

The Aiding Youth for Life Report 2003:



-AN EDUCATIONAL VACCINE-

CONTINUING EFFORTS
2003 FIELD TEAM FINAL REPORT
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• Aiding Youth for Life 2003 Field Team •



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An Educational Vaccine

REPORT ON BUSINESS: SEPTEMBER 2003

Executive Summary

Over the course of 7 weeks, Aiding Youth for Life (AYL) interns:

1. Spoke to over 4000 students between 11 different schools regarding basic facts of HIV/AIDS;
2. Distributed 2900 surveys, which assessed student knowledge before our presence;
3. Hosted 11 separate sessions and forums where we discussed the social stigmas regarding living with HIV/AIDS;
4. Spent over 600 hours training students to teach others the basic facts of HIV/AIDS;
5. Established **four** new chapters of AYL, which will be continuing our efforts after we leave.
6. Held the Second Annual Gala Awareness Event, with 550 students and community leaders in attendance, to mark the closing of the 2003 campaign.

The Aiding Youth for Life 2003 Internship sent 11 interns to East Africa, as compared to 5 interns in 2002. This is a 2.2 factor increase in human resource recruitment.

Campaign budget comparisons reveal the 2003 internship budget was 2.02 times as large as the 2002 budget, showing an increase in financial efficiency of 18% between AYL's first and second years of operation.

From start to finish, 4645 man-hours were spent on the planning and implementation of the 2003 Internship. With a total budget of \$36,714 (CDN), each man-hour cost AYL \$7.90 CDN, and we hope to improve our efficiency with our future efforts.

AYL's second Internship to East-Africa is only the second year of a 3-year commitment to the region. Judging from the warm welcome that the field team received in Tanzania and across North America, if all goes well the next year of project implementation should include geographical growth, coupled with strengthening our already-established programs and cooperation between international groups of students.

*"Since arriving in Mbeya, Tanzania, I've become very attached to this town, although our time here has been very busy. One of the schools we worked at, Meta Secondary School, was an amazing success. Today we finished training them, and left them on their own as **AYL Meta**. We worked hard with them, and I'm so confident that they are going to make the most of their opportunity! They loved us, prayed for us, and it was sad to leave them! This experience definitely increased my passion to work with HIV, and has enhanced my ability to empower the students of Tanzania!"*

-
Rahim Kachra
Communications, Team Mbeya

-Protect Yourself. Make a Difference.-



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Introduction



Aiding Youth for Life (**AYL**) is a non-profit grassroots organization aimed at addressing the problem of HIV/AIDS amongst youth worldwide. As 60 % of the global HIV population falls in the age group of 15-24, targeting the youth segment becomes a crucial move towards preventing the spread of the disease. Our organization was founded and is operated by youth motivated to contribute to the fight against HIV while empowering other youth to become a part of the solution as opposed to part of the problem. Instead of our “global village” spreading disease and destruction, AYL hopes to encourage the sharing of ideas and information.

Aiding Youth for Life (**AYL**) is a non-profit grassroots organization aimed at addressing the problem of HIV/AIDS amongst youth worldwide. As 60 % of the global HIV population falls in the age group of 15-24, targeting the youth segment becomes a crucial move towards preventing the spread of the disease. Our organization was founded and is operated by youth motivated to contribute to the

According to UNICEF, increased prevention through **behavioral change** could save 29 million people from HIV infection by the year 2010, and could bring infection rates among youth down by 25 percent.

Did you know?

Sub-Saharan Africa holds 29.4 of the over-42 million people infected with HIV worldwide – approximately $\frac{3}{4}$ of the world's HIV population. 10 million of those infected in Sub-Saharan Africa are youth between the ages of 15-24 (UNAIDS, 2002)

Why Tanzania?

Approximately 1 person in 8 is HIV positive (WHO, 2002) in Tanzania, with youth being at highest risk.

Why youth?

HIV/AIDS disproportionately impact youth: half of all new infections occur in youth between the ages of 15-24 (UNICEF) (6000 youth are affected each day).

In countries with generalized epidemics in Africa, up to 80% of women aged 15-24 have been shown to lack sufficient knowledge about HIV/AIDS (UNICEF)

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Mission Statement

To provide HIV/AIDS awareness to youth (ages 12-24) worldwide, while advocating behavioral change as a sustainable means of disease prevention.

The World Health Organization has recently ascertained that HIV/AIDS is the 4th leading cause of death on the planet. Forty million people are currently living with this disease, 60% of these people range between the ages of 12-24.

As of yet, there is no cure for AIDS, but providing an educational vaccine to those highly susceptible is an effective method of preventing the spread of the disease.

In order to best facilitate a sustainable solution to the AIDS pandemic, we are establishing chapters of our organization in target areas around the world. These include North America, Africa and Central/South Asia.

Each individual chapter will coordinate HIV/AIDS awareness efforts in their local communities, empowering youth to become part of the solution rather than part of the problem. To sustain the team's efforts in the long-term, AYL is establishing mutually beneficial associations between its chapters and local NGOs.

With the assistance and help of our communities and the communities in which we work, AYL is teaching people to protect themselves and to make a difference on an international scale.

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Strategies & Continuing Efforts



Recognizing that education and knowledge are central to preventing the transmission of HIV, AYL operates an awareness campaign which provides, at its core, an “educational vaccine” to the disease. Although recent advances in medical science have created new and effective treatments to extend life and ease suffering, we have yet to create a vaccine or find a cure for HIV. Therefore, prevention remains our most powerful weapon in the battle against the growing epidemic. AYL’s strategies include both *short-term* and *long-term sustainable* disease-spreading interventions.

Short-term Strategies

1. ANNUAL SUMMER INTERNSHIP

Every summer, AYL sends teams of North America’s finest University students on a two-month internship to East Africa, to coordinate an HIV/AIDS awareness campaign, targeted at youth aged 12-24. In 2002, AYL sent 5 students to Tanzania. In 2003, 11 students (**2 teams of 5, 1 Documentarist**) from across North America followed up the first team’s work. across North America.

2. LONGITUDINAL SURVEY

One of AYL’s responses to the spread of HIV is to use a longitudinal behavioral survey to gauge the level of knowledge among youth held about the disease. The survey is being administered to the same population of youth, 5 times, in order to quantify the level of impact our program has on youth. From this information, tailored and sustainable intervention strategies are created, refined and practiced.

Long-term Strategies

1. INTERNATIONAL STUDENT UNION

As of September 2003, AYL’s international student union is comprised of 7 youth-run student organizations between secondary and post-secondary schools in East Africa and North America, representing over **700** individual members. Student-run chapters give domestic students the empowering opportunity to directly be part of our prevention efforts. Our current chapters, in order to strengthen our inter- and intra-community ties, are building synergistic relationships with other HIV-oriented student clubs and unions.

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Strategies & Continuing Efforts - 2

Continuing Efforts: STAGGERED INTERNSHIPS

In the summer of 2003, with the help of the Canadian Society for International Health's (CSIH) International Health Youth Internships program, AYL was able to send its first full-time intern to Tanzania, East Africa. Danielle Macdonald, representing AYL in Tanzania as our Youth Advisory Group Facilitator, arrived in July 2003 and is working with HealthScope Tanzania as part of ISHI – a renowned community-based HIV Awareness Media Campaign.

In the fall of 2003, two additional young professionals will travel to East Africa to fill the roles of Chapter Coordinator and Financial Controller.

Our Chapter Coordinator, Aly-Khan Lalani, is also working with the Aga Khan Hospital (DSM) while in East Africa. His duties include:

1. Coordinating awareness and fundraising events between all chapters.
2. Assembling a 1-year, month-by-month breakdown of events for all chapters.
3. Reporting to AYL Central on a weekly basis. Documentation emphasis should be on quantifiable variables including man-hours spent per project.
4. Hosting 1 major event in Dar es Salaam before December 31st 2003. Suggested event is a Leadership Conference, held between Nov. 14th-16th 2003.
5. Hosting 1 major event in AYL's area of operation before March 1st 2004.
6. Establishing at least 1 new AYL chapter of AYL in both Dar es Salaam, and Lindi/Mtwara.

Our Financial Controller, Aym Giga, is responsible for:

1. Coordination of fundraising events between all chapters.
2. Completion of incorporation and registration between Canada, Tanzania & Kenya
3. Submit (in full) applications for funding to at least 5 identified East African funding organizations.
4. Management of all funds in country. Includes project-based funding.
5. Yearly budget.
6. Running cost-benefit analyses for new projects.
7. Financial resource allocation.
8. Audits & taxes
9. Accounting of raised funds
10. Organizational documentation and tracking
11. Purchasing



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Chapter Establishment 2003

This year's 2 teams of interns (Team Dar & Team Mbeya) were charged with the responsibility of establishing three new chapters of AYL's international student union, using the procedure as outlined in AYL's Chapter Establishment Guidebook (*Appendix A*) and in the following Team Mbeya Report..

Presentations were given to each class of welcoming schools, and were designed to be both interactive and educational.

Team Mbeya:



A team of five students traveled to Mbeya, charged with the task of establishing one new AYL Chapter, as well as increasing short-term awareness among as many youth as possible.

Upon arrival, the Mbeya Team worked to modify the official AYL presentation so that it clearly addressed key issues relative to youth in Mbeya. Permission to address local public secondary schools was acquired through meetings with the District Commissioner of Mbeya, and various other government officials.

A portion of The Team Mbeya anecdotal report follows:

“After this, we were ready to proceed into schools. During the ten days that we were in Mbeya, we made presentations to the following groups:

- Class (12 years old) of about 30 students at Riverside Primary School
- Form 2 (15 years old) and Form 4 (17 years old) students at Southern Highlands Secondary School, 300 students addressed.
- Forms 3-5 students at Meta Secondary School, 400 students addressed.



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Chapter Establishment 2003 - 2

Team Mbeya Continued

It was at Meta Secondary School that we decided to establish an AYL chapter. MSS is the school with the highest concentration of students living with HIV in Mbeya, according to a local NGO (Kihumbe). As part of the chapter establishment process, we went through a 3-day training workshop with identified student opinion leaders.”

“During **Session One**, we discussed local NGO HIV-related activity, and the various social issues that affect the spread of the epidemic. We discussed how youth are an integral part of the prevention and recovery process, and we then brainstormed possible intra-school and intra-community chapter initiatives. Suggested initiatives included an AIDS awareness concert, a poster competition, an AIDS awareness day and an AIDS ribbon sale. Students were asked to consider logistically feasible ways of implementing suggested chapter initiatives, as homework assignments



Session Two was begun by addressing the issue of initiatives; these initiatives were used as examples for students of how the chapter is expected to function as a unit, in relation to AYL Chapter Constitutional Guidelines. Each executive position’s specific responsibilities were explained, with the purpose of preparing students for executive elections during Session Three.

Session Three focused on Leadership, counseling, communication and fundraising. We carried out some interactive exercises that illustrated and emphasized skills student executives would need to be positive community leaders. The counseling segment taught students how to deal with sensitive issues, to enable peer support. Session Three ended with elections. Self-nominations were followed by a 2-minute speech, and the voting process was then facilitated to be anonymous and fair. Thus, the Executive Council of the AYL Chapter at Meta Secondary was created.

Post-election, we met with the new council separately to go over meeting procedure and other fine details. A chapter advisor, Aleem Thawer, was also selected during this meeting.



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Chapter Establishment 2003 - 3

Team Dar



In the first week of arriving in Dar es Salaam, the AYL interns contacted the following schools:

- Cambridge Secondary Academy – 150 students addressed
- Feza Boys Secondary School
- Jangwane Girls Secondary School – 1100 students addressed
- Tembaza Secondary School – Discussion with Student Leaders
- Azania Secondary School – 1200 students addressed
- Aga Khan Mzizima Secondary School – Follow-Up with AYL Chapter Members
- Aga Khan Primary School - 50 students addressed.

Following presentations, and in response to chapter ambitions from **Cambridge Academy**, **Azania Secondary** and **The University of Dar es Salaam (UDSM)**, Team Dar organized three workshops, where interested students from all three schools learned about AYL and its mandate, the biological aspect of HIV/AIDS, effective leadership skills, peer counseling and communication skills and fundraising strategies. The students also discussed and brainstormed awareness-raising ideas for implementation as AYL chapters, in their respective schools.

Two new AYL Chapters were constituted:

1. AYL@Azania
2. AYL@UDSM

A third chapter, AYL@Cambridge, is a work in progress.



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Presentations

50 –minute presentations were developed to be creative and innovative, using 4 distinct sections:

1. What is AYL?

- Brief introduction of AYL and its mandate
- Survey distribution, survey ends with request for questions.

2. What is HIV/AIDS?

- Most students have a solid basic understanding of the disease and its individual implications, but not of the disease's epidemiological implications.



After the survey, an activity demonstrating the transmission of HIV/AIDS was carried out. Ten volunteers from the audience were asked to come to the front (or on stage if there was one). Each student was given a glass that was half full of either water or vinegar, and as students introduced themselves to each other, they pour-shared their clear liquid, representing an invisible spread of the disease. By adding baking soda

to each glass, disease concentration in each individual is exposed to the entire audience. Our message is clear: You cannot tell by looking at someone that they have HIV, and HIV can spread very easily and quickly. Three people received vinegar, but by the end of the activity, an average of 8 people out of ten had positive reactions to the baking soda.

- Discussions are initiated and facilitated, students' concerns about HIV/AIDS, and any questions about the survey itself are addressed.
- Students discuss and share their views about HIV/AIDS, the socio-economical stigmas associated with the disease, and what they can do to protect themselves and those around them.

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Presentations - 2

3. Protect Yourself

- Students are made to understand that their first responsibility is to themselves. They are encouraged to make the right decision under difficult circumstances.
- AYL's understands that **abstinence** is the only 100% effective way of avoiding HIV, but it is our philosophy to accept that all youth will not practice abstinence, and in this case must be given the knowledge they need to protect themselves from exposure to the virus.

4. Make a Difference

- AYL's method of creating a sustainable behavioral change is to empower students to take up the cause of disease prevention themselves. Youth living in Sub-Saharan Africa are considered by epidemiologists to be at the epicenter of the disease, and long-lasting impacts can only come from within the community most at risk.
- The concept of AYL's Student Union, and AYL's aspirations of beginning a chapter at the school of mention are introduced to students, and by joining the student union they are given the opportunity to be a first-hand part of disease-prevention and student leadership.
- Moreover, behavior change has been shown to be most successful when students themselves join the cause and work to educate and empower other students.

The AYL team realizes that each presentation is packed with an enormous amount of information that a person cannot possibly completely retain. However, our goal was to make the students aware and to get them to start taking precautions to ensure the disease does not spread and infect them and their loved ones.

Providing students with a forum in which they can comfortably discuss HIV/AIDS and stigmas and issues surrounding the disease and a means of getting their questions answered in a safe space is an important role that AYL plays.

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Art & AYL

Visual Art



As AYL continues to campaign at schools and institutions to garner youth support for HIV/AIDS awareness, one of its distinguishing features is its newfound ability to cultivate artistic talent in an effort to spread the educational vaccine through different forms of media.

In this section of the Report, we shall overlook the two-sided coin that represents AYL's commitment to expression in new media, geared to invoke participation in our cause among creative and inventive youth and allow them to explore their talents while providing a voice for HIV/AIDS discussion. One side of the coin deals with the use of mural paintings, as both an activity to promote teamwork and camaraderie among affected youth as well as a tool for instituting permanent symbols of HIV/AIDS awareness in affected communities. The other side is a commitment to the documentation of innovative projects within AYL – a documentation of our progress, of our experiences and of our participants in action; such a tool will pay dividends through its promotional impetus, its educational service and its intrinsic use as a record of our development as a student-run NGO. Let us take a closer look at the work of these endeavors during this past summer internship.

The AYL Team 2003 unveiled its inaugural set of mural paintings at three separate institutions this past summer. The first painting was completed at the Cambridge Tanzania Academy in Mikocheni, Dar Es-Salaam. Cambridge is a newly established private school for secondary students that offered a priceless venue for AYL's first piece of the internship. With an AYL chapter a pending possibility, the students were enthusiastic and willing to partake in the event, generously volunteering their efforts despite a coinciding exam schedule for the graduating class.

To facilitate this program, AYL found support from a local artist, Simon Mwenze, who helped bridge the language barrier when it was required as well as to provide an authentic Tanzanian tinga-tinga flavor in the artwork (Eduardo Tinga founded this stylized Tanzanian aesthetic).

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Art & AYL - 2

Visual Art Continued

The design for the mural was a compilation of ideas and images that the students had sketched out; this brainstorming session is essentially the goal of the program – to challenge youth to explore their creative latent abilities whilst administering this capacity to address an issue that readily surfaces in their daily experience.



Without this voice, this opportunity to share one's innermost feelings about pertinent issues, and moreover, to work to translate such feelings into artistic expression, the youth are forced to swallow their predicament, to be pessimistic about their future and to lack ambition in general. During the course of one week, several students that were deeply involved in the program showed signs of development, in terms of their improved sense of self-esteem, their desire to engage in further initiatives, and their new found appreciation for their talent as well as their peers'.

The mural painting program at Cambridge proved to be an effective AIDS awareness exercise fundamentally because it forced AYL Team members to build trust amongst their target youth –these sorts of bonds are the primary pathways that ensure safe transmission of the education vaccine that defines AYL.

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Art & AYL - 3

The second mural, which was completed at the Wamata AIDS Youth Orphanage, illustrated the effectiveness of this program and exceeded our expectations exponentially. It was clear from the start that Wamata and AYL were destined to work together and mesh our diverse range of talents: Wamata offers AIDS awareness activities in the form of dances and traditional bongo flavors while AYL facilitates educational programs by building student leadership programs. When both teams put their heads together, the results were exciting



and inspiring – we completed a 30-foot long mural in the Wamata shelter in approximately three days of dedicated work. Yet whereas the success of the Cambridge mural appeared to be vested in its creation, the most rewarding moment in the Wamata program occurred in its aftermath. Wamata hosts youth group sessions every second Saturday where fifty HIV/AIDS affected members of the greater Dar

community aged 18 through 24 gather in the Wamata shelter to discuss specific issues pertaining to the prevention and treatment of the virus. When situated before the freshly completed mural, this dynamic youth group burst into discussion, generating a free flow of concerns, ideas and responses that they were forced to consider given the content of the mural. For instance, many females were concerned about the role of women in the fight against the spread of the virus, particularly since the mural depicts a chain of men who eventually hold a despairing female's chin up ("Keep ya head up..." – Tupac Shakur). Their concern was whether women would ever gain sufficient respect from their male counterparts in order to say "no" and mean "no!" when they are put in a position to perform sexual favors. Thus, it was clear that the youth were keen to respond to the piece, positively and negatively, and take the time to voice their opinions about particular nuances of the HIV/AIDS subject that may be otherwise clouded in the re-run pedagogy of traditional educational group discussion.



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Art & AYL - 4

Visual Art Continued

A personal account by the AYL 2003 field team artist in his concurrent travels in South Africa after the conclusion of the internship:

“The final piece, which was recently completed, took place at the Foundation for a Brighter Future Street Youth Center in Cape Town, South Africa. This piece represents a true integration of style and idea as the program was facilitated by three artists representing distinct ethnic and religious communities: Javid Alibhai, an AYL Team 2003 intern from Canada, Christopher Henn, a Fine Arts student from Johannesburg, and Gerald Lebethu, a muralist from the Sowetto township, home of the South African Black Consciousness Renaissance. However, it is not merely the composite histories of these individuals that distinguish this piece; the participating street youth are some of the most volatile and expressive youth AYL has encountered during the 2003 internship – these kids have something to say, and they want to say it now.”

Let us illustrate the fundamental point of this artistic initiative – to allow youth to build their sense of self worth by engaging them in leadership positions that force them to garner their creative problem-solving capacities. Consequently, this sense of worthiness will help to gear youth towards developmental ambitions, for themselves and for their communities. They will learn to believe in their own capacities, to trust their instincts, to plan their educational pursuits and careers without surveying impeding clouds of doubt that have drowned out so many creative and vibrant spirits across underprivileged communities worldwide. It is this precise hope and faith that will make a difference in the long run, one individual at a time, and help institute a sustainable attitude of development and contribution for the betterment of one’s people.

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2nd Annual Gala Awareness Event



For the past two years, at the conclusion of the summer internship, the Aiding Youth for Life interns have organized and hosted a Gala Awareness Night Event, held at the Aga Khan Diamond Jubilee Hall. As the name suggests, the Gala is an event that AYL uses as a forum for providing awareness to the community. During the 2003 event, the summer's 10 AYL interns succeeded in bringing together a mass of over 550 students, parents, local dignitaries, celebrities, non-governmental organizations, religious community members, and financial sponsors.

Because the Gala Banquet has drawn such a large audience over the past two years, AYL has taken the opportunity to use the event to introduce the new chapter members and to recognize the accomplishments of the chapters that have continued working over the past year. This year AYL inducted four new chapters: **Cambridge Tanzania Academy, University of Dar es Salaam, Azania Secondary School, & Meta Secondary School** (unable to be present). These chapters were given the responsibility of continuing AYL's efforts in Tanzania in the fight against HIV/AIDS.

The Aga Khan Mzizima Secondary School (AKMSS) chapter, established during the internship of 2002, was also given special recognition for hard work and effort of its constituents. During the year AKMSS held an HIV/AIDS awareness week, invited local experts to speak at their school, performed dramas, hosted a poster competition, held a fundraiser, and participated in community service projects, all in the name of HIV/AIDS awareness.

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Gala Awareness Event - 2



The gala is used not only to provide information on AYL's work in Tanzania, but it is also used to increase local awareness through the use of art, and live music by Sageta, Moja Club (provided by AMREF), & the Wamata Drama Group. Even some members of the crowd got involved this year! The purpose is to make awareness and student leadership fun, as enjoying the activity makes it easier for our team to maximize the effort of all those involved.

Speakers like Daraus Bukenya, Director of AMREF and Dr. I Temba (TACAIDS, Commissioner) spoke on the status of AIDS in Tanzania. Taji Liundi also spoke for the second time at our Gala Event on the relationship of youth advocacy in relation to the pandemic.

The sizeable audience also provided the perfect opportunity to recognize the 2003 supporters and sponsors. This year AYL received a helping hand from several corporate sponsors whose contributions were felt in all areas of the campaign. The interns were also fortunate enough to be directed and advised by the multitude of Tanzanian NGO's dedicated to the fight against HIV/AIDS. The Gala Banquet was held in part to honor and recognize their services to AYL as well as to address the community as a whole.

Alongside awareness and recognition, the Gala night included highlights of the summer's goals and accomplishments. In 2003, AYL interns successfully established four chapters, networked with several NGO's, fundraised for the campaign and its initiatives, spoke to over 4000 students and teachers at various schools, completed two life-sized murals, and compiled key moments into one complete documentary. Throughout the evening, an anthology of these events was presented in the form of a running slideshow, so as to familiarize the audience with AYL's work.

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Publicity

While in Tanzania, the press covered AYL quite frequently. Over the course of just seven weeks, AYL held two press conferences and was featured in two live radio interviews.

The first press conference was held at Cambridge Tanzania Academy, at the unveiling of our first large-scale mural. It was organized with the help of the Sumaria Group who sponsored the mural, and provided a team of approximately 20 journalists from newspapers, radio, and television. AYL was featured on the front pages of several papers and on the evening news as well.

The second press conference was held at the Wamata Youth Group, at the unveiling our second large-scale mural. The opportunity was also used to promote our Gala Awareness Event, with the help of Twiga Cement, also a major Gala sponsor.

AYL made two appearances on live radio, the first to promote awareness of AYL's mandate and the second to promote the Gala Awareness Event.



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Findings

The government of Tanzania recently proclaimed the existing HIV/AIDS situation as a state of national disaster. Many government ministries have programs dedicated to the prevention of the disease, and the population at whole is extremely eager to take part in restoring the health and economy of the country. However, many barriers to prevention still exist, and until these can be overcome, the disease will continue to ravage the people of Tanzania.

Several factors influence the shape of the epidemic in Tanzania. Given that heterosexual sex accounts for the majority of HIV infections in the country, transmission primarily occurs via unprotected sex. However, mother-to-child transmission is a fast growing problem; breast-feeding by infected mothers to their newborn babies causes an estimated one quarter to one third of HIV infections in infants. Lack of feasible alternatives to breast-feeding in a poverty-stricken environment further increases HIV transmission rates among children.

Poverty is likely a major contributor to the prevalence and spread of HIV in Tanzania. Because many poor people struggle to feed and clothe themselves and their families, they are often unable to send their children to schools, to purchase costly medications or to ensure sanitary living conditions. Without access to education and prevention initiatives, many young people will continue to engage in unsafe sexual practices. And without proper nutrition, anti-retroviral therapy or a hygienic environment, the virus is able to thrive and replicate causing infected individuals to seroconvert more rapidly to full-blown AIDS. At this point, they are more prone to succumbing to opportunistic infections such as candidiasis and tuberculosis (TB). TB is one of the most common opportunistic infections, and is the leading cause of death among people with AIDS in Tanzania.

Gender discrimination is another great contributor towards the spread of HIV. Women are often required to submit to their male counterparts, and are not always able to refuse intercourse or request condom use for fear of violent repercussions. In addition, it is culturally acceptable for men to have multiple sexual partners even after they are married; this increases the chances for HIV transmission to many unsuspecting women.

Overall, almost twice as many women than men are infected with HIV, due to unequal access to education, healthcare and family inheritance. Women then often depend on men to meet their financial needs and are therefore treated as subordinates. Female genital mutilation is another factor making women more vulnerable to contracting HIV, as the practice is often carried out in unhygienic conditions and causes painful tissue damage.

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Findings - 2

Although many programs are targeted at increasing awareness about modes of transmission and prevention, many misconceptions still exist regarding the disease. Unsafe sexual practices are likely going to continue until the population is convinced of the effectiveness of condom-use in prevention. This can be accomplished by widespread awareness efforts at every level of society, starting with children at a young age and including elder members of the community who often educate and advise the youth in matters of health and lifestyle.

Stigmatization is likely the biggest obstacle to HIV prevention efforts. Even though there are many centres for voluntary counseling and testing, many people are afraid to get tested for fear of being ostracized from their families and society in general. This contributes to the spread of the disease and many people receive and transmit the virus unknowingly. Efforts to combat the stereotypes surrounding the disease are rapidly underway, including the World AIDS Campaign "Live and Let Live", which focuses on eliminating stigma and discrimination.

For those who seek help, there is little chance for quality treatment. Health officials have said that a little over 1500 people throughout the country are receiving antiretroviral treatment, and many of them are being treated privately (WHO). Given obstacles such as poverty, stigma and discrimination, many people would simply prefer just not to know.



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Sources & Uses of Funds

Aiding Youth for Life
Summer 2003 Internship - Sources and Uses of Funds
 All figures in C\$

Sources			Uses		
	Amount	% of Total		Amount	% of Total
Canada/US\$ Exchange Rate: 0.7135			Canada:		
<u>Canada:</u>			Flight (to and from Tanzania)	20,000.0	54.5%
Canadian Families & Corporate Sponsorship	17,085.0	44.4%	Orientation (in Toronto)	500.0	1.4%
AYL Member Contribution	8,045.0	20.9%	Documentary Production:		
Total Funds Raised in Canada	25,130.0	65.4%	Pre-Production	250.0	0.7%
			Production	1,000.0	2.7%
			Post-Production	2,000.0	5.4%
			Marketing	3,000.0	8.2%
			Total Expenses in Canada	26,750.0	72.9%
<u>Tanzania:</u>			<u>Tanzania:</u>		
Aluminum Africa	1401.5	3.6%	Apartment Rent	2,803.0	7.6%
Business Machines Tanzania Ltd.	2102.3	5.5%	Car Rental	2,242.4	6.1%
Soft Tech	2102.3	5.5%	Petrol	420.5	1.1%
Sumaria Group (Ole Dairy)	2102.3	5.5%	Bus (to and from Mbeya)	280.3	0.8%
Twiga Cement	2803.0	7.3%	Phone	504.5	1.4%
Union Trust Investments Ltd.	2102.3	5.5%	Paint/Supplies	490.5	1.3%
Private Donors	700.8	1.8%	Gala Awareness Event	2,522.7	6.9%
Total Funds Raised in Tanzania	13,314.3	34.6%	Miscellaneous	700.8	1.9%
			Total Expenses in Tanzania	9,964.7	27.1%
Total Funds Raised	\$38,444.3		Total Expenses	\$36,714.7	

The fundraising effort for the 2003 internship was highly successful. In total our campaign raised CDN \$38,444.30, of which 65.4% was raised in North America and the remaining 34.6% in Tanzania.

In Canada, our fundraising strategies included approaching families, friends, and members of local communities. This took place for approximately four weeks prior to departure, and raised \$17,085.00, or 44.4% of the AYL budget. AYL interns also donated from their own pockets, and contributed an additional \$8,045.00, approximately 21% of the AYL budget. With just under two-thirds of AYL's financial obligations looked after by the Canadian fundraising effort, the team knew they had quite a large task at hand in raising the remaining portion in Tanzania. At first it seemed quite a burden, especially considering that the purpose of the internship in Tanzania was to fulfill AYL's mandate rather than worry about paying bills. The team was pleasantly surprised, however, to find itself warmly welcomed and supported by local Tanzanian communities.

Within just four weeks of landing in Dar es Salaam, the fundraising team raised \$13,314.30. All of these funds came through a network of independently wealthy individuals and companies wanting to support AYL's efforts. These donors provided sponsorship for two of AYL's major objectives in Tanzania: 1 mural at Cambridge Tanzania Academy (Sumaria Group) and the Gala Awareness Event at the Aga Khan Diamond Jubilee Hall (Twiga Cement).

The AYL interns are extremely grateful to all donors and recognize that this internship would not have been possible without their support.

-Protect Yourself. Make a Difference.-



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The Future of AYL

Already in its second year of operation, the future of AYL looks very promising. For the past two years AYL has been implementing a **three-year**, youth-developed, leadership-oriented community-based program among youth in Tanzania.

By empowering Tanzanian youth to take both a leadership and a proactive role in combating the HIV/AIDS pandemic in their communities, AYL youth initiatives are making a difference in the lives of all those involved.

To sustain the AYL campaign in providing an Educational vaccine to the HIV/AIDS pandemic, AYL Interns establish student chapters each year. There are a total of seven student-run AYL chapters in operation since AYL inception. Each chapter is responsible for advocating behavioral change as a sustainable means of HIV/AIDS prevention.

AYL is committed in strengthening the relationships and communication among these chapters

By creating a student network among its chapters and its membership, AYL is encouraging cross-cultural communication of tangible solutions and initiatives among youth, and they are empowering the youth of today to become part of the solution rather than part of the problem. The AYL organization is planning to expand its educational efforts to other cities and towns in Tanzania, and to the surrounding countries in Africa and South-East Asia in the years to come.

In order to be more effective in its initiatives, resources, and innovative approach the AYL organization is continually establishing mutually beneficial partnership and working relationships with the local NGO's, governmental organizations, the media, businesses, and youth organizations. Such cooperation and collaboration are both imperative and necessary for the future success and growth of AYL as an organization. AYL as an international student organization is utilizing the already existent and valuable networks in the regions where AYL chapters are operating, creating an opportunity for AYL to serve as a link among various and often independently operating groups that focus on HIV/AIDS prevention in the developing countries.

In particular, AYL is initiating and supporting programs that bring together different youth organizations and groups, who have taken responsibility for their own future, to work, campaign, and promote youth leadership and involvement in order to protect the future and make a difference on a local, national, and international level.

-Protect Yourself. Make a Difference.-



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The Future of AYL - 2

Each year AYL sends North American students to a developing country to work and interact with the local youth and learn about issues that effect youth in that region. This summer internship program has been doubled since its inception.

In June 2003, 11 North American students participated in a seven-week AYL summer internship program to Tanzania. The internship program encourages youth entrepreneurship, empowerment, initiative, leadership, and cross-cultural communication and experience. In this life changing experience, the AYL interns develop and implement youth related programs that promote youth participation and collaboration. By involving the youth in the planning and decision making process, AYL's internship program is providing an opportunity for youth to unleash their creative power, as well as their energy and peer influence, and to use these to empower their fellow youth.

There are plans to expand this existing and very successful internship program in near future, so that there are more opportunities for students to use their personal, academic skills and abilities to make a difference in their communities and protect their future.

It is the AYL vision to create the strongest student union in the world focusing on youth empowerment, leadership development, student initiative, and proactive participation in youth related issues.

AYL is in the process of establishing itself as a student run international NGO with a motto that summarizes its work: "Protect Yourself and Make a Difference."



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Conclusion

Forming Chapters:

Alongside the pre-existing AYL chapters at the Aga Khan Mzizima Secondary School and the Muhimbili University College of Health Sciences, this year's field team created an array of new chapters in both Dar-es-Salaam and Mbeya. Students from their respective schools are now also sustaining AYL's presence in Tanzania in the following schools.

- Meta Secondary School – Mbeya, Tanzania
- Azania Secondary School – Dar-es-Salaam, Tanzania
- Cambridge Tanzania Academy – Dar-es-Salaam, Tanzania
- University of Dar-es-Salaam – Dar-es-Salaam, Tanzania

Sharing Our Knowledge:

Aiding youth for Life's involvement in Tanzania is geared towards education. We strive to provide the "educational vaccine", promoting education as an integral part of protection. The main highlights of these opportunities are as follows.



- 11 school presentations (including primary, secondary, and post-secondary) directly addressing over 4000 students.
 - Two teacher-training sessions.
 - Hosted a 3-day leadership conference.
 - Speaking with local youth groups and orphanages.
 - Discussion panel with Aga Khan University School of Nursing students.
 - Discussion with doctors at Aga Khan Health Center, Mbeya.
- Visiting HIV/AIDS patients and orphans due to HIV/AIDS.
 - Hosted our 2nd annual HIV/AIDS Gala Awareness Night, for 550 youth, which featured HIV/AIDS awareness through music, song, dance, and speeches by representatives of local government and non-governmental organizations.

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Conclusion - 2

A Visual Statement:

A new approach to spreading HIV/AIDS awareness was incorporated this year, using an artist to create two murals alongside the youth of Tanzania. It was the hope of the artist to accomplish the following.



- Provide a unique and interactive challenge.
- Offer a meaningful sense of accomplishment.
- Provoke dialogue and incite expression.

This year, the AYL field team was joined by a documentarist, who captured most moments of AYL 2003, hopes to highlight our successes and failures, as well as to expose the reality of the pandemic in Tanzania.

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Conclusion - 3

Building Partnerships and Establishing Networks:

AYL worked closely with numerous government and non-government organizations, and the support received from these organizations definitely solidified Aiding Youth for Life's name as a leader in the fight against HIV/AIDS. A few of the organizations with which AYL worked are listed below.

<ul style="list-style-type: none"> • TACAIDS • Wamata • Ummati • Healthscope 	<ul style="list-style-type: none"> • PSI • Aga Khan Hospitals • Femina • SHDEPHA 	<ul style="list-style-type: none"> • AMREF • Umoja • ISHI • Friends of Tanzania
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The Future of AYL:



- Strengthen existing AYL Chapters.
- Expand into other regions of Tanzania.
 - Mwanza, Iringa, Morogoro, Dodoma
- Seek opportunities for AYL chapters in other targeted areas.
 - East Africa and Central Asia
- Achieve NGO status.
- Create an international student union focusing on youth empowerment.
- Pursue mutually beneficial partnerships.



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The 2003 AYL Field Team

Team Dar



Aliya Jiwari
Team Leader



Ahmad Khaliqi
Fundraising



Javid Alibhai
Artistic Director



Rehmanna Rayani
Finance



Zahra Sonnani
Communications



Alnoor Govindji
Logistics

Team Mbeya



Kazimnah Ajarua
Education Specialist



Bijhan Ebrahim
Team Leader



Farah Hermezaj
Research & Development



Rahim Kachra
Communications



Farhan Daya
Documentalist



Ali D. Kanji
Project Coordinator



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Partners & Sponsors

AYL exists because of the support of our partners and sponsors. More important than the financial contribution, is the trust our friends place in our ability to secure our own future.

AYL would heartily like to thank:

FINANCIAL PARTNERS

Aluminum Africa
AYL 2003 Interns
Business Machines Tanzania Ltd.
Canadian Families & Corporate Sponsors
Soft Tech
Sumaria Group (Ole Dairy)
Twiga Cement
Union Trust Investments Ltd.
Private Donors

COMMUNITY PARTNERS

TACAIDS
Wamata
Ummati
Healthscope
PSI
Aga Khan Hospitals
Femina
SHDEPHA
AMREF
Umoja
ISHI
Friends of Tanzania