

Sex education, family planning and voluntary birth control

save lives
strengthen self-determination of women and girls
support health care
sustainably help to conserve our environment

As mutually agreed in December 2013 between the Institute for "Integrated Women Development" (IIWD) and the Breuckmann Foundation, the Family Planning Programme (FPP) was started at the beginning of 2014. The main objectives of this project are:

- To limit the population growth in Malawi (presently about 3% at a birth rate of 5.9 per woman)
- To encourage women and girls in their development and self-determination
- To improve women's conditions of life and in particular their health conditions and to reduce maternal and infant mortality

In the frame of this programme several workshops and educational campaigns were performed with special emphasis on providing information concerning family planning and voluntary birth control to



young women and girls. After the successful start of the programme in the Karonga area it was expanded to the region of Ngara, a fishery district some 35 km south of Karonga. During the various activities, which were performed e.g. in schools in close cooperation with other organizations, and by personal care by members of the IIWD, about 5000 people could be reached. The programme was supported by radio transmissions, elaborated by IIWD and financed by the FPP programme .

Mothers with 12 of altogether 19 children of four neighbouring families in the village Luhimbo

The acceptance of the programme is not only expressed by various positive statements of official organizations, but also by the fact that far more than half of the people addressed by the programme, decided to take part in the FPP. Several visits by Prof Friedemann Schrenk - one of the chairmen of the Breuckmann Foundation , who stays in Karonga regularly in the frame of a research programme - confirmed the positive results of the programme and the excellent work of the IIWD.

The originally planned budget for 2014 of 17.250 US\$ has meanwhile been increased to 21.600 US\$, whereof 9.300 US\$ have already been provided in December 2013 and 950 US\$ in January 2015. This allowed to pay e.g. the salaries of 6 coworkers of the IIWD, in addition a nurse is paid since September 2014 . It is planned by the Foundation to continue the support of the FPP also in 2015 by about 20.000 US\$. This shall grant an adequate care of those people who already decided to participate in the programme. In addition it is planned to continue with the activities, e.g. workshops and radio transmissions, in order to address more people , so that they can decide to participate.



*Jane Adhikari,
founder and director of IIWD*

On a long term basis we see the urgent necessity to provide to the programme a vehicle, equipped with all necessary medical facilities, in order to reach and support people in secluded areas. At the time being IIWD and the Foundation jointly evaluate the costs for the acquisition and the maintenance of such a vehicle. However it is obvious that the funding cannot be granted by the Foundation alone.

We therefore need the support of all of you!

Meersburg, January 2015

Dr. Bernd Breuckmann

Dr. Elisabeth Breuckmann