate more money for the cooperative. They hold their meetings on Sundays at 2:00 pm. The women run small scale businesses which comprise of retail and grocery shops, farming, selling food items (mahamri and viazi karai) as well as selling dry fish. Together, they also have a tents and chairs project whereby they hire them out and generate some income for the cooperative.

6

Tuwe Imara B cooperative consists of 25 women. More women wanted to join Tuwe Imara A women group but since the number was too large, they decided to form a second group of 25 members. They were also registered in 2017. This group usually holds their meeting on Saturdays at 2:00pm. Some of the women's business activities include selling fish, running retail and grocery shops, food and fruit selling, farming and sale of second hand clothes and shoes. Uniquely, they have a member that sells petroleum products (petrol and kerosene) while another operates a hardware. As a group, the women are in the business of hiring out tents, chairs and utensils when events in the area happen, to generate income for the group.

7

Empowering women through education

Give a woman fish and you feed her for a day. Teach a woman to fish and you feed her for a lifetime. This is what the Pangea Network aims at. Through our training, women acquire knowledge and skills that improves their livelihoods, personal development, health and quality of life for themselves and their families. A total of 173 from 7 women cooperatives in Coastal Kenya were beneficiaries of the KWN empowerment training in 2022. The training commenced in June 2022 under The Pangea Network training curriculum facilitated by Dorothy Ombajo, Hyline Kachuodho and Ingrid Amunga.

The beneficiaries learnt a series of topics as shown in the table below. Over the years, we have witnessed positive changes and a shift in mindset from women who have undergone this training. The benefits range from diversifying their products, re-opening a closed business after understanding what led to the failure, enhanced record keeping, healthy diet for families, enhanced confidence and self-esteem etc. They are scheduled to complete the course and graduate in the first quarter of 2023.

MONTH	TOPICS COVERED
June	Leadership
July	Gender and Human Rights
August	Book Keeping
September	Basic Business Skills
October	Basic Business Skills and Personal Development
November	Personal Development and Nutrition



Advocacy

Participation in Peace Walk

In the months leading to the Kenya general elections on August there were various individuals, organizations and associations that were promoting and advocating for peace, before during and after the general elections.

The Pangea Network participated in the National Women's Peace Walk organized by the National Cohesion and Integration Commission (NCIC) in May, on the day that also marked the World Day for Cultural Diversity for Dialogue and Development. The 5-kilometre procession from St. Peter Claver's Primary School to All Saints Cathedral Auditorium, featuring Chief Guest NCIC Commissioner Hon. Dorcas Kedogo, culminated in a program of speeches and performances calling for nationwide unity against election violence. The Pangea Network staff as well as some women from the Nairobi cooperatives participated in the walk.



The Pangea Network staff (Hyline Kachuodho and Collins Omondi), women, and youth holding up The Pangea Network's banner during the Women's Peace Walk.

Advocacy

KWN Sensitization to Women in Nairobi

In August, Pangea Country Director Dorothy, was called upon by members of St. Augustine Anglican Church to make a presentation concerning the work that The Pangea Network does with women. This came after word got round from women from other Anglican churches that Pangea has worked with, specifically, Mothers' Union Women group in Ndere that are affiliated to St. Stephen's Anglican Church in the area. . The presentation included History of Pangea, its programs, achievements, partners as well as women's testimonials. They were impressed by the economic empowerment arm of the KWN program and expressed interest in it. They began seeing how they can grow as a unit and also share the word around with those that could benefit from the same. At the end of the meeting, the Pangea team got to chat with the women over a cup of tea before all people present retired to their homes.



Dorothy making a presentation to the women of St. Augustine ACK Church, Nairobi

KWN Graduation

Homabay County

In March 2022, the 128 newly empowered women of Homabay County awarded certificates on their graduation day for the successful completion of training in six key areas that Pangea focuses on; Gender and Human Rights, Leadership, Bookkeeping, Basic Business Skills, Personal Development and Basic Nutrition and Reproductive Health. This was the ultimate culmination of what the women of Tuungane, Togetherness, Det, Rachuonyo and Rarieda women cooperatives had achieved in the past seven months when they committed to undergo the Pangea empowerment training that would see their knowledge and skills improved in various areas of their lives.

On that day, the women gathered at Philadelphia Church grounds. Amongst those invited to the ceremony were, Kinda Women Group members, also based in Homabay and group representatives of Siaya County groups: Tazama, Upendo, Ndere and Mothers Union. Also in attendance were the Pangea Team comprising of the Country Director - Dorothy Omabjo, Programs Manager - Hyline Kachuodho, Programs Officer - Ingrid Amunga, Field Officers - Collins Omondi and Dennis Ochieng, Administrator - Sonia Apondi and the Peer Educators for Homabay - Linet Opito, Lynett Nyagol and Petty Otonde. As Winnie Akoth was on school holiday, she also attended, representing the Student Sponsorship Program. Other people in attendance were women from various women groups around the areas that had been invited by the graduating groups as well as those who were interested in the Pangea Women's program.



DET Women Cooperative Posing for a Photo during their graduation in Homabay



Graduation Photos

Some sights and scenes from the graduation which involved speeches, music and dance, poems, products showcase and photo sessions for the graduating groups



Loan Disbursement

During the year, the five cooperatives in Homabay that graduated earlier in the year were given loans by Pangea. After loan disbursement procedures and bookkeeping training, officials sign an agreement on behalf of the cooperative. The loans forms the revolving fund which members borrow for business purposes and make monthly repayments to their group accounts for a period of one year. After two loan cycles, they repay Pangea who advances the loan to other women cooperatives. The women have since used the funds to improve their businesses, which in turn will improve their lives. The loan amounts they received were as follows:

Cooperative	Amount (Kshs)
Tuungane	350,000
Togetherness	350,000
Rachuonyo Visionary	350,000
Rarieda	350,000
DET	300,000
TOTAL	1,700,000

Below: Discussion on loan disbursement procedures with Det and Rarieda cooperatives



Testimonials

KWN Testimonials

Mary Nyakiamo - Rachuonyo Coop

"Pangea has taught me the way of life from my rights, to how to develop and take care of myself and even feed well. I thank Pangea for instilling confidence in me through the training that we got."



Alice Akinyi Kobe - Tuungane Coop

"Before joining the Pangea Network, I did not consider my farming to be a business, even though I sold most of the produce.

After learning about business management, I began seeing ways I can run my farming as a business. I began to keep records and now know all expenses and income that go out and come into the business."

Eunice Omuga - Rachuonyo Coop

"Book keeping is the most important lesson I have learnt with The Pangea Network. Through the Pangea business training, I learnt a simple way of doing it and I intend to use this method in my business to avoid losses and confusion."

Rita Koyo- Togetherness Coop

"Before Pangea, I was quite timid and always second guessed myself in many issues. After attending the training they offered us, I am more confident and hopeful in life. Knowledge in my human rights has increased and I know my rights and that the law is there to protect me when my rights are violated."

Lavendah Akinyi - Tuungane Coop

"The topics that interested me the most were the business topics. From Book Keeping, marketing, business management. I find myself applying different parts of it in my business. I also enjoyed Personal Development and how to handle stressful situations. I am grateful for the teachings and they were done so well by the Pangea staff."

Woman of the Year

Caroline Auma Kobe

Tuungane Women Cooperative



"I learnt that the same businesses I run can give me more income if I do some value addition." - Caroline

Woman of the Year

Caroline is a 37 year old woman of medium height, short hair and jolly smile. She is a wife, mother of six, a businesswoman and Tuungane Cooperative Chairlady. She resides in Oriang area of Kendu Bay in Homabay County. She marshaled a group of 25 women with the common goal of improving their economic and social standing by way of businesses and associations with other focused business women in the area.

Before her encounter with the Pangea Network, she felt she was limited in thinking and did her things at a small scale without big prospects. After the training sessions, she realized there were steps she could take to achieve more than what she had achieved by then. She also learnt that even if several people do the same business, they cannot be at the same level of success at all times. This motivated her to do her best in her business activities.

Caroline is somewhat a 'Jack of all trades'. She says,

"I am majorly a farmer and deal in rearing of livestock (cows, chicken and goats). I also rear fish in ponds. I grow maize and I recently embarked on tomato farming. I sell most of the produce from my farming activities in the local market - Oriang Market. I enjoy what I do as it gives me the flexibility to attend to various life's events."

Below: Caroline feeding fish in the fish ponds



Woman of the Year

For Caroline, her major setback in life became the source of inspiration for her hardwork in her business. In her academic life, she was not able to go past the O-level of education. She would like her children to pursue their education to a higher level than her. For this reason, she ensures to reap the most benefit from her farm produce that she sells and invest most of it in her children's education.

Caroline is grateful for the role that Pangea played in increasing her knowledge and skills in business as well as other areas. She currently shares her knowledge and skills acquired with other women, has an improved life for herself and her family and continues to lead the women in her cooperative diligently, assuring them that with hard work and consistency their lives will improve too.

After her encounter with the Pangea Network, Caroline had this to say,

Below: Caroline at her farm and next to a tomato nursery



"I learnt that the same businesses I run can give me more income if I do some value addition. I intend to apply this concept, for instance, on top of selling fresh fish only, I can fry or smoke them to sell more.

With the Pangea loan I obtained, I was able to get a hatchery for the chicken so as to have more chicks, then chicken and more eggs laid to sell. Additionally, I was able to get more more fish varieties for my fish ponds"



2022

STUDENT SPONSORSHIP PROGRAM

Transforming lives



INTRODUCTION

The Pangea Network prepares youth to thrive in Kenya's workforce by providing promising, low-income students with access to high school and university education, career guidance & mentorship.

2022 marked 15 years of impact for Pangea Network and we have grown from sponsoring just 6 youths in 2007 to impacting the lives of 46 youths.

This milestone has been punctuated by dedicated donors from the organization who have continuously supported the education of the students. Through their continued support, Pangea Network has been able to support 46 students across the country. They've played a crucial role in providing financial support, academic resources, and other learning materials to cater to the needs of students.

In the next three years, the Sponsorship Program will have transformed the lives of many young adults. Outlined below are the expected outcomes to have been achieved by 2025:

- Equipping students with life skills for application during and post-campus life.
- Increasing the number of potential donors to support more students
- Releasing at least a total of 3 graduates transitioning to the marketplace. Additionally, a total of seven students will have graduated from high school.

University & College Admissions

Mathew and Clinton

Two students, Mathew and Clinton, who completed high school received admission to join institutions of higher learning. They commenced their courses in March and September 2022.

- **Mathew Otieno** who obtained a grade of C+ was admitted to Kisumu Medical Training College (KMTC) to study for a *Diploma in Nursing*, a course that will take him 3.5 years.
- **Clinton Owino** who obtained a grade of C plain was admitted to Karuri Medical Training College to pursue a *Diploma in Medical & Social Work*, a course that will take him 3 years.



Mathew administering services to a patient in hospital where he is a student

Student Retreats

Girls and Boys Retreats

The girls' annual retreat was held at Tumaini Cottages and Conference Centre in Nakuru in April 2022. The retreat was organized to bring together the team of girls' beneficiaries under the Pangea Sponsorship Program. The retreat brought together a team of fifteen (15) participants, who included sponsored beneficiaries and Pangea staff. The retreat was facilitated by Pangea staff. Topics covered during the retreat were: soft skills, digital skills, financial literacy, and student resources.



Girls during the April Retreat

Last year, the Pangea Network was unable to hold the annual boys' retreat in August. Kenya held its General Election on August 9, 2022, which hindered the organization to organize the annual boys' retreat. There were uncertainties and anxiety among people in the country due to the concluded elections that would result in a new regime ascend to power.

Student Graduations

Pangea Sponsored students have continued to soar high in their academic journey. Last year, the Pangea Network Fraternity was delighted to see 2 of its students successfully graduate from college. They are the fifth batch of students to graduate from the Sponsorship Program.

Daisy Gloria Akinyi



Bachelor of Law - Kenyatta University (KU)

The number of graduates who have completed their education and graduated increased to 14. This is a clear indication that the program has transformed the lives of the students it has sponsored.

Javan Awinda



Bachelor of Science, Biological Sciences -
Jaramogi Oginga Odinga University of
Science & Technology (JOOUST)

Alumni at the Workplace

Meet **Kelvin Omondi**, a Pangea Network alumnus who completed his Diploma in Biotechnology and Agriculture in 2020. He is currently working as a crop Inspector & Field Officer at Exotic EPZ company.

Kelvin has distinguished himself from his peers by being a beacon of excellence at the workplace.

Recently, he was promoted to a workers' representative for all inspectors and Field Officers.

A total of 14 students have become alumni after completing their education courtesy of the Pangea Sponsorship program. Their hard work and determination have eventually paid off and they have started their journey in pursuit of income and leading a decent life. Below is a detailed outline of some of the alumni students and what they are currently doing:



Kelvin Omondi



Lovina Magutu

Lovina Magutu completed her Diploma in Early Childhood & Primary Education in 2019. After numerous applications, Lovina recently secured her first teaching job at Gulwe Primary School in Mbita and is now teaching Mathematics and Science.

She affirmed that her employer noted, that she has managed to accomplish a remarkable working rapport with other teachers & other support staff. Besides this, she managed to be a wonderful timekeeper arriving to work on time and performing her duties excellently.

Lovina acknowledged that the mentorship programs at the Pangea network helped her manoeuvre at her workplace.

Alumni at the Workplace



Petty Awino

Jael Ayuma joined Pangea Network in 2010 after finishing primary school. At the time her family struggled to meet their basic needs such as food and could not afford education.

With Pangea's support, Peruce graduated from high school with a C plain and was selected to pursue a Certificate course in Early Childhood & Education at Nabongo Teachers Training College.

She finished university in 2021 and is now working as a Casual Teacher at Khalwla Academy in Bungoma County. Jael teaches Mathematics, Science & Kiswahili.

With Pangea's support, **Petty Awino** graduated from Kenyatta University in 2021 with a Degree in Education.

Soon after she became the first Pangea alumni employed by Pangea Network as a Peer Educator / Volunteer.

Thanks to her interest in working to transform the lives of young girls. She was given an opportunity to mentor & teach young teenage girls in Homabay County about Adolescent Sexual Reproductive Health (ASRH).



Jael Ayuma

Sponsorship Program Fact Sheet

Since its inception, the Pangea Sponsorship Program has supported 46 students who have graduated from high school to college. Currently, fourteen students are in college pursuing different courses. The program has had fourteen students graduate from colleges and universities across Kenya in the last five years. However, 3 students dropped out after transitioning to high school. 5 students dropped out due to poor grades in their Kenya Certificate of Secondary Examinations (KCSE), while 2 dropped out from high school. 1 student dropped out while from college, while 2 students failed to graduate from college. The statistics are outlined below:

Education Level of Pangea Sponsored Students	
Primary	1
Secondary	6
Dropped in High School	3
Dropped after O Levels	5
College/University	14
College/University graduates	14
Dropped from College	1
Failed to graduate	2
TOTAL	46

- 46 students have benefited from the Sponsorship Program.
- 100% of the students have transitioned to high school representing 46 students.
- 5% (6 students) are still in high school and 95% (44 students) have completed high school.
- 83% (31) of the students completed high school and joined college while the remaining 17% (5) were discontinued due to poor results.
- 14 students have graduated from college.
- 1 alumni student (Felix Ayiera) is pursuing his Master's Education in Hungary
- 62 % of the (7) students who have graduated from college have gotten job placement.

Student of the Year

Samuel Odhiambo Otieno

Form 3 - Mbita Boys High School



"I believe that education is the most powerful weapon you can use to change the world." - Samuel

Student of the Year

Samuel joined the Pangea Network Sponsorship Program on August 2, 2021. He had just completed his primary school education but was unable to join high school due to lack of fees. Prior to joining Pangea, he lived with his guardian who was sponsoring him, and lost her due to Covid-19.

He had to look for well-wishers to support him finish his primary education. As luck would have it, Pangea Network came to the rescue of Samuel in 2021. Pangea was able to put a smile on Samuel's face by Sponsoring his education.

This marked a new chapter in Samuel's life. Before joining Pangea Network, he had no hope of furthering his education beyond primary school.

He was 13 years old when he joined high school.

He has consistently performed well in school by maintaining an overall grade of A- for the past two years. Besides this, he is a God-fearing person who believes in (PhD), prayer, hard work, and discipline as the pillar to success for any individual. He affirms that once given an opportunity one should use it wisely. During school holidays, Samuel spends his free time helping his grandmother and younger siblings with their homework.

The opportunity accorded to him will help him achieve his dream of becoming a doctor in the future. He noted that " all he sees now is driving his car to hospital to treat patients in 15 years to come".

"Thank you Pangea Network for giving me a chance to join high school. Education is life and it will enable me transform my family, my community and world at large. " I believe that education is the most powerful weapon you can use to change the world" .When I grow up I would like to become a doctor. Thank you so much and may the Almighty God bless you all."





20
22

TUDAI
ASRH
PROGRAM

Transforming lives



INTRODUCTION

The Tubonge Uwazi na Dada Initiative was started in 2021 by Pangea Network to spur reproductive health talks among girls facilitated by their peers. This project aims to not only reach and impact girls' directly through knowledge and awareness building but also bring ASRH into the public dialogue, becoming a responsibility taken up and owned by entire communities around them. A series of sensitization workshops were held in Vihiga, Siaya and Homabay Counties that brought together different stakeholders like parent, local community leaders, healthcare professionals and Pangea staff all in support of TUDAI. The first workshop amongst the girls took place in December 2021.

The goal of the TUDAI program is to enable adolescents to make informed decisions about their sexual and reproductive health and empower them with life skills to reduce vulnerability and ensure that their rights are respected, protected, and fulfilled in order to complete their education and lead successful lives.

TUDAI Workshops

ASRH Sessions

375 adolescent girls from the counties of Homabay, Siaya and Vihiga benefited from the TUDAI. The sessions were conducted by the 15 Peer Educators, each entrusted with mentoring 25 girls over a 3 - day period during school holidays. The TUDAI program involved a series of 12 sessions in which adolescents aged 9-18 learn about their sexual and reproductive health and Life Skills. The chart below show the topics covered.



Girls in Homabay Presenting their Future Goals to the Class

The girls were engaged in a mix of discussions, role plays, presentations and even drawings, which made learning and interactions fun and educational. They were inquisitive and used the opportunity to learn. The girls were also taken through a recap session which served to check how much the girls had learnt over the past months in the TUDAI ASRH workshops. The sessions were satisfying as majority of the girls were able to list and explain the topics covered.

TUDAI Workshops

ASRH Sessions

In addition, the girls and parents/guardians underwent evaluation in form of questionnaires issued to them. This was to gauge the effectiveness of program.

To mark the end of the workshops, the adolescent girls were awarded certificates in recognition of their participation in TUDAI.



Roadmap of the TUDAI Workshops

Testimonials

TUDAI Girls Testimonials

Sharon

"I learnt about STIs and how to avoid them. We learnt as girls, to keep ourselves safe from Pregnancy and STIs, we have to abstain from sex and avoid sharing surgical instruments."



Phancy

"I have learnt a lot. I particularly enjoyed learning about friendships. I now choose good friends and left my bad friends. I also learnt to create boundaries with the friends I have."

Hellen

"I learnt about situations that may expose me to danger like staying out late. Nowadays, when I am sent to the shops, I make sure I come back early."

TUDAI Parents Testimonials

"My daughter no longer roams aimlessly. She has learnt to make better use of her time."

"She now avoids bad company and has become obedient after the TUDAI sessions."

"My girl has started taking better care of herself. She has gained confidence."

Peer Educators Testimonials

Elizabeth Aluso



Peer Educator - Vihiga County

The TUDAI program under Pangea Network was inclusive of workshops and peer meetings in selected counties, including Vihiga county in 2022. The peer educators met adolescent girls and discussed on the key areas, including life skills, communication, gender roles, relationships, menstrual hygiene among others.

From my experience as a peer educator, this program equipped me with more knowledge on the Adolescents and Youth Sexual Reproductive Health. It gave me an opportunity to interact with adolescent girls as well as my fellow peer educators. Moreover, it enlightened me on the challenges our girls still go through and possible solutions to these challenges. The TUDAI program also gave me an opportunity to learn, explore and demonstrate leadership roles assigned to me. I am an empowered woman.

The girls were given an opportunity to channel their life experiences and challenges they go through as adolescents. They also used this chance to get more information and enlightenment on areas that had knowledge gaps. They socialized well, made new friends and developed a healthy friendship with their peers.

Peer educators within Pangea developed an interest in helping adolescent girls.

They were equipped with right knowledge and shared it among themselves and girls. It also gave them an opportunity to interact.

Generally, our appreciation goes to Pangea Network for the opportunity given to us as Peer educators and helping our girls. Together, we shall keep our girls at school and empower them to become productive women in the society. Thank you Pangea Network.

Peer Educators Testimonials

Monica Adhiambo



Peer Educator - Siaya County

I am Monica Adhiambo, a peer educator and am passionate about social change. The one-year mentorship program was awesome and great as it gave me an opportunity to grow my mentorship skills. It made me discover just how passionate I am working with adolescent girls. The experience also gave an opportunity to network with different peer educators across the 3 counties and we were able to assist each other.

I loved the program because it provided a safe and fun learning experience where girls were equipped with life skills & knowledge that will help them to maintain a happy and healthy life and empowered them to protect themselves from HIV/AIDS. The methods of teaching made it easier to bond with the girls and this made them feel comfortable to express themselves. During the first sessions the girls were shy and could hardly talk but after a few sessions they felt comfortable, gained confidence and courage to open up. Compared to how we found the girls in the first meeting,

I believe they have gained the knowledge and built their agency to participate in ASHR decision making process. Having such opportunities for more girls will really help the community because information is power and more girls will transition to secondary schools to protect themselves from HIV/AIDS, teen pregnancy, early marriages e.t.c.



TUDAI Workshops

The workshops included lectures, facilitation and presentations, groups discussions, role plays and outdoor sessions as well.





Engage Us



The Pangea Network



#pangea4change



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