

Appeal 2002-2003

 International Federation
of Red Cross and Red Crescent Societies

TAJIKISTAN

(Appeal 01.53/2002)

Click on programme title or figures to go to the text or budget

	2002	2003 ¹
	In CHF	In CHF
1. Disaster Response	3,883,173	3,395,358
2. Disaster Preparedness	1,547,857	1,414,276
3. Health and Care	2,145,669	2,027,154
4. Organizational Development	423,996	427,741
5. Co-ordination & Management	902,453	895,833
Total	8,903,148	8,160,362



Introduction

National context

Over the years, Tajikistan has remained one of the poorest countries in the Commonwealth of Independent States (CIS). With the population of six million and only 7 per cent of land suitable for human habitation and agriculture as the rest is high mountains, Tajikistan has traditionally relied on fuel, capital, equipment, subsidies and expertise from the rest of the former Soviet Union. The severance of this link, coupled with the social and economic disruption caused by a civil war between 1992 and 1997, had a drastic effect on the welfare of the country's population.

In spite of its recent slight economic recovery and three consecutive years of real GDP growth, effects of the civil war, destroyed or damaged infrastructure, and continuous drought in the past two years, have deepened and diversified the general poverty of the population. According to the 2000 UNDP human development index, 96% of the population have an income below the level of the minimum consumption basket. Average salary is less than 10 USD a month, and the unemployment rate accounts for some 30%, according to the World Bank. World Bank statistics indicate that Tajikistan is making a significant economic progress, with an overall economic growth between 5 and 7% in the past year.

¹ These are preliminary figures for 2003, and are subject to revision in the course of 2002.

However, viewed in the context of the overall state budget of only one billion USD, this progress is in fact rather modest. According to the same source, it will take at least a generation before Tajikistan's middle class recovers to the level they had in 1991.

Vulnerability is high both in urban and rural areas. In towns, people live without any financial resources and with no possibility of growing their own food. Pensions are extremely low, the minimum being 1.6 USD per month. Water and sanitation structures, health care services and social welfare are highly dysfunctional or non-existent. A significant increase in communicable diseases, such as malaria, TB, HIV/AIDS and brucellosis have been noted in recent years. Contrasting climatic conditions, as well as the lack of adequate sanitary services contribute to a steady increase in outbreaks of diarrhoea, dysentery and waterborne diseases. The country is generally susceptible to a variety of natural disasters, including earthquakes, floods and landslides.

The country has suffered from four consecutive years of reduced rain fall , resulting in the drought in 2000 and 2001, which affected almost two million people and crippled their already extremely fragile coping capacities. In 2001, the actual food deficit has been estimated at 35 per cent of the total needs of the country's population. Particularly hard-hit are small farmers with access to rain-fed land only and no alternative source of income, female-headed households, families with several children as well as the traditional urban vulnerable groups, including the elderly without family support and large families. The lack of food and the shortage of safe water contribute to a further deterioration of people's health, and are putting additional burden on the malfunctioning health care services. According to UNICEF, about one third of the population use unsafe drinking water and almost 90 per cent have considerably worsened sanitary practices.

National society priorities

Following the years of extreme hierarchical organization, during the former Soviet Union, the Red Crescent Society of Tajikistan (RCST) has been struggling to develop its financial sustainability and to diversify its programme base. The lack of resources is especially felt at the regional and district branch levels, with the RCST lacking basic material, proper offices and furniture.

Since 1991, and especially since the establishment of permanent Federation presence in Tajikistan in 1994, the RCST has been exposed to a wide variety of programme initiatives, including disaster preparedness and response, a range of relief programmes targeting the most vulnerable, community based first aid, income generation, and organizational development. Because of the frequency of natural disasters in Tajikistan, and the rapid increase in the number of vulnerable people generated by infrastructural collapse and political conflict, the RCST participation in the Federation programmes over the last five years has been mainly in the realm of disaster impact assessment, beneficiary selection and registration, and relief distribution and monitoring. These areas have been *de facto* prioritized at the expense of less pressing issues such as volunteer recruitment and training, branch development, institutional development, and income generation.

Following the Central Asia regional institutional and resource development review, carried out in mid-2000 and followed-up in mid 2001, the RCST has initiated a gradual shift from relief to development, while prioritizing the following areas: capacity building in all areas of disaster preparedness and response including the administration and monitoring of general relief programmes; volunteer recruitment (including youth programmes) and branch development; and institutional development including diversification of methods to achieve financial sustainability. Relief operations are systematically used as opportunities for development, rather than hindering factors. In this respect, the successful completion of the 2000 drought emergency operation left the RCST with increased organizational capacity at the grassroots level, strengthened volunteer-base and the sense of initiative and ownership related to the implemented programmes. These results will be closely built upon through targeted development and disaster preparedness activities as well as through the new food deficit emergency response operation, initiated in August 2001.

Tajikistan, together with a number of other countries, has a primary position within a pilot scheme for the better programming initiative (BPI) which has been developed from the local capacities for peace project (LCPP). This requires learning about the Federation and national society programming in post-conflict situations, and positioning on issues such as conflict prevention and transformation. In the coming year, the project will expand further while broadening its focus, and will continue with empowering the RCST to take on the initiative and transfer the knowledge further to its members and volunteers through trained RCST BPI trainers.

Priority programmes for federation assistance

To support the Red Crescent Society of Tajikistan, the Federation will focus on:

- Disaster response: to reduce the overall vulnerability of the population most affected by the deteriorating economic conditions in the country.
- Disaster preparedness: to further develop the RCST capacity to become the main partner of the ministry of emergencies in emergency preparedness, response and mitigation in Tajikistan, in times of both natural and man made disasters.
- Health and care: to assist the ministry of health in order to maintain the health care system and improve the health status of the population through provision of the most essential drugs in the region of Khatlon and the regions of republican sub-ordination (RRS), as well as to improve the health promotion activities throughout the country. Also, to improve the health of the country's population by providing access to safe drinking water and by introducing modern hygiene principles and practices.
- Organizational development: to further strengthen the RCST capacity, especially at branch-level, through training of staff and volunteers and empowerment of the RCST youth and volunteers.
- Coordination and management: to successfully implement humanitarian programmes in close collaboration with the RCST, thereby contributing to the continued strengthening of the national society's capacity to respond to both rapid- and slow-onset disasters

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1. Disaster response

Background and achievements/lessons to date

According to the 2000 UNDP human development index, 96 per cent of the population have an income below the level of the minimum consumption basket. Average salary is less than 10 USD a month, and the unemployment rate accounts for some 30%, according to the World Bank. Despite some economic progress, the country's GDP in 2000 was only 45 per cent of its pre-independence levels. According to the IMF, real wages have dropped by almost 20 per cent since the start of the Russian economic crisis in August 1998, and the average wage in 2000 was about 10 USD per month². All this has had a dramatic impact on the population, especially in urban areas, where many people live without any financial resources, and with no possibility of growing their own food. Pensions are extremely low, the minimum being 1.6 USD per month. In rural areas, small farmers with crops from rain-fed land as the only source of income are the most vulnerable group. The lack of welfare support from the government, the lack of family support to persons unable to provide for themselves and the continuing shortfall in locally grown wheat, which is the main food, combined with the ongoing internal tensions, contributes to the continued degradation of living conditions.

The years 2000 and 2001 brought two consecutive failed harvests caused by four years of drastically reduced rainfall and snowfall, which only compounded the effects of broken-down infrastructure in agriculture, health, water and sanitation, and brought almost two million people to a verge of a severe nutritional deprivation. Poor economy of the country, the lack of coping mechanisms of the population, and, finally, the recurrent drought emergency, all show that the need for direct food assistance in Tajikistan will remain, even in an increased form, in the coming years.

The Federation and the RCST have been managing two complementary programmes, aimed at assisting the most vulnerable urban population: distribution of supplementary food, and the public canteens programme. The free-food distributions support some 40,000 beneficiaries with wheat flour, oil and iodized salt. The most vulnerable groups benefiting from the programme are the elderly without family support, the handicapped, and families with several children and without a steady source of income. The programme contains a small food-security component, supporting owners of small plots of land with seeds, food and fertilizers in order to contribute to their mid-term self sustainability. The public canteens programme, managed by the RCST, also support the urban poor, essentially the elderly without any immediate family. In spite of the support provided by the local authorities (free-of-charge facilities, and in some places even contributions in food), and attempts to decrease the running costs, the RCST has encountered considerable difficulties in ensuring minimum standards assistance while at the same time getting more independence from external funding. In the meantime, support has been sought to maintain 15 RCST public canteens, in addition to three canteens in the Karategin Valley, supported by the ICRC. Within the coming three years, the Federation and ICRC will gradually phase out their support to the public canteens programme, thereby leaving sufficient time for the national society to identify its own funding opportunities and achieve self-sustainability.

In September 2000, the Federation launched an emergency appeal to respond to the drought situation in the country. Through this operation, some 130,000 new beneficiaries in the north and south of the country were assisted with food, and the ongoing food assistance programme in Dushanbe and in the RRS was strengthened. Furthermore, the vulnerable population was assisted with seeds, water and sanitation activities and public health education. Following the second consecutive year of drought, the Federation launched a food deficit appeal in August 2001, aiming at providing food for the same number of beneficiaries (130,000) throughout the winter 2001-2002, as well as at rehabilitating small-scale irrigation systems and drinking water supplies and continuing with health promotion activities. The 2000 emergency appeal beneficiaries of the seeds component will benefit through the

² Economist Intelligence Unit: *Tajikistan Country Report*, July 2000

2002-2003 annual appeal, with supplies of fertilizers, monitoring of crops and advice on agricultural techniques and other related issues.

Within the overall dysfunctional infrastructure of the country, the educational system continues to suffer from a lack of investment. This is due to the inability of authorities to provide almost any form of financial or material assistance to the educational sector. There are unofficial indications that the literacy rate, which used to be as high as 90 per cent during the former Soviet Union, is gradually decreasing, mainly due to the lack of basic conditions in schools. During the last school year, the RCST acted as a direct implementing partner to WFP in the Gorno-Badakhshan Autonomous Region (GBAO) in their pilot school-feeding programme. This pilot project enabled over 24,000 children and teachers at primary and secondary schools to receive daily hot snacks. Following the successful completion of this programme, an agreement has been reached with WFP to expand this programme to all schools in GBAO in 2001-2002 academic year. To complement these efforts, and further contribute to an increase in school attendance, the RCST and the Federation are planning to carry out a distribution of winter shoes to school children and small-scale repairs of schools in GBAO, as part of their overall disaster response programme in 2002.

Tajikistan is one of the countries with a primary position within a pilot scheme for better programming initiative (BPI) that has been developed from the local capacities for peace project (LCPP). It aims at learning about the Federation and national society programming in post-conflict situations and positioning on issues such as conflict prevention and transformation. In the coming year, training of the Federation delegation and the RCST staff on BPI concept approach will continue within the framework of the Federation's disaster response and organizational development programmes.

Goal To contribute to a further decrease in vulnerability of the population caused by deteriorating economic conditions in the country and two consecutive years of food and crop supply failure.

Objectives and activities

Objective 1 To assist approximately 73,000 vulnerable people in the city of Dushanbe by distributing 45,000 rations of wheat flour, vegetable oil and iodized salt over a period of nine months.

Activities to achieve objective 1 are:

- Identify the most vulnerable individuals and families, according to the following criteria: isolated elderly, bed-ridden people and families with several children headed by women and without a steady source of income.
- Procure a total of 2,250 tons of wheat flour, 450,000 litres of oil and 90 tons of iodized salt.
- Distribute 45,000 rations of the procured supplies, each consisting of 50 kg of wheat flour, 10 litres of oil and 2 kg of iodized salt according to the following plan, in order to address the needs of households according to their size:

No	Category description	Rations allocated	Proportion of the total no of rations
1	Isolated elderly and bedridden or severely disabled people with no support	1 ration per beneficiary	65%
2	Families headed by single women without any source of income with up to 4 children under the age of 16	1 ration per family	15%
3	Families headed by single women without any source of income with 5 to 7 children under the age of 16	2 rations per family	13%
4	Families headed by single women without any source of income with 8 to 10 children under the age of 16	3 rations per family	5%

5	Families headed by single women without any source of income with more than 10 children under the age of 16	4 rations per family	2%
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- Organize distributions in two rounds, one prior to the beginning of winter in 2001 and the second one in early spring 2002 (funded by the 2001 Food Deficit Appeal and the 2002-2003 Annual Appeal) in order to fulfill the needs over a period of 9 months.
- Organize a follow-up workshop for the RCST programme co-ordinators as part of the better programming initiative (BPI), in order to ensure strengthening of their programme planning and management skills.

Objective 2 To support a total of 8,000 beneficiaries in possession of small plots of land with water and to strengthen their self-reliance through the limited provision of wheat seeds and fertilizers for the 2002 autumn planting season.

Activities to achieve objective 2 are:

- Throughout 2002 and 2003, support 3,000 beneficiary families who were assisted in the RRS in autumn 2001 with seeds and fertilizers through an annual ECHO-funded programme.
- Distribute fertilizers by autumn 2002, continue monitoring their crops and give advice on agricultural techniques and other related issues.
- By the end of 2002, carry out an internal review of this programme component in order to assess its impact and determine modalities of assistance in the following year.
- Incorporate into this appeal 5,000 beneficiaries in the north and south of the country who benefited from the distribution of seeds and fertilizers as part of the 2000-2001 drought relief operation.
- In March 2002 (following the autumn planting season), provide these 5,000 beneficiaries with additional quantity of fertilizers.
- Monitor closely the development of the crops.
- Following the wheat harvest in July 2002, retrieve the quantity of harvested seeds corresponding to the amount received as a credit for the planting season 2001. A total estimated amount of 900 tons of seeds is expected to be retrieved, with the expected yield of 2 tons per hectare.
- Plan a distribution of these seeds to new beneficiaries prior to the autumn planting season 2003, and monitor the activities throughout 2003.

Objective 3 To assist some 6,000 most vulnerable in urban areas throughout the country by providing them with one hot meal two times a week in 15 RCST public canteens.³

Activities to achieve objective 3 are:

- Continue to provide 132 hot meals per day, two days a week, thus reaching a total of 5,940 beneficiaries at fifteen locations and serving 11,880 meals per week to the elderly people without any immediate family support.
- In co-operation with the local authorities, provide the RCST with free-of-charge facilities, and, in some cases, in-kind food contributions.
- Provide food supplies on weekly basis based on a weekly menu plan.
- Provide food in a public canteen in the capital on daily basis for 100 TB patients following the DOTS treatment in order to enable the patients' compliance with DOTS treatment.

Objective 4 To provide 25,000 school children in the GBAO with winter shoes to enable them to attend school during the winter months in 2002-2003.

Activities to achieve objective 4 are:

- Complement a school feeding programme implemented by the RCST in co-operation with WFP.

³ The RCST public canteens programme also includes three canteens supported by ICRC in the Karategin Valley.

- Identify, together with the RCST and the department of education, the most vulnerable school children, according to the level of vulnerability of specific sub-regions in the GBAO depending on the geographic and climatic conditions, as well as the availability of income, and the degree of food security at the household level.
- Procure regionally a total of 25,000 pairs of good quality winter shoes and deliver them to the RCST regional warehouse in Khorog.
- Distribute the shoes according to the distribution plan no later than autumn of 2002.

Objective 5 To improve educational conditions in most vulnerable areas by assisting in carrying out small-scale repairs on 316 schools in the GBAO.

Activities to achieve objective 5 are:

- Procure refurbishment material in the region and deliver it to the selected districts, according to the distribution plan prepared by the RCST.
- Carry out refurbishment activities by engaging the school maintenance staff and school directors.

Expected results by the end of 2003

- Up to 80,000 most vulnerable urban people will have benefited from free-food distributions and weekly hot meals.
- In the spring of 2003 and 2004 respectively, the selected rural population will have harvested the wheat from the received allocation of the previous year, and will have preserved the minimum of 10 percent of the harvest for the following planting season, or will have returned the invested quantity of seeds, depending on the project component.
- A total of 5,940 beneficiaries will have received two hot meals a week throughout 2002.
- 25,000 most vulnerable school children will have received a pair of good quality winter shoes by the end of the year 2002.
- The targeted school facilities will have improved their teaching conditions and encouraged higher school attendance and records.

Indicators

- The donated food is being used in beneficiary households over a period of 9 months, thus maintaining their basic nutritional status and improving their coping mechanisms.
- A total of 8,000 rural households maintain the minimum level of sustainability through allocation of seeds and fertilizers and their multiplication for the coming planting season.
- The level of school attendance in GBAO has considerably increased by the end of 2002, as a direct result of shoe distributed to 25,000 schoolchildren, in addition to regular hot snack distribution to 52,000 school children, as per the school attendance records.

Critical assumptions

- No changes in the overall relative political stability in the country.
- Donor support to all programme components is secured in the first quarter of 2002.
- No overwhelming natural disasters occur.
- Active RCST participation and commitment to the programme continues.

Monitoring and evaluation arrangements

Monitoring of this programme will be carried out in the following ways:

- Food and seeds distribution components, as well as the shoe distribution in the GBAO, will be followed through a well-established system of pre- and post-distribution monitoring, set up to ensure that the right categories of beneficiaries have been selected, and that the assistance is effective over the intended period of time.

- Similarly, the seeds component will be regularly monitored, in terms of beneficiary selection, but also the utilization of seeds, success of the harvests and their impact on establishing mid-term sustainability of the household.
- The RCST, being the sole manager of the public canteens programme, will be responsible for carrying out regular monitoring to ensure that the assistance is provided to the right categories of beneficiaries according to the minimum standards of humanitarian response.
- The local authorities will also visit the canteens in their jurisdiction to monitor the hygiene standards and the standard of the meals provided.
- The RCST will be encouraged to carry out an internal review of the programme by June 2002.
- The RCST and the Federation will carry out regular visits to schools, to monitor the storage and usage of refurbishment and insulation material.

Evaluation of this programme will be carried out in the following ways:

- Based on the results of the post-distribution monitoring of each programme component, and their eventual internal review, the necessity will be determined for an overall evaluation of the Federation's and RCST disaster response programme in Tajikistan.

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2. Disaster preparedness

Background and achievements/lessons to date

Tajikistan remains one of the most disaster prone countries in the world, at risk from both man made and natural phenomena. It is exposed to significant risk of earthquakes, floods, landslides nuclear accident and pollution. At present, the country continues to face dramatic consequences of two consecutive years of drought seriously affecting people's already fragile coping capacities. Mass population movement also represents a substantial risk to this region which is struggling to recover from the economic collapse of the Soviet Union and ensuing civil war, and more recently from the results of a failed or poor harvest. The ongoing conflict in Afghanistan represents a constant threat to Tajikistan, both in political and humanitarian terms.

The Red Crescent Society of Tajikistan has extensive experience in emergency response. Many of its sixty nine branches throughout the country were involved in supporting internally displaced persons (IDPs) during the civil war of 1993, and in repatriation since the secession of hostilities. They have also responded to major floods, landslides, and supported a significant number of beneficiaries with health and general relief assistance. Through the grass-roots presence, the RCST has the ability to widely contribute to the needs of people in times of crisis. There is close co-operation with the ministry for emergency situations based on a signed protocol of understanding as well as with other international relief organizations including the United Nations and NGOs. The Federation and the national society work as close as possible with the community to address its various needs.

In 1996, the Federation's regional delegation for Central Asia initiated a regional disaster preparedness programme. This was with a general objective of assisting national societies in strengthening their stocks of relief goods, and develop their human resources through systematic training at all levels of the national society structure. Significant results have been achieved in this respect. However, owing to a chronic lack of resources for disaster preparedness activities in the region, a lot remains to be done including maintaining a momentum through supporting these structures, thus further improving operational capacities of the national society.

Emergency operations are systematically used as opportunities to further develop the national society capacities in the domain of disaster preparedness. As part of the drought emergency response in 2000-2001, basic equipment and standard administrative kits were provided to operational branches. Furthermore, the RCST disaster preparedness team carried out six workshops for the national society's regional and district branches on the standardization of reporting on emergency assessment and response. The workshops followed a hazard vulnerability review of branches.

The proposed RCST disaster preparedness programme will include a stronger conflict preparedness and response (CPR) component, implemented in co-operation with the ICRC. In the past, the ICRC assisted the national society in enhancing and adapting the existing health and relief programmes to respond to emergency needs of victims of armed conflicts and internal strife. This will continue to be done through dissemination of the international humanitarian law (IHL) and Fundamental Principles of the Red Cross and Red Crescent Movement.

With its specific geographical configuration (over 90% mountainous), Tajikistan is particularly prone to local and regional disasters, under frequent high risk of mudslides, rock fall and avalanches. In order to make the most of the arable land, the villages situated in many of the mountain valleys have irrigation systems and conduits, which have been in existence for many years. Since the disintegration of the Soviet Union, these irrigation systems, that traverse many of the hill sides, have received little or no maintenance. This fact, coupled with a break down of consumer discipline, has resulted in decay of canals to the extent that water inundation of the soil from leakage has caused erosion of precious soil deposits used for food production contributing to sudden landslides causing extensive damage and

casualties. In many instances, water has also corrupted the foundations of houses situated below the canals, making them susceptible to sudden collapse.

A disaster mitigation programme was initiated in 2001 in the Gorno-Badakhshan autonomous oblast, on the basis of a pilot project scheme implemented by the FOCUS Humanitarian Assistance, USA. The Federation and the RCST implemented similar projects in two villages of GBAO, by carrying out hydro-isolation of the existing irrigation canals, and establishing water management systems within the communities. In addition, further assessments were made gathering technical data on problems at further rural locations.

The experience gathered during 2001 showed that the successful implementation of the project lies in a detailed technical assessment conducted by local experts in close co-operation with communities that provide invaluable information concerning landslide problems in some of the high risk villages. The programme will continue in the coming two years, expanding to other parts of the country, equally prone to the same type of emergencies.

Goal To contribute to further developing the capacity of the community in order to address their specific needs in emergency preparedness, response and mitigation in times of both natural and man made emergencies.

Objectives and activities

Objective 1 To initially strengthen the capacity of four strategically located RCST disaster preparedness centres, including the headquarters in Dushanbe.

Activities to achieve objective 1 are:

- In 2002, provide each of four RCST disaster preparedness centres located in Dushanbe, Khorog, Kulyab and Khojent with one computer, one 4 wheel drive vehicle and one global positioning system (GPS) for hazard plotting within susceptible communities.
- Provide two further strategically important branches at Vanch and Murgab with HF base stations.
- Where appropriate, provide the RCST disaster preparedness staff and volunteers with radio and computer training with emphasis on developing and maintaining databases and book-keeping.
- Provide each disaster preparedness centre with the key non-food relief items (plastic sheeting, blankets, mattresses, bed linen, jerry cans, kitchen sets, hygiene sets) to be stored in the regional disaster preparedness warehouses for emergency situations.
- Provide regional warehouse managers with additional training on stock-keeping and related logistical topics.
- Interface with all other activities such as health and hygiene, youth, population movement and water and sanitation initiatives.
- Improve community-based search and rescue practices in conjunction with professional operatives working in the ministry for emergency situations.

Objective 2 To increase the community and RCST capacities to respond appropriately in times of local or national emergencies.

Activities to achieve objective 2 are:

- Identify RCST trainers in all four branches, and encourage them to mobilize and register volunteers in their respective regions.
- Conduct workshops on disaster preparedness and response, with special focus on assessment, reporting and co-ordination in times of emergencies as well as on conflict preparedness.
- Base the training curricula on seventeen disaster preparedness training modules developed by the Federation's regional delegation.

- Organize an annual meeting of disaster preparedness managers from regional branches of the RCST with the RCST headquarters in Dushanbe, in order to disseminate the disaster preparedness strategy.
- Arrange a series of workshops (two per year) to cover seventeen modules over the two year period in regional branches.
- Where appropriate, run workshops concurrently with first aid training, organized as a part of the Federation and RCST annual health programme.

Level	Location	No of workshops	Description	Participants
National	Dushanbe	1	disaster preparedness management workshop	RCST oblast chairpersons
Oblast	Sughd	4	DP	14 district branches
Oblast	RRS	4	DP	13 district branches
Oblast	Khatlon	4	DP	24 district branches
Oblast	GBAO	4	DP	8 district branches

- Emphasize the importance of the adequate involvement of volunteers and other members of the community at every juncture.
- Strengthen the RCST relations with other government and non-governmental structures and facilitate two workshops for the ministry of emergencies and the RCST senior members in order to develop a joint approach to disaster preparedness in the country.

Objective 3 To reduce the risk of landslides in the most vulnerable mountainous rural areas of Tajikistan through hydro-isolation of irrigation canals, tree-planting campaigns and community training in water management.

Activities to achieve objective 3 are:

- Select two most vulnerable villages in 2002 and further two in 2003, in co-operation with the RCST, the ministry for emergency situations and representatives of local communities.
- Upon technical assessments of the soil structures and the existing canals systems at each location, procure materials for hydro-isolation of the canals, and the construction of new ones where required.
- Engage skilled and dedicated labour from the communities who will themselves be legatees of the projects concerned.
- In co-operation with WFP, explore the possibilities for an active involvement of community members in a food-for-work programme.
- Organize a tree-planting campaign in operational areas by 2003, aimed at draining excess water from the soil and helping prevent further soil corruption, thus reducing the erosion of the land. Also promote tree-protection and educate the communities about the importance of trees in reducing the risk of landslides.
- Establish water management structures in all targeted village and appoint water managers to monitor the quantity of water released to each household on daily basis as per needs calculated by experts.
- Carry out, within the project time frame, a community-based training programme focused on the importance of the rational utilisation of irrigation water.

Expected results by the year 2003

- The four RCST branches will have been equipped, and their volunteers trained in the main aspects of disaster preparedness, mitigation and response.
- By the end of 2003, a disaster preparedness volunteer-base will have been identified and established in each of the four operational branches. The level of knowledge will have increased and will have

been demonstrated in the results of simulation exercises carried out in conjunction with the ministry of emergencies.

- By the end of each year, canals in two villages will have been refurbished and/or constructed, allowing for increased agricultural production in a securer environment.
- An early warning system will have been developed by volunteers, including a data base shared and complemented by similar efforts of other humanitarian organizations such as the FOCUS and the ministry for emergency situations.
- The soil in selected locations will have been stabilized, and land-erosion arrested in the targeted villages. The communities will have been provided with a safer environment, thus reducing the likelihood of further population migration. The newly constructed canals will have contributed towards a production of a good quality agricultural produce, maintaining food self-sufficiency of the communities concerned.
- The trees planted in the target areas will have drained the excess water from the soil and contributed towards the elimination of the erosion of the hill slopes. The planted fruit trees will have provided long-term horticultural produce to the population.
- Through public information campaigns, communities will have gained knowledge on the rational use of water and will have assumed direct responsibility in management of resources. In addition, the awareness of the community will have increased, triggering similar actions in other parts of Tajikistan.

Indicators

- Improved national society management of equipment, vehicles and relief stocks by mid-2002.
- An increased level of preparedness in vulnerable communities.
- A minimum of seventy per cent of planted trees have successfully taken root by the end of 2003.
- Further developed positive attitudes towards the environment and disaster mitigation initiatives.
- Sufficient water supply in the targeted areas.

Critical assumptions

- Political and military situation in the country remains relatively stable.
- No major disaster occurs in the operational areas.
- Continuous donor support for the programme
- Continuous high level of participation and commitment of the RCST.

Monitoring and evaluation arrangements

Monitoring of this programme will be carried out in the following ways:

- The Federation and RCST programme managers will regularly visit operational locations, to ensure the smooth implementation of programme components, and appropriate management and use of donated relief stocks and equipment.
- Monitoring will include periodical tests with workshop participants, and surveys within local communities to evaluate the impact of public awareness campaigns carried out by RCST branch operatives.
- Appropriate adjustments to the programme could be made based on the monitoring reports.

Evaluation of this programme will be carried out in the following ways:

- An internal evaluation of the programme will be carried out by the end of 2002. On the basis of recommendations obtained, further steps will be agreed upon in co-operation with the regional disaster preparedness programme co-ordinator, including a possible overall external evaluation of the Federation's and RCST disaster preparedness, response and mitigation programme.

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3. Health and care

- **Primary health care programme**
- **Water and sanitation**

Primary health care programme

Background and achievements/lessons to date

Tajikistan has an extensive network of health infrastructure, inherited from the Soviet Union. Prior to its independence, the major suppliers of drugs to Tajikistan were the Soviet Union and other eastern European countries. Since 1991, however, drug imports to the country virtually ceased, while the local pharmaceutical industry collapsed under the effects of the civil war and the long-lasting economic crisis. Presently, Tajikistan depends solely on the provision of medical supplies through humanitarian assistance programmes. The government's ability to maintain, let alone improve, the health structure is extremely limited, leaving the facilities in a dilapidated state. The lack of transport, basic equipment, food, safe water and general maintenance have made it difficult to offer adequate services to the population. People in remote areas have particular difficulties in accessing basic-quality health care, and are mostly forced to rely entirely on primary health care units, even though these are poorly equipped and supplied.

The growing poverty of the population, coupled with broken infrastructure and reoccurring natural disasters, such as the ongoing drought, impose new health challenges. With many water-supply systems collapsed, almost 40 per cent of the population uses water that is piped into their dwelling or plot for their household consumption. Public taps and tube well or bore holes with pumps account for another 8 per cent and 6 per cent, respectively. Pond, river or stream water, which are considered to be unsafe sources of water for household consumption, are used by 33 per cent of the population, according to UNICEF. Sanitary situation and disease control capacity in the country are in decline in the recent years. This has been reflected by an increased number of water-borne diseases, high prevalence of helminthic infections and ongoing outbreaks of various zoonosis diseases.

The main causes of mortality remain respiratory diseases, infectious diseases, heart and circulatory system diseases. Maternal mortality rate is close to 100 per 100,000 live births (significant increase from 66,5 per 100,000 live births as reported in 1998*). The infant mortality rate (IMR) increased from 23.4 per 1,000 to 87 per 1,000. According to the official statistics, two-thirds of infant deaths are due to acute respiratory infections, 25% due to diarrhoeal diseases and 17% due to perinatal conditions⁴. Anaemia, along with poor nutrition, prevails among pregnant women (more than 80%)⁵. There is a rising incidence of malaria, with official statistics indicating 280 cases per 100,000 in 1998, and tuberculosis, with 34 officially registered cases per 100,000 in 1997, compared to the European Union rate of 14 per 100,000 (WHO, 1999).

The country's rapid social change and economic dislocation have created an environmental susceptible to a potential HIV epidemic outbreak. Whereas only two HIV cases were reported in 1991, in 2000 the number of officially reported cases increased to 23. In reality, however, these figures are suspected to be several times higher. There is a number of key factors increasing the risk of a potential HIV infection growth in Tajikistan: a dramatic increase of STD (sexually transmitted diseases), drug abuse and generally very low knowledge of the population about AIDS.

⁴ Recovery Plan for Women and Children Affected by a Drought Situation in Tajikistan (UNICEF, 2001).

⁵ National Presidential Programme of Health Care Reforms in the Republic of Tajikistan, 2000 - 2010.

The Federation and the Red Crescent Society of Tajikistan (RCST) have been implementing health-care programmes throughout the country for a number of years. These programmes include public health campaigns, reparation of water-supply systems in specific villages and training of Red Cross volunteers. In addition, ICRC is distributing essential drugs to three hospitals in the Karategin Valley.

As a part of the drought emergency appeal 2000, the Federation and RCST trained 260 Red Crescent volunteers to conduct public health campaigns in their communities. The campaigns addressed the needs specific to each community, however they were mainly related to prevention of water-borne diseases, tuberculosis, HIV/AIDS, sanitation and hygiene practices. Out of the total number of trained volunteers, 45 received additional first aid training to further strengthen their skills as well as the capacity of the selected 12 national society branches. This provides the link between an emergency health operation and annual health programmes. The same volunteers continue to carry out public health campaigns within the framework of the 2001 food deficit emergency appeal.

Monitoring of our previous and current health programmes indicates that they contributed positively to the population's overall access to better health services. Professional staff expresses general satisfaction with the supplies and training provided. However, additional efforts need to be made to increase the knowledge of professional staff on the appropriate use of essential drugs and standard treatment protocols, as well as on the prevention of infectious diseases, especially waterborne diseases and respiratory track infections, in order to further decrease unnecessary hospitalization. Furthermore, knowledge on the transmission and prevention of AIDS is very scarce in Tajikistan, with only 20% of women aged between 15 and 49 having heard about the diseases, according to UNICEF.

The Red Cross and Red Crescent role in health care is progressively changing. Through previous programmes, the RCST, as an auxiliary to the state health and social welfare systems, has improved its capacity to respond to public health needs through its strong volunteer base and traditional expertise in community services and first aid. In order to fully utilize this capacity and address the issues raised above, the national society will put an emphasis on the first aid training and health education campaigns and continue with a gradual decrease of drug supplies aiming at transferring this responsibility back to the ministry of health, at an appropriate moment in the future.

Goal To contribute to further improvements in the health situation in the country.

Objectives and activities

Objective 1 To improve the quality of health care services in 785 health care institutions in Khatlon through distribution of limited quantities of essential drugs and education of staff on their rational use.

Activities to achieve objective 1 are:

- Procure the essential drugs agreed with the ministry of health outside the country and transport them to Tajikistan.
- Distribute limited quantities of drugs for treatment of specified, recurrent communicable diseases to 785 health institutions: 458 medical houses (FAP), 304 physician ambulatories (SVA) and 23 central rayon hospitals with in- and outpatient departments (CRH) in line with the general orientation of the health care reform towards a decreased hospitalization rate. In 2003, distribute essential medicines only to outpatient departments (458 medical houses, 304 physician ambulatories and 23 polyclinics).
- Continue disseminating information on the appropriate use of drugs, standard treatment schedules and side effects, at sessions for the health staff at health facilities covered by the programme.

Objective 2 To increase the population's awareness of major health issues and contribute to a decrease in the incidence of the most common diseases through health promotion and public awareness campaigns carried out by the community health workers and Red Crescent volunteers.

Activities to achieve objective 2 are:

- Train a total of 1,000 community health workers and 600 Red Crescent volunteers in 120 workshops (60 in 2002 and further 60 in 2003) in prevention of diarrhoeal diseases, prevention of acute respiratory infections and importance of breast feeding and weaning.
- Organize three public health campaigns each year at schools, institutes and kindergartens.
- Produce some 100,000 information brochures and leaflets each year bearing the main public health messages, and distribute them through volunteers during the campaigns in their respective communities.
- Distribute the public health material through other organizations throughout the country.
- Include health volunteers active within the framework of the food deficit emergency operation into all training and campaigns.

Objective 3 To organize functional first aid posts in 5 regional RCST branches through first aid training of Red Crescent volunteers and provision of first aid kits.

Activities to achieve objective 3 are:

- Mobilize 500 (100 per region) RCST first aid volunteers each year.
- Carry out 34 first aid training sessions each year by 12 national society trainers.
- Establish a total of 10 first aid posts in five regions and equip them with first aid kits and information material.
- Produce 500 first aid kits each year and distribute them to the trained volunteers.
- Organize refresher training courses for national society trainers in 2003.

Objective 4 To raise awareness on STD/HIV and their prevention among the general population and particularly youth throughout the country, through public health campaigns carried out by trained youth and volunteers.

Activities to achieve objective 4 are:

- Train ten RCST youth and health volunteers (six from Dushanbe and four from the regions) in 2002 on HIV and main factors influencing its occurrence- sexually transmitted diseases, drug abuse, commercial sex and ways to prevent it.
- In 2003, train 20 additional trainers.
- Print a total of 50,000 information leaflets on HIV/ AIDS and STD and basic preventive measures each year.
- In 2002, organize 10 public health campaigns facilitated by trained volunteers for the youth in Dushanbe, Khojend (Sughd region), Khorog (GBAO), Kulyab (Khatlon region) and Kurgan Tube (Khatlon region), in co-operation with the ministries of health and education.
- Organize 20 additional campaigns in 2003.
- Select each year, 25 remote rural places in Kulyab, Kurgan Tube, Sughd and GBAO for health promotion campaigns on HIV/AIDS, STD and safe sex behaviour. Facilitate these campaigns through 25 trained volunteers (five per district) and include up to 10,000 adults each year into the campaign.

Objective 5 Following the directly observed treatment short course (DOTS), monitor the treatment of 100 selected tuberculosis (TB) patients.

Activities to achieve objective 5 are:

- Train 5 RCST visiting nurses in TB patient care and DOTS concept.
- Train 20 RCST youth volunteers in TB awareness (10 in Dushanbe, and 2 in each region).
- Select 100 TB patients under the (outpatient) DOTS treatment in Dushanbe and monitor their progress based on benefits they get from the RCST public canteens i.e. by receiving one hot meal every day, seven times a week, for the remainder of their treatment period.

- Provide medicines through the ministry of health on daily basis.
- Organize home visits through the network of visiting nurses, meet with patients' relatives and neighbors, and conduct health education campaigns on preventive measures.
- Print 20,000 information leaflets on TB prevention and distribute them through the network of youth volunteers and visiting nurses.
- Based on the results in 2002, consider expansion of this project in 2003.

Expected results by the end of 2003

- The operational capacity of 785 outpatient health departments (policlinics, SVA and FAP) will have been improved in Khatlon and RRS through supplies of medicines and education of staff.
- The incidence of a number of communicable diseases will have been reduced by 10%.
- Ten first aid centres at RCST branch offices in selected disaster prone areas will have regularly provided first aid training sessions to the general public.
- Over 10,000 students throughout the country and 3,000 males and females from the general public will have been informed on AIDS/STD problems and ways to prevent them.
- 100 TB patients will have successfully completed the DOTS treatment with support of the RCST visiting nurses and public canteens services.
- Knowledge on TB and preventive measures against it, is increased through regular campaigns in Dushanbe as well as in Khojend, Kuliab, Kurgan Tube and Khorog

Indicators

- Essential medicines and other medical supplies are available at health care facilities and cover patients needs for 24 months period.
- The knowledge of professional staff at health facilities trained in rational use of essential drugs is increased by at least 60% by the end of the operation, measured by the monthly reviews of the practices at institutions (analysis of prescription forms and drug consumption forms) as well as by regular discussions with doctors.
- The proportion of patients treated in outpatient departments is increased by 30%, while the rate of hospitalization is decreased by the same proportion, as reported by the ministry of health.
- The knowledge of health workers and Red Crescent volunteers in focus areas about the most important communicable diseases is increased at least 30% following the training workshops, as demonstrated in pre and post-training tests.
- Community understanding of, and compliance with, disseminated messages (general hygiene practices, water-borne diseases, mother and child health care, acute respiratory infections) is increased following the health campaigns, as recorded in monitoring reports.
- 1,000 first aid Red Crescent volunteers from selected areas are trained over a period of operation, and their knowledge is maintained, as demonstrated in periodical (6 monthly) simulation tests.
- At least 40% of students in Dushanbe and other big cities (control is closely co-ordinated with the ministry of education and the management of respective institutions) have better understanding of problems related to HIV/AIDS and STD and the ways of their prevention. The percentage will be estimated by interviewing students at the end of the programme.
- The health condition of 100 TB patients has greatly improved.
- A decreased number of new TB patients.

Critical assumptions

- Continuous interest and support of the RCST.
- The funding for the programme is secured.
- Medical supplies are delivered in time.
- Relative political stability in the country is maintained, allowing regular access to all operational areas.
- TB DOTS programme is officially accepted and initiated by the government of Tajikistan.

Monitoring and evaluation arrangements

Monitoring of this programme will be carried out in the following ways:

- Each facility will be visited at least once a month by one of 26 monitoring groups of the national society giving advice and guidance and seeking feedback from the health staff .
- The RCST and Federation monitoring teams will follow up on all health promotion campaigns performed by trained volunteers and community health workers, and assess their effectiveness through visits to communities and institutions, interviews with the population and local authorities, which will enable them to assess the increase in their adherence to the approach to public health education.
- Records on TB patients visiting the public canteen and receiving treatment will be closely monitored.

Evaluation of this programme will be carried out in the following ways:

- The RCST and the Federation health departments will regularly conduct post-TB campaign interviews with the population to evaluate the impact of the campaigns.
- The RCST and Federation monitors will organise periodical (every 6 months) tests and simulation exercises for the first aid volunteers in order to ensure that the gained knowledge is maintained and first aid centres remain fully functional.
- Monitoring teams will be collecting the disease surveillance data from selected institutions on a quarterly basis, and this information will be analyzed by the RCST and Federation health team, in order to follow the impact of assistance provided. This information gathering process will be co-ordinated with other health agencies conducting similar surveys, and reports will be made available to the ministry of health and partner organizations.
- This project will be implemented by the Federation, RCST and the ministry of health and will be subject to a tripartite internal review at the end of each year.

Water and sanitation

Background and achievements/lessons to date

During the Soviet Union, water for domestic use as well as technical water for irrigation and industrial use was plentiful and it was provided and distributed to the public as well as to the industry and agricultural sectors practically free of charge. This changed drastically with the collapse of the Soviet Union and with the independence of Tajikistan in 1991, as suddenly no funds were available for the maintenance, replacement and/or upgrade of water equipment, for transportation and supply systems. The situation worsened during and after the civil war as many water supply networks were destroyed, seriously damaged or dismantled. Since then, the water supply situation has become considerably worse. The remaining functioning water supply systems, built more than twenty years ago, continued to deteriorate even further due to a lack of funds for required maintenance caused by a stagnating economy. The already critical situation was further exacerbated by several years of lower than average rainfall and snowfall, culminating in the severe drought conditions in 2000 and 2001.

Even before the civil war, less than 40 per cent of the rural population had access to good quality drinking water delivered by water pipelines. At present, that figure is less than 10 per cent, due to a rapid deterioration of water supply systems and inability of all levels of government to restore, maintain or even operate them. Therefore, the population, especially in rural areas, is compelled to use water from other sources such as irrigation canals or ditches. This practice, combined with the fact that more than 90 per cent of the rural population has unsatisfactory sanitary facilities (e.g. inadequate or improperly located latrines), leads to increased transmission and spread of water-borne diseases. Due to the economic decline, a large portion of the rural population has a very low standard of living and has no means for basic sanitary and hygiene products or for improvement of their hygiene or water supply conditions (e.g. building of properly designed latrines or purchase and installation of hand water

pumps). A lack of funds prevent the government from conducting any sanitary and hygiene educational programmes among the rural population.

Structural problems in this domain have been further exacerbated by four consecutive years of drastically reduced rainfall and shortfall in the country, causing a recurring drought in 2000 and 2001. The acute shortage of water caused an increased consumption of unsafe drinking water, and related outbreaks of water-borne diseases, and further reduced generally low hygiene practices in rural areas.

The Federation and RCST have been implementing water and sanitation programmes throughout Tajikistan for several years, with the objective to provide technical assistance to selected villages to improve the supply of water for household consumption and environmental sanitary conditions. The main activities comprised installation of hand water pumps in 40 villages, installation of washing stands in schools and health centres in 11 districts, distribution of slow sand filters in two villages, construction of latrines in primary and secondary schools in seven districts, provision and installation of movable water tanks in 10 villages. As part of the 2000 emergency drought operation, rehabilitation of the existing water supply system for five villages and building of the natural spring catchment facility and the gravity-fed water pipeline in one village commenced in the autumn of 2000. Training sessions on the use and maintenance of hand water pumps and for the community-based first aid trainers were held and seminars addressing such topics as risk awareness related to water-borne diseases as well as sessions on personal and community hygiene and healthy lifestyle were organized.

Difficulties were occasionally encountered with the installation of hand water pumps in some regions, due to less than desirable geological conditions or poor water quality (e.g. high salinity, chemical or bacteriological contamination) and, on one occasion, a need to completely replace poor quality pipes of the water supply system. This will be avoided in the future by closer co-operation with the local authorities and agencies that can provide detailed geological and hydro-geological information for the targeted areas, as well as by detailed quality inspections of the targeted water supply systems.

Goal To contribute to improving the health of the population by providing them with access to water for household consumption and introducing modern hygiene principles and practices, resulting in reduced incidence of water-borne diseases.

Objectives and activities

Objective 1 To provide drinking water to 57 villages in the north and south of the country.

Activities to achieve objective 1 are:

- Provide spare parts and technical assistance to repair, maintain or upgrade, when needed, over 300 shallow water pumps installed in 1999 and 2000 in 42 villages of the Khatlon region, in order to ensure the continuing supply of water for household consumption for up to 18,000 beneficiaries. The work will be carried out over a period of two years.
- Organize, on regular basis during the operation, up to 20 training sessions on the proper use and maintenance of the installed equipment, and on the safe and appropriate use of water for community leaders and local population.
- Distribute leaflets and brochures with the same message.
- Use local media to disseminate the information.
- Exert special efforts to strengthen relationships between the local communities and the RCST in order to actively use the village population in support of the RCST programmes.
- Select, through discussions with local authorities and beneficiaries, local project leaders and volunteers and train them on management of the existing water resources and further dissemination of messages on basic hygiene practices.

- Identify 15 additional villages in 2002 and 30 more in 2003 in the north and in the south of the country for rehabilitation of natural spring catchments and construction of bore holes and mobilize the community for work on this projects.
- Provide the necessary material, supervision and guidance on safe use of water and hygiene.

Objective 2 To provide water supply for household consumption and sanitary facilities to 20 villages in the RRS around the capital Dushanbe.

Activities to achieve objective 2 are:

- Following the assessment and selection of the most vulnerable villages, provide technical assistance, construction material and spare parts required for installation of shallow water hand pumps and construction of latrines in schools and villages of the districts of Leninsky, Tursunzade and Gissar in co-operation with the community members, local authorities and sanitary and epidemiological stations (SES).
- Organize presentations and workshops for the community on appropriate sanitary and hygiene practices and responsible use of water resources.
- Target women and school children in view of their role in households and their high level of vulnerability.
- Prepare and distribute brochures and posters and mobilize local media to reach a larger population.

Expected results by the end of 2003

- Up to 17,000 existing beneficiaries and 30,000 new beneficiaries will have had uninterrupted access to water for household consumption.
- By the end of 2003, at least 100 villages in Khatlon, Sughd and RRS will have had adequate supplies of water for household consumption.
- By the end of 2003, the level of awareness in targeted communities will have increased by at least 60 per cent, as indicated in monitoring reports prior to and following the training sessions.
- By the end of 2003, each targeted village will have had a community project leader and at least two community volunteers active in managing the available water resources and disseminating the health and hygiene messages.
- Communities will have taken ownership of the completion and maintenance of initiated projects, and an active role in the management of water resources and dissemination of related messages within their respective communities.

Indicators

- Improved overall health condition of the population.

Critical assumptions

- The political situation in the country remains relatively stable.
- Continuous donor support is provided.
- The national society continues to support the programme.
- No major natural or man-made disaster occurs.

Monitoring and evaluation arrangements

Monitoring of this programme will be carried out in the following ways:

- The Federation and RCST water and sanitation team will monitor the implementation of technical aspects of individual projects, as well as the community involvement, while the health teams will monitor the dissemination of health and hygiene messages and quality of water supply, together with SES.

Evaluation of this programme will be carried out in the following ways:

- Through an assessment of the impact the programme has had on the living conditions of the population and their coping mechanisms.
- Technical aspects of the programme will be evaluated within six months after its completion.
- The final evaluation will be carried out on the basis of reports on regular activities and statistical analyses of the incidence of water-borne diseases in the targeted area.

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4. Organizational development

Background and achievements/lessons to date

Since the establishment of the Federation's delegation in Tajikistan in 1994, the RCST has been provided with continuous support in building its capacity to respond to the needs of the vulnerable population in the country. Since two years ago, the RCST has been implementing a gradual shift from relief to the national society capacity building. The first steps towards development have been taken in the areas of health with the community-based health promotion and first aid activities of the local Red Crescent branches. These initiatives have been implemented in combination with a number of emergency response operations caused by natural disasters (floods in 1999, drought in 2000, food deficit in 2001).

In the summer of 2000, the Federation carried out a regional institutional and resource development review of the five Central Asian national societies, including the RCST. A number of recommendations were made to further improve the RCST development initiatives, including the prioritization of branch development, the national society taking a more active role in the management of Red Cross and Red Crescent activities in Tajikistan and an increased ownership of the programmes, a more proactive and a more diversified pursuit of the RCST financial sustainability. A plan of action was prepared by the RCST in order to implement those recommendations. In August 2001, a follow-up organizational development review was carried out, to determine the state of implementation of the initial objectives and to identify further steps. The initial findings identified a number of achievements, including the implementation of programmes through local branches by direct partnerships with other organizations, improved recruitment of volunteers, strengthened co-operation with local authorities, upgrading of management skills and more focused programme planning. A clearly restraining factor falls in the domain of the national society's limited financial capacity, including the lack of financial support from the government, as well as insufficient level of donor interest.

In June 2001, a financial development review was conducted by the British Red Cross identifying strengths and weaknesses of the RCST financial management and providing both short term and long term recommendations for possible financial development. Some of these recommendations are being discussed and their implementation planned. Within this framework, an independent international audit is planned to take place during the first half of 2002.

In 2001, RCST developed a volunteering policy, and continued carrying out a national registration campaign of members and volunteers, initiated in 2000. Since the establishment of the RCST youth department in 2000, the national society registered a total of 1,423 members and 3,500 volunteers, of which 270 are youth volunteers. Some of the most active regional and local Red Crescent branches received basic material support, such as furniture, office equipment and material, aimed at further strengthening their operational capacity. Training courses in financial management and programme planning and reporting were organized for the RCST programme managers from the headquarters and regional branch chairpersons. The national society youth department has successfully recruited and trained volunteers and established 16 youth groups in four regions. The youth volunteers have been carrying out activities such as anti-drug, first aid and dissemination and will soon participate in the ICRC-designed mine-awareness campaigns. Four youth co-ordinators have been recruited to support the establishment of youth groups in local Red Crescent branches. A working group for development of the statutes for the Red Crescent youth was set up in 2001, aiming at clarifying the role of the Red Crescent youth within the RCST.

The difficulties the RCST is facing today include the lack of direction and co-ordination of the youth activities, causing difficulties to retain and motivate the volunteers. The national society must continue strengthening its limited human, material and financial resources, especially at the regional and local

branch levels. Furthermore, co-ordination and co-operation within the RCST needs to be improved ensuring a maximum use of its resources. Methods for recruitment, training and management of volunteers need to be further developed.

In the next two years, the RCST organizational development programme will continue the current capacity building process. The main focus will be on development of the regional and local Red Crescent branches, as well as on strengthening the Red Crescent youth activities. The implementation of other national society programmes such as health and disaster preparedness will be supported through branch development. Recruitment and training of volunteers from local communities will be intensified, encouraging broad community participation from different gender, age and vulnerable groups. The interaction between the different Red Crescent programme areas and volunteers will be encouraged to maximize the use of resources. Development activities will be closely co-ordinated with ICRC, especially in the areas of dissemination of the Fundamental Principles of the Movement and tracing services. A number of development activities will be carried out within the framework of the 2002-2003 Central Asia regional appeal. They will include promotion of the Red Cross and Red Crescent Fundamental Principles and humanitarian values as well as linking of organizational development with disaster preparedness.

Goal To further strengthen the RCST capacity, especially at local branch level, and thus assist the national society in becoming a leading community-based organization in Tajikistan which will be able to provide timely and appropriate assistance to the most vulnerable.

Objectives and activities

Objective 1 To carry out local vulnerability and capacity assessments (VCA) and introduce and implement community-based activities within the four core areas of the Strategy 2010.

Activities to achieve objective 1 are:

- Organize a series of training courses for local branch staff and volunteers on volunteer management and dissemination of knowledge on the Red Cross and Red Crescent history and principles.
- Train a total of 10 volunteer-trainers (2 per region) and five regional youth co-ordinators to carry out workshops for chairpersons of all 65 local branches of RCST and the existing youth groups.
- Recruit 10 volunteer trainers on the basis of clear terms of reference. The selected volunteers will be asked to sign a 'volunteer contract' stating the nature of their voluntary work.
- Select at least ten local Red Crescent branches (particularly those implementing disaster preparedness and health programmes) and train them to carry out the vulnerability and capacity assessment and community-based programming over a two-year period including members of different gender, age and particularly vulnerable groups.
- Provide small-scale start-up support for all new community-based programme initiatives.
- Encourage the branches to mobilize resources from within the community and thus ensure sustainability of all activities.
- Based on the experiences gained during the first year, provide support to 5 new branches in 2003.
- Introduce branch-to-branch coaching in order to strengthen support systems among the branches.
- Organize further training on financial management, programme planning and reporting on regional chairmen and finance officers.
- In addition to the BPI workshop that will be conducted within the disaster response programme, organize a follow-up workshop for regional and local branch programme co-ordinators within the *Better Programming Initiative* (BPI), in order to ensure strengthening of their programme planning and management skills.
- Train one RCST member as a BPI trainer and develop further training plan for the local branches and RCST headquarters.

- Select local branches and provide them with basic furniture, office equipment and material, as well as bicycles to 20 local Red Crescent branches in 2002, and to additional 10 branches in 2003, in order to increase their operational capacity.
- In order to raise awareness about the Red Crescent and its programmes and activities, internally and externally, support the RCST jointly with the ICRC to publish a quarterly newsletter as well as to develop and produce a new information leaflet.
- Organize a week long on-the-job training for the RCST information officer, enabling him/her to further develop RCST publications and improve the internal information flow.
- Organize regular meetings at regional and headquarters levels in order to increase co-operation and co-ordination within the RCST.

Objective 2 To assist the RCST in developing its youth activities, with special focus on promotion of healthy lifestyles and voluntary service among the youth of Tajikistan.

Activities to achieve objective 2 are:

- Support the existing youth groups and establish ten new groups, five each year.
- Facilitate through youth groups campaigns promoting healthy lifestyle and voluntary service.
- Improve co-ordination of youth activities by organizing regular meetings among youth co-ordinators at the headquarters and in regions.
- In order to ensure efficient support to the youth groups and continuity of their involvement in the next two years, provide a small-scale salary support to youth co-ordinators in the headquarters and five regional branches.
- Establish a pilot youth centre where young people from the community could gather and participate in above-mentioned activities and provide it with furniture.
- Organize campaigns aimed at raising young people's awareness of STDs, HIV/AIDS, drug and alcohol abuse and smoking in co-ordination with the RCST development, health and youth co-ordinators.
- In 2002, train 15 youth trainers, including 5 regional youth co-ordinators and 2 volunteers/youth activists from each region to organize workshops on healthy lifestyle and voluntary work for the existing 16 RCST youth groups.
- With the participation of youth groups, conduct pre- and post-campaign surveys among young people with regard to their awareness about STDs, HIV/AIDS, drug and alcohol abuse and smoking, and their interest for voluntary work.
- Following the surveys, organize appropriate information campaigns in local communities.
- As of 8 May 2002, start promoting, through youth groups, the values of and possibility for the voluntary service among young people and intensify recruitment of volunteers in the local communities.
- Increase the visibility of the RCST youth groups by providing them with T-shirts and caps.

Expected results by the end of 2003

- Ten local Red Crescent branches will have developed local programming initiatives. They will have been able to get support and mobilize resources from the local communities for their implementation, thus decreasing their dependency on external funding.
- RCST branches country-wide will have benefited from further training on financial management, programme planning and reporting, volunteer management and Red Cross and Red Crescent history and principles, as well as the BPI approach.
- 26 youth groups in different parts of the country will have been established in order to carry out regular campaigns in their local communities on health awareness, voluntary work and Red Cross and Red Crescent principles.

Indicators

- Improved training capacity in four regions.

- About 20% annual increase in the number of volunteers and members in 10 local Red Crescent branches.
- Volunteers take initiative and start implementing their community-based activities.
- About 20% increase in the number of the Red Crescent youth in the selected branches by the end of 2003.
- By the end of 2002, the statutes and structure of the RCST youth have been submitted to the RCST Presidency for approval.
- Improved lifestyle practices in the targeted population.
- By the end of 2003, young people's awareness about STDs, HIV/AIDS, drug and alcohol abuse and smoking, as well as voluntary work, has increased by at least 15 per cent in operational areas, as demonstrated in pre- and post-campaign surveys.

Critical assumptions

- The political situation in the country remains relatively stable.
- No major natural disaster occurs, requiring new prioritization of RCST activities.
- Continuous donor support is available.
- Continuous interest and support of the national society is provided.

Monitoring and evaluation arrangements

Monitoring of this programme will be carried out in the following ways:

- Activities of the RCST branches will be monitored by the regional branch, the RCST development officer and the Federation development delegate, in cooperation with the ICRC. The targeted branches will provide monthly reports with statistics to the regional branch, which will forward them to the RCST headquarters.
- Activities of the RCST youth groups will be regularly monitored by the RCST regional and headquarters youth co-ordinators and the Federation development delegate. The youth groups will provide monthly reports with statistics to the regional youth co-ordinator, who will forward them to the RCST headquarters.

Evaluation of this programme will be carried out in the following ways:

- Pre- and post-operational surveys of the Red Crescent image will be conducted in the selected 10 communities to evaluate the impact of RCST information strategy on raising the national society's image within the community and to identify areas for possible improvement.
- The organizational development programme will be evaluated by the end of 2003, as a part of the follow up of the Central Asian regional organizational development review.

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5. Coordination and management

Background and achievements/lessons to date

The Federation established its delegation in Tajikistan in 1994 to assist the Red Crescent Society of Tajikistan in addressing the growing needs of the population, following the break-up of the Soviet Union and the ensuing civil war in Tajikistan. Its activities have been focused on disaster relief programmes, including food-aid, medical relief and water and sanitation. At the same time, in view of the country's high susceptibility to natural disasters and incidence of population movement throughout the region, the Federation has supported the strengthening of the RCST disaster preparedness and response capacity through disaster preparedness and organizational development programmes.

In the summer of 2000, the Federation carried out a regional institutional and resource development review of the five central Asian national societies, including the RCST. A plan of action for the implementation of the review recommendations was then prepared jointly with the national society. In August 2001, a follow-up organizational development review was carried out, to determine the state of implementation of the initial objectives and to identify further steps. The initial findings identified a number of achievements in the area of branch development, co-operation with other organizations and the government, improved internal communication and more focused programming. Priorities for the next phase of implementation of the review recommendations include further branch development, strengthening the national society youth and volunteer base and activities, development of financial sustainability, as well as strengthening the RCST image through dissemination activities and dialogue with the government. The country assistance strategy for Tajikistan has evolved to include those priorities.

In addition to the planned annual programmes, between September 2000 and September 2001, the Federation and RCST successfully implemented a drought emergency operation, assisting 130,000 people with food and carrying out water and sanitation projects, preventive health campaigns, and distributing seeds and fertilizers to some 5,000 people. The size of the operation necessitated an expansion of the delegation and opening of two new offices in the north and south of the country to provide appropriate assistance to the RCST operational branches. A new food deficit emergency appeal was launched in August 2001 to continue providing assistance to 130,000 most affected people throughout the 2001-2002 winter period. Knowledge and experience gained in the last couple of years, especially at branch level, will be built upon through a continuous partnership between the RCST and the Federation in managing this operation.

The Federation delegation is implementing all programmes in close co-operation with the ICRC, especially disaster response activities (public canteens programme), branch development, dissemination of the Red Cross and Red Crescent principles and values as well as conflict/disaster preparedness programmes. There is a close co-operation with all other international organizations, which is manifested in successful operational partnerships, such as with WFP, UNOCHA, Action Against Hunger, FOCUS Assistance USA, and others. The Federation's regional delegation for Central Asia is providing support to the Tajikistan delegation in the organizational development, disaster preparedness and population movement programmes. This will continue in 2002, through a regional follow up of the RCST organizational development, technical support to the disaster preparedness programme, and inclusion of the Tajikistan population movement activities in the regional population movement programme.

Goal To successfully develop and implement humanitarian programmes in Tajikistan in close collaboration with the RCST and ICRC, thereby contributing to the continued strengthening of the national society's capacity to respond to both rapid- and slow-onset disasters.

Objectives and activities

Objective 1 To ensure strong co-ordination and effective management of the Federation's activities in Tajikistan.

Activities to achieve objective 1 are:

- Maintain four Federation field offices (Dushanbe, Kulyab, Khojent and Khorog) operational.
- Strengthen the cohesion between relief and development programmes through a continued involvement of the RCST volunteers and youth.
- Link the emergency programmes with the planned annual activities, especially in the field of health training and campaigns, food security programmes, water and sanitation activities and disaster preparedness training and engage the RCST branches regardless of their involvement or non-involvement in the emergency operation.
- Continue with the system of daily contacts between the RCST and Federation programme managers as an important factor in strengthening the RCST capacity.
- Continue supporting the regional exchange of the national society staff.
- Continue co-operation with the regional delegation for Central Asia in fund-raising, organizational development, disaster preparedness and population movement programmes.
- Continue with effective donor reporting in order to maintain a high level of accountability, improve fund-raising and raise the RCST and Federation's visibility in the region and internationally.

Objective 2 To ensure close and efficient co-operation within the Movement, as well as with external partners.

Activities to achieve objective 2 are:

- Continue with adequate information-sharing with the national society and co-operation in planning and implementation of programmes.
- Assist the RCST in strengthening its ownership over and responsibility for the successful implementation of programmes, through advice and training in all jointly identified areas.
- Support the national society in the implementation of its development plan and the country assistance strategy.
- Hold regular biweekly co-ordination meetings with the RCST heads of departments, ICRC and relevant Federation delegates.
- Promote co-operation and dialogue between the RCST and partner national societies as well as with external partners.
- In 2002, focus on the joint Federation-ICRC-RCST planning of programmes and activities.

Expected results by the end of 2003:

- The RCST will have demonstrated a continuous improvement in specific areas of disaster relief and preparedness, resulting in its gradual taking over of certain responsibilities previously held by the Federation delegation
- By the end of 2003, the RCST will have broadened and diversified its donor base.
- By the end of 2003, responsibilities and programmes will have been gradually handed over to the RCST .

Indicators

- A 60% increase in funding sought by the annual appeal by the end of 2002.
- Increased independence in the process of fund-raising and technical support directly from donors.

Critical assumptions

- Relative political stability and security in Tajikistan throughout 2002.

- No major disaster occurs during the programme period..
- Secured funding and staffing for the core functions.
- Continuous RCST commitment to, and ownership of, the programmes and priorities.

Monitoring and evaluation arrangements

Monitoring of this programme will be carried out in the following ways:

- Continuous monitoring of programmes and activities will be carried out jointly by the Federation and RCST, as per separate plans for each programme.
- The RCST organizational development will be reviewed annually, as part of the regional organizational development review follow-up.

Evaluation of this programme will be carried out in the following ways:

- A comprehensive evaluation of the Federation's activities in Tajikistan will be organized before the end of 2003.

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PROGRAMME BUDGETS - 2002								
Delegation Tajikistan								
PROGRAMME	Disaster Resp.	Disaster Prep.	Health & Care	Human Values	IDRD	Reg. Co-operation	Co-ord. & Mgmt	TOTAL
Shelter & Construction	0	122'495	60'116	0	0	0	0	182'611
Clothing & Textiles	0	109'375	0	0	0	0	0	109'375
Food & Seeds	2'148'475	13'125	0	0	0	0	0	2'161'600
Water	0	3'063	172'723	0	0	0	0	175'786
Medical & 1st Aid	0	0	345'625	0	0	0	0	345'625
Teaching Materials	0	0	175	0	11'814	0	0	11'989
Ustensils & Tools	0	13'851	0	0	0	0	0	13'851
Other Relief Supplies	0	21'875	3'817	0	2'625	0	0	28'317
Subtotal Supplies	2'148'475	283'784	582'456	0	14'439	0	0	3'029'154
Land & Buildings	0	0	0	0	0	0	0	0
Vehicles	0	61'250	0	0	16'275	0	0	77'525
Computer & Telecom	0	44'144	0	0	0	0	19'369	63'513
Medical Equipment	0	0	0	0	0	0	0	0
Other Capital Equipment	7'875	39'209	1'750	0	18'516	0	13'300	80'650
Subtotal Capital	7'875	144'603	1'750	0	34'791	0	32'669	221'688
Programme Management	261'842	104'372	144'682	0	28'590	0	60'852	600'339
Technical Services	78'382	31'243	43'310	0	8'558	0	18'216	179'710
Professional Services	86'925	34'649	48'031	0	9'491	0	20'201	199'297
Subtotal Programme Support	427'149	170'264	236'024	0	46'640	0	99'270	979'346
Warehousing/Inspection	49'875	14'613	24'369	0	2'450	0	8'400	99'707
Transport & Vehicles	225'120	164'413	426'440	0	31'839	0	149'100	996'912
Subtotal Transport & Storage	274'995	179'026	450'809	0	34'289	0	157'500	1'096'619
Delegates & Expatriates	310'548	245'726	247'450	0	103'893	0	274'575	1'182'192
National Societies and Local Staff	287'322	322'118	361'222	0	105'684	0	186'277	1'262'623
Subtotal Personnel	597'870	567'844	608'672	0	209'577	0	460'852	2'444'815
Travel & Related Expenses	33'190	29'593	33'060	0	20'492	0	32'273	148'609
Information	206'614	37'013	125'861	0	25'946	0	45'066	440'499
Consultants	71'050	18'760	15'050	0	10'001	0	0	114'861
General Expenses	115'955	116'970	88'848	0	27'821	0	74'823	424'417
Training Workshops & Seminars	0	0	0	0	0	0	0	0
Security	0	0	3'140	0	0	0	0	3'140
Subtotal Training, Information & General	426'809	202'336	265'959	0	84'260	0	152'162	1'131'526
TOTAL BUDGET	3'883'173	1'547'857	2'145'669	0	423'996	0	902'453	8'903'148