



10 YEARS OF IMPACT

AN IMPACT REPORT FROM
HELP TO HELP

HELP
HELP *to*

INTRODUCTION

In 2020, Help to Help celebrates 10 years of providing scholarships, increasing access to education and making an impact. This report highlights what we are doing right and what we can do better.

In 2020, Help to Help celebrates its 10-year anniversary. For a decade, we have enabled education that leads to jobs, with an aim of changing the world.

Little did we know how much we would experience and accomplish during these 10 years. Little did we realise the magnitude of the challenges we are trying to address. Yet, the possibilities to solve these challenges have never been greater than they are right now.

Help to Help's Scholarship Program was based on research stating that investments in education have positive ripple effects beyond the individual who gets educated.

Since 2010, Help to Help has provided scholarships for 289 students out of which 120 have graduated. In order to see the effect of our investment, we initiated an impact measurement evaluation that is presented in this report.



The evaluation shows that the expected outcomes are met. Within one year after graduation, 89 percent of all previous beneficiaries have an occupation they would not have got without the scholarship (voluntary work, studies, internship, employment, self-employment). Furthermore, 85 percent of the beneficiaries contribute to the family income and 59 percent of the beneficiaries make it possible for their siblings to go to school.

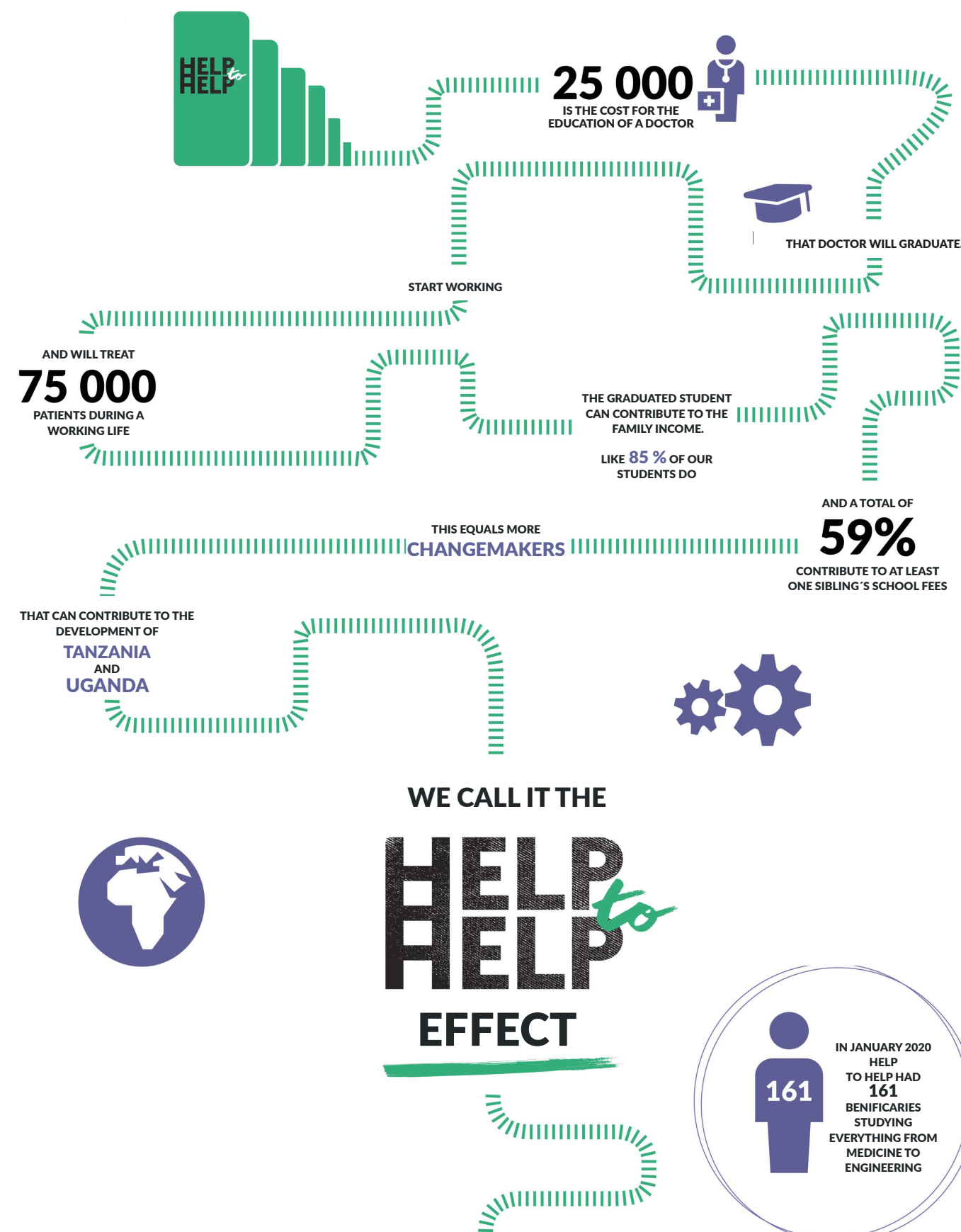
These results verify that Help to Help is doing something right. During the past 10 years our team has refined everything from how we select scholarship beneficiaries, to how we communicate and follow up their progress during the program, and how we help connect them with employment opportunities.

This evaluation shows that the continuous iteration of our processes and the drive to make things efficient, have enabled us to create a program that is both impactful and scalable.

Malin Cronqvist

MALIN CRONQVIST
FOUNDER & MANAGING DIRECTOR

THE HELP TO HELP EFFECT



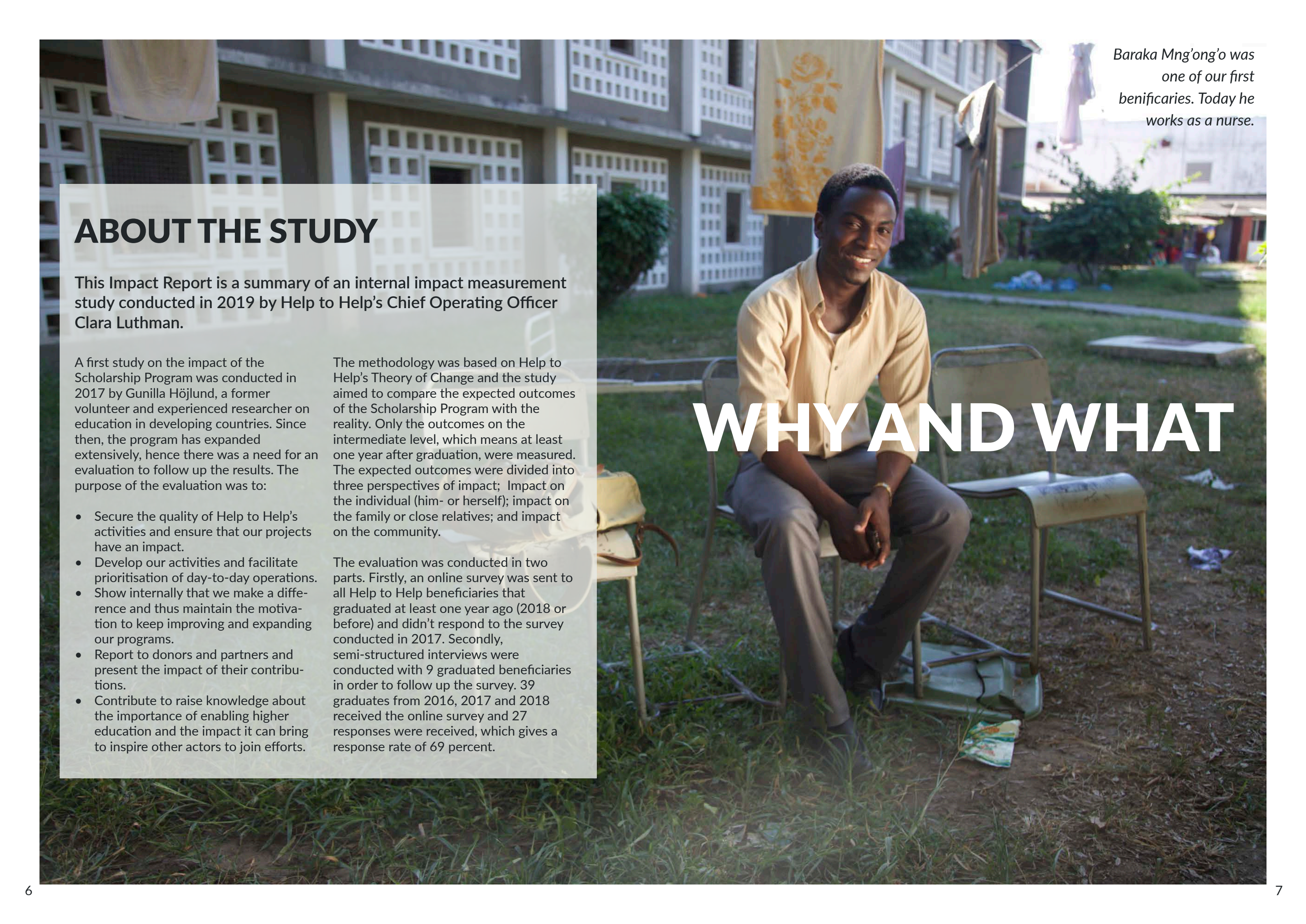
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Help to Help is certified by the Swedish Fundraising Council. It means that more than 75 percent of all funds must go towards fulfilling Help to Help's purpose as stated in our statutes.
Image on frontpage: Revina Kajumla who is studying Bachelor of Science in Prosthetics and Orthotics
Text: Clara Luthman, Malin Cronqvist, Linda Nyström / Help to Help
Photos: Help to Help
Production: Linda Nyström, Help to Help.



Highness Shao is studying Medicine and is one of our 289 scholarship beneficiaries

A photograph of a man, Baraka Mng'ong'o, sitting on a metal chair in a courtyard. He is wearing a light-colored button-down shirt and dark trousers. In the background, there are multi-story buildings and laundry hanging on lines. The text 'Baraka Mng'ong'o was one of our first beneficiaries. Today he works as a nurse.' is overlaid in the top right corner.

Baraka Mng'ong'o was one of our first beneficiaries. Today he works as a nurse.

ABOUT THE STUDY

This Impact Report is a summary of an internal impact measurement study conducted in 2019 by Help to Help's Chief Operating Officer Clara Luthman.

A first study on the impact of the Scholarship Program was conducted in 2017 by Gunilla Höjlund, a former volunteer and experienced researcher on education in developing countries. Since then, the program has expanded extensively, hence there was a need for an evaluation to follow up the results. The purpose of the evaluation was to:

- Secure the quality of Help to Help's activities and ensure that our projects have an impact.
- Develop our activities and facilitate prioritisation of day-to-day operations.
- Show internally that we make a difference and thus maintain the motivation to keep improving and expanding our programs.
- Report to donors and partners and present the impact of their contributions.
- Contribute to raise knowledge about the importance of enabling higher education and the impact it can bring to inspire other actors to join efforts.

The methodology was based on Help to Help's Theory of Change and the study aimed to compare the expected outcomes of the Scholarship Program with the reality. Only the outcomes on the intermediate level, which means at least one year after graduation, were measured. The expected outcomes were divided into three perspectives of impact; Impact on the individual (him- or herself); impact on the family or close relatives; and impact on the community.

The evaluation was conducted in two parts. Firstly, an online survey was sent to all Help to Help beneficiaries that graduated at least one year ago (2018 or before) and didn't respond to the survey conducted in 2017. Secondly, semi-structured interviews were conducted with 9 graduated beneficiaries in order to follow up the survey. 39 graduates from 2016, 2017 and 2018 received the online survey and 27 responses were received, which gives a response rate of 69 percent.

WHY AND WHAT



WHY WE EXIST

The level of education in Sub Saharan Africa has increased a lot in the last decade. Yet the enrolment in higher education is still very low, which is hindering development.

Help to Help is a non-profit foundation, founded in 2010. The organisation was founded in Sweden but has its main operations in Eastern Africa, today we operate in Tanzania and Uganda.

OUR OBJECTIVE

Help to Help's overall objective is to change the world. We believe the best way of doing so is by empowering young people with knowledge, people who have the potential and desire to drive change.

Our two programs, the Scholarship Program and Help to Help Academy, aims to increase access to higher education and to bridge the gap between students and the labour market to decrease the unemployment rate. Both programs are based on a bottom-up approach and our focus is always on the individual's ability to create change if empowered with knowledge. Since the start, transparency and innovation has been core values for the organisation.

WHY WE DO WHAT WE DO

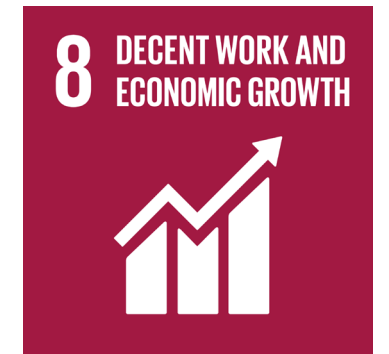
In Sub-Saharan Africa 60 percent of the population is under the age of 25. Youth is literally the future of the continent. Large investments have been made in increasing access to primary education for children and substantial progress has been made. In Tanzania more than 81 percent of children enrol

in primary school (Worldbank, 2018). Yet, less than 4 percent proceed to enroll in higher education (Worldbank, 2015).

This results in an extensive lack of educated teachers, doctors, nurses, engineers and other professionals. According to UNESCO the average teacher to pupil ratio in primary schools in Tanzania is 1:51 (2018) while in Sweden the same ratio is 1:10 (2017). One can easily understand that the lack of teachers has a strong negative effect on the quality of education. The situation is similar in other professional fields; according to the World Bank, there are only 2 200 physicians, medical doctors, in Tanzania to take care of a population of 57 million people. In Sweden there are 54 300 medical doctors to cater for 10 million Swedes.

During the last decades the number of registered higher learning institutions have increased significantly. The problem is that too few students can pay the school fee of roughly 7000 - 10 000 SEK per year to enroll even if they are admitted.

To summarize, universities exist, students are eager to learn and the need for more educated professionals is evident. Help to Help exists to add the missing link and catalyse change by investing in scholarships for promising youths from financially disadvantaged backgrounds.



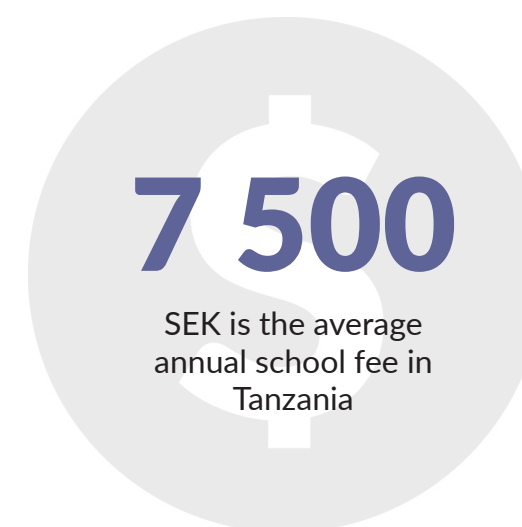
THE HELP TO HELP EFFECT AND AGENDA 2030

The Help to Help effect contributes to all of the 17 Sustainable Development Goals, but specifically addresses goal number 4, 5 and 8.

Goal number 4 - Quality education, should be available for everyone, everywhere. Our scholarship program does not only increase access to higher education, but it also contributes to increasing the number of teachers. Reducing the pupil-teacher ratio and increasing the number of educated teachers in schools are prioritized areas to improve the quality of the education.

Goal number 5 - Gender equality, is a top priority for Help to Help and is considered in everything we do. We work hard to reach our goal of having a 50/50 female to male ratio among the beneficiaries in our Scholarship Program. We are working actively to give female and male students opportunities to participate in, but also to speak and learn, during our activities.

Goal number 8 - Decent work and economic growth, is one of the focus areas we work towards in our Academy Program. By arranging workshops in labour law, entrepreneurship, CV writing and IT and computer skills, we directly increase the chances for students to find employment and hence, the possibility for them to contribute to economic growth.



"When I was in secondary school and told my family that I wanted to be a doctor, the whole family was like oh my god, this is daydreaming. They thought it was impossible. Except for my mum, she was very positive and she was encouraging me even though she knew that the journey to become a doctor is very tough here in Tanzania."

"In my whole clan, there has never been a doctor. Now people say: your accomplishments are really impressive, you really inspire us because you have been really persistent and you have believed in your dream."

ANONYMOUS STUDENT



THE SCHOLARSHIP PROGRAM

The Scholarship Program is the core of Help to Help's work. Its interventions and activities were evaluated in the impact measurement study and the results are compiled in this report.

Help to Help's Scholarship Program was initially formed based on the belief that empowering students, potential changemakers, with knowledge, would lead to a larger group of youths graduating, securing and creating jobs. In turn, that would allow the scholarship beneficiaries to improve the livelihood of their families and contribute to their societies.

To connect the activities with the resources used, and the expected direct outputs and the short- and long-term outcomes, we are using what is called a Theory of Change. In general terms, a Theory of Change is a method that explains how a given intervention, or set of interventions, are expected to lead to specific development or change, drawing on a causal analysis based on available evidence.

OUTCOMES

For the Scholarship Program, the expected outcomes were divided into three perspectives

of impact; impact on the individual, impact on the family and impact on the community.

THE INDIVIDUAL

1. The students enter the labour market and get qualified positions.
2. The students have acquired a mindset that they have the ability to create change.

THE FAMILY

3. The students improve the living conditions for their families or close surroundings and thereby reduce poverty.

THE SOCIETY AND COMMUNITY

4. The students engage in the community and contribute to change in the society.
5. The students have become role models for others and inspire others to acquire higher education.
6. The students share their knowledge with others.



HOW IT WORKS

1. SELECTION

Students who have financial difficulties to afford their school fees, can apply for a scholarship from Help to Help. Based on a requirements profile, we make a careful selection.



2. FUNDING

Our selected beneficiaries present themselves with their profile on our website. Private individuals and companies choose to contribute to the school tuition fees for individual students or fields of education.



3. STUDIES

The students study and communicate frequently on our website, so that everyone can follow their progress in school and their extra curricular activities.



4. NETWORK

The students participate in our training programs and our network. In this way they are preparing themselves for their life in the working world.



5. GRADUATION

Depending on which field the students choose to study, our students graduate after 3-5 years. Now they can move on to make a change.



6. WORK

89 % have an occupation they wouldn't have got without the scholarship within one year after graduation. They become able to support themselves, their families and contribute to their community.

*Restituta Nyaki is one
of earlier beneficiaries
and has a Diploma in
Clinical Dentistry.*

OUR IMPACT



OUR STUDENTS ARE CHANGEMAKERS

Our beneficiaries are the changemakers of the world. When given the right tools they make a difference for themselves, their families and their society. This is how the Scholarship Program makes an impact on individual level.

The expected outcomes on an individual level are that:

- 1. The students enter the labour market and get qualified positions.
- 2. The students have acquired a mindset that they have the ability to create change.

Our scholarship beneficiaries are accepted to the program on an individual basis, based on their financial needs and their potential to become changemakers. The scholarship covers the school fees and is paid directly to the universities in the name of each student.

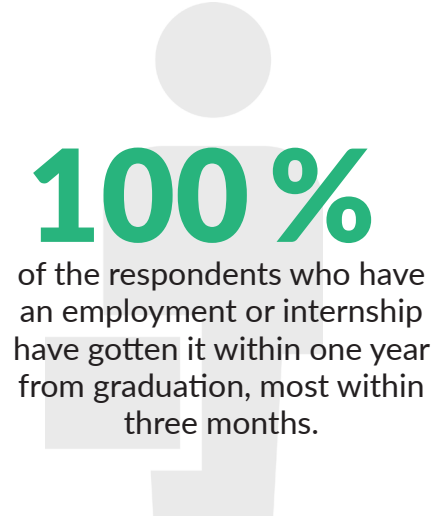
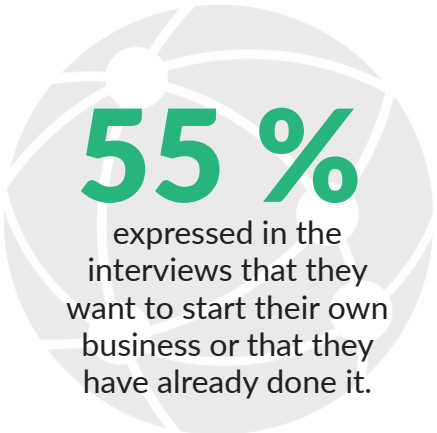
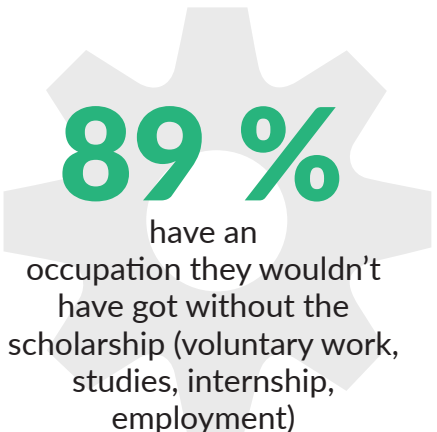
81 percent of the respondents in the evaluation, answered that they probably would not have graduated without the support from Help to Help. The remaining 19 percent answered that they might have been able to graduate, but that it would have taken much longer. Several of the students had either postponed their studies when they heard about the scholarship, or were considering doing so in order to work and save up money.

The evaluation shows that the program did not just benefit the students financially, many improved their grades after being accepted to the program. The scholarship relieved them from the stress of paying school fees, and made it possible to concentrate on their studies.

The graduated students have entered the labour market in different ways and some want to continue studying. Eight previous beneficiaries want to continue studying at a higher level. 55 percent have highlighted that they want to start their own business. The benefits mentioned of having your own business are for example more independence, the possibility to earn more money and that it is easier to have a real impact.

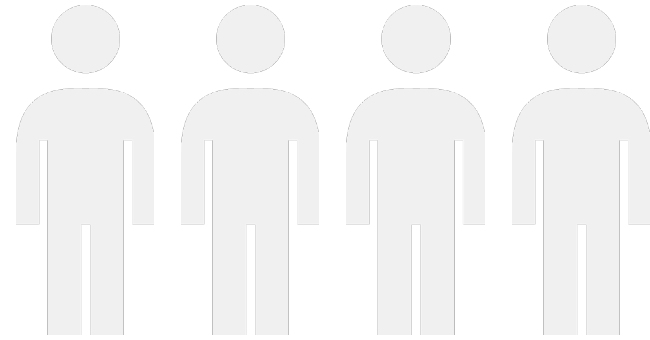
Many beneficiaries express the importance of having a network in order to secure a job or find partners and investors for business ideas. Networking and communication as well as basic IT knowledge, were skills many expressed that they lacked when graduating from university. In 2019, Help to Help gathered all beneficiaries for a six-day-long IT boot camp in order to address this skills gap and help students successfully enter the labour market.

Some of the challenges raised by beneficiaries regarding employment, were tough competition, that their education was not on the level needed and the lack of work experience. Despite these challenges, 89 percent of the scholarship beneficiaries have a qualified occupation they would not have had without the scholarship.



"Before I got the scholarship, I was stressed about how to get money for my studies but I kept trying to give myself hope that I would succeed. When I got the scholarship, it took away my stress and my GPA even raised from 3 to 4.1. Before I got the scholarship I couldn't concentrate in class."

IRENE TEMU



THE FAMILY

One important part of the Help to Help effect is that the students improve the living conditions for their family or close surroundings and thereby reduce poverty. This is how the Scholarship Program makes an impact on family level.

The expected outcome of the scholarship program on a family level is:

1. The students improve the living conditions for their families or close surroundings and thereby reduce poverty.

In many cases, our beneficiaries are the only ones in their family who have had the opportunity to study at a higher level. In some cases, the other family members, parents, aunts and uncles or siblings have financially contributed to supporting the student through secondary school but also with money for food and accomodation at university level since the Help to Help scholarship only covers tuition fees.

One could say that the beneficiary's education is an investment made by a whole community. Therefore, our beneficiaries are expected to contribute to the family and share their success after they graduate. The evaluation shows that 89 percent feel that they are responsible for the future of their family and their community. Consequently, getting paid occupation soon after graduation is crucial, as soon as the beneficiary has an income he or she is more or less obliged to share it with the relatives.

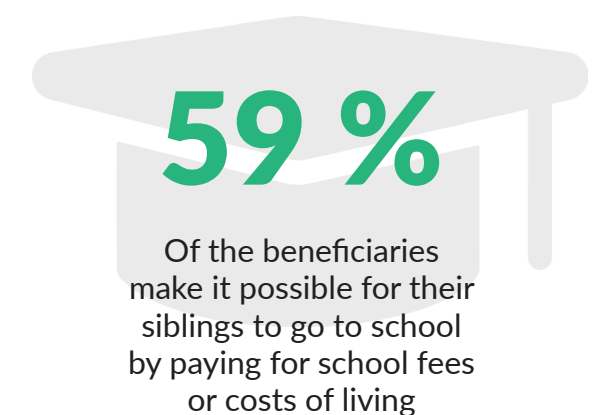
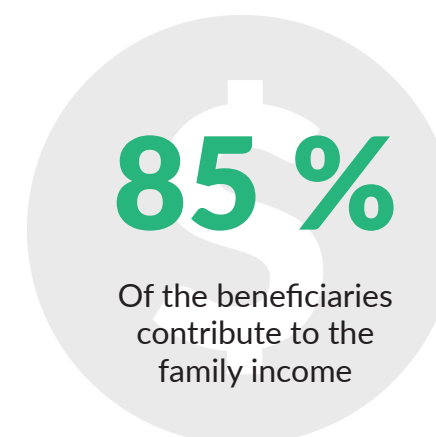
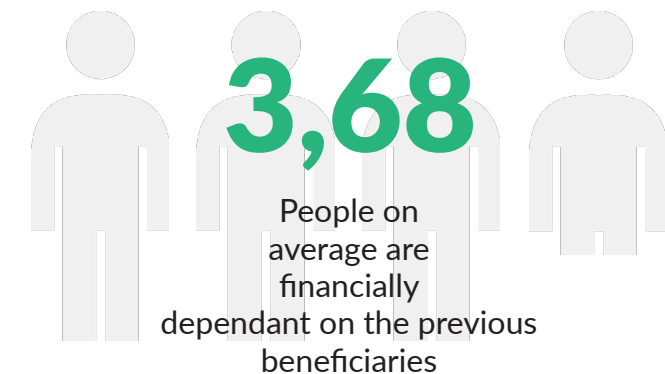
Our evaluation clearly states that the extended impact on the families' financial situation is

substantial. Not only does students contribute to payment of household needs such as electricity and water, but they also enable siblings to proceed with their schooling. Such support could include paying tuition fees for secondary or university education or paying for food and accomodation which makes it possible for siblings to attend school.

Lastly, one should not underestimate the symbolic impact of our beneficiaries' education. Being able to complete university despite all odds gives hope to other people to keep struggling and aim high.

"I feel responsible for my family since they have invested a lot in bringing me and supporting me to where I am now. If they did not support me, their energy and money could have been invested in themselves. They really sacrificed a lot for me to help me become successful. I think I owe them, I mean I have to pay back."

ANONYMOUS STUDENT





THE SOCIETY AND COMMUNITY

The students have acquired a mindset that they have the ability to create change and inspire to higher education. This is how the Scholarship Program makes an impact on community level and how the changemakers help to help.

The expected outcomes on a society and community level are:

1. The students engage in the community and contribute to change in the society.
2. The students have become role models for and inspire others to acquire higher education.
3. The students share their knowledge with others.

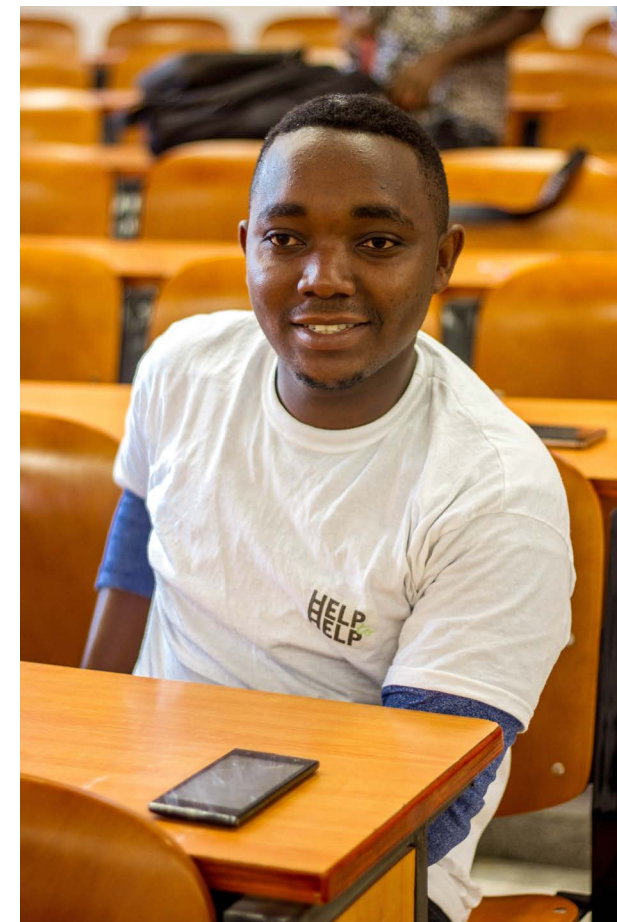
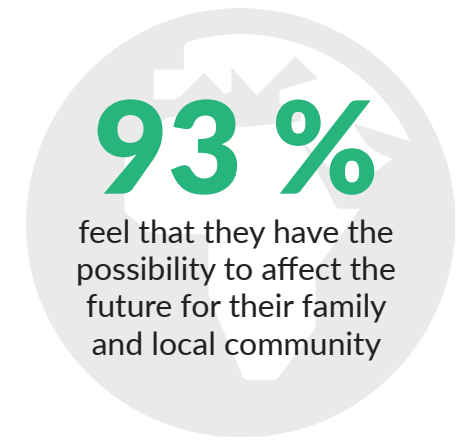
In the online survey, 93 percent of the respondents express that they have the possibility to affect the future for their family, community and the world which indicates that they have a mindset that they have the ability to create change. They are changemakers that affect their society and community. It was not measured if they had that mindset already before they got accepted to the Help to Help Scholarship Program. However, in the interviews, many expressed the importance of having someone who believes in them and that Help to Help as an organisation, has played that role.

Many of the previous beneficiaries express that the fact that Help to Help believed in them and gave them a scholarship has given them confidence and inspired them to help others help themselves. The beneficiaries want to use their education in the best way possible and for

most that seems to be to work within their profession. A few previous beneficiaries have taken initiatives or has planned for initiatives that will contribute to the community beyond their employment and as many as 85 percent share their knowledge with their communities.

Many express that they share knowledge by talking to people in the community without further specifications. There are actually few that share knowledge in a structured way today and most do it through their employment. It is difficult to draw any conclusions based on the data in the evaluation but many express that they are role models and that they inspire others simply by succeeding to graduate and acquiring an occupation and they feel a responsibility for their community. 89 percent feel responsible for the future of their family and local community.

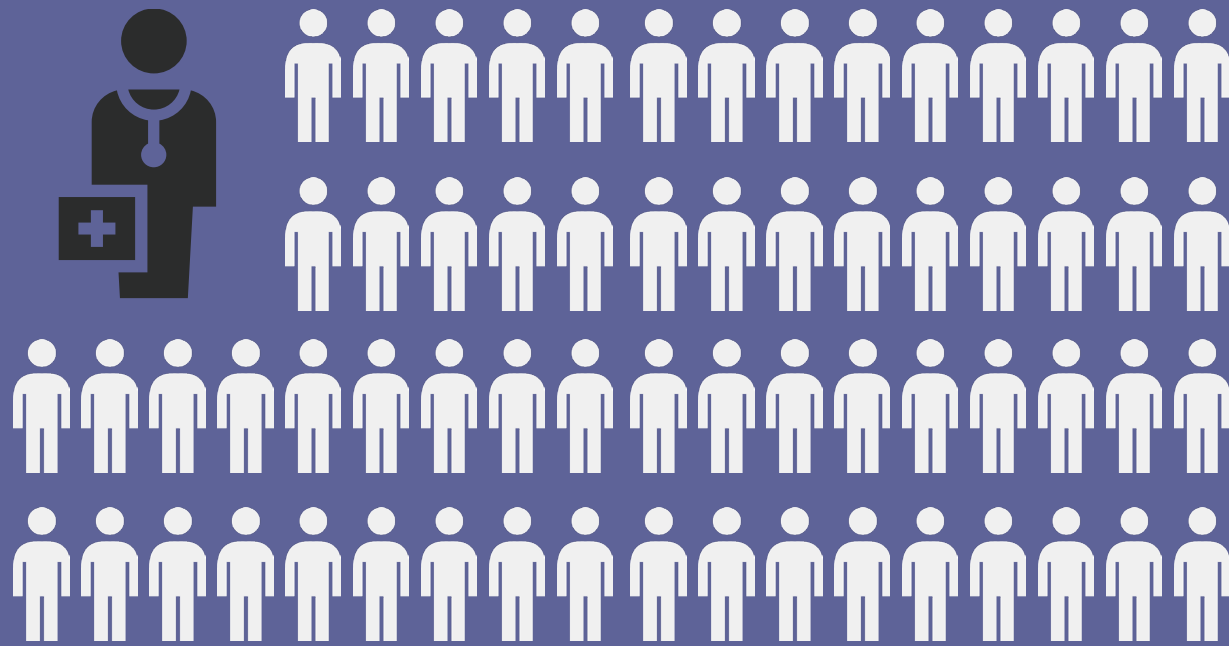
The beneficiaries' status in the community had for example changed in the way that as they had become role models, they had got higher social status and therefore more confidence to help others. This confidence is shown by the fact that 93 percent of the respondents feel that they have the possibility to affect the future of the world.



"Without the scholarship, I don't think I would be where I am today. I don't even think I could have this perspective or even this belief in myself. But overall having somebody there trying to make your dream come true, fighting for you with expecting nothing in return but to go on and impact the life of others – that inspires me. The responsibility to make a change in someone's life."

ALTHO NJOVU

ONE DOCTOR CAN TREAT 61 500 PATIENTS DURING A LIFE TIME



MARGRETH - A CHANGEMAKER

"My dream job is to be a radiologist but my ambition is to be a leader. I am so eager to help people with problems", Margreth Mbago said when she was a beneficiary. Today she works as a radiologist.

When Margreth Mbago went to university her younger sister could not go to school. Her family could not afford school fees for both of them until Margreth became a Help to Help beneficiary.

Today the situation is different. She is a part of the Help to Help effect and is contributing to her family and society.

After graduation with a Diploma in Diagnostic Radiography from Muhibili University of Health and Allied Science, Margreth managed to get employed at a hospital in Arusha in northern Tanzania. She now works as a radiologist

nurse and was employed as the first female in the same position.

The fact that Margreth got employed, meant that she could buy food for her family, pay rent, water bills and electricity. Margreth is also very proud that she could pay for her mother to move from a house made of mud to a more sustainable home.

Just like 59 percent of our graduates, Margreth pays school fees for her sister and thereby impersonates what the Help to Help effect is all about.

Margreth Mbago was the first female radiology nurse in Arusha Selian Hospital.



Glory Mphuru has graduated and work as teacher.

"A teacher is somebody with knowledge, not only in the subject in which you teach but in so many aspects. I am preparing for the future generation which will be independent and helpful in solving the problems facing us.

I can consider myself as a changemaker since I affect the lives of so many people."

GLORY MPHURU

WAY FORWARD

CONCLUSIONS & EFFECT OVER TIME

Help to Help has now provided education for 289 students. Can you imagine the effect these brilliant students, now professionals, will have during a lifetime?

The evaluation shows that the Help to Help Scholarship Program meets the expected outcomes on an intermediate level and thereby has the intended impact. Previous beneficiaries enter the labour market and get qualified positions. They contribute to their families and their siblings' education thereby improving the living conditions for their families or close surroundings and thereby reduce poverty.

As the students are getting employed they contribute to the community in their professions as teachers, doctors and so on. In the interviews, all respondents express a great passion for their occupation or field of study. It is evident that they want to use their education in the best way possible and for most that seems to be to work within their profession. A few previous beneficiaries have taken initiatives or plan for initiatives that will contribute to the community, beyond their employment.

Many beneficiaries express the importance of having someone who believes in them and that Help to Help as an organisation, has played that role. It has inspired them and they want to help others since they themselves got help.

WHATS NEXT?

Help to Help's work never has been and never will be a quick fix. Access to education, whether on primary or higher level is one of the greatest

challenges the world is facing. There are few quick fixes to such structural systemic challenges. Increasing access to higher education has been proven to be an efficient way to bring a country from poverty and under-development to a more developed stage. But this development extends over a longer span of time.

Hence, for Help to Help, it has always and will always be the effect over time that is our main priority. The real impact of our work will not be seen until in another generation when our students can afford to put their children to school themselves. When that happens we will know that we created something truly sustainable, something that has lasted and made an impact on a large scale.

We often talk about the effects of an educated medical doctor or nurse over time. He or she works five days a week, for 48 weeks in a year during a 35 year long working career and treats 7,3 patients per day (average according to Worldbank 2016). The total number of patients provided with care are then more than 61 500 people.

Help to Help has now provided education for 157 students within Medicine & Health. Can you imagine the effect these brilliant students, now professionals will, have during a lifetime?



Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has.

MARGRETH MEAD

Of course, there is much more than education needed in a health care system. Help to Help's strong belief is that provided with skills, values and the right mindset our beneficiaries will make that happen. They will advocate for, challenge and bring attention to the needs of their fellow community members, to their leaders. It is the responsibility, but also the right of our students to contribute to change their countries.

It is great to see that many students are involved in and feel strongly for the development of Help to Help. They bring ideas for improvements that will help the organisation take important steps towards our vision of becoming one of the leading organisations enabling education that leads to jobs - thereby reducing poverty.

Creating an alumni network where former beneficiaries can share opportunities for jobs or scholarships for further studies is an example of such an idea. Mentorship programs and networking events between current scholars

and former students who are now working professionals is another great example.

As mentioned, Help to Help has only just gotten started. During the last decade we have proven that our model works and that the Help to Help effect is powerful. However, our reach is still limited. The following decade we are dedicated to scale up and expand our efforts. The international communities as well as the governments in East Africa are aware of the fact that investments in higher education is needed. More light is shed on youth and their opportunities to find employment. Hence, there has never been a better time to join forces and pull up our sleeves than now. Together with our partners we look forward to enabling education for tens of thousands of changemakers who in turn will put millions to school.

We are committed to continue to evaluate our impact and introduce new ways of working to meet the ever changing needs. The only constant is change, let us make it positive!



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 **Tetra Laval**

THANK YOU!

Thank you for reading our impact report and for sharing our
commitment to sustainable change.

No matter if you are a private person or represent a larger
entity, there are several ways you can contribute!

Contact us at info@helptohelp.se or
visit us at www.helptohelp.se

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