



### Project Budget (In US Dollars - \$)

*Provide menstrual cups to 1000 girls in Ghana to promote their education, prevent infections, environment pollution and save money for poor parents*

No.	Item description /Activities	Units	Unit cost (\$)	Amount (\$)
1	Transport to 20 schools/communities for awareness campaigns about menstrual cups	40 trips	15	600
2	Acquisition of Menstrual cups	105 boxes	115	12,075
3	Hand Washing facilities	20 schools	50	1,000
4	Project surveys	3 surveys	200	600
5	Monitoring and support visits	7 support visits	50	350
6	Project findings validating meeting	1 meeting	100	100
7	Project dissemination meetings	1 meeting	100	100
8	Project evaluation	1 meeting	180	180
	<b>Sub total</b>			<b>15,000</b>
9	Administrative Expenses	12 months	-	1,900
	<b>Total Project Cost</b>			<b>16,900</b>

## About Us

Registered as Non-profit Organization registered in Ghana on the 1<sup>st</sup> of September 2014 with registration number CG122102014. Together For Development (TFD) aims to create life-changing opportunities through bottom-up development projects for the children, women and disadvantaged populations, enabling them to raise themselves out of poverty and become actors of their own life. TFD operates at the intersection of Health interventions especially reproductive and sexual health, promoting education of children/young people, skills training and creation of economic opportunity to address the multiple facets of poverty and to provide meaningful and comprehensive support for vulnerable women and children in rural Ghana and other disadvantaged people.

Over the years, TFD has embarked on studies and research, hoping to understand local needs as expressed by the communities themselves, and then give them the means to meet those needs using local resources, skills and ideas. For example, TFD realized two studies related to Reproductive and Sexual Health and solar energy. Firstly, in 2018, an exploration of school girls' experience of their menstrual periods in the rural areas of the Adaklu District of Ghana. Secondly in June, 2016, a study on the solar energy needs in the rural Volta Region in order to enhance education, health and to prepare of solar components to generate solar energy. These studies helped us to design appropriate interventions to address issues emerging.

Since inception, TFD has leveraged the experience of local and international experts and volunteers to provide professional, research-based programs. TFD's efforts have flourished through the establishment of strategic partnerships with local public and private organizations,



*Engagement with communities and stakeholders*

## Goals & Objectives

The key goals are as follows:

- a) Education – improve educational opportunities and outcomes for vulnerable children mainly in the rural areas by:
  - Enrolling and retaining at least vulnerable children into formal schools
  - Providing water and sanitation hygiene facilities in schools, including menstrual hygiene services –providing sanitary materials to reduce girls' school absenteeism during their menstrual periods
  - Improving teaching and learning activities in the schools.
- b) Reproductive and Sexual Health - Empower rural and semi-urban communities in the Volta region of Ghana to make informed decisions in Reproductive and Sexual Health, by:
  - Providing access to up-to-date information on reproductive and sexual health issues, using a right-based approach, and tailored programs targeting youth as an entry point.
  - Offering support for obtaining high quality reproductive & sexual health services
  - Undertaking 'end child marriage' campaign activities.
- c) Social entrepreneurship - Improve the lives of disadvantaged people and youth, mainly women, through skills training, briquette making, and income generating activities to help them achieve independence and self-sufficiency, by:
  - Training rural women, in the Volta region of Ghana to make beads and batik, sewing, electricity/solar energy, engage them in social microfinance activities and supporting them to find employment



*Outreach education programs with out-of-school youths*

## Our Programs

Our Program include;

**a. Reproductive & Sexual Health Programs**  
VEG believes that encouraging good and responsible reproductive and sexual health (RSH) is an important way of promoting the empowerment of women, improving gender relations and ensuring that women have equal educational and professional opportunities. Using a Rights Based Approach, these programs aim at improving access to information on RSH issues, as well as providing support and realistic solutions to young people and other identified groups. Through a long standing partnership with the Refugee Outreach Club, USA, Girls Not Brides, London, the Government of Ghana and local networks specialized in RSH and HIV/AIDS prevention, VEG creates a positive impact on the lives of youths and adults in and surrounding Ho and contributes to the fight against HIV/AIDS, sexually transmitted infections (STI) and teenage pregnancies.

**b. Promote educational outcomes**

These programs have to do with increasing educational opportunities for vulnerable children, carry out 'bridge' program activities and mainstream them in formal school systems or apprenticeship and to create conducive environments to support and improve teaching and learning.

**c. Social entrepreneurship**

TFD recognizes that the empowerment of women and disadvantaged people requires an innovative combination of social, education and economic approach to help them achieve independence and self-sufficiency. This program aims to give women in precarious situations, young women who have dropped out of school and teenage mothers access to social microfinance, vocational training, improved farming practices, training on how to prepare briquette as alternative charcoal fuel - a well-paid environment-friendly profession.



*Youth club activities in schools*

## Advancing the rights of the Girl Child is our responsibility!



We use the popularity of football to educate youths on reproductive sexual health/HIV issues



### Some Activities Undertaken

*Feminine hygiene management program in Afadjato South District:* provided education on feminine hygiene, distributed sanitary pads to 402 girls and carried out reproductive health training involving 1127 young people in schools.

*Reproductive Health Rights of Women and Girls in Ho-West District:* involved 153 women, girls and young people to discuss issues on sexual reproductive health/rights while integrating traditional and socio-cultural needs of the communities.

*HIV prevention and stigma reduction in Ketu North District:* carried out HIV education, counselling and testing, stigma reduction activities and Mother-to-Child transmission awareness campaign - reached out to 2123 people.

*Empowering women to lead change in Dodome traditional area:* involved 64 women through weekly training sessions in business/entrepreneurial skills and social/ reproductive health issues including family planning issues

*Commemorating International Day activities in the Volta Region:* commemorating international day celebrations such as World AIDS day, Immunisation Week, Malaria day, Women's day, the day of Girl Child and so on.

### Some of Our Partners



**For further Information, Please contact**  
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*Health, Education, Human Rights & Sustainable Development Programs*



### Together For Development (TFD)

#### *Vision*

Create sustainable livelihoods and human dignity in the most vulnerable situation, mainly empower women and children to have equal access to opportunities, services and rights.

#### *Mission*

Promote empowerment of vulnerable children, women and disadvantaged populations through a holistic approach of evidence-based programs in education, sexual reproductive health, social enterprise and research.