

Ambassadors of Change

Girls in the region face significant obstacles. Domestic violence in Tajikistan is very high, because of traditional Tajik family values. About half of all women in Tajikistan trust that violence by a spouse against his wife is acceptable. Also, women in the region often receive less education and have few chances to travel outside of their villages. Parents of unmarried girls only often allow their daughters to attend classes attended exclusively by girls. This lack of education contributes to women being economically dependent on their husbands and limits their freedom.

CATEGORY

[Empowering Women and Girls](#)

LOCATION

[Tajikistan](#)

WHAT IS THE CHALLENGE OR NEED YOUR PROJECT WILL ADDRESS AND WHAT INNOVATIVE METHODS WILL YOU EMPLOY?

Describe the specific need or challenge that your team will address with this project

Girls in the region face significant obstacles. Domestic violence in Tajikistan is very high, because of traditional Tajik family values. About half of all women in Tajikistan trust that violence by a spouse against his wife is acceptable. Also, women in the region often receive less education and have few chances to travel outside of their villages. Parents of unmarried girls only often allow their daughters to attend classes attended exclusively by girls. This lack of education contributes to women being economically dependent on their husbands and limits their freedom.

Briefly describe the specific solution or approach to address the need or challenge and explain why it is innovative

One way to fight violence against women is to build confidence by educating them about their rights. We will organize Girls' Clubs in the Rasht Valley that will provide a setting for us to train peer trainers and offer workshops about women's rights, sports, and domestic violence. In the summer, these clubs will gather in a camp where participants of each club can exchange ideas. Every two months, girls from the clubs will travel to talk with other clubs. We will also have a speakers program featuring female role models to talk about the importance of education for girls.

How will the project impact your community? What changes (in people, institutions, attitudes, practices) do you think you will see?

These clubs will provide trainings about women's rights, gender equality and issues, and domestic violence, and hopefully more than a few thousand young girls will be able to increase their knowledge about these topics and, in turn, give peer seminars in different schools to other girls. These girls will be aware of value of education for girls and have the opportunity to meet with inspiring female role models. These clubs will provide safe and friendly learning environments and be a home for activities and opportunities that help young people to develop a positive self concept, self acceptance and high self esteem, as well as develop and enhance communication and social skills. The proposal will be a small step toward giving youth the opportunity to be more active in their communities. Hopefully, over time, this involvement will empower young girls in the communities we work in to help prevent violence and abuse.

WHO WILL BE INVOLVED?

MEET THE TEAM

Project owner

[Hamadony Muzafarov](#)
[Tajikistan](#)
[Study of the U.S. Institutes](#)
[Teaching Excellence and](#)
[Achievement \(TEA\) Program](#)
[E-Teacher](#)

Project members

[Manage members](#)
[shahid Mir Sr.](#)
[Pakistan](#)
[Fulbright Foreign Language](#)
[Teaching Assistant \(FLTA\) Program](#)
[\[remove from project\]](#)

[Zeboniso Murodova](#)
[Tajikistan](#)
[Fulbright Foreign Language](#)
[Teaching Assistant \(FLTA\) Program](#)
[Global Connections and Exchange](#)
[Teaching Excellence and](#)
[Achievement \(TEA\) Program](#)
[\[remove from project\]](#)

[Grace Ngweze Mu...](#)
[Namibia](#)
[International Visitor Leadership](#)
[Program \(IVLP\)](#)
[\[remove from project\]](#)

[Ravshan Sirojov](#)
[Tajikistan](#)
[Open World Program](#)
[\[remove from project\]](#)

[Ikram Islam Sr.](#)
[Pakistan](#)
[Salzburg Seminar](#)
[\[remove from project\]](#)

[Mahmoud Suliman](#)
[Israel](#)
[Fulbright Student Program](#)
[\[remove from project\]](#)

[Mahina Abdullojonova](#)
[Tajikistan](#)
[English Access Microscholarship](#)
[Program \(Access\)](#)
[\[remove from project\]](#)

[ARPANI KOMARUDIN](#)
[Indonesia](#)
[International Leaders in Education](#)
[Program \(ILEP\)](#)
[\[remove from project\]](#)

[Gulchehra Ochilova](#)
[Tajikistan](#)
[English Access Microscholarship](#)

Beneficiaries: who are your target groups (or communities) and how many people will directly benefit from your project?

We hope to both educate girls and the communities in which they live. The direct beneficiaries of the project are young girls who live in remote areas of Tajikistan and do not have access to information about their rights and responsibilities. More specifically, we hope to directly target the following groups:

Jirgital District – 100 young girls ages 15 – 20;
Tajikabad District– 100 young girls ages 15 – 20;
Rasht District: 100 young girls ages 15 - 20;
Nurabad District: 100 young girls ages 15 – 20;
Tavildara District: 100 young girls ages 15 – 20;
Vahdat City: - 100 young girls ages 15 – 20;

In addition, there will be many more girls and women in these communities who will be indirect beneficiaries and improve their knowledge and benefit from the project. Parents, brothers and sisters, friends and neighbors, will also receive knowledge through the direct participants of the clubs.

Local partners

As a group of US Government exchange program alumni across Tajikistan, we are able to work with a number of local partner organizations. In particular, we expect to work with the following organizations:

Women Resource Center Gharm – to train peer educators and conduct seminars;
Committee of Women and Family Affairs of each region – to give talks about educational opportunities for rural girls to apply to as a part of presidential scholarship and how to make healthy families.

We will invite these organizations to work with us, and we will meet with them directly and individually to collaborate effectively. In addition, we will work with individual female role models, as a part of our Female Speaker program, such as NGO leaders, school directors, current students, Access and FLEX alumni. They will be able to share their experiences with project participants, such as how they felt when they were faced with difficulties when they were younger and how they feel now.

Alumni team

Hamadony Muzafarov – Manager and Coordinator. As manager, he will be responsible for organizing larger program activities and writing reports.

Zebonisso Murodova – Impact Evaluator. She will be in charge of project evaluation over the course of the project.

Ravshan Sirojov – Summer Camp Coordinator and Organizer; Accountant. Ravshan will organize the summer camp and will also serve as the overall accountant for all activities.

Gulchehra Ochilova – Female Speakers Administrator. As the organizer of the visiting speakers, the Female Speakers program, Gulchehra will organize and coordinate a number of speeches to all of the clubs from women who are doctors, alumna of FLEX and other exchange programs.

Nozim Sirojiddin – Social Media Coordinator. As the Social Media Coordinator, Nozim will be in charge of posting updates to all forms of social media on the Girls' Clubs programs and activities, which will help generate future participation.

Proposed Project Dates: August 01, 2015 - August 31, 2016

HOW AND WHEN WILL YOU IMPLEMENT YOUR PROJECT?

Implementing Plan and Timeline

Project Timeline:

Preparation Phase:

August 1 – 20, 2015:

Hamadony Muzafarov as a project manager and coordinator will inform local government and Department of Education officials about project implementation and activities by writing a letter in order to get official permission for conducting workshops and observations. We, especially the speaker coordinator, will also begin arranging for role models to present before clubs by

[Program \(Access\)](#)
[\[remove from project\]](#)

[Nozim Sirojiddin](#)
[Tajikistan](#)
[Future Leaders Exchange \(FLEX\)](#)
[Program](#)
[\[remove from project\]](#)

reaching out to potential speakers.

August 21 – 28, 2015:

Entire team meets in order to prepare training materials, purchase materials, and arrange spaces for conducting workshops.

September 1, – 14, 2015:

Entire alumni team will announce the program among schoolgirls of 6 regions of Rasht Valley. Social media coordinator will work to publicize program through social media and in mass media. We will select participants.

September 15, - 22, 2015:

Hamadony Muzafarov will meet with clubs and determine the time and activities will be held in clubs per region.

Training Phase:

October 1, 2015 – June 30, 2016:

At the beginning, middle and end of each month Gulchehra Ochilova will conduct trainings in each club. Female role models will speak at meetings in the middle of each month throughout this period. Additionally, every other month, selected girls from one club (e.g. in Gharm) will travel to another club (e.g. in Tajikobod).

Summer Camp Stage:

June 1 – July 10, 2016

Preparation for logistics of summer camp, including arranging transportation, activities, and lodging for girls. Summer camp coordinator Ravshan Sirojov will lead planning stages with other team members.

July 18 – 24, 2016

Summer camp in Rasht district (6 girls form each club).

Evaluation Stage:

June 1 - 15, 2016:

Conduct the overall project evaluation. Zebonisso Murodova will evaluate the participants and project in general that they have attended and give their comments or feedback. Following this, participants will continue work in regional clubs and begin peer training seminars.

Closing Stage

August, 2016:

Write and submit the final narrative and financial report with the alumni team to the donor organization (US Embassy Dushanbe).

Communication Plan

To reach the beneficiaries of our proposed project, we will share information over social media and by talking with individual members of all the communities we plan to work in. The social media coordinator is an active user of social media such as Facebook. Photos of conducted activities will be posted in U.S. Government Alumni/Tajikistan, International Exchange Alumni and organization's Facebook page. Also, the social media coordinator will submit project highlights right after each workshop or event to the U.S. Embassy/Tajikistan's Cultural Affairs Officer and Grant Assistant / Alumni Coordinator and International Exchange Alumni Headquarters. As a team, we will also all individually post to social media sites and try to speak with representatives of the media. We will post success stories in a local newspaper like "Oinai Rasht" and invite media organizations to conduct interviews and write about the project activities and its benefits.

Evaluation

The types of evaluation that will be conducted during the project are: process, impact, and outcome. We will use pre-lesson and post-lesson assessments, questionnaires, and evaluation forms to determine the achievement prior and after the project specifically related to the topics addressed during the lessons.

The questionnaires will allow us to ask the girls about their current knowledge on the topics focused on during the trainings and, over time, to determine the achievement and knowledge they gain from the trainings. At the end of each workshop during project activities there will be a post-training assessment session for ten minutes where participants will provide feedback

and comments, with the aim of building a communication chain between the trainers, and the participants.

Additionally, to measure the impact across the communities we work in we will conduct interviews with members of the community and meet with community leaders, school officials and female village leaders.

Sustainability

Although this project only spans a one year period from August 1, 2015, through August 31, 2016, the project implementers will be actively engaged in an ongoing effort to raise funds to continue and expand this work in the future and the learning center will also seek funding from other donors. To the degree that it succeeds, it will serve as a model for future projects, and the lessons learned here will be applied to that work.

Through training peer trainers, we will also allow individual girls to continue their community-based trainings in the future. After the first year, the clubs will also be able to continue functioning, even if funding is more limited, and provide a community for girls to continue their studies.

TOTAL FUNDING REQUESTED

\$25,000.00

PROPOSAL DOCUMENT:

[Download budget](#)