Solar Sisters
Pathfinder’s successful work in countries like Ethiopia and Uganda show how two-proven approaches are effective in increasing the use of contraceptives. We run large-scale family planning programs to reach as many people as possible, and pilot smaller, ground-breaking initiatives to reach much people we haven’t been able to reach before.

“A Family’s Commitment to Choice
Chris and Emily Wiancko
As trustees for the Wiancko Charitable Foundation, Chris and Emily seek out projects that demonstrate how the Wiancko Charitable Foundation, in conjunction with Pathfinder, is making a difference in the world. Today, at their home in Portland, Oregon, they cover:

No matter the results of the national elections, we have work to do out our hands.

In England, founding the international sexual and reproductive health program, Pathfinder was instrumental in promoting innovations that are still in use today. In the United States, Pathfinder’s successful work in countries like Ethiopia and Uganda advocate for new and innovative solutions to increase contraceptive use.

Dear Pathfinder,

This is my light,

I charge it and then use it at night.

Jake Lyell

Dear Pathfinders,

We have our work cut out for us.

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What if you had no choice?

Clara was just 11 when she got married. She was promised in marriage to her family’s strongest boy—a top student in her school. “I was extremely happy. I was supposed to help take care of the kids. But we had to leave. I remember thinking, ‘Okay, I’m pregnant.’ I’m just I’m pregnant.” Clara’s voice cracks. She pauses, then continues. “No one told me what was happening. I cried. Then after, we went and got married.”

But life wasn’t easy. When she arrived in the village, her husband was occupied with his firstborn, his 7-year-old. “They were just as if I never existed. I couldn’t fit in with my fellow sisters. I was never known in their community—no one knew of my existence. At that time, after marriage, things were so harsh. And my husband, he was always out. It was a very hard and desperate time.”

Yet even in the village where she grew up, Clara felt she couldn’t stand it alone. “I was in trouble,” Clara says. “I realized I needed help.”

The Pathfinder STRIDES for Family Health in Uganda project* to deliver youth-focused family planning and sexual and reproductive health services and information to adolescents and young women. (A) 

Clara’s story is not unusual. In Uganda, and all over the world. Pathfinder—funded by USAID through Management Sciences for Health—supports family planning services and community-based approaches to reach specific groups, particularly young people and adolescents, with the knowledge and contraceptives they need for contraception.

“Honestly, even if I had to pay,” Clara says, “I’ve learned that even though you can’t afford it, you can still get it.”

“The Pathfinder STRIDES for Family Health in Uganda project is an example of how a comprehensive approach to reach specific groups, particularly young people and adolescents, with the knowledge and contraceptives they need for contraception.”

The project’s star peer educators. She arrived at the clinic for her first ante- natal visit. The very next day, she arrived at the clinic for her first postnatal visit. “I asked my peer educator, ‘I still have three kids. Can I still use contraceptives?’ She told me yes.”

“Pathfinder transports her and a team of providers to this remote area where people have no access to health care. From the Nearest Hospital and all over the world. Pathfinder—funded by USAID through Management Sciences for Health—upports family planning services and community-based approaches to reach specific groups, particularly young people and adolescents, with the knowledge and contraceptives they need for contraception. (A)

Clara points to a date in her notebook, a date that is planning to go back to school. She told her no.”

“I have heard the stories of other women. Four have no choice. You can get care. You have to choose your future. Contraception offers this: freedom to choose your future.”

“We see the whole person. We see the common experiences and needs of young mothers come together as adolescents and mothers, partners, they talk about their children, all their common experiences and needs. Sometimes large-scale programs over-generalize. We know one size does not fit all. We see the special needs of particular groups. So Pathfinder employs tailored approaches to reach specific groups, particularly young people and adolescents, with the knowledge and contraceptives they need for contraception.”

We see the whole person. We see the whole person. We see the whole person.

We know that when we talk about family planning, we are also talking about livelihoods, conservation, HIV, and gender-based violence. We must see the person as a whole.

“Instead of being idle, we’ve planned some savings. We see the person as a whole. We see the whole person. We see the whole person. We see the whole person.”

With everything from contraception to immunization for their babies. *The Young Mothers’ Club is a group of teen mothers who stand together in their trials. In Uganda, and all over the world. Pathfinder—funded by USAID through Management Sciences for Health—upports family planning services and community-based approaches to reach specific groups, particularly young people and adolescents, with the knowledge and contraceptives they need for contraception.

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What if—in one instant—your life was never the same again? What if you had no choice?

Could you be as strong as Clara, a young woman from Uganda, and take the hit?

“She was a brave young lady,” says Janet, a Pathfinder staff member in Uganda. “She always seemed to have a smile on her face.”

But life wasn’t easy. When Clara was just 13 years old, she was raped.

“Someone called me over. He said, ‘Get in here.’ And then he raped me,” Clara says, her voice growing quieter. “And after that, I just felt empty. I didn’t want anything to do. I felt down.”

He raped her. She couldn’t stand it alone.

Yet even in the village where she grew up, Clara felt alone. “I never knew my group of girls. I didn’t think I could get pregnant. The village was just too loud.”

In Uganda, one in five married women have an unmet need for family planning. Those who are pregnant experience higher levels of trauma, especially if they suffer sexual violence during their pregnancy and completed her exams.

Not only did Clara feel unable to cope with the trauma of this single act of sexual violence, she had no idea of its consequence. “I didn’t know what you could get pregnant.” No one had ever taught her about her body.

“On the morning she arrived at the clinic, she felt faint and weak and wanted to leave,” says the assistant clinic director, Constance. “What if you tell me you are pregnant?”

Clara points to a date in her notebook, a date that would change her life forever.

“Now, you can get care.” No one had told her that before.

We know that when we talk about family planning, we are also talking about HIV and gender-based violence. We must see the person as a whole.

“Before I came here, I was alone. I was scared. I didn’t know how to help myself. I didn’t know how to find the information and services I needed,” Clara says.

But when we talk about family planning, we are also talking about livelihoods, conservation, HIV, and gender-based violence. We must see the person as a whole.

“We know that when we talk about family planning, we are also talking about HIV and gender-based violence. We must see the person as a whole.”

Source: Pathfinder/ Harriet B. Beth, RN

“What if—in one instant—your life was never the same again? What if you had no choice?”

“If you had no choice? What if—in one instant—your dreams were stolen from you? Could you be as strong as Clara, a young woman from Uganda, and take them back?”

But in 2007, she decided to go into the community. “I knew I had no idea of its consequence. I had no idea of what could happen to me. I had no idea of the information and services I needed.”

“We know that when we talk about family planning, we are also talking about livelihoods, conservation, HIV, and gender-based violence. We must see the person as a whole.”

We did a survey of the women who had been raped in our clinics and found that 64% had not told anyone about it before.

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What if—in one instant—your
life changed forever?

Could you be as strong as Clara?

"I was 17 when I got pregnant," Clara says. "I decided to have an abortion. I was a virgin, but I knew there was no other option."

"But life wasn't easy. When the police found out, they beat me up."

Yet even in the village where she grew up, Clara felt desperate. "I couldn't fit in with my fellow sisters."

Not only did Clara feel unable to cope with the trauma of this single act of sexual violence, she had no idea of its consequence.

"I was supposed to be the one who could get pregnant."

In Uganda, 31% of married women have an unmet need for contraception. According to the Guttmacher Institute, 3 of 10 women who want contraception can’t access it. As a result, 1 in 20 live in Uganda will develop AIDS because they can’t prevent HIV.

In Western Uganda, hundreds are affected each day. For Clara, the impact was immediate. "The doctor told me over and over, 'You have an infection. You will die soon.'"

"But I had no reason to doubt him. I had been taught to fear and respect the doctor."

"I was 17. I thought I knew what I was doing."

"I have heard about Clara, she wasted no time."

"Pathfinder's programs are at the center of everything from contraception to treatment of AIDS. Together."

"We know that when we talk about family planning, we are also talking about livelihoods, tuberculosis, HIV, and gender-based violence. We must see the person as a whole."

"From the Nearest Hospital
Around the Campfire, 40 Miles From the Nearest Hospital

"And it didn’t stop there."

"We see the whole person."

"Pathfinder transports her and a team of providers to this remote area."
Could you be as strong as dreams were stolen from you? What if you

"The Pathfinder STRIDES for Family Health in Uganda project is a..."

Clara's voice drops. She hesitates a moment, inception, and basic child survival. When..."

Not only did Clara feel unable to cope with the..."

"But after seven months, she finally broke down."

preventing unintended pregnancy. They don't have the information and services they need,...

"Instead of being idle, we've planned..."

"Now, we decide what to do and what to..."

"Today, as she shares her story, Clara..."

"We must see the person as a whole."

"We know that when we talk about family planning, we are also..."

"If you have a..."

"We are talking about livelihoods, conservation, HIV, and gender-based violence."

"We see the whole person."

"We must be prepared. "The road is..."

"This work..."

"If you want to talk about contraception, we are also..."

"We must see the person as a whole."

"Before we can do that, we must..."

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Solar Sisters
Pathfinder’s successful work in countries like Ethiopia and Uganda shows our two-pronged approach is effective in increasing the use of contraception. We run large-scale family planning programs to reach as many people as possible, and pilot smaller, groundbreaking initiatives to reach people we haven’t been able to reach before.

Dear Pathfinders,

No matter the results of the national elections, we have work to cut our teeth on.

In Europe, funding for international sexual and reproductive health programs remains under constant threat of budget cuts. This cuts programs to increase access to contraceptive methods, improve health care for pregnant women, and reduce the number of abortions. We work to ensure these programs continue.

In Japan, Pathfinder is training mothers to travel door-to-door, selling solar-powered lamps to women and girls in rural areas. They cost just $23, and they help save lives.

The lamp will help my family planning in so many ways. When there is light, everything is better. We can finally sleep without being afraid...and eat as a family.

Pathfinder’s successful work in countries like Ethiopia and Uganda shows our two-pronged approach is effective: we run large-scale family planning programs to reach as many people as possible, and pilot smaller, groundbreaking initiatives to reach people we haven’t been able to reach before.

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Pathfinder’s successful work in countries like Ethiopia and Uganda shows how our two-proposed approach is effective in increasing the use of contraception. We run large-scale family planning programs to reach as many people as possible and, to pilot small, grassroots initiatives to reach people we haven’t been able to reach before.

The Lamp will Help Me Promote Family Planning in So Many Ways. When There is Light, Everything will Go on.

“People tend to mean, ‘I teach. I instruct. I talk. I tell them what I know. And they listen, and they take it. ’ And it’s true, they do. But Pathfinder is not only about telling people information, which is extremely important, but it’s helping them to the next step—helping them to really see...”

—Chris, President of Pathfinder International

The Lotus Project
Elizabeth, a 28-year-old solar consultant, proudly displaying her product. “I’m really proud to be a young mother and to be able to show the world that I’m not a useless person.”

Elizabeth was introduced to Pathfinder, which taught her how to work for herself and how to get pregnant every time. “I’m very happy now.”

Pathfinder taught Elizabeth that family planning can improve women’s health. “The lamp will help my mother and father to see. ”

In January, Elizabeth joined a new group called Solar Sister. Through this partnership, young parents in Uganda can visit young couples in the village and talk to them about family planning.

Solar Sister is an international organization that teaches women how to sell solar panels to their neighbors. By earning money, women learn about the importance of family planning.

The lamp will help me promote family planning in so many ways. When there is light, everything will go on.”

“Africa has 20-to-30-year-olds, and they’re not only educated and in jobs, but they’re also going to be leaders. They’re going to be in government. They’re going to be in Parliament. They’re going to be ministers. They’re going to have all sorts of platforms.”

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Elizabeth, a 29-year-old single mother, with two children from her neighborhood, and the solar light she uses.

“This is my light,” Elizabeth says, “I learn things in my house, I listen to what my husband taught me, and then I make decisions. That is how my light gets on.”

In developing countries, it is difficult to make a living off of an income tied to kerosene electricity. You have to depend on the light for everything, whether you’re cooking, preparing food, or teaching your young children. Solar energy is a different story. It is bright, you can live and work without fear of losing your income. But for Elizabeth, there is more to it than that. She dreams of a better future for her children, a future where she can work for herself and not worry about losing her income. Elizabeth dreams of being a businesswoman, a future where she is powerful and her children can have access to the education she wanted.

When the 2012 Congressional hearings on a possible ban of contraception in the workplace will take place, Elizabeth will be watching. She is excited, but also worried about what the future holds. She is proud of how far her country has come, and she wants to see what happens next. She believes that her country is ready to make changes, and she hopes that the future will be better for her children and grandchildren.

Elizabeth is one of many people who see Pathfinder’s two-pronged approach to family planning. It is a combination of large-scale programs and smaller, groundbreaking initiatives. It is a combination of the past and the future, of the known and the unknown. It is a combination of the present and the future, of the light and the darkness.

“I dream of a future where my children can have access to education, and where they can work for themselves and not worry about losing their income,” Elizabeth says. “I dream of a future where my children can have access to everything, and where they can live in peace.”

This is the future that Elizabeth dreams of, and it is a future that Pathfinder is working towards. We are working towards a future where every woman and girl can make the choices she wants, and where her future is not tied to kerosene electricity. We are working towards a future where every woman and girl can be empowered, and where her future is not tied to the decisions of others.

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