

2025 Q1 NEWSLETTER

EMPOWERED WOMEN EMPOWER THE WORLD

BAREFOOT COLLEGE ZANZIBAR



Kicking off 2025 with purpose and passion

After an eventful and successful 2024, the new year at Barefoot College Zanzibar began with fresh momentum. In just the first quarter, **we've welcomed new visitors, launched new trainings, and deepened our impact** across communities. Our team proudly initiated a new cohort in regenerative agriculture, empowering local farmers with sustainable practices. We visited rural schools to engage young girls in open, empowering conversations around menstrual health, and continued our work to bring solar electrification to underserved areas. Women in our life skills program also began their training journeys, gaining practical tools for personal and economic empowerment. It's been a busy start—and **we're only getting started**. With more programs and partnerships on the horizon, 2025 is shaping up to be another transformative year.



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Menstrual Health Outreach

BREAKING TABOOS AND BUILDING CONFIDENCE

Every month, millions of women and girls cannot afford menstrual products or access to safe water and sanitation to manage their menstrual health and hygiene. This interrupts their lives, rights, and freedoms.

Period poverty is also perpetuated by stigma and the lack of information and education—many girls and young women lack awareness and are unprepared for their periods. To address these challenges, our team visited **three rural schools**, bringing much-needed education and support to combat menstrual health misinformation. Through open, age-appropriate workshops, we provided students with accurate information to break harmful myths and foster a healthier understanding of menstruation.

Alongside the educational sessions, we distributed reusable sanitary pads and underwear—sustainable, practical solutions that help meet the needs of girls in low-resource settings. By equipping them with both knowledge and tools, **we are empowering girls to stay in school, confidently engage in their communities, and take charge of their health with dignity.**



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girls were equipped with the knowledge and resources to break the cycle of menstrual stigma.



Cultivating Change: Empowering Women through Regenerative Agriculture

This quarter, we held transformative regenerative agriculture training programs in both Unguja and Pemba, reaching **20 women in Unguja and 10 in Pemba**. These programs are not only about teaching new farming techniques, but also about fostering sustainable practices that contribute to food security, economic growth, and climate action. From planting seeds to harvesting crops, women play a crucial role in feeding their communities and driving the adoption of sustainable farming practices. By equipping them with knowledge on soil health, water conservation, and eco-friendly agriculture techniques, **we are helping to create resilient communities** that can thrive in the face of climate change.



As part of our commitment to ensuring the long-term success of the trainees, **each participant received essential tools and equipment** to help them apply the practices learned during the program. From basic gardening tools to specialized equipment for soil health and water management, these resources are designed to give women the support they need to implement regenerative agriculture techniques on their own land. By providing both knowledge and tangible resources, we are enabling these women to not only **transform their farms but also to become leaders in sustainable agriculture within their communities**.

SOWING THE SEEDS FOR A SUSTAINABLE FUTURE

With the tools and resources provided, these women are now empowered to put their new skills into practice, transforming their farms into models of sustainability. By applying regenerative agriculture techniques, they are not only enhancing their own livelihoods but also **contributing to the broader goal of resilient, food-secure communities**. This training is a crucial step towards creating a more sustainable future, where women are at the forefront of climate action and agricultural innovation.

Buzzing Towards a Brighter Future: Empowering Women through Beekeeping

Thanks to our beekeeping training programs, **68 women are now equipped with the skills to become successful beekeepers**—56 in Unguja and 12 in Pemba. These trainings provide valuable knowledge not only in the art of beekeeping but also in sustainable environmental practices that benefit entire ecosystems. By learning how to manage beehives, these women play a key role in pollinating their environments, which in turn boosts local agricultural productivity. Beyond its ecological benefits, beekeeping offers an important opportunity for women in rural areas to diversify their income streams. With honey production and other bee-related products, **women can establish new avenues for financial independence**, contributing to their families' well-being while fostering long-term economic growth in their communities.



Transforming Aspirations into Action: ENRICHE Life Skills for Women



This quarter, we are excited to have trained **52 women** through our ENRICHE program, designed to empower them to transform both their lives and their communities. This comprehensive program helps women build the confidence, skills, and knowledge necessary to become powerful agents of sustainable change and pursue their entrepreneurial dreams.

The ENRICHE curriculum equips women with essential tools to boost their confidence, enhance digital literacy, and strengthen their financial and business skills. Covering key areas such as women's health, sustainable living, and rights & responsibilities, **the program provides a well-rounded approach to empowerment** that enables women to create lasting impact in their communities.

Igniting Innovation: Empowering Young Women through Social Entrepreneurship

This quarter, **60 young women** participated in our 8-week Spark Social Initiatives (SSI) program, where they explored the power of social entrepreneurship and learned what it takes to launch a social enterprise. Throughout the program, participants engaged in brainstorming sessions to develop potential social venture ideas, gaining hands-on experience in creating impactful solutions to community challenges. By the end of the program, these young women not only gained valuable insights into the world of social enterprises but also built the skills, networks, and confidence needed to turn their ideas into action and drive positive change in their communities.



Welcoming Partners and Inspiring Collaboration

This quarter, we were thrilled to welcome several visitors, including our Canadian partner, **Her Start**, who visited to learn more about our work and explore opportunities for collaboration. Their support continues to be invaluable in driving our shared mission of empowering women and fostering sustainable development.

In addition, we had the privilege of **hosting individuals and organizations interested in learning about our programs** and the impact we are making in the community. These visits are not only a great way to showcase the work we do but also an opportunity to strengthen partnerships and inspire others to get involved in our mission.

This quarter, our team continued to visit the villages of the most recent Solar Mamas cohort as part of our ongoing **monitoring and evaluation efforts**. These visits allow us to stay closely connected with the women we serve, assess the progress of their solar initiatives, and provide additional support where needed. It's through this continued engagement that we ensure our programs remain impactful and responsive to the needs of the communities, while also celebrating the inspiring progress these women are making as changemakers in their villages.



THANK YOU FOR BEING PART OF THE CHANGE

As we reflect on a busy and impactful start to 2025, we are reminded that none of this progress would be possible **without the support of people like you**. Your involvement, whether through donations, sharing our mission, or simply staying connected, is what makes our work possible.

We encourage you to continue supporting our efforts to empower women, foster sustainable change, and build stronger communities. Stay in touch by following us on social media for updates, stories, and more ways to get involved. Together, we can create a brighter, more resilient future for all.

How You Can Help?

Donate: Support our programs by making a donation.

Stay Updated: Follow us on [Instagram](#) and [LinkedIn](#) for real-time updates and stories.

Share Our Work: Spread the word about Barefoot College Zanzibar with your networks to amplify our impact.

Sincerely,
The Barefoot College Zanzibar



VISIT US



Experience firsthand how we're empowering women and transforming communities through innovative, sustainable solutions. Contact us at zanzibar@barefootcollege.org to schedule your visit.