# PROGRAM WORK BOOK

## THE 4th YOUNG & ALIVE SUMMIT 2026

## Summit Theme

**"From Voices to Action; Youth Driving Accountability for Inclusive Health and Wellbeing".**

**THE YOUNG & ALIVE SUMMIT 2026.**

**11th - 14th October , 2026**

**UDSM-LIBRARY,**

**Dar Es Salaam ,Tanzania**

# "Engage, Learn, Connect & Act "

**The Summit Goal**

To foster meaningful youth engagement, strengthen partnerships, and scale up an existing integrated national youth platform that promotes youth leadership, policy influence, and investment in youth-led solutions to improve the health, well-being, and development outcomes of adolescents and young people in Tanzania.

**SUMMIT OBJECTIVES**

1. **Advocacy and leadership**
2. **Creative expression**
3. **Movement strengthening**
4. **Service delivery**
5. **Partnership and**
6. **collaboration**

# WELCOME MESSAGE

## Dear,

## Delegates, Partners and Friends.

It is an honor and privilege to welcome you to the Young & Alive Summit 2026 here in Dar es Salaam. When we first envisioned this movement in 2022, we did so with an uncompromising vision which is to transform young people from passive beneficiaries into active architects of Tanzania's health and development agenda.

Over the past four years, we have built something extraordinary. From the launch to the expansion in 2023 and the historic movement-building milestone in 2024, where we formalized the Young & Alive Network, we have proven that when young people are trusted with resources and platforms, they do not just identify challenges; they co-design solutions.

Over the next four days, Dar es Salaam becomes the epicenter of a historic multisectoral alignment where policymakers, development partners, practitioners and grassroots advocates must unite to formalize regulatory standards, integrate youth-friendly SRHR services into primary healthcare and school systems, and secure dedicated funding for youth-led community interventions.

To our youth delegates: You are not here just as mere attendees, but as the primary architects of a healthier and more resilient society. The commitments you anchor today will shape the well-being of Tanzanian communities for generations to come.

To our esteemed government leaders and development partners: Thank you for standing shoulder-to-shoulder with us and championing the power of youth-led innovation.

Our tasks during this summit are clear, urgent and non-negotiable: we must bridge the gaps between policy and practice, mandate the protection of young people and build a framework of support that meets every young Tanzanian exactly where they are.

Welcome to the Young & Alive Youth Summit 2026.

In solidarity and commitment,

**Dr. Sesilia Shirima.**

Chief Executive Officer, Young & Alive Initiative

# THE 4-DAY SUMMIT ROADMAP

## 11th–14th October 2026

| Day | Theme Description | Primary colours |
|---|---|---|
| Day 1 — Girl Child Day / Voice | An IDGC Walk activity; delegate registration; opening ceremony; high-level panel discussion; Breakout sessions | Pink and blue |
| Day 2 — Driving Accountability | Driving Accountability through building knowledge and engagement;<br><br>Youth voices plenary; workshops; service delivery; knowledge management; SRHR; mental health; economic empowerment.. | Light blue and black |
| Day 3 — Promoting Inclusion | Driving Inclusion toward Promoting Health Well Being .<br><br>Workshops, Plenary, Creative Expression | Mixed Colors |
| Day 4 — Action and Victory | Network General Meeting + Closing Plenary + Departure; network governance; Summit Declaration; action plans. | Black and white |

# DAY 1: GIRL CHILD DAY / VOICE

## THEME OF IDGCD : End child marriage and invest in girls' rights.

## Sunday , October 11, 2026

**MOTTO: ENGAGE**

**THEME COLOUR: PINK & BLUE**

| Time | Session |
|---|---|
| 07:00 AM - 08:00 AM | **Arrival, registration, Assembly meeting, & logistics briefing** |
| 08:00 AM - 09:00 AM | **Matching -** Raising awareness on Girl Child rights, SRHR, Ending child marriage, Improving education access, Promoting youth-friendly health services. |
| 09:00 AM - 11:00 AM | Bonzana - Games , Refreshments and Snacks |
| 11:00- 12:00 | Site visit / Exhibition and booth visit /Service delivery Visit |
| **12:00 AM - 01:30 PM** | **LUNCH** |
| 01:30 PM - 02:30 PM | **Opening Ceremony :** Expanding youth-friendly SRHR services, mental health integration, multi-sectoral collaboration. |
| 02:30 PM - 04:00 PM | **HIGH LEVEL DIALOGUES - VOICE OF Girls : Action to strengthen the health and well being of Youths In Rights perspectives .** |
| 04:00 PM- 4:30 PM | **Music & Drama** |
| **04:30 PM - 05:00 PM** | **Evening Snacks** |
| **05:00 PM - 06:00 PM** | **Mental Health / Meditation / Yoga session** |

# DAY 2: DRIVING ACCOUNTABILITY

## Monday, October 12, 2026

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|---|---|
| **MOTTO:** | **Learn** |
| **THEME COLOUR:** | **Light blue/ Black** |
| **Time** | **Session** |
| 07:00 AM - 08:30 AM | **Arrival and Registration** |
| 08:30 AM - 09:30 AM | **Plenary: OBJECTIVES: Meaningful Adolescents and Youth Engagement:** Positioning young people into translating national, Regional and Global policies into practice. |
| 09:30 AM - 10:30 AM | **Main Hall** : Health Service Utilization: Seeking Health Services as Accountability to Youth |
| 09:30 AM - 10:30 AM | **ROOM A:** Content creators Training |
| 09:30 AM - 10:30 AM | **ROOM B:** Self-awareness: Mental health and well-being of AYRSHR leaders |
| **10:30 AM - 11:00 AM** | **Tea Break** |
| **11:00 AM - 11:30 AM** | **CREATIVE EXPRESSION** |
| 11:30 AM - 12:30 PM | **Main Hall** : GESI in CAC and PAC: Advancing Equitable and Inclusive SRHR Services |
| 11:30 AM - 12:30 PM | **ROOM A:** Content creators Training Day-Afternoon. |
| 11:30 AM - 12:30 PM | **ROOM B:** Financial Literacy & Access to Opportunity for YPWDs |
| **12:30 PM- 01:00 PM** | **Creative Expression** |
| **01:00 PM - 02:00 PM** | **Lunch** |
| 02:00 PM - 03:30 PM | **Main Hall:**WORKSHOP: **SMART Advocacy and Leadership in Policy Dialogues** |
| 02:00 PM - 03:30 PM | **ROOM A:**UVITA |

| | |
|---|---|
| 02:00 PM - 03:30 PM | Workshop: AI and **Digital Integration: Innovation and Solutions Development for AYSRH** |
| 03:30 PM - 04:30 AM | **Plenary: Objective:** FIRE TALK FROM REGIONS: This will be presented by all partners who joined the summit from a region, blended with creative Expression<br><br>Creative Expression . |
| **04:30 PM - 06:00 PM** | **Evening Tea & Mind Games** |

# DAY 3: PROMOTING INCLUSION

## Tuesday, October 13, 2026

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|---|---|
| **MOTTO:** | **Connect** |
| **THEME** | **COLOUR: ALL COLOUR / CULTURAL WEAR** |
| **Time** | **Session** |
| 07:00 AM - 08:30 AM | **Arrival and Registration** |
| 08:30 AM - 09:00 AM | **KEY NOTE SPEECH AND TAKE AWAYS OF DAY 2:**<br><br>**CREATIVE EXPRESSION:** |
| 09:00 AM - 10:30 PM | **Plenary:** : Strategic Partnerships for Youth: Building Collaboration for Integrated and Inclusive Health and Well-Being |
| **10:30 PM - 11:00 PM** | **TEA BREAK** |
| **11:00 AM - 12:30 PM** | **Main Hall:** Mental Health Sound Mind is Better Life |
| **11:00 AM - 12:30 PM** | **Room A:** CLIMATE & SRHR |
| **11:00 AM - 12:30 PM** | **Room B:** Local resource Mobilization in SRHR |
| **12:30 AM - 01:30 PM** | **MAIN Hall:** Co-creation on how to address misinformation and disinformation SRHR / Health |

| | |
|---|---|
| **01:30 PM - 02:30 PM** | **Lunch** |
| 02:30 PM - 04:00 PM | **Main Hall:** Feminist leadership and Organising |
| 02:30 PM - 04:00 PM | **ROOM A:** ELEVATE SRH & HCP Workshop |
| 02:30 PM - 04:00 PM | **ROOM B:** Adolescent girls young women and young Mother SESSION |
| **04:00 PM - 05:30 PM** | **Evening Tea//Recreational Activity** |

# DAY 4: ACTION AND VICTORY

## Wednesday, October 14, 2026

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| **MOTTO:** | **ACT** |
| **THEME COLOR:** | **WHITE AND BLACK** |
| **Time** | **Session** |
| 07:00 AM - 08:30 AM | **Arrival and Registration** |
| 08:30 AM - 09:30 | **Role of Young People in GBV prevention** |
| 09:30 AM - 10:30 PM | **NAI-AHW II Development assessment tools - MOCDGSG-** |
| **10:30 AM - 11:00 AM** | **Tea Break** |
| 11:00- 12:30 | **Plenary: YAI NETWORK MEETING:** |
| 12:30- 1:30 | PLENARY OF FINALIZING THE THREE DAYS' ACTIONS |
| **01:30 PM - 02:30 PM** | **Lunch & Networking** |
| 2:30 AM - 04::00 PM | **Closing Ceremony**: Art concert, Awards and recognition and Closing remarks |

# OUR PARTNERS

We thank our partners for their invaluable support in making this summit possible.

Coordinating Partner

Sponsor

# CONTACT INFORMATION

## Young & Alive Initiative (YAI)

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