Tanzania

African Medical and Research Foundation (AMREF) Bunda
AMREF ASRH Kinondoni
Elimu Ya Malezi Ya Ujana (EMAU)
Kimara Peer Educators and Health Promoters Trust
Masgid-Taqwa
Youth Cultural and Information Centre (YCIC)
Save the Children UK
Zanzibar Association of Information Against Drug Abuse and Alcohol (ZAIADA)

African Medical and Research Foundation (AMREF) Bunda

What does AMREF Bunda do?
AMREF Bunda has a community based Youth Sexual and Reproductive Health (YSRH) project organising and providing: capacity building for health workers and youth peer educators in adolescent sexual and reproductive health; life skills training; vocational skills training (tailoring and carpentry) for out of school youths; income generating activities for young people (agriculture, brick making and fishing); and, advocacy on youth sexual and reproductive health.

Where?
AMREF operates in various parts of Tanzania including Bunda district of Mwanza, in the north-western part of Tanzania. The local situation assessment revealed high availability of substances in 21 types including, local brews/spirit “gongo” and cannabis group –‘bhang’. Others were tobacco and alcohol. Youths start using substances between the ages of 10 and 15 years. Youths between 15 and 24 use cocktail of ‘gongo’ bhang and locally grown plants called Nyamikuburo or Nyanunda’ believed to be more potent than ‘bhang’. Poverty and lack of employment / idleness are important risk factors for youth to engage in substance abuse. Lack of parental guidance and positive role models are also risk factors.

The activities of AMREF Bunda under the Global Initiative
The objective of the project is to reduce the vulnerability to substance abuse in young people of the district through primary prevention initiatives. The initiatives will include increasing awareness on substance abuse problem. This will involve development of educational materials on substance abuse prevention for youths and community at large. Other activities will involve strengthening capacity among category groups of youths, teachers, health workers and leaders regarding substance abuse context and establishing a networking mechanism for advocacy on substance abuse problem among young people in Bunda district. The primary focus of the project is young people aged 8 - 24 years while the adult population forms a secondary beneficiary group.

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AMREF ASRH Kinondoni

What does AMREF ASRH Kinondoni do?
This Adolescent Sexual and Reproductive Health (ASRH) project is supported by AMREF and organises and provides: training of peer health educators; life skills training; community participatory theatre; recreational
activities for young people; clinical services on reproductive health with the support from the Ministry of Health; and, individual and group counselling services for young people.

Where?
This branch of AMREF operates in Kinondoni Municipality of Dar es Salaam in Tanzania. In Kinondoni, out-of-school youths are at greater risk than in-school youths for involvement in substance abuse. Common psychoactive substances involved are tobacco, glue, gas, and petrol. Use starts between 9 and 12 years for boys and 13 years for girls. Adolescents often graduate to cannabis, alcohol, and eventually heroin. School dropouts who are engaged in activities such as prostitution, football, drama, and those who work as porters are the main users of cannabis. Risk factors for substance abuse are: stress, lack of interpersonal skills, having nothing meaningful to do, influence from media, limited information on substance abuse in the locality, and availability of substance abuse in the locality.

The activities of AMREF ASRH Kinondoni under the Global Initiative
The objective of the project will be to reduce substance abuse among out-of-school youth in six wards of the municipality by incorporating a substance abuse prevention programme into the existing peer educators’ programme on Adolescent Sexual and Reproductive Health. The project will target out-of-school youths aged between 10-24 years.

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Elimu Ya Malezi Ya Ujana (EMAU)

What does EMAU do?
EMAU was established in 1976 as a project for Responsible Parenthood Education for Youth. EMAU is involved in counselling and guidance of youths. Other activities include, training of youths and youth counsellors, publication and dissemination of education and research information on youth's and collaboration with the government and other agencies in matters related to youth problems and development.

Where?
The project will be implemented in the communities of Temeke and Ilala in Kinondoni municipality in Dar es Salaam, Tanzania. The main drug abused is alcohol, tobacco, cannabis, and heroin/cocaine. In this locality, the local terms for heroin and cocaine are interchangeable. The risk factors identified are peer pressure, parental use of substances and idleness.

The activities of EMAU under the Global Initiative
The project aims at providing appropriate information, education, interpersonal communication skills and counselling to the primary school youths in order to help them avoid the risks of involvement into substance and drug abuse and its related problems. The core target of the project will be the primary school pupil in 4 selected schools more specifically of classes 5 to 7. The secondary beneficiaries will include the primary school teachers, parents or guardians.
Kimara Peer Educators and Health Promoters Trust

What does Kimara do?
The project is involved in HIV/AIDS prevention through peer education and community information sites. It organises and undertakes: school based prevention; house to house visits; participation in public events; youth theatre competitions; home based care services for people with AIDS; counselling services at the community level and drug education for in and out of school youths.

Where?
The project will be implemented in Northwestern Kinondoni, Dar es Salaam, Tanzania. For the school-based activities 10 schools are involved. Apart from the traditional type of substance such as, locally manufactured beer, illicit beer (gongo) cigarettes other substances used and abused by young people include heroin, cocaine, valium, cannabis (bhangi). Young people start using substance as early as age 9 years, with highest concentration of substance abuse at age 15-20. Factors linked to substance use are the high level of unemployment among young people, lack of recreational activities for young people which are substance free, peer pressure and information gap particularly on health hazards associated with substance use. Communication barriers and generation gap starting at family level, lack or poor reinforcement of existing laws/regulations are also important factors.

The activities of Kimara under the Global Initiative
The objective of the project will be to prevent an increase of substance abuse among people aged below 24 years using individual and environmental approaches including provision of information and creative supportive school environment for abstinence. Activities will include among other things lifeskills and livelihood skills development in young people and organising theatre performance and other art related competitions for school going youths.

Masgid-Taqwa

What does Masgid-Taqwa do?
Taqwa has been involved in substance abuse work since the 1990s. It has been involved in providing psychosocial and medical support to individuals with drug related problems. Specific activities include awareness programmes on substance use, rehabilitation of addicts and counselling of individuals and families. Prevention work is based on religious teachings and conducted in schools and in the community. Most of the work is organised from community centre that has facilities for male youths and young children of both sexes.

Where?
Activities of the Global Initiative will be implemented in the Mchangani and Mlandege areas of Zanzibar Island. Substances used by young people are tobacco, cannabis, heroin, diazepam and mandrax, diazepam and mandrax. Poverty, high unemployment among young people, availability of substances, and existence of many abusers has been mentioned as important risk factors.

The activities of Masgid-Taqwa under the Global Initiative
The objective of the project will be to guide the Mlandege/ Mchangani
community to undertake primary prevention activities on substance abuse for out-of-school youths by creating awareness through religious education, provision of life skills education and vocational skills training. The project will also work with peer educators in schools to carry out substance use/abuse education.

Children playing at the community centre of Masjid-Taqwa

Youth Cultural and Information Centre (YCIC)

What does YCIC do?
YCIC is an arts-based organisation that operates two drop-in-centres in the City of Dar-es-Salaam for disadvantaged children and youths between ages of five and twenty-five. It organises the reunification of children with their families; guides children back to education; develops plays, songs and dance; trains young people in cultural performances and also organises workshops for adults. The Centre has produced a film, ‘NEEMA’, about children leaving home for life on the streets.

Where?
The project will be implemented in the Jangwani, Miburani and Kigamboni areas of Dar es Salaam City in Tanzania. Children as young as six years of age are used as ‘runners’ i.e. are sent to purchase drugs and alcohol for older friends, carers or parents. It has been indicated that use starts as early as ten years of age. Users frequently start with cigarettes, alcohol and bhangi (cannabis). Heroin is commonly used by teenagers especially school dropouts.

The activities of YCIC under the Global Initiative
The aim of the project is to provide information and create opportunities for local communities to develop action to prevent substance abuse growing and spreading among out-of-school young people. Activities of the Global Initiative will focus on disadvantaged youths and will be organised through community based youth clubs. Activities will include information dissemination through use of cultural activities, such as theatre performances, the media and promotion of participation of young people in community development at ward level.

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Save the Children UK

What does Save the Children do?
This United Kingdom based NGO has developed a Poor Urban Children at Risk (PUCR) project for children who live on the street or abuse substances, are involved in crime, are sex workers. Strategies involve improving access to services and reducing dependency on high-risk activities. For example,
Save the Children is collaborating with the Youth Cultural and Information Centre to develop strategies for substance use prevention.

**Where?**
The project will be implemented in the Jangwani, Miburani and Kigamboni areas of Dar es Salaam, Tanzania in conjunction with YCIC.

**The activities of Save the Children under the Global Initiative**
The objective of the project will be to provide information and create opportunities for local communities to develop action to prevent substance abuse growing and spreading among out-of-school young people. Activities are the same as those described above for YCIC.

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**Zanzibar Association of Information Against Drug Abuse and Alcohol (ZAIADA)**

**What does ZAIADA do?**
This NGO organises and provides training of trainers on substance use, awareness raising among, civic leaders, parents and school children, intra and inter school essay competitions, commemoration of the International Day Against Drug Abuse and community-based peer education programme.

**Where?**
ZAIADA is based in the Stone Town area of Zanzibar Island in Tanzania. Common substances abused in this community are heroin, hashish, local brewed alcohol, tobacco, and Mandrax. Most of these substances are easily obtained from pharmacies and from the streets. In general, the community is against the use of these substances except for cigarettes. People from mainland Tanzania commonly use alcohol. Peer pressure, mass media influence, poverty, improper family care, inadequate recreational facilities, misinformation about drugs poor academic performance, availability and accessibility of substances and the effect of tourism industry are among the risk factors that make youth in Stone Town indulge in abuse of psychoactive substances.

**The activities of ZAIADA under the Global Activities**
The aim of the project is to mobilise the community for primary prevention of substance abuse among youths aged 13-25 year through electronic media (TV and Radio) and also the print media.

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