

IMARIKA PROJECT REPORT



MSICHANA IMARA FOUNDATION



ABOUT THE PARTNERSHIP



The Msichana Imara Foundation is a Tanzanian non-profit organization dedicated to empowering girls and young women by addressing barriers to education, health, and economic independence. With a strong commitment to community-driven solutions, the foundation has been at the forefront of initiatives that enhance the well-being of young mothers and their children.

In partnership with **Team Polaris**, Msichana Imara Foundation is implementing the 2025 IMARIKA PROJECT with the theme “Green Wings Safeguardian Plan – Securing the Future with Vitamin A”, a project supported by the **China-Africa Business Council Public Benefit International Challenge for Youth**. This collaboration focuses on tackling Vitamin A deficiency among young mothers and their children in Monduli District, Arusha, Tanzania.

Through this partnership, Team Polaris brings valuable resources and innovative approaches, complementing Msichana Imara Foundation’s deep-rooted community engagement. Together, the two organizations are providing nutrition education, practical skills for identifying and incorporating Vitamin A-rich foods, and entrepreneurship training to ensure sustainable impact.

This collaboration underscores a shared vision of improving child health, enhancing young mothers’ economic resilience, and fostering long-term community well-being. By combining expertise and resources, Msichana Imara Foundation and Team Polaris are working to create a healthier and more empowered future for young mothers and their children.

Message From the Project Leader

Observing the young mothers, some less than 18 years old, out of school, and already carrying the weight of motherhood, has been a deeply emotional experience for me. It made me pause and reflect: **What if I had not been given the chance to get an education? Where would I be today?**

These girls are not just young; they are **children raising children**. They are lost in a world that expects so much from them, yet gives them so little in return. At an age where they should be dreaming about their futures, they are trapped in uncertainty, with no roadmap, no guidance, and often, no hope. Their eyes tell stories of struggles far beyond their years, of silent battles fought in isolation.

That is why this project means everything. It is not just an intervention; it is **hope**. It is a chance to tell these girls, "You are not alone. Your story does not end here."

Through this partnership with Team Polaris, we are giving them more than just training and resources, we are giving them the tools to reclaim their futures.

I believe in the power of second chances, in the strength of these girls, and in the possibility of change.

This project is proof that when we come together, we can rewrite destinies. As we take this step forward, I hold onto one truth, this is only the beginning.



**"These girls are not just young; they are children raising children. This project is not just an intervention; it is hope."
MINA**

Background and Problem Statement

Monduli, a district in northern Tanzania, is home to the Maasai and other indigenous pastoralist communities known for their deep-rooted traditions. In these communities, early and forced marriages remain prevalent, driven largely by economic and cultural factors. Girls as young as 13 are often married off in exchange for dowry, typically livestock, such as cows and goats, seen as a family's wealth. This practice, deeply ingrained in tradition, leaves young girls with little to no say in their future.

Once married, these young girls face immense challenges. They are expected to bear children early, often before their bodies are fully developed, leading to high rates of maternal and infant health complications. With no education and no financial independence, they are entirely dependent on their husbands and in-laws. Domestic violence, neglect, and extreme poverty become part of their daily lives, yet they have no means to escape or improve their circumstances.

For many of these young mothers, lack of access to proper nutrition education and resources means their children face heightened risks of serious health complications, including night blindness, stunted growth, weakened immune systems, and, in severe cases, life-threatening conditions. These mothers, often still children themselves, struggle to navigate motherhood without the necessary knowledge or financial means to provide balanced nutrition for their families. The consequences of malnutrition go beyond physical health, malnourished children are less likely to perform well in school, perpetuating the cycle of poverty and disempowerment that has trapped their mothers and generations before them.

The cycle continues from one generation to the next. A mother who was once a child bride raises her daughters in the same environment, where they, too, are married off young, repeating the struggle she endured. With limited access to education, health services, and economic opportunities, these women remain trapped in a cycle of poverty and disempowerment, with little hope for change.

This reality is what many young mothers in Monduli face today, isolated, voiceless, and struggling to provide for their children.


















OUR SOLUTION

In partnership with the Polaris team, Msichana Imara foundation is providing 10 young mothers in Monduli, Arusha with essential nutrition education and sustainable food security solutions to break the cycle of malnutrition and poverty. Through hands-on training, we equip them with the skills to prepare balanced meals using locally available ingredients. Beyond nutrition, our approach focuses on empowering young mothers socially and economically. We aim to provide mentorship, peer support groups, and income-generating opportunities to help them regain confidence and financial independence.

This project is not just about survival, it is about restoring hope, giving these mothers a chance to build a better future for themselves and their children, and ensuring that the next generation is not trapped in the same cycle.

BENEFICIARIES PORTIFOLIO

Category	Details
Total Beneficiaries	10 young mothers & adolescent girls
Age Distribution	<ul style="list-style-type: none"> 15 years old: 3 17 years old: 2 18 years old: 3 19 years old: 1 21 years old: 1
Marital Status	 Married: 10
Education Level	<ul style="list-style-type: none"> No formal education: 7 Primary level: 3
Number of Children	<ul style="list-style-type: none"> With children: 10- 1 child: 7- 2 children: 3 Total number of children: 13
Reasons for School Dropout	<ul style="list-style-type: none"> Never enrolled in school: 5 Father refused to take them to school: 2 Failed primary school exam: 1 Early marriage & pregnancy: 2
Current Engagements	<ul style="list-style-type: none"> Small scale farming: 4 Jobless: 6

IMPLEMENTED ACTIVITIES

The project was implemented for two months January and February 2025, Here are the key implemented activities:



1 Needs Assessment

To ensure our intervention effectively addressed the realities of young mothers in Monduli, we conducted a comprehensive needs assessment. This process was community-driven, incorporating:

- ✓ Use of their local language to foster trust and understanding.
- ✓ Engagement of village leaders to navigate cultural sensitivities and gather accurate insights.
- ✓ One-on-one discussions with beneficiaries to understand their daily challenges, needs, and aspirations.

This assessment provided a clear roadmap for designing relevant and impactful training sessions.



2 Nutrition Training

With the expertise of Monduli District Nutrition Officers, *Michael Mhombo and Johari Mijinga*, we organized a series of practical training sessions focused on:

- 🌿 Food Groups & Their Importance – Understanding proteins, carbohydrates, vitamins, and minerals.
- 🍼 Breastfeeding Education – Benefits and techniques for optimal child health.
- 👩 Practical Food Preparation – Using local resources to create balanced, nutritious meals.



We leveraged visuals such as posters, brochures, food samples, and hands-on cooking demonstrations to ensure practical learning and better retention of knowledge.



3 Basics on Enterpreneurship Training

Recognizing the economic and rural context of Monduli, we introduced young mothers to the basic entrepreneurial skills through:

🌱 **Small-Scale Farming Initiatives** – Training on how to use small-scale farming as a business, not just for food. Mothers learned theoretically to grow high-demand crops, rear poultry, and engage in dairy farming to generate income.

✅ **Basic Business Skills** – Understanding how to start, manage, and sustain small businesses.

💡 **Sustainable Income Generation** – Exploring opportunities beyond farming, including selling handmade goods and household essentials.

This approach empowers young mothers to achieve both food security and financial independence, breaking the cycle of poverty and malnutrition.



4 Monitoring and Evaluation

To measure the impact and effectiveness of our activities, we implemented a monitoring and evaluation (M&E) process, including:

📊 **Pre- and Post-Training Assessments** – To track knowledge gained on nutrition and entrepreneurship.

📅 **Follow-Up Visits & Check-Ins** – Conducted by local leaders to observe progress and provide guidance.

✅ **Feedback from Beneficiaries** – Direct input from young mothers to improve future interventions.

📝 **Impact Stories & Case Studies** – Documenting individual transformation and long-term change.



Through M&E, we ensure continuous improvement, accountability, and sustainability of the project's impact.

PROJECT IMPACT



10

10 out-of-school young mothers are now equipped with the knowledge and skills to provide nutritious meals for their children, break the cycle of poverty, and reclaim their futures.



13

Over **13 children** now have a chance at healthier, more stable childhoods, no longer trapped by their mothers' struggles but inspired by their resilience.



5

5 volunteers actively participated in the project, gaining experience in community development, mentorship, and sustainable impact, proving that giving back is also a journey of learning and growth.

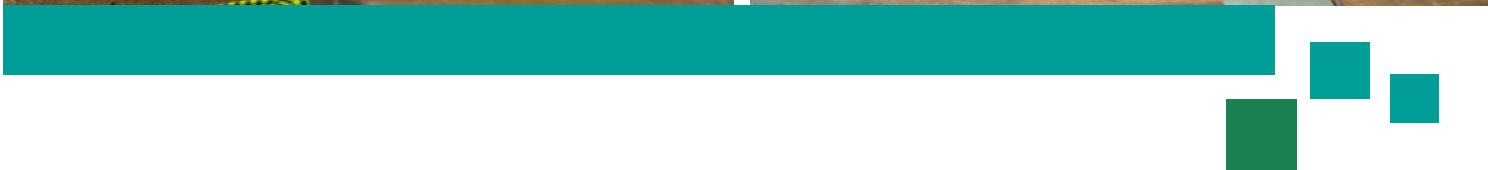


50

50 community members, including family members and local leaders, will indirectly benefit through awareness of early marriage challenges, improved child nutrition, and economic empowerment for young mothers.



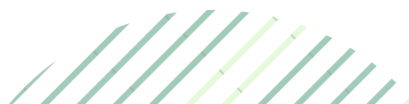
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MOMENTS CAPTURED...



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BUDGET BREAKDOWN

Item	Description	Cost (Tanzanian Shillings)	Cost (USD)	Cost (RMB Yuan)
Training Materials	Curriculum development, printed materials, and handouts for participants.	275,860	114	831
Nutritionist Fees	Honorarium for local nutritionists to prepare the curriculum and conduct training sessions.	600,000	248	1,807
Entrepreneurship Trainer Fees	Honorarium for trainers to provide entrepreneurship skills workshops.	400,000	165	1,204
Demonstration Ingredients	Ingredients for practical cooking sessions and demonstrations.	300,000	124	904
Transportation Costs	Travel expenses for trainers and participants	200,000	83	603
Pictures, Videos, and project-promoting materials	Expenses for videos and pictures taken during the workshops	200,000	83	603
Evaluation and Reporting	Expenses for data collection and report preparation.	100,000	41	301
Contingency Fund	Bank charges	60,500	25	182
TOTAL		2,136,380	883	6,435

Notes:

- The exchange rate used is

1CNY=332TZS and 1 USD = 2420 TZS

NEXT PHASE..

The next phase of Imarika will focus on equipping young mothers with income-generating skills to support their children's nutrition, especially by ensuring access to Vitamin A-rich foods. This phase will include:

👪 Community & Household Engagement

Organizing meetings with husbands and community leaders to ensure collective decision-making, as men often have the final say in these communities.

Raising awareness on the importance of financial independence for young mothers and its positive impact on family well-being.

💡 Entrepreneurship & Financial Literacy Training

Conducting sessions on capital generation, savings, and investment strategies tailored to their local context.

Teaching business fundamentals, including bookkeeping, pricing strategies, and customer management.

🚀 Launching Small Businesses

Supporting young mothers in starting businesses relevant to their environment, such as poultry farming, small retail shops, and food vending.

Providing mentorship and initial resources to ensure their ventures are sustainable and profitable.



BUDGET BREAKDOWN FOR NEXT PHASE..

ACTIVITIES	DESCRIPTION	AMOUNT (TZS)
Community Engagement Meetings	Meetings with husbands,village leaders, and community members to gain support and ensure sustainability.	800,000
Entrepreneurship Training	Sessions on capital generation, business management, and financial literacy.	1,000,000
Start-up Capital Support	Small grants for young mothers to start businesses like poultry farming, retail, or food vending.	3,000,000
Training Materials & Resources	Business manuals, bookkeeping guides, and learning materials.	200,000
Transport	Transportation to and from the village	1,000,000
Monitoring & Evaluation	Follow-up visits, mentorship, and impact assessment.	500,000
TOTAL BUDGET		6,500,000 TZS



THANK YOU...