



## **CAPACITAR RWANDA**

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# **CONCEPT NOTE FOR CAPACITAR PROJECT**

**PREPARED BY:**

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### I. BASIC INFORMATION

- 1. Project Title:** Adolescent Mothers centered Community Development Project (AMCDP)
- 2. Project Title:** Contributing to reduction of early and unwanted pregnancies through contributing to political, social and economic development of adolescent mothers at community level.
- 3. District of Intervention:** Ngoma
- 4. Project Duration:** 60 months from January, 2018
- 5. Project responsible:** Sr Antoinette Gasibirege

### II. BACKGROUP OF ORGANIZATION

CAPACITAR Rwanda is a non-profit organization created by men and women profoundly committed to a healthy society under inspiration of three people (Sr Antoinette Gasibirege, Sr Genevieve W.MD and Dr Patricia Cane). This organization was established in accordance with the article 1 and 5 of the law n° 04/2012 of 17/02/2012. It was registered by RGB as a local NGO on 20th April 2015 (official Gasette n° 16 bis of 20<sup>th</sup> April 2015). Email: [capacitarrwanda@yahoo.fr](mailto:capacitarrwanda@yahoo.fr) and web address is [www.capacitar.org](http://www.capacitar.org).

CAPACITAR has its constitution, the financial and accounting procedures manual. It has also adopted gender and safeguarding program participants' policies. And the mission of CAPACITAR is *“A Rwandan society free of any form of trauma and stress where each member live in perfect harmony with him/herself, with others and actively participate in activities aiming at his/her holistic development”*

Since 2006, CAPACITAR has worked on trauma transformation and community development in the Rwanda society after the extremely painful experiences that many Rwandans went through during the Genocide of Tutsi and its aftermaths. Many faced poverty, and psychological and physical trauma, indeed. They were also exposed to extreme physical and psychological events in form of feelings of abuse, threat or experience of violence and brutality and war. To achieve its mission, the organization has adopted 4 high level strategic goals which are expressed as broad statements of the changes they want to see in the nearby future:

- Contribute to the political, social and economic transformation (welfare promotion) of Rwandan community, with special focus on children.
- Encourage healing and transformation of body, mind and spirit in individuals and communities in the spirit (sense) of Spanish word “CAPACITAR” which means empower, encourage, bring forth
- Help people to put together their wisdom and to access to their inner power emanating from their heart, body and spirit.
- Promote peace building activities and good relationship among people.



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### II. PROJECT SUMMARY

Adolescent mothers who are victims of social and economic violence as well as children, who are sexually abused, harassed or exposed to whatever scandal such as human trafficking, need to be supported specifically by the members of their families, and by the entire community.

Furthermore, Rwanda as many other countries of Africa has a problem of adolescent mothers and young girls who get pregnancy on early age between age of 1. 13-18, according to the findings got from CLADHO's survey under financial support of KNH, this issue is at a higher rate and it has significant impact to these young girls whereby they face a lot of challenges from the first day of pregnancy and this also affect their children.

The study shown that most of teenagers get pregnant from colleagues (49%), 20% from family friends and lastly 2% from tutorials and 1 % from local leaders and they highlighted that 75% got pregnancy due to sexual violence and 25 % through voluntary sexual intercourse. Concerning the contributing factors that pushed them to early get pregnant, it was found that the poverty of parents (50%), unsatisfaction (14%) and carelessness of parents and sexual violence (9% for both) are the major factors that led them to be involved in early sex intercourse. The research revealed that most consequences and problems faced by teenagers after getting pregnancy are school dropout (50%), poverty (19%), depression (11%) and other including discrimination (5%). This situation has long-term implications for them as individuals, their families and communities.

The above mentioned study shows the most factor which pulls young girls to be pregnant on early age was the poverty. Consequently, shame and stigmatization have come the source of trauma affecting the adolescent mothers and girls who have been pregnant beyond extra marital sexual intercourses. All these issues result into certain forms of women and child abuse such as mental, sexual, physical and economic violence in their lifetime. Thus CAPACITAR will initiate the long term integrated community development program aim at contributing to political, social and economic development of adolescent mothers and their children.

### Description

The Adolescent mothers centered community development (AMCDP) is a long term integrated program based on the Self Help Group approach (SHG) which views poverty as inequality of human rights and **empowerment** as the process of ensuring equal human rights, responsibilities, opportunities and treatment for women and men in order to reach their full potential and that women are free from gender-based violence. Given the multi-dimensional nature of poverty, however, the SHG Approach puts equal emphasis on the goals of economic, social and political empowerment. In order to achieve these goals, it offers a framework and guidance for establishing a 'People's Institution' which provide an environment of trust and cooperation in which people come to realize they are able to help themselves to achieve the economic, social and political goals that they themselves define.

### Principles of Self Help Group Approach

1. Every human being has tremendous, God-given potential. This hidden potential in the poor can be unleashed if a conducive environment is provided.
2. As an individual the poor are voiceless, powerless and vulnerable. By bringing them together as a homogenous collective aware of their rights, they gain tremendous strength and can claim their rights.

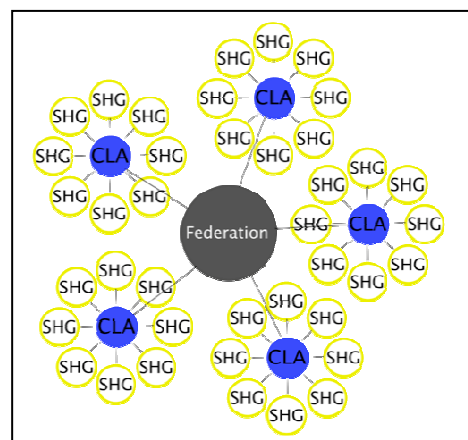
### The three pillars of Self Help Group Approach



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1. By targeting adolescent women and young girls who get pregnancy, the whole community benefits.
2. When the problems are shared the community can find a solution that benefits everyone.
3. By bringing together individuals, the fragmentation of the community will be repaired.



### The three levels

1. **The SHG methodology** envisages a three social formation component starting with a **Self Help Group** of between 15–20 members (identified through a community driven criteria of being the poorest of the poor)
2. After at least 6 months, between 8-10 SHGs form a **Cluster Level Association (CLA)**
3. Ten or more than strong and mature (at least 6 month old) CLAs form a **Federation**

### Planned Budget

	<i>Budget template</i>	<i>Amount in local currency</i>	<i>Amount in US dollars</i>
<b>1</b>	<b>People Institutions built and sustained to serve adolescent women and young girls who get pregnancy.</b>		
1.1	Organize a 4-days training workshop for 4 new Community Facilitators and 1 Project field Officer on SHG Approach	200,000	259.7
1.2	Conduct 2 awareness raising sessions for 64 village coordinators on Self Help Group Approach at sector level	192,000	249.4
1.3	Conduct 5 sessions of training for 44 SHGs	880,000	1,142.9
1.4	Facilitate 44 SHGs for self-Assessment and grading Exercise	880,000	1,142.9
1.5	Conduct 6 sessions of training for 5 CLAs	600,000	779.2
1.7	Facilitate be annual joint sessions for members of 80 SHGs and their partners on household income management and building effective relationship between partners	1,760,000	2,285.7
1.8	Follow up and need based training for 80 Self Help Groups and 8 CLAs	1,152,000	1,496.1
<b>2</b>	<b>Child rights are realized through Child Focused Community Development Program &amp; Linkage</b>		
2.1	Training of local authorities on conflict management	440,000	571.4
2.2	Training of 34 facilitators who will facilitate vulnerable groups and trained 120 leaders have refresher courses to be able to form their groups	2,560,000	3,324.7



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2.3	<i>Organize a 4 –days training session on trauma</i>	400,000	519.5
2.4	<i>Facilitate training of vulnerable on the rights of women and children</i>	800,000	1,039.0
2.5	<i>Conduct awareness raising sessions on prevention of common preventable diseases, HIV family and Couples Voluntary testing and male circumcision</i>	440,000	571.4
2.6	<i>Facilitate 3-days training of community facilitators on how to facilitate the self-healing and social transformation process</i>	672,000	872.7
2.7	<i>Training on individual healing and social transformation: education PVV 230, 145 single mothers. 100 girl mothers will continue training and another 45 will be formed.</i>	5,000,000	6,493.5
2.8	<i>Monitoring and supervision of the groups that have been formed by leading 380 of psychological trauma victims, single mothers, the PVV</i>	2,000,000	2,597.4
2.9	<i>Meetings and discussions with leaders and partners</i>	640,000	831.2
<b>3</b>	<b>Women Households realize sustainable livelihood</b>		
3.1	<i>Support People Institutions for value chain analysis</i>	3,000,000	3,896.1
3.2	<i>Mentoring women for formation of groups</i>	1,234,083	1,602.7
3.3	<i>Support and mentoring women for groups skills building in Capacitar techniques</i>	6,000,000	7,792.2
3.4	<i>Facilitate linkages of women groups, People Institutions, local government department, MFIs and Private sector for increased access to agriculture inputs/ capital and assets</i>	1,200,000	1,558.4
<b>4</b>	<b>Capacitar techniques dissemination</b>		
4.1	<i>Conduct Capacitar techniques annual survey</i>	700,000	909.1
4.2	<i>Production of Capacitar techniques annual progress reports</i>	1,800,000	2337.6
4.3	<i>Production of program newsletter</i>	240,000	311.7
4.6	<i>Awareness raising of members of 44 new SHGs on Capacitar techniques</i>	220,000	285.7
4.7	<i>Dissemination of Capacitar techniques through media</i>	900,000	1,168.8
<b>5</b>	<b>Management costs</b>		
5.1	<i>Program Manager salary</i>	12,947,040	16,814.3
5.2	<i>Counseling officer salary</i>	7,695,000	9,993.5
5.3	<i>Field coordinator Salary</i>	7,695,000	9,993.5
5.4	<i>Contribution to salary of Chief Accountant 20%)</i>	1,787,935	2,322.0
5.5	<i>Contribution to Accountant (20%)</i>	776,892	1,009.0



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5.6	<i>Salary of Driver</i>	2,280,000	2,961.0
5.7	<i>Contribution to office rent, security guard and cleaning services cost</i>	1,800,000	2,337.7
5.8	<i>Contribution to water, electricity and sanitation cost</i>	600,000	779.2
5.9	<i>Contribution to Office supplies cost</i>	960,000	1,246.8
5.1	<i>Contribution to communication</i>	1,080,000	1,402.6
5.11	<i>Bank charges</i>	125,000	162.3
5.12	<i>In country travel</i>	600,000	779.2
5.13	<i>Fuel for vehicle and motorcycles</i>	1,200,000	1,558.4
5.14	<i>Contribution to Capacitar consolidated Financial audit</i>	500,000	649.4
<b>6</b>	<b><i>PMEL costs (max 3%)</i></b>	<b>2,668,050</b>	<b>3,465.0</b>
6.1			
6.2			
<b>7</b>	<b><i>Purchase of assets</i></b>		
7.1	<i>Bicycles for Community Facilitators</i>	525,000	681.8
<b>8</b>	<b><i>Organisational development (if applicable)</i></b>		
8.1	<i>Contribution for Capacitar Strategic plan Review in good participation with Staff, Boards members with external facilitator</i>	1,800,000	2,337.7
8.2	<i>Contribution for hiring part time IT specialist</i>	350,000	454.5
8.3	<i>Develop Capacitar fundraising strategy ( business plan for of internal resources mobilization/ identification of new potential donors/support, Visibility promotion, partnering with Government and Private Sector)</i>	4,200,000	5,454.5
8.4	<i>Conduct annual SWOT and PESTEL Analysis</i>	300,000	389.6
8.5	<i>Revision of HRM</i>	300,000	389.6
8.7	<i>Develop policy on inclusive development</i>	300,000	389.6
8.8	<i>Look for working model for integration of approaches /projects</i>	300,000	389.6
<b>9</b>	<b><i>Head office contribution (5%)</i></b>		
9.1	<i>Will be automatically calculated by the portal</i>	4,235,000	5,775
<b>10</b>	<b><i>Own contribution</i></b>	<b>0</b>	<b>0</b>
<b>Total Requested to supporter</b>		<b>88,935,000</b>	<b>115,500</b>