

**RESTLESS  
DEVELOPMENT**  
POWERED BY YOUNG PEOPLE

# WE ARE RESTLESS

Annual Report Zambia 2021



# A message from our Hub Director.



**"WHEN IT COMES TO UNLEASHING THE POWER AND POTENTIAL OF THE BIGGEST GENERATION OF YOUNG PEOPLE IN HISTORY, WE ALWAYS WORK IN PARTNERSHIP AND WE ARE IN IT TOGETHER."**

2021 was a year full of successes, valuable lessons and achievements. As the world was still grappling with COVID-19 and its adverse effects, young people didn't stand still but stood up, so did Restless Development Zambia!

As communities struggled to contain the virus, young people were there to provide information and dispel myths and misconceptions associated with the COVID-19 pandemic. Our volunteers placed in different communities were trained to conduct online sessions and various online community-led activities. This resulted in community members not travelling for purposes of our interventions for them.

As schools were closed, we provided a range of remote learning options – including online delivery of pre-recorded lessons to learners in rural areas. At the same time, we continued to provide young people with career guidance and skills development, comprehensive sexuality education, governance training and economic empowerment support. We worked hand in hand with Ward Development Committees, schools and clinics. Our projects became more responsive to new needs and mainstreamed the prevention of COVID-19 into all of our activities to help protect communities from the disease.

When it comes to unleashing the power and potential of the biggest generation of young people in history, we always work in partnership and we are in it together!

Thank you to everyone who has helped to make the incredible stories and impact contained in this annual report possible.

**Chanda Chisenga**  
**Hub Director**  
**Restless Development Zambia**

# WE ARE RESTLESS.

More than ever the world needs young people's leadership to solve its greatest challenges.

Restless Development supports the journey of a young person to become a leader and helps them multiply that leadership in their communities and around the world.

Every year we train, mentor, nurture and connect thousands of young people to lead change.

Some are social entrepreneurs, setting up businesses to provide for their families and create jobs, others are youth advocates, campaigning on issues like gender equality, climate justice, HIV and many others.

No matter the issue, young leaders are working to achieve the same goal: improve their lives and the lives of people in their communities.

We have been working in Zambia since 2003. We work with young people to ensure that their voices are heard in the decisions that affect their lives, their bodies, their health and wellbeing, their livelihoods and their communities.

We support young people to deliver training to increase financial literacy, provide access to vital sexual and reproductive health information and increase access to education.

Currently, we are operating in 18 districts in 6 provinces with a team of 36 full-time staff. The main Restless Development Zambia office is in Kabwe, with a liaison office in Lusaka and staff out posted in Chipata, Kasama, Ndola, and Choma.

Our strategic focus includes:

1. Sexual and Reproductive Health and Rights of young people
2. Youth-Led Social Accountability and Governance
3. Youth Economic Empowerment
4. National influencing and advocacy in favor of youth-led development

# Our impact in 2021

When young people have a voice as active citizens, a sustainable livelihood, can realize their sexual and reproductive rights, and are supported to realize their leadership potential, amazing things happen.

In the last year, we managed to reach a total of **32, 400** young people who participated directly in our in-person programmes. Amidst the COVID-19 pandemic and the restructuring of our work to work remotely and use digital and media platforms, we engaged, in collaboration with partners, with:



**730,600 young people through social media.**



**Organized work through 121 WhatsApp groups**



**Partnered with 8 radio stations.**



**Supported 26,000 young people through the 5600 hotline.**



Karen, a Restless-trained volunteer conducts financial literacy lessons during a savings group meeting in Kabwe.

“

**I facilitate lessons [in financial literacy] and run community savings groups. The impact on young people has been great. They are able to come up with businesses, understand how to borrow and not waste money.”**

**- Karen**



# RESPONDING TO THE COVID-19 CRISIS

## Standing with young people.

Throughout 2021, Restless-trained volunteers responded to the pandemic and the problems facing people in their communities. Young people worked to stop the spread – of the virus and of harmful misinformation in their communities. From radio shows to spreading messages on social media, young people are acting to help control the COVID-19 pandemic in Zambia.

This is how we have been supporting young leaders to rise to this challenge:

**Engaging Communities:** Our young leaders reached people across Zambia through door to door outreach and engagement to help communities protect themselves against COVID-19. We pivoted numerous projects to be more responsive to new needs and mainstreamed the prevention of COVID-19 into all of our activities to help protect young people from the disease. We contributed to the national response and complemented government's efforts in the fight against the COVID-19 pandemic.

In doing so, we strived to not only inform young people but also raise awareness of the Government on the situation young people were facing due to restrictions and prevention measures – ultimately seeing young citizens, local authorities and Government working together to fight COVID-19.

**Fighting Misinformation:** Our work has been consulting with young people about their experience with covid and helping them access reliable sources of information to manage misinformation about the pandemic. Taking on the 'infodemic' young leaders have created digital content across social media to raise awareness, including promoting safe hygiene practices, and are calling out widespread fake news and myths around coronavirus.

**Online Surveys:** Restless Development Zambia rolled out a survey, aimed at assessing the impact of the pandemic on young people's socio-economic situation. Responses from young people across the country were analysed, and the findings reported. Messages were crafted from the information collected on young people's situations in different communities, and these included COVID-19 prevention measures and how to cope with some secondary social impacts of COVID-19 on young people. These messages were shared through pictorial posters, videos, radio and TV shows in partnership with different government institutions (Drug Enforcement Commission, Victim Support Unit, District health office and Ward development Committees).



Emmanuel Phiri, a Restless-trained volunteer is accompanied by a councillor in disseminating COVID-19 prevention messages in the community

“

**I approached local authorities in my community and called for dialogue meetings with all community members for us to reach consensus on how to respond to the COVID-19 pandemic.”**

**- Emmanuel**



## RITA'S STORY.

### Strengthening girl's participation in governance

---

Before involving herself with Restless Development, Rita knew very little about the role she could play as a leader in her community in Ngungu, Kabwe.

She did not consider herself a powerful player who could influence others or hold decision-makers to account on the big issues affecting her life.

This began to change for Rita when volunteers from our Ishiwi programme came to her community and invited her and other young people to talk with them. At the end of the session, Rita felt empowered by the things she had learned and signed up to an Ishiwi club, so that she could take on more decision-making in her community and the surrounding area.

**“Because of Restless Development I realised that, even though I am a young person, I too can take part in leadership.”**

Rita became a key member of the Ishiwi club, gaining the skills and the confidence to believe in herself. She eventually joined the Ishiwi radio listening group and became an active member. Listening Groups were created to give feedback to the programme and have monthly Focus Group Discussions to help

better understand young people's perception on the Ishiwi Radio programme and to provide feedback on the programmes.

Supported by training and mentoring from BBC Media Action, Ishiwi is a weekly, interactive magazine radio show broadcast live by a young production team and features young contributors and well-known personalities.

Rita was trained and mentored by BBC Media Action as a community journalist. She goes in her community collecting voices of young people on issues affecting them and presents them to local leaders.

Rita has now become a producer of the Ishiwi radio programme. She coordinates and mentors other young people who are trained as community journalists to report on issues affecting their communities.

She guides and encourages young people to recognise that they too have powerful voices and can influence change in their communities.

For Rita: **“no matter how young you think you are, you can still be a major contributor to development.”**





# FRED'S STORY.

## Fighting to make SRHR accessible amid COVID-19

Fredrick Zulu is a 20-year-old youth advocate based in Kabwe.

He is passionate about working with young people to safeguard their sexual reproductive health services amid the COVID-19 pandemic.

Fredrick is a Restless Development Zambia trained young volunteer on the Tikambe Youth Media – a project that promotes young people's access and provision to sexual and reproductive health and rights in Zambia.

The Tikambe Youth Media is jointly run by Restless Development Zambia and BBC Media Action with financial support from the Swedish International Development Cooperation Agency (SIDA).

Since the outbreak of the Covid-19 pandemic, young people in Fredrick's community, have faced significant barriers in accessing essential sexual and reproductive health information and services.

With disruption to schools, clinics and community centres; places where young people access SRHR services and information, most young people have faced difficulties in accessing contraceptives and other essential services such as safe abortion which has denied them the right to control their bodies and lives.

**“The rights of young people have been highly affected. Most young people who were going to clinics for contraceptives are now not going, because clinics are focusing**

**on COVID-19 patients. This has led to an increase in unplanned pregnancies among women and young school girls leading to many unsafe abortions.**

He adds **“There is also a rise in sexually transmitted infections, since the clubs where youths could go for sexual and reproductive health information are closed, and they now are not getting information on how to protect themselves.”**

Faced with this situation, Fredrick began to explore a range of innovative methods to reach out to young people with SRHR information and services.

Fredrick embarked on a COVID-19 and SRHR awareness campaign. He recruited other young people in his community and began training them on how to use social media and reach young people with vital sexual reproductive health information. Together, they created Whatsapp and Facebook groups where young people could share their concerns and access accurate information, along with critical information about their sexual and reproductive health and rights.

**“We use social media because young people are the largest users of social media and therefore at higher risk of exposure to myths and misinformation spread through social media. The information we share empowers young people to make informed about their bodies, rights, love life and health and also adopt appropriate prevention behaviours against COVID-19.”**

**“We are working on a song audio and video production in collaboration with a group of young artists which will be used to advocate for the continuity of sexual and reproductive health services and interventions amid COVID-19 to be shown on National television.”** he adds

The work of Fredrick and his peers has been recognised by Marie Stopes, a non-governmental organisation that has been providing sexual and reproductive healthcare to vulnerable women in Zambia. To support the efforts of Fredrick and his group, the organisation has installed Wifi free internet connection at the youth-friendly corner for young people to access and share information through social media.

At the Mahatma Gandhi Youth-friendly corner, Restless Development-trained young volunteers on sexual and reproductive health and rights are meeting with young people to help them have access to sexual and reproductive health services as essential services that must

continue during the COVID-19 pandemic.

Frederick is now using his experiences and knowledge to advocate for the provision of SRHR services amid the Covid-19 pandemic.

**“The government should prioritize sexual and reproductive health services, because denying those services will lead to more problems in the future. We need to have outlets or one-stop centers specifically for sexual and reproductive health services, apart from the regular health centers or clinics.”**

Frederick tells us that his experience being part of the project has meant he can really make a difference and influence his society for the better.

**“I feel motivated to go out and do more to make change in my country. I want to share my experiences with others and be a human rights activist for young people.”**



Fred engages with health personnel at Mahatma Gandhi Youth-friendly corner



# MUTINTA'S STORY.

## Challenging gender biases for career independence

Mutinta grew up in Konkola, a rural community in Mazabuka, Southern Province. In this area educational and employment opportunities are limited, with girls and young women among the least likely to gain access to them.

At the age of 15, Mutinta had to drop out of school because her parents divorced. Her father went away and settled in a different town, Monze and married a different woman. As a result, he stopped providing for the family including paying tuition fees for Mutinta and her siblings.; they all dropped out of school.

With four children to take care of and no stable source of income, Mutinta's mother struggled to sustain the family on her own. Often, she simply couldn't afford to buy Mutinta's basic items like sanitary pads or books for school. Mutinta felt there was no hope for her future, and resigned herself to a life of regrets.

Things got worse for the family as they could barely afford a meal a day. This forced Mutinta's sister to get married at an early age of 16 and became a second wife to a 40-year-old man living in her village. The unfortunate situation also forced Mutinta to engage in transactional sex in the towns of Mazabuka.

**"We struggled to eat and sometimes we went to bed without eating anything. The situation forced my sister to get married to an old man just as a means for survival,"** she lamented.

**"I had friends who were making money from dating different men. There was too much peer pressure and my situation was bad. I had no choice but to sleep with men who would**

**give me some money in exchange,"** she adds.

After such a bad experience and being out of school for almost a year, things began to change. Mutinta's mother got herself a job as a cleaner at a local bank in the town of Mazabuka. With the earnings from her new job, Mutinta's mother could now provide for the family.

Mutinta also returned to school and was supported with basic learning materials to continue with her education. However, even though Mutinta had returned to school, she still would miss classes to go out for partying and engaged in excessive drinking and smoking.

**"My performance in school was poor, I couldn't stop the habit of going out with my friends for parties and drinking."**

Mrs. Kamuti, a Guidance and Counselling Teacher at the school, noticed Mutinta's bad behaviour and offered some counselling to her. She then introduced Mutinta to Changu, a Restless Development volunteer placed at her school.

Mutinta received mentoring and support from Changu. After some weeks, Mutinta realised she needed to change her way of life and concentrate on school. Changu also introduced Mutinta to the school career clubs which are part of the Ubononshi Project which builds girls' resilience (through skills development) to complete school and are run by young people like Changu.

Changu, 26, who grew up in Mazabuka, and now lives in a neighbouring community, supports roughly 85 young girls in the school with career clubs. She meets the girls once a week.



**"I facilitate lessons in the career clubs and help young girls stay and transition in school. The impact on young girls has been great. They are able to stay away from early marriages and pursue their careers. My goal is to see the young girls achieve their dreams and become financially independent."**

Changu's mentorship training through the career club is organised through Restless Development's "Ubononshi" (Youth Economic Empowerment) project. It aims to build skills among girls that can support them to stay in and complete school so that they succeed in life.

Learning from another young person has been important for Mutinta.

**"Things are easily understood because you're encouraged and free to ask any questions that you want from a fellow young person. We learnt how we could stay away from marriage**

**and pursue our careers. If not for the careers clubs, I would have been married by now but now I use this knowledge gained from the clubs to teach other girls about the dangers of early marriage."**

Since Mutinta joined the careers club, her academic performance has improved. She is now the Chairperson of the school council and uses her story to inspire other young girls to stay away from negative vices that force them to drop out of school.

**"I have always dreamt of becoming a medical doctor in the Zambia Army. I believe I will achieve my dreams."**

After she graduates from high school, Mutinta plans to apply for work experience with local hospitals and clinics, and then go on to pursue a degree in medicine at the University of Zambia.





# CHIPEGO'S STORY.

## Supporting adolescent girls with life skills, mentorship and career opportunities.

On a bright sunny day, learners gather around a small solar-powered radio set under a shady tree, in the deepest parts of rural Choma District in Southern Zambia.

Equipped with pens and notebooks in their hands, they carefully listen to the recorded radio lessons as they take down notes. If they find any of the lessons hard to understand, they replay the soundtracks and listen again.

These are learners at Mabwe Atuba Secondary School and members of the careers club who have formed a radio listening group.

The lessons and other programmes that we listen to on the radio help us to identify and choose our career. I want to become a medical doctor.

The Covid-19 pandemic forced the government to close schools throughout the country. The closure of the schools affected Chiwego and other learners in the rural areas who had no access to the internet for online learning. Worse for Chiwego, her village, Mabwe Atuba, did not have radio signals.

But as it became clear schools would not re-open soon, Restless Development Zambia began to explore alternative ways to continue with the running of career clubs and continued learning for young people like Chiwego.

Radio was the obvious choice yet for learners

like Chiwego, this option was beyond reach because of the lack of radio signal in her village. Luckily, Chiwego was a member of the careers club at her school run by Restless Development Zambia.

In order to continue to promote career and skills development for rural learners amidst the Covid-19 pandemic, Restless Development Zambia, working with the Ministry of General Education, decided to pilot pre-recorded lessons broadcast at local radio stations.

Lessons were delivered by role models such as local professionals and business owners. The radio programs are part of the Covid-19 response efforts designed to promote information on career counseling, financial literacy, and entrepreneurship skills amid the Covid-19 pandemic.

As well as working with the Ministry of General Education, Restless Development Zambia delivered the *Zambian Girls 2030* project with support from UNICEF, working together to design the radio programs that would ensure continuity of learning in the career clubs for rural learners like Chiwego.

Using the solar-powered radio, Chiwego and her friends can listen to recorded radio lessons despite having missed out on live broadcast radio lessons because of lack of signal in her area.

When tuning in, the learners are welcomed to their radio classroom with a friendly introduction. The learners are prompted to grab their pens and notebooks, and each lesson begins with a review of the previous radio lesson.

After a short review, the teacher provides a short lecture, with frequent opportunities for learners to engage. Each lesson concludes with a summary, then a farewell by the teacher, and an indication of the next lesson topic.

**“With the introduction of the radio programs, most learners have demonstrated improved understanding through their ability to articulate the different topics and apply the knowledge acquired.”**

Working with a local radio station, Choma Maanu FM, Restless Development Zambia supports the production and airing of radio lessons for the career clubs in Choma district.

**“The idea was to continue to promote career and skills development for rural learners considering reduced physical learning, limited access to computers, and internet connectivity. We looked into the practical innovations and decided to pilot pre-recorded lessons broadcast at local radio stations inviting role models such as local professionals and business owners.”**

Now in her last year of secondary school, Chihego is happy she can continue learning in the careers club so she can pursue her goal of becoming a doctor.

**Here in the rural areas, it is difficult to meet someone who can inspire you to chose a certain career but when role models speak to us on radio, we are motivated. Learning about careers on the radio is great. A lot of role models get to talk to us about how they have succeeded in their careers.**

And for John who spent most of his time working at the farm when schools closed, the radio programs are helping him realize his dream of becoming an entrepreneur.

**“I spent most of my days working on the farm with little or no focus on my education, feeling isolated. Then one month after we had been out of school, my friends told me that there was a radio listening group in the careers club. I was very excited that day and I joined the group. When I first attended, the topic was about entrepreneurship. I have always wanted to become a businessman and so the topic was very important to me.”**

After attending the radio lessons, John has started his entrepreneurship journey by starting to keep goats and chickens of his own at the farm.



Chihego(middle) with other learners listening to the pre-recorded radio lessons



# JOSEPH'S STORY.

## Multiplying young leaders.

**This is a story of how Restless Development Zambia recruits young people with potential to be part of our Programmes and supports them to become leaders, ultimately shifting power through building their skills in training and mentorship programmes in order to lead change in their communities.**

I am Joseph, a 24-year-old young man. I was born and raised in Vubwi, a rural district in the Eastern Province of Zambia. I am an enthusiastic young man who is inspired by change. A big part of my inspiration came from Restless Development. They empowered me with the necessary tools and skills I needed as a young activist. I am proud of my activism work in Mlawe ward.

I am a result of Restless Development's efforts in multiplying young leaders. My time on the COLEDEP Project, helped turn my potential into competencies fit to represent other young people on the ward committee.

From just being a young man with just potential, I have acquired myriad skills from Restless Development Zambia, ranging from communication, research design, analysis, reporting, networking, facilitation and community mobilisation.

In my community, young people were not part of the ward development committees; as a result their voices were not heard on matters affecting them. I was lucky to be among a group of young people

trained in meaningful youth engagement. With the knowledge I acquired, I began to advocate for the inclusion of young people in ward development committees.

My engagement with the 15 wards in my district yielded positive results that saw a number of young people introduced in their ward development committees which previously only had village headmen. Local traditional leaders also began appreciating the role of young people in the committees.

By empowering others, I also feel empowered as a result of the meeting and interacting with partners in both Government and Private sectors. I thank Restless Development for trusting young people to lead its work around the world.

What I love about the COLEDEP Project is that it appreciates and recognizes the need for young people to own matters that concern them. It's an approach that appreciates young people's diversity in creating solutions to their challenges, creates ownership and promotes meaningful youth engagement.

**Joseph is part of Restless Development's Community Led Development programme (COLEDEP) which is working with key community stakeholders and project partners to position young people in Vubwi District, Eastern Province to effectively participate in unlocking progress on several development problems using community-led development. Using an innovative approach, The Hunger Project, Heifer International and Restless Development are supporting communities there to create an Epicenter – a community structure that can drive local development.**



# TRACY'S STORY.

## Challenging decision-makers.

**“Girls in my area had no education about governance or how they could take part in decision making of the community. Restless Development has taught me and guided me on how to teach this to girls.”**

Tracy is part of Restless Development’s CIVISAM project in Zambia where she trains young women in her area about governance, and how to improve their sexual and reproductive health.

Before involving herself with Restless Development Zambia, Tracy knew very little about the role she could play as a leader in her community in Ndeke, Kapiri district, Central Province.

She did not consider herself a powerful player who could influence others or hold decision-makers to account on the big issues affecting her community. This was partly because she could not have knowledge on governance and access to learning materials on youth participation.

This changed after she attended Restless Development’s governance online learning sessions through a WhatsApp Group. Tracy, was introduced to the WhatsApp Group by a project staff from Restless Development Zambia.

The online learning sessions such as WhatsApp groups are part of the innovations on the CIVISAM Project which has been

created to ensure that young people continue to have the skills, knowledge, and the support they need amid the Covid-19.

The materials she now access from the online learning session has enabled her to fully participate in governance issues affecting her community.

**“Accessing the project materials on governance and leadership through the WhatsApp group has improved my understanding of youth participation in governance that I had to vote in the last general elections.”**

Tracy has also been part of trainings under CIVISAM project in: **participatory governance, rights based advocacy, scorecard methodology training among others.**

After the training she was chosen through the Kapiri Urban Clinic to participate in a training in scorecard and governance as a trainer of trainers. As a result of the training, Tracy has developed interest in understanding her community’s developmental needs. Now, she understands the available structures in her community including how she can get involved.

With Restless Development’s support, Tracy is now training other girls and helping them make their voices heard on issues affecting them.



Tracy (in red) conducts a scorecard training session at a CIVISAM workshop in Kapiri, Central Province



## VISIT US

### HEAD OFFICE

Restless Development  
6 Gwembe road  
Highridge  
P.O Box 80305  
Kabwe

### LUSAKA OFFICE

Restless Development  
House No.: 10  
Katima Mulilo Road  
Katundu,  
Lusaka



Restless Development Zambia



infozambia@restlessdevelopment.org



www.restlessdevelopment.org/zambia



## THANK YOU TO OUR DONORS AND PARTNERS



EMBASSY  
OF IRELAND



Sida

unicef 



giz Deutsche Gesellschaft  
für Internationale  
Zusammenarbeit (GIZ) GmbH

THE  
HUNGER  
PROJECT

MARIE STOPES  
INTERNATIONAL  
Children by choice, not chance

comundo 

 BBC  
MEDIA ACTION  
TRANSFORMING LIVES THROUGH MEDIA  
AROUND THE WORLD

 fsdZambia  
Expanding Financial Inclusion



 PLAN  
INTERNATIONAL

Restless Development Zambia owns all the rights and has consent to all images used in this publication.