



Årsberetning 2019 Star for Life Norge

Overordnet

Høsten 2018 inngikk Star for Life Sverige avtale med Relasjonsselskapet (lokalisert i Oslo) for å opprette stiftelsen Star for Life i Norge. Med bakgrunn i den svenske stiftelsens strategi, metodikk og tilnærming til fundraisingsmarkedet, og utviklingsprogrammene ved skolene i Sør-Afrika, ble det våren 2019 etablert egne vedtekter og ett stiftelsesdokument for Star for Life Norge hvis formål er;

Stiftelsens formål er, uten erverv og innenfor rammen av Star for Lifes helse-, skole-, kurs-, kultur-, og utdannelsesvirksomhet, å bidra med midler, støtte og kompetanse til utdanning og utvikling av elever, lærere og ledelsesressurser på helse-, kultur-, skole- og undervisningsinstitusjoner som Star for Life til enhver tid er engasjert og vil engasjere seg i.

Forsommeren 2019 ble stiftelsen godkjent av offentlige myndigheter og nødvendige organisasjoner (Innsamlingskontrollen og Innsamlingsrådet) for å kunne drive en aktiv og målrettet fundraising. Arbeidet har tatt nødvendig tid og erfaringen er en tidshorizont på 6 til 9 måneder for å få inn skolepartnere. Det er inngått avtale med en første skolepartner. Sentralt i stiftelsens arbeide står å bygge strategiske partnerskap, der langsiktig utvikling, god innovasjon og framtidsrettet kommunikasjon rundt CSR prosjekter og programmer er styrende. Kjernen i samarbeidet baserer seg på tre av FNs bærekraftsmål; *god helse, god utdanning og likestilling mellom kjønnene.*

Det er i tillegg i 2019 gjennomført to konserter med Star for Life Choir (operasjonell aktivitet – ikke direkte innsamling) hvor billettinntekter fratrukket kostnader for konsertene går til formålet. Videre ble det før jul startet en kampanje for salg av solcellelamper for utdeling til elever ved én av stiftelsens skoler. Dette arbeidet vil videreføres 2020, i tillegg til oppstart av lignende prosjekter (target charity).

Totale inntekter for Star for Life Norge i 2019 er 213k. Totale kostnader er 150k og gir et resultat på drift på 63k for alle aktiviteter i stiftelsen (inkl. konserter og prosjekter). *Innsamlingsprosent* (viser forholdet mellom innsamlede midler og kostnadene ved innsamlingen) er 100% da kostnadene for stiftelsens innsamling er tatt av Relasjonsselskapet.

Om stiftelsens arbeide

Star for Life Norge har fått tildelt tre skoler i Sør-Afrika (KwaZulu-Natal) der det skal drives fundraising hvor målene er å:

Å VIRKELIGGJØRE UNGDOMS DRØMMER

- ✓ forbedre studiekvaliteten
- ✓ øke faglige prestasjoner
- ✓ bedre helseforståelsen
- ✓ styrke elevenes selvfølelse
- ✓ implementere verktøy og personlig oppfølging for å kunne ta gode livsvalg



Star for Life arbeider innenfor eksisterende skolesystemer og -strukturer med egne medarbeidere, verktøy og programmer. Skolene følges løpende opp av våre coacher i Sør-Afrika, som hvert halvår rapporterer effektene og utviklingen av arbeidet. Herunder filmer, bilder og dokumentarer av elever og klasser. Det gjennomføres i tillegg en årlig tur med skolepartnere der stiftelsen besøker utvalgte skoler.

Om fundraisingsarbeidet

Stiftelsens hovedmålgruppe er toneangivende og ledende CSR-aktører innenfor sin bransje, som hovedsakelig kommer fra næringsliv og ulike familieforetak, og kunder og forbindelser av disse. I tillegg kommer egne nettverk og kontakter. Det er utviklet en nettoliste for mulige skolepartnere som er (vil) kontaktes og følges opp. Disse er hentet fra bransjer som bank/finans, kultur/media, andre stiftelser og næringsmiddelindustri. Det vil også jobbes med å identifisere norske ambassadører for Star for Life.



Målet

er å

ha en tilnærming og oppfølging som oppleves som framtidsrettet og nyskapende, som aktivt vil kunne brukes til å styrke omdømme og relasjonene til våre skolepartnere og sponsorer. Og derigjennom skape en sterk VI-kultur som langsiktig forplikter begge parter for å kunne utvikle Star for Lifes programmer gjennom positivt å utfordre tankesett og strategi for sosial avkastning.

En kritisk faktor er først og fremst tiden og oppmerksomheten til CSR-arbeidet i organisasjonene stiftelsen møter. Vi må derfor kvalifisere oss gjennom å vise og dokumentere at Star for Life er en profesjonell, innovativ og langsiktig samarbeidspartner, som er dyktige på å kommunisere effektene av arbeidet og målrettet kan følge opp våre skolepartnere og sponsorer.

Økonomi

Totale inntekter i 2019 er 213k. Totale kostnader 150k og gir et resultat på drift på 63k for alle fundraisingaktivitetene i den norske stiftelsen.

Innsamlingsprosent er 100% da kostnadene i 2019 er tatt av Relasjonsselskapet (viser forholdet mellom innsamlede midler og kostnadene ved innsamlingen).

Formålsprosent er 96% (viser hvor mye som faktisk er brukt på det ideelle formålet av det totale forbruket og speiler driften i en innsamlingsorganisasjon).

Administrasjonsprosent er 3% (viser hvor stor andel av totalt tilgjengelige midler som er brukt til administrasjonen). Kostnadene er i all hovedsak tatt av avtalepart i Norge. Postene i regnskapet er derfor få.


Stiftelsen i Norge har ingen ansatte, men daglig leder fakturerer NOK 90.000 hvert tertial for konsulenttenester (såkalt fjernleverbar tjeneste) som kompenseres av stifter i Sverige.

Grunnkapital på 100k og driftskapital på 50K ble i januar 2019 overført fra stiftelsen i Sverige og står på konti i Nordea Norge. Grunnkapital er overført sparekonto. Det er ingen endringer i grunnkapital. Balansen viser en endring i omløpsmidler (bankinnskudd) på 63k. Regnskap og balanse er bokført i VISMA av økonomisjef i Star for Life Sverige og følger morstiftelsens og nasjonale regnskapsprinsipper for brutto- og nettoføring. Deloitte er stiftelsens revisor.

Styret består av tre personer (én kvinne og to menn) og mottar ikke kompensasjon/lønn. Styret er ikke fornøyd med summen av innsamlede midler, men ser 2019 som et etableringsår for Star for Life i Norge. Den økonomiske risikoen i Star for Life Norge vurderes som lav. Grunnlag for videre drift finnes god da fundraisingmarkedet er stabilt og noe økende. Bedriftenes og familieforetakenes samfunnsansvar, og strategier og tiltak for sosial avkastning, blir også stadig viktigere i opinionen. Politisk er temaet høyt på dagsorden. Globaliseringen spiller også sterkt inn. Første utdeling av midler fra Star for Life Norge, vil etter styrebehandling, overføres stiftelsen i Sverige i 2020 til formålet som beskrevet i vedtektene. Stiftelsen drives uten erverv.

Oslo 23.03.2020


Sam Olofsson


Styreleder

Jørgen Klafstad


Daglig leder

Stine Foss


Styremedlem

Aktiviteter 2019 og 2020

Se oppdatert tidslinje for hovedaktiviteter som under.

Tidslinje Norge (aktiviteter)





Star for Life

- empowering young people

ANNUAL REPORT 2019
SOUTHERN AFRICA



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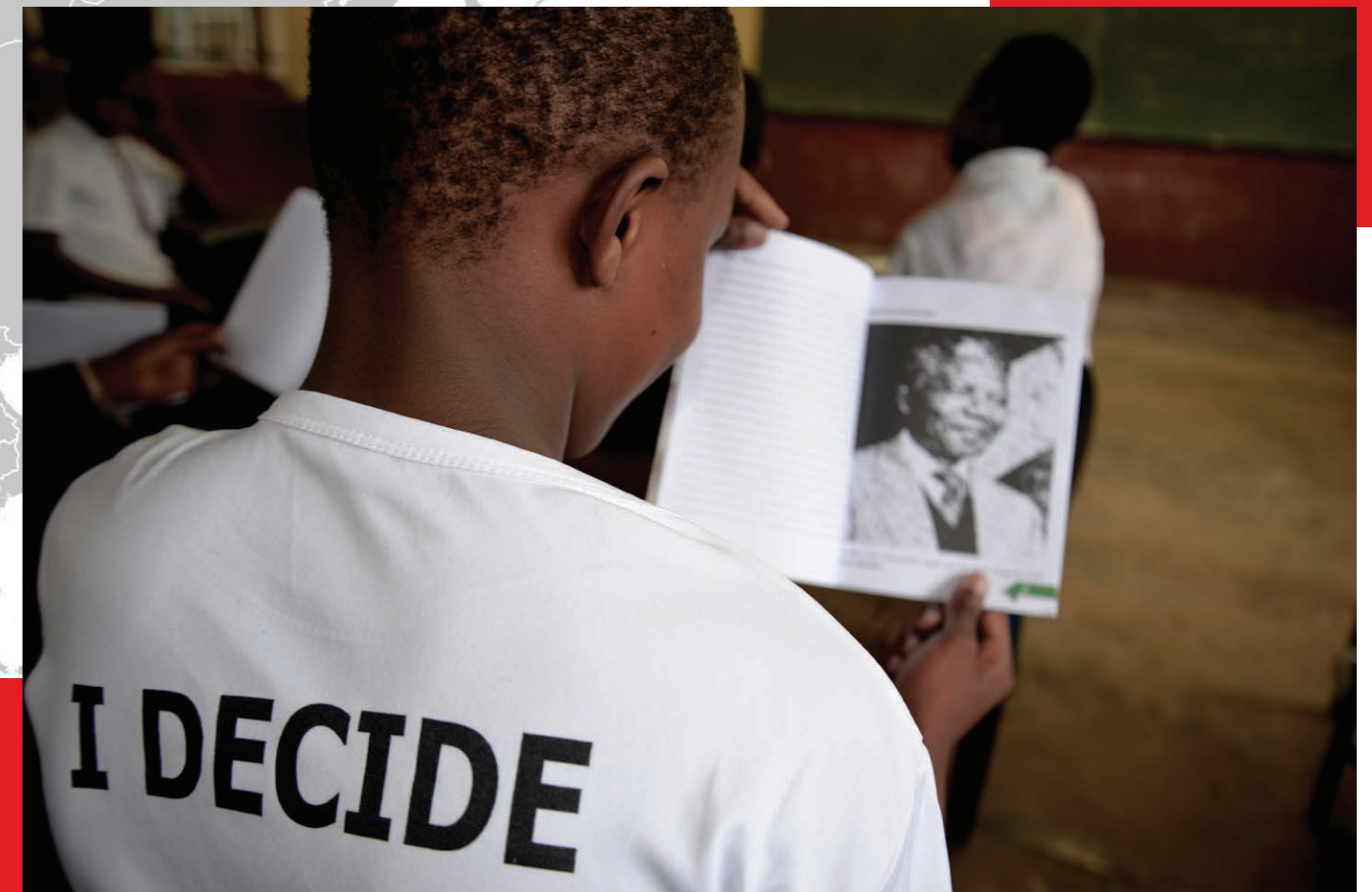


VISION

"A future in which young people are inspired to realise their dreams as responsible members of caring communities."

MISSION

"To inspire young people to value learning, acquire the knowledge and skills they need for productive work and live healthy and meaningful lives."





WE EMPOWER YOUNG PEOPLE



TABLE OF CONTENTS

01	Letter from the Secretary General
02	Letter from the Chairmen
04	Letter from the Executive Director
05	The Star for Life boards
07	Letter from HRH Princess Nandi Zulu
09	Our method
10	Our strategy
12	The Star for Life star
14	Star for Life activities
16	Our reach 2019
18	Star for Life team
23	KwaZulu-Natal - South Africa
25	- Highlights, achievements and lessons learned
27	Gauteng - South Africa
28	- Highlights, achievements and lessons learned
29	Nambia
30	- Highlights, achievements and lessons learned
31	Overview of support programmes
30	- Mobile health unit
33	- Highlights, achievements and lessons learned
34	- Wellness unit
36	Triple & Touch and Star for Life
37	Arts unit
42	Projects
43	- Daughters of Africa
45	- DREAMS
47	- Edu-circles
51	Financial Overview for 2019
57	Our partners



Christin and Dan Olofsson founders of Star for Life.

LETTER FROM THE SECRETARY GENERAL

It's been almost a year since I took over as Secretary General of Star for Life – and what a year! Fantastic meetings and experiences, but also great challenges.

In early 2020, I met many of my new colleagues in the African organisation for the first time. I have worked as a journalist for a long time and visited various countries, including southern Africa. But this journey was different: Getting to know committed Star for Life staff, participating in workshops and seeing the amazing contribution everyone makes in the schools – this beats the lot. It was incredible to learn that more than 450,000 young people have gone through the Star for Life programme so far and what this can mean for their future.

In recent years, I have been the editor-in-chief of several Swedish magazines and from time to time I am asked what it is like to work in an entirely new branch. The answer is that I actually see more similarities than differences. It is about driving an enterprise forward, identifying possibilities and realising visions. All those things that are especially important when times are tough.

Six months ago none of us imagined that the world would be paralysed by the iron grip of an unheard-of virus. The pandemic has had devastating consequences, above all in human suffering but also financially. At Star for Life, we are immensely grateful that almost all partners have chosen to continue sponsoring our organisation. However, we have been forced to cancel a number of events and concerts in Sweden and Norway, which means lost revenue.

At the same time, there is a saying “necessity is the mother of invention” and this is exactly what our staff in the organisation have shown. It is no coincidence that the school and health authorities in Namibia and South Africa have chosen to work with Star for Life in order to spread information about Covid-19. Digital teaching, information films, workshops – the list is long.

All ideas and initiatives show the strength and innovative power of Star for Life. There is important work to be done, both during and after the pandemic, and Star for Life will be playing a major role. I look forward to the continued journey, to leading an enterprise that makes a difference and to developing a successful concept. And in the long run, to be able to help give hope and strength to a new generation!



“EDUCATION IS THE MOST POWERFUL
WEAPON WHICH YOU CAN USE TO
CHANGE THE WORLD.”

- Nelson Mandela



Ulrika Norberg
Secretary General, Star for Life
Sweden

LETTER FROM THE CHAIRMEN

Dear Friends,

It gives us great pleasure to present to you the 2019 annual report for Star for Life South Africa and Namibia. When the 2019 financial year came to an end at the end of December, no one could have possibly known what 2020 was in store for us all.

Through the hardship, suffering and pain that has become synonymous with the global Covid – 19 Pandemic, we have been forced to evaluate and reflect on humanity and what is important to us all. At a time of unprecedented turmoil in the world, we have learnt to appreciate through experiencing lockdown regulations and restrictions, just how precious life really is and how we should celebrate the principles and values that are important to us. Sadly, many families have been devastated through the loss of life with very few parts of the world remaining unaffected.

However, as we contemplate life post Covid – 19, we appreciate the role that our coaches and Star for Life support staff play in the lives of so many scholars and members of disadvantaged communities as mental health becomes a challenge and a new reality for the future.

Girls and young women account for seventy-four percent of new HIV infections among adolescents in Sub-Saharan Africa. Having reached more than four hundred and fifty thousand young people since its establishment exactly fifteen years ago, Star For Life (SFL) remains committed to empower young people to achieve their dreams with health promotion interventions to reduce HIV Infections, improve health seeking behaviours, and achieve academic excellence.

One of our pioneering programmes is now to support adolescent girls, young people and women's health by addressing the structural drivers that directly and indirectly increase women' HIV risk, including poverty, gender inequality, sexual violence, and a lack of education thereby creating better economic prospects for the future, through the Daughters of Africa project. These steps are in line with the National Strategic Plan and Sustainable Development Goals.

Over the years, Star For Life has implemented programmes aimed at HIV prevention, health promotion, increasing self-esteem among young people and through these programmes, Star for Life has implemented activities that directly generates results, enabling us to remain on course in achieving our set goals.

Now, more than ever, with the world feeling more vulnerable than it ever has, we feel strongly that we need to escalate our activities and strengthen support for our existing programmes

that make a meaningful difference in the lives of so many scholars and their families. Without our generous donors whose vision and mission is aligned with that of our own, none of this would be possible. Through their continued support and commitment, we are able to make a difference in the world, and what better investment could there possibly be at this time of madness, than to invest in education and in the minds of our youth.

Each child that is positively impacted upon during this time, will grow and learn to appreciate the investment of our donors for many years to come as they strive to turn their dreams into reality, and we believe and pray that this investment will pay the greatest dividends as future possible leaders rise from our midst to influence events and help us to make this world that we live in a better place for future generations.

We therefore express our sincere thanks and deep appreciation to all of our donors and partners who believe, as we do, that dreams do indeed come true, if you have the desire, determination, belief and strong conviction to pursue them.

We thank you.



Pierre Delvaux
Chairman, Star for Life
South Africa



Anders Lindblad
Chairman, Star for Life
Namibia

LETTER FROM THE EXECUTIVE DIRECTOR

Our health promotion and HIV prevention programmes provide more intensive and ongoing oversight and incentives in order to maximize coordination among diverse providers and to capture programmatic synergies. We have increased attention to quality improvement, and to documenting and analysing the costs of prevention programming so as to improve programme efficiency.

However, our ultimate intended impact is to see young people making life affirming decisions, gain skills for productive work by becoming self-employed or secure formal employment after gaining a tertiary education, live healthy lifestyles and ultimately reducing the rate of new HIV infections and teenage pregnancies.

The Star For Life programmes are rights-based, evidence-informed, and community-owned programmes that use a mix of behavioural, and structural interventions, prioritized to meet the current HIV prevention needs of young people, so as to have the greatest sustained impact on reducing new infections and strengthening the self-esteem of young people. Well-designed combination prevention programmes are carefully tailored to local needs, conditions and resources are focused on thoughtfully planned and managed to operate synergistically and consistently on multiple levels (e.g. individual, relationship, community, society) and over an adequate period of time. We mobilize the school, community, parents and local resources in a collective undertaking; while requiring and benefitting from enhanced partnerships and coordination; and incorporate mechanisms for learning, capacity building and flexibility to permit continual improvement and adaptation to the changing environment.

We are grateful to our foot soldiers, our Coaches, who beside challenging circumstances continue to deliver the Star for Life programme with so much passion and determination. We are equally thankful to our key partners, that ensure our work with the schools is possible, our sponsors, the Department of Education and the Department of Health, community leaders and parents. The year 2019 was filled with both challenges and opportunities to learn and grow as an organisation and we look forward to yet another successful year.



Thandeka Mabaso

Thandeka Mabaso
Executive Director, Star for Life
Southern Africa

THE STAR FOR LIFE BOARDS

SOUTH AFRICA

1. Mr Pierre Delvaux: Chairperson
2. Mr Anders Lindblad: Deputy Chairperson
3. Mrs Ulrika Norberg
4. Mr Siphile Mdaka
5. Mr Delani Mthembu
6. Ms Doris Fulela
7. Mr Bheki Mntambo

SWEDEN - FOUNDATION

1. Mr Dan Olofsson: Chairperson
2. Mr Alf Svensson
3. Mr Anders Milton
4. Mrs Viveka Urwitz
5. Mr Anders Dahlvig
6. Mrs Lena Hök

NAMIBIA

1. Mr Anders Lindblad: Chairperson
2. Dr Cynthia Haihambo Ya-Otto
3. Mrs Thandeka Mabaso
4. Mr Alistair Pitt
5. Ms Aletta Eises-Tanises



Christin and Dan Olofsson founders of Star for Life.

LETTER FROM HRH PRINCESS NANDI ZULU

"Do not despise the day of small beginnings, for the Lord rejoices to see the work begin"

Verse from the book of Zachariah 4:10.

As a Zulu Royal Princess and one of the Star For Life ambassadors, I have had a privilege of seeing Star For Life from its inception. Over the years it has grown from strength to strength. The vision that was planted in the heart of Chistin and Dan Olofsson is truly to be commended and appreciated especially by the Zulu Royal Family, for thinking beyond the borders of Sweden.

When His Majesty the Zulu King Goodwill Zwelithini kaBhekuzulu officially opened Star For Life, he knew the challenges that would face his nation, especially the youth and women. As the Father of the nation, who is the reviver of the cultural practice of the Zulu Reed Dance, which encourages young women to abstain from immoral practices and to prepare them for the greater world.

Both visionaries encapsulate the vision of creating a nation that is free of HIV and AIDS, safe from all forms of abuse, inspiring education and creating an environment that is conducive in realising the young people's dreams. This is to prepare them as responsible future generation thinkers.

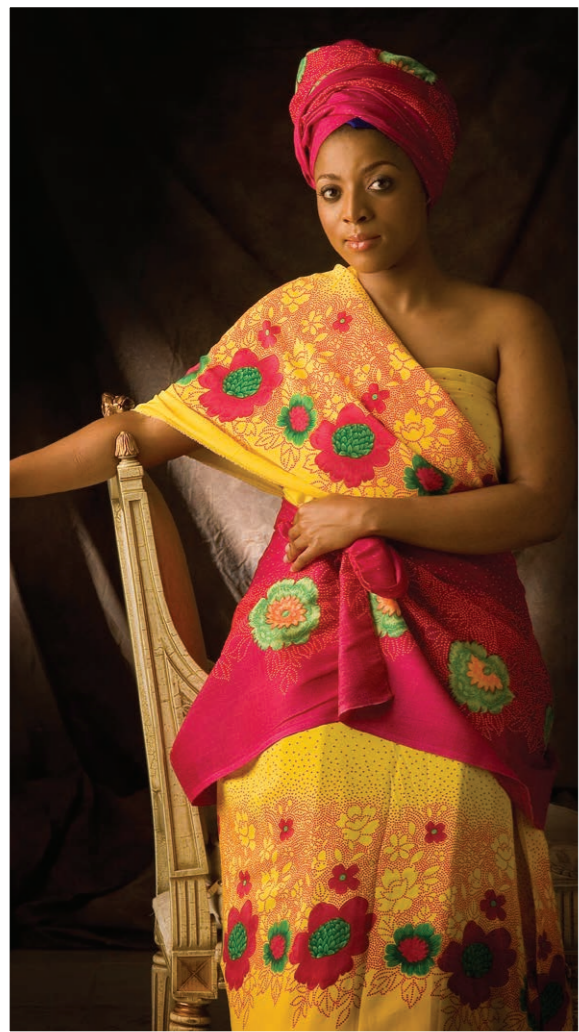
As the world changes, the youth experience immense pressure from many societal expectations and peer pressure, the Star For Life Programme is a guideline in assisting them with health related and gender inequality issues, education and economic freedom and personal independence.

As the Zulu Royal Family we appreciate every effort that has been created by your generous support over the years. We thank each and everyone of you who has made financial possibilities for each learner participated in the programme. We thank especially the coaches who are with the learners on the ground in schools and making sure that they are well taught and going an extra mile to ensure their well being is a priority. We thank the communities and the school principals and the traditional leaders who support the Star For Life programme.

We thank you and wish you a great year ahead.



HRH Princess Nandi Zulu
Daughter Of King Goodwill Zwelithini kaBhekuzulu



IT STARTED IN 2005

The Star for Life initiative came about when Christin and Dan Olofsson experienced first-hand how the scourge of HIV & AIDS was devastating neighbouring rural communities as well as staff of their business, Thanda Safari – Private Game Reserve in the Hlabisa District of KwaZulu Natal., South Africa. They were moved by the plight of orphans, infected pregnant woman and the loss of Thanda Safari staff, that they wanted to do something about it in order to make a meaningful difference.

A team of key concept developers were flown from Sweden to South Africa where work began in early 2005, on how to develop a concept that could influence the minds and behaviour of scholars that would lead to positive outcomes. A similar concept had worked in Sweden in the corporate and sports world, and so the idea was to replicate and adapt it for the unique and ambitious objective in South Africa.

A pilot project at nearby school, Siphosabandletshe High School, was then initiated with the tacit support of the Provincial Health Minister who suggested that we should first test our ambitious theory and method in a pilot project. The pilot project was a great success and the Vice Principal of the school, Mr Siphile Mdaka, went on to become the first Executive Director of the NGO Star for Life that was formed then formed. The positive response from learners and teachers motivated Dan and Christin to expand the program. By early 2007, the Star for Life program was launched in Namibia. Today it is being implemented with success in 120 schools in South Africa and Namibia.

Through the years Star for Life has established collaborations with influential partners who have financed the development of additional programs and projects. One of the long term projects is the Mobile Clinics – two in South Africa and one in Namibia. The Mobile Clinics give both the learners in the Star for Life schools as well as the surrounding communities increased access to health facilities and health education.

The essence of the original concept was to teach and inspire young scholars to reach for their dreams through various inspirational methods, then make the mental connection to their sexuality. Abstain from sex, now referred to as delayed sexual debut, or to practise safe sex by using condoms if scholars were already sexually active. Years later, through various internal and external intervention methods, we have generally seen the HIV – AIDS infection rate decrease, with unintended consequences of the programme resulting in fewer teenage pregnancies, improved academic performance and self-esteem, all of which led to scholars leading healthier lives.



THE STAR FOR LIFE METHOD

Star for Life's school programme is based on a unique method that is rooted in both academic theories and science as well as proven experience. It can be briefly summarised using the following six points:

BEHAVIOUR CHANGE REQUIRES POSITIVE INCENTIVES

It is easier to stop behaviours that threaten your health and future if you have something to gain from making a change. Therefore, the programme focuses on the young people's own positive dreams of a better life.

YOUR OWN DREAM IN THE CONTEXT OF SOCIETY

The possibility of realising our dreams is hampered by problems in society that we must learn to relate to. Therefore, the programme discusses issues such as responsibility and rights in relation to sexuality, gender-based violence and the environment.

CHANGE IS BASED ON BOTH KNOWLEDGE AND FEELING

Knowledge is an essential part of understanding why you need to change dangerous behaviours, but knowledge alone is not enough. In addition, you need to feel inspired and excited about the change. That's why music is an important method of communication in the Star for Life programme.

REALISING YOUR DREAM DEPENDS ON YOUR INPUT AT SCHOOL

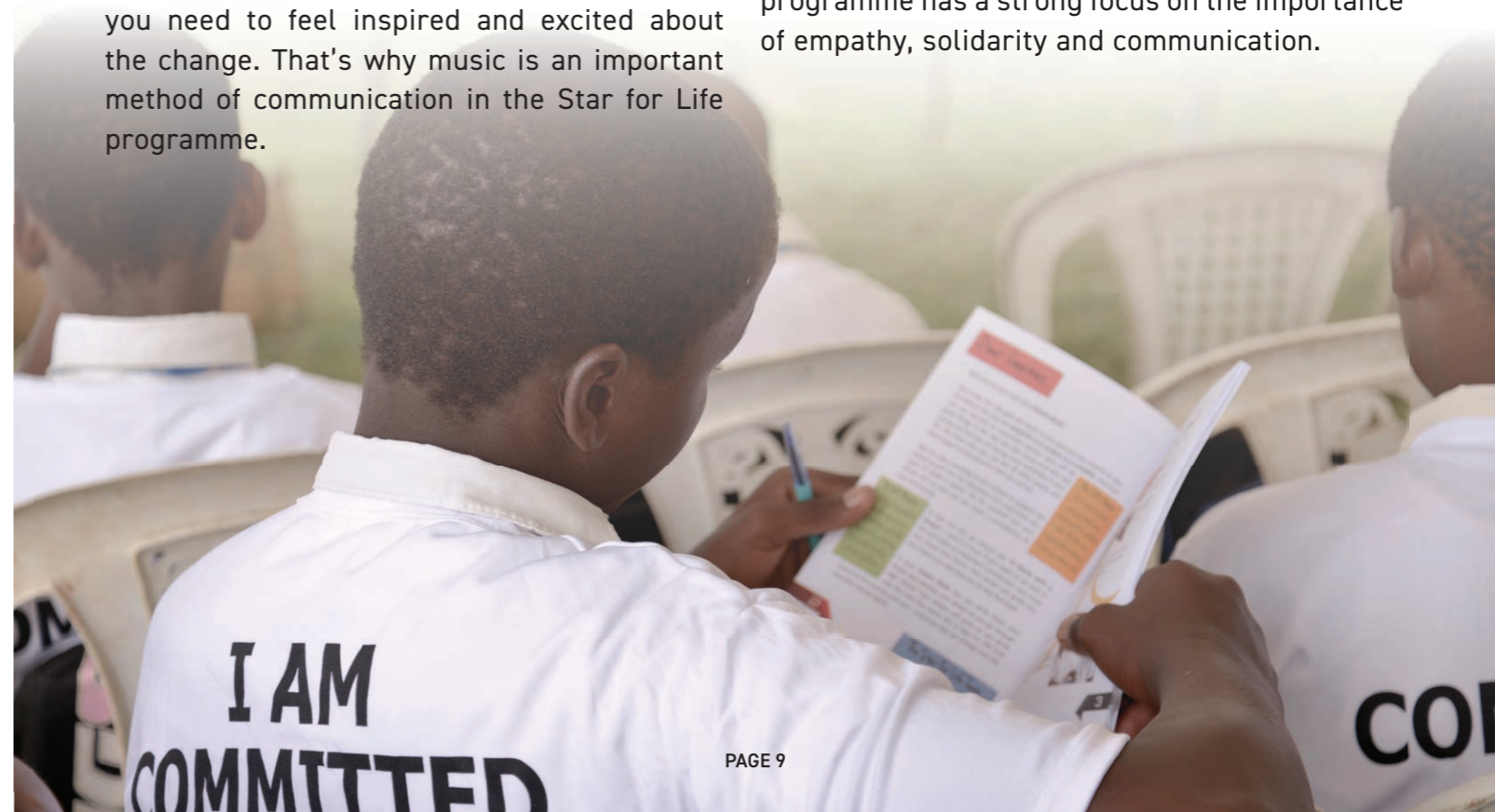
Regardless of what dream you have, the chance of it becoming a reality is increased if you are fully focused at school and complete grade 12. Therefore, the programme emphasises the importance of school, trains learners in study discipline and provides practical study tips.

THE DREAM OF A BETTER LIFE REQUIRES SELF-RESPECT AND RIGHTS

It is only if you feel that you have intrinsic value as a person that you have the strength to demand your rights for a better future. Therefore, the programme begins by ensuring that everyone feels that they are of value in themselves, and for others.

YOUR SUCCESS IS MY SUCCESS

Stronger self-esteem is only sustainable in the long run if it is combined with the ability to create trusting relationships with others. Therefore, the programme has a strong focus on the importance of empathy, solidarity and communication.



STAR FOR LIFE'S STRATEGY

The effect of the Star for Life programme is not only dependent on its content but also on the way in which it is presented. Our implementation strategy is evaluated and adjusted continuously and is, to some extent, dependent on what resources are available. In general, the following points apply:

CONFIDENCE IN THE STAR FOR LIFE COACH

The programme is delivered by a full-time coach with a relevant university education. The young people learn to trust the coach and this gives security, enabling valuable conversations about personal dreams and the various situations and concerns that the students might have to deal with in their lives.

A CUMULATIVE PROCESS

The various components of the programme are presented to the learners in a logical sequence during the five years from grade 8 to 12. The full effect of the programme is only achieved towards the last year of school in grade 12. The learner then leaves school with the conditions to become a 'star for life'.

A RESOURCE FOR THE SCHOOL

Star for Life's entire programme is coordinated with and consolidates the existing curriculum, making the programme a resource that helps schools meet expectations from school authorities and achieve the desired results. Star for Life strengthens motivation and helps build capacity among teachers.

ADAPTABLE TO VARIOUS AGE GROUPS

Star for Life works increasingly with the lower grades. Our work at primary and middle school level uses a pedagogy adapted to younger children. You learn through stories, play and music, and you express yourself through art and theatre. More and more children have had the support of Star for Life throughout their schooling, grades 1 to 12.

RESPECT FOR CULTURE AND CONTEXT

Star for Life's programme differs from the traditional culture that characterises the local communities. Even so, our work in schools is appreciated because we focus on helping students understand and deal with opposing values without causing conflicts of principle.

LONG-TERM PARTNERSHIP

Star for Life offers schools a long-term collaboration for the benefit of both students and the school as well as the surrounding community. We do not leave a school where there are problems as long as there is the will to work with Star for Life to find solutions.



THE STAR FOR LIFE STAR - A POWERFUL SYMBOL

To remind students and teachers in the schools of all that Star for Life teaches and represents, we have created a symbol that is filled with strength and meaning. This symbol can be found on the Dream Book and T-shirt each learner receives, on pictures at school and also on a flag waving on the school's flagpole. Each of the five coloured points has a specific meaning which together summarise Star for Life's most important message. They form a jingle that the students learn together with five gestures. The smaller white star in the middle is perhaps most important of all.



I GO FOR MY DREAMS

I go for my dreams. It is the dream of a better life, and the conviction that it can come true, that provides strength to change negative attitudes and harmful behaviours. We help students to reformulate ambitious and exciting dreams into realistic routines and concrete goals within the framework of school.

AIDS FREE - THAT'S ME

This colour represents our health promotion work in all its aspects but, above all, our efforts against HIV and AIDS. The idea of the phrase 'AIDS-free' is to counteract the stigma surrounding the infection. Even those who have HIV can be healthy and free from AIDS by taking antiretroviral drugs.

I DECIDE

I decide. We focus on the rights of each learner to make their own decisions about what is important in their lives, to resist prevailing expectations in relation to sex, alcohol and drugs and instead invest in school. In particular, we help girls find their inherent strength to resist traditional gender norms that run counter to their dreams.

I AM COMMITTED

I am committed. We know that change is difficult, especially if making that change goes against prevailing norms and expectations. We teach several different ways of thinking and acting in order to maintain motivation even when the going gets tough, and how to find strength again after failure.

I MAKE IT POSSIBLE

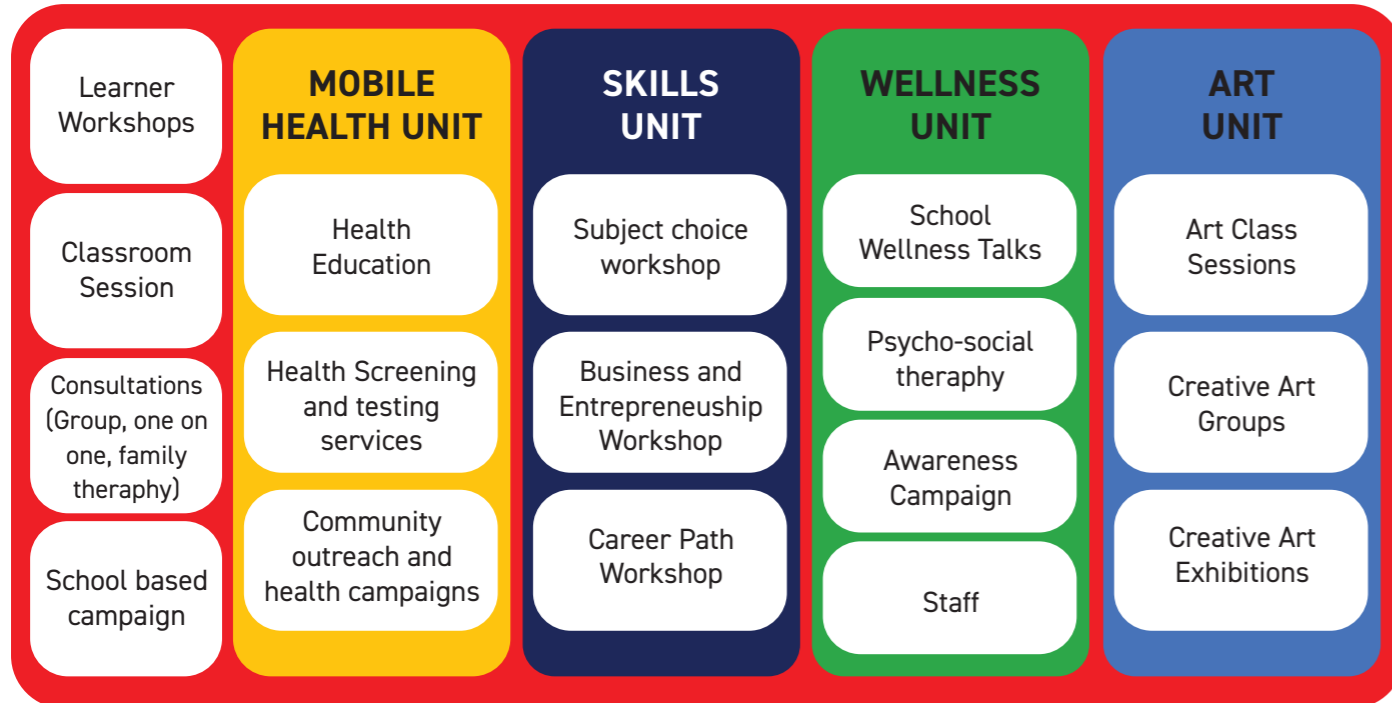
I make it possible. Even if learners do not have absolute control over their lives, their own choices, behaviours and priorities are paramount as to how well they will succeed in realising their dreams. The injustices of life and society must not become an excuse for not taking personal responsibility. We give learners the strength to succeed despite poor conditions.

THE WHITE STAR IN THE MIDDLE

Listen to your conscience. When the learners have formulated their dreams and understood that they have the power to realise them, we encourage them to listen to the inherent voice that guides them as they make important choices. Should I agree to have sex without a condom? Should I study for the test or find excuses for a bad result? Listen to your conscience; your inner voice will help you make the right choices.

STAR FOR LIFE ACTIVITIES

As an organization we provide a variety of services aimed at empowering young people. Our team is made up of personnel with various degrees of expertise and experience, who are passionate about youth and can connect easily with young people. Amongst the number of activities that we conduct the following are some of the core activities implemented by our Life Skills Coaches:



Each of our Life Skills Coaches work in between two to four schools weekly, providing one-on-one and group counselling for high school learners, they also conduct classroom workshops on specific topics that are affecting learners.

School Management Team (SMT) workshops are held annually, at the schools, to discuss the progress of the programme.

Eight inspirational workshops (two annually per Grade) are conducted for learners, by our skilled Coaches. A marquee is hired for three to four days, and an information pack is provided to each learner. These special workshops are aimed at building learners' self-esteem, improving academic performance and to raise awareness on health-related issues.



The Mobile Health and Wellness Unit provides basic health screenings and in-depth psycho-social therapy to both school learners and the community.

Schools are encouraged to have an annual awards day which includes speeches and prize-giving. This ceremony recognizes learners that have gone the extra mile during the year. Trophies and medals are provided by the Star for Life Schools Project to promote and reward academic excellence.

Principal's forums are conducted twice a year and provide an opportunity for the Star for Life team and school Principals to discuss the progress of the programmes.

Special projects are facilitated between Star for Life, schools, individuals and institutions that are interested in contributing to the lives of young people.

In addition to the regular workshops and training activities, workshops are held with Star for Life Coaches and Life Orientation educators. These are designed to facilitate the transfer of skills and create a platform to share experiences and to support Life Orientation educators in enhancing their roles as Coaches.

OUR 2019 REACH

SOUTHERN AFRICA

120 SCHOOLS
84,228 LEARNERS

SOUTH AFRICA

Number of schools
Primary 16
Secondary 66
Total 82

Number of learners

Primary 8,323
Secondary 59,910
Total 68, 233

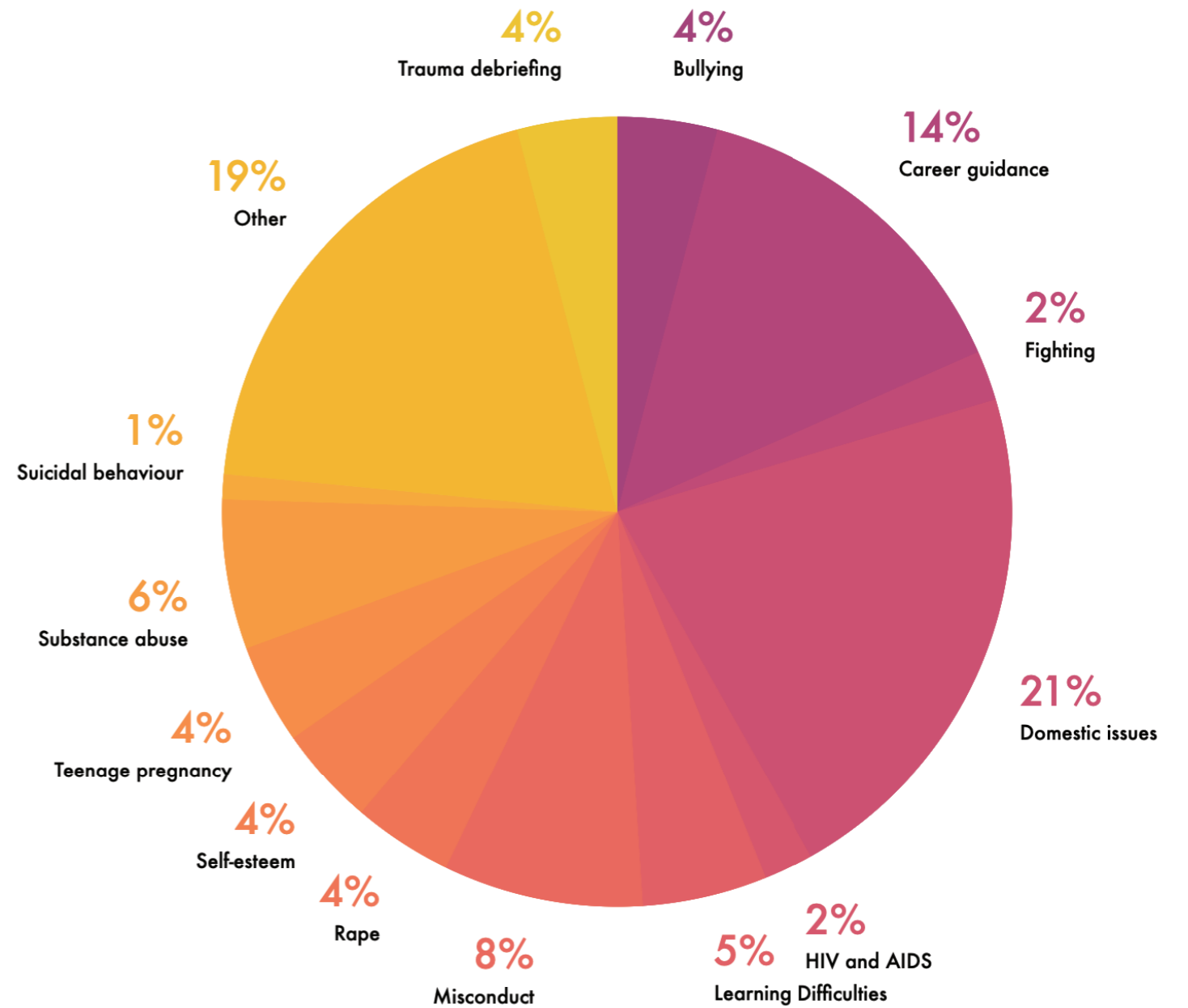
NAMIBIA

Number of schools
Combined 1
Junior Secondary 2
Secondary 35
Total 38

Number of learners
Combined 450
Junior Secondary 585
Secondary 14,960
Total 15,995



OUR 2019 REACH



CONSULTATIONS

Country
Namibia 908
South Africa 2,674
Total 3,582

Type
Family 191
Group therapy 413
One on one 2,978

Gender
Women 2,248
Men 1,334

STAR FOR LIFE TEAM



Thandeka Mabaso
Executive Director



Pinky Mahlaba
Mobile Health Unit
Professional Nurse



Philani Thabethe
Primary Schools
Coach



Christine Joao
Programme
Development
Manager



Sebenzile Tembe
Health Counselor



**Silindokuhle
Mzimela**
Primary Schools
Coach



**Luthando
Khuzwayo**
Communications
Officer



Xolani Maqwele
Health Counselor



Skhumbuzo Mnguni
Primary School
Coach



Andisiwe Mdudi
Assistant
Communications
Officer



Nompumelelo Mdletshe
Health Counselor



Thobeka Nzimande
Primary Schools
Coach



**Noluthando
Nondabulo**
Wellness
Manager



Metumo Mwangini
Assistant Life Skill
Coach



Anelisiwe Rozani
Primary Schools
Coach



**Nokubongwa
Mbokazi**
Social Worker



Sharon Mbambo
Human Resources
Manager



Thandiwe Mazibuko
Arts Manager/Project
Coordinator



**Nokwethemba
Mntambo**
Dandelion coach



Sifezile Guemede
Human Resources
Intern



Sipelele Mthembu
Mobile Health Unit
Professional Nurse



Precious Dlamini
Area Manager



Sifiso Mathenjwa
Area Manager/
Programme coordinator



Nokwazi Mdletshe
Life Skills Coach



Zethu Ndlovu
Life Skills Coach



Nisanda Nomaqhiza
Life Skills Coach



Ayanda Myeni
Development Coach



Nozipho Mahaye
Area Manager



Nqobile Mvubu
Life Skills Coach



Gwaza Zulu
Area Manager



Helena Nekomba
Assistant Life Skill
Coach



**Thandeka
Mohlomonyane**
Life Skills Coach



Busisiwe Mbatha
Life skills coach



Zamile Gwala
Life Skills Coach



Sinenhlanhla Mabika
Life Skills Coach



Sithembile Phiri
Life skills coach



**Ngitheni Smangele
Mkhwanazi**
Life Skills Coach



Nomagugu Dladla
Life Skills Coach



Nqobile Sithole
Life skills coach



Thandie Mkhwanazi
Development Coach



Emilia Sheehama
Assistant Life Skill
Coach



Sithokozile Khuluse
Life skills coach



Nontuthuko Ngubane
Life Skills Coach



Sindi Selepe
Life Skills Coach



Njabulo Nhleko
Finance Manager



Aina Iita
Assistant Life Skill
Coach



Sipelele Zwane
Life Skills Coach



Thabisile Mbokazi
Finance Officer



Lindokuhle Vundla
Life Skills Coach



Londiwe Nyawo
Project Officer



Nomathemba Mthethwa
Finance and Administration Clerk



Susan Mawire
Mobile Health Profession Nurse



Lesken M Paulus
Life Skills coach



Elsche M Kalola
Life skills coach



Madika Pheleu
Life Skills Coach



Ntombizethu Mhlongo
Monitoring and Evaluation Manager



Israel Tshitenda
Finance Officer



Eben Rooinasie
Edu Circle Coordinator



Ethel Kayanga
Life Skills Coach



Melody Ndana
Life Skills Coach



Mankae Lesenyeho
Life Skills Coach



Sindi Dladla
Monitoring and Evaluation Officer



Sipiwe Buthelezi
Administrator



Tukuhole Negumbo
Assistant Life Skill Coach



Paulina Neliwa
Assistant Life Skills Coach



Olivia Nekandjo
Assistant Life Skills Coach



Nondumiso Shongwe
Life Skills Coach



Nhlanhla Shongwe
Monitoring and Evaluation Assistant



Ntobeko Vilane
Stock Controller



Vitalina Shafokutya
Assistant Life Skills Coach



Sarlotte Metumo
Assistant Life Skills Coach



Therese Nsengimana
Assistant Life Skills Coach



Ndilimeke Waimine
Life Skill Coach



Sercy N Mashina
Life Skills Coach



Nikeziwe Nyawo
General assistant



Evelina Vatileni
Assistant Life Skills Coach



Katharina Philipus
Assistant Life Skills Coach



Annely Kashenye
Life Skill Coach



Thabile Khumalo
Life Skills Coach



Susan Linosi
Country manager



Mduduzi Mthethwa
Procurement Officer



Rachel Nghifewa
Assistant Life Skills Coach



Maria Bundje
Assistant Life Skills Coach



Ndaendelao Angala
Assistant Life Skills Coach



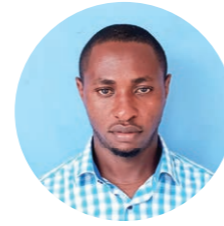
Zinitha Gumede
Life Skill Coach



Patience N Liyeke
Life skills coach



Suama Shikukutu
Assistant Life Skill Coach



Rashid Nassib
Life Skills Coach



Victoria Matheus
Office Administrator



Hilalia litula
Human Resource Officer



Desmond Kakupa
Regional Health Coordinator



Foreversun Haiduwah
Development coach



Elise M Hangula
Life Skills Coach



Paulina Maikhudumu
Finance Clerk



Amore Gaoses
Life skill coach



Hilya Shivute
Mobile Health unit assistant



Ivonne Mbereshu
Life skill coach



Klaudia Ndinondjene
Life skill coach



Luboni Manze
Life skill Coach



Selma Nuule
Life skill coach



Nothando Mkhize
Life Skills Coach



Tuuliki Amunyela
Life Skill Coach



Thandeka Zungu
Administrator



Utaara Tjिताura
Assistant Life Skills Coach



Serame Tsotetsi
Health Counselor



Prince Ntsibande
Arts facilitator



Phindile Manqele
Life Skills Coach



Nonhlanhla Gumbi
General assistant



Olivia Hekandjo
Assistant Life Skill Coach



Kalista Mumbala
Assistant Life Skills Coach



Cebisile Mntungwa
Life Skills Coach

KWAZULU-NATAL - SOUTH AFRICA

In KwaZulu-Natal, Star for Life is operational in 43 high schools and 14 primary schools with 24 Coaches in total.

MASS SCHOOL MANAGEMENT MEETING



At the beginning of the year, Mass School Management Meetings were conducted by the Executive Director, Area Managers, Monitoring and Evaluation Manager and the Coaches.

These meetings were instrumental in forging strong relationships with the schools as we ensured participatory engagement on how best Star for Life activities could be rolled out at each school. A formal report was also provided on the previous year which covered information on the classroom sessions conducted and the predominant areas learners seek assistance with, such as academics, domestic challenges or behaviour problems, specific cases were not disclosed but rather the themes were considered. The Star for Life Vision and Mission statements were discussed and unpacked and we are pleased to report that Department of Education Officials were in attendance.

Both the effective outcomes and challenges experienced during the implementation of the 2019 programme was openly discussed. A number of positive developments were implemented during the 2019 programme, it was highlighted that these improvements were made possible by the generosity of Star for Life's Swedish financial partners. The Monitoring and Evaluation Unit provided a well-structured report that painted a vivid picture of the core business of Star For Life as delivered through different personnel (Coaches, Area Managers and Support Units). The platform was an excellent opportunity for engagement with Educators and Principals, where all parties drew inspiration from each other. Schools were awarded for their 2019 Grade 12 academic performance and for subjects where they achieved a 100% pass rate.

LEARNER WORKSHOPS

Learner workshops are a vital tool in the Star for Life programme, it is during these sessions that the Coaches create relationships with their learners and highlight important information about Star for Life such as the Star for Life Vision and Mission, and to provide an understanding of what the Star for Life programme offers learners. The 2019 programme began well with the Coaches in all 43 high schools being able to run the first of the Learner Workshops in term one, including the important Learner Workshop 1 for Grade 8 which covers the theme "Dreams can be fulfilled", giving new perspective to the learners coming into high school. All workshops were held for each of the Grades throughout the year.

Right: Learner Workshop



CLASSROOM SESSIONS

Classroom sessions have been packaged to follow the content of the Learners Workshops with 1,290 classroom sessions taking place during the year. These sessions targeted grade 8-12 learners and were instrumental in unpacking learner workshops and provided an opportunity for the Coaches to elaborate on issues in smaller groups. Learners were encouraged to engage in robust discussion during these classroom sessions.

HIGHLIGHTS, ACHIEVEMENTS & LESSONS LEARNED

- On the 10th-12th of May, the final Advanced Lay Counselling Training was held. This training provided educators the skills to work alongside our Star for Life Coaches in identifying learners that may need to talk to a responsible adult about a difficult issue and to provide support and assistance to these learners. Some topics included alcohol consumption, HIV status, challenges with schoolwork and negative peer influences. Lifeline was instrumental in assisting with this training initiative.
- Teachers' Team Building Workshops themed "Akube Lit" were conducted in 13 high schools by Star for Life Area Managers. These workshops were met with an enthusiastic response from the educators.
- Peer Education Camps took place between February to March. Three learners, from each of the Star for Life schools in Kwa-Zulu Natal, participated in the Life Skills Camp which was held at various campsites across different districts. Support Units such as the Mobile Health and Wellness Unit, Skills Unit and Arts Unit attended the camps. A total of 129 learners attended the various camps, with 14 educators present.
- Star for Life continued to sit on community committees such as the Local AIDS Council and Local Task Team. These were crucial platforms to report back to the community on the success of the Star for Life programme.



Above: Primary School Arts Festival



- CESA Projects, a computer programme, visited a number of schools within the Umkhanyakude District, Kwa-Zulu Natal between the 29th of July and the 9th of August. Through the CESA project over 80 laptops were donated to the various schools visited. In addition to these donated laptops a number of laptops were repaired.
- The training of our Star for Life Coaches was held in April 2019 by our Programme Development Manager, supported by our Area Managers.
- A very generous donation of a computer lab was made to Ndabazamanina School. The computer room is a fully functional lab which includes Wi-Fi, TV screen, overhead projector and a printer, there is also a DSTV decoder for educational purposes. The school was extremely grateful for the donation.

Number of learners

37,551

Number of schools

59

Number of classroom sessions

1,209

GAUTENG - SOUTH AFRICA

In Johannesburg Star for Life is operational in 23 high schools and 2 primary schools, with 13 Coaches. The schools are situated in Johannesburg West and Ekurhuleni.

The total number of learners reached through our core schools programme totalled 30,682 learners. In addition to our learner workshops a number of classroom sessions and consultations took place successfully. Our Gauteng branch further engaged the youth on matters concerning them and invited stakeholders and parents to participate in the key discussions. A total of 751 classroom sessions took place, 275 in Johannesburg West and four hundred and 76 in Ekurhuleni schools.

Coaches conducted learner workshops in all 25 schools. The workshops were very informative and equipped learners with the necessary knowledge that they will require as they pursue their dreams. The workshops were held with learners of the same age, as this better reflects how the learners think as a collective and provides the Coaches with a firmer understanding of the learners behaviour and experiences. The information provided to the learners assists in changing behaviour and having a positive outlook in life. The workshop materials were aligned with age appropriate information for the particular grade. After the workshops were held the Star for Life Coaches had follow-up classroom sessions that addressed the topics discussed in more detail with smaller numbers of learners.



HIGHLIGHTS, ACHIEVEMENTS & LESSONS LEARNED

- On the 3rd of May, eight schools were visited by over 850 SIGMA employees. Each visited school received a cash donation of R10,000 to be used to purchase school shoes for learners in need. Each participating school hosted between 90 and 200 visitors from SIGMA Sweden. Learners in need were identified by their respective teachers with fifty to 65 pairs of school shoes purchased per school. Learners were extremely grateful upon receiving the new shoes and they immediately replaced their worn shoes with the donated shoes. The Star for Life Coaches assisted the schools with the distribution of the shoes.
- Through the youth dialogue implemented this year, learners were enabled to provide solutions to their own challenges. Stakeholders, together with learners discussed the solutions raised. Each school will implement the solutions suggested by their learners with the assistance of Star for Life.
- Teacher workshops were held in Gauteng. Educators learned of the VUCA (Volatility, Uncertainty, Complexity and Ambiguity) leadership theory which highlighted the importance of being an authentic leader.
- An agricultural project was launched in Soweto. Soul Buddies was aimed at promoting healthy eating with learners planting healthy vegetable gardens.



Above: Soul Buddies Garden Project

Number of learners
30,682

Number of schools
25

Number of classroom
sessions
751

NAMIBIA

In Namibia Star for Life is operational in 1 combined school, 2 junior secondary schools and 35 secondary schools, with 31 Coaches.

A total of 22 schools were visited during 2019, 12 in Windhoek, two in Ohangwena, four in Rehoboth and four in the Otjozondjupa Region. An additional 14 schools also received training for their learners. A total of 15,995 learners were reached through learner workshops, classroom sessions and boys and girls talks.

Two teachers' workshops were held by the Country Manager, Mrs Susan Linosi, these took place during the first and second term at Acacia High School and A. Shipena Secondary School. The themes of the teachers' workshops were Shine on at Acacia High School and Communication at A. Shipena Secondary School. Teachers' workshops were also held at Hage Geingob High School and Goreangab Junior Secondary School.



HIGHLIGHTS, ACHIEVEMENTS AND LESSONS LEARNED

- Our Ohangwena Coach participated in a regional information sharing campaign hosted by MICT. Working together with the Ministry of Health, the Coach prepared campaigns on suicide prevention and alcohol abuse at both Eenhana and Ondobe. The Coach also shared a programme on career development with MICT and the Ministry of Health which benefited six schools in the Ohangwena Region. Numerous stakeholders meetings were also attended in the region including the RACCOC and our Coach was asked by the Ministry of Education to organise the community dialogue in 10 areas, the dialogue was very successful.
- From Rehoboth, Boys and Girls talks were conducted by the Ministry of Health and Social Services Health Assistant, as well as the Social Worker at Rehoboth High School and Vooruitsig Combined School. Rehoboth Nampol assisted our Coach by providing the school learners a tour at the police station. The Ministry of Health supported our Coach in assisting boys for VMMC and also attended the Health Task Force meeting.
- Our Namibian Coaches reported successful outcomes from the activities and workshops held during January 2019 to November 2019 and received positive feedback from stakeholders.
- Campaigns on themes such as Menstrual Health, School Cleaning, and Anti-Bullying were also a successfully held in 12 schools namely Jan Jonker Secondary School, Ella Duplessis Secondary School, Cosmos High School, Eldorado Secondary, Immanuel Shifidi Senior Secondary School, Groot-Aub JSS, Acacia High School, A Shipena Secondary School, Dr Lemmer High School, Rehoboth High School, M & K Gertze High School and Vooruitsig Combined School. Emmanuel Shifidi and Groot-Aub had campaigns on suicide prevention and a silent exam motivation was held at Rehoboth High School.



Above: Nice and Clean Campaign

Number of learners
15,995

Number of schools
38

Number of classroom sessions
2,356

OVERVIEW OF SUPPORT PROGRAMMES

THE ARTS & CULTURE PROGRAMME

Art & Culture is the name for the Star Programme used in Primary Schools. It is at the heart of our organisation as we develop the artistic skills of our youngest learners' and use the arts as a catalyst



for social transformation. With the help of aesthetic learning processes we strive to create environments where the learners can explore their inner world and express their desires and fears in a safe environment. We strive to create social cohesion and a place where young people dare to dream and are empowered and supported to realise those dreams.



THE WELLNESS PROGRAMME

Wellness is the state of health that is associated to lifestyle and is one of Star for Life's essential programmes. It provides psycho-social support and facilitates as well as welfare services to all Star for Life schools and surrounding communities. The Wellness Programme is closely linked to the Mobile Health Programme.

The Wellness Programme provide a number of services for learners and their families as well as provide support and training to Star for Life coaches when suitable.

MOBILE HEALTH UNIT

The Mobile Health Programme supports the core work of Star for Life coaches in schools. It aims to strengthen three main pillars – HIV/AIDS counselling and testing, referrals to external health facilities and comprehensive health education. It complements the coaches' work by providing in-depth adolescent health education through workshops that speak more directly to issues relating to safe sex, sexual and reproductive health and rights, and the physical and emotional changes puberty brings.

This programme has a staff of three, consisting of a professional registered nurse who heads the programme and two HIV counsellors. The MHU staff work in close collaboration with the Star for Life coaches and the life skills teachers in Star for Life schools. The Mobile Health Programme also reaches out to the community where the learners reside. Through campaigns and special interventions the MHU is able to reach out to the community in



order to engage learners' parents and other community members. The aim of this activity is to ensure that relevant information continues to be disseminated within the community and that people are educated and provided with correct information. We hope to encourage parents to start talking to their children about health-related issues.

A total number of 151 school visits were made by the Mobile Health Unit team during 2019. 50 of these were made to schools in Gauteng, 53 in Kwa-Zulu Natal and 48 in Windhoek, Namibia. The visits consisted of health education sessions which included classroom sessions, health campaigns and student discussions and health screenings.



Classroom sessions: 646
Learners reached: 22,072
Community members reached: 3,912

SCREENING
HIV 669 | Vision and hearing 618
TB 854 | Nutrition 996

HIGHLIGHTS, ACHIEVEMENTS AND LESSONS LEARNED

Between 2017 and 2019, the Mobile Health Unit has made 336 school visits and delivered 1,201 classroom sessions. These classroom sessions covered important topics such as the promotion of a healthy lifestyle and HIV and Aids awareness. 7,277 learners were reached in 2017, this increased to 11,300 learners reached in 2018 and 22,072 learners in 2019.

A total of 20 boys' and 36 girls' health sessions were held in 2019. An average of 161 girls and 140 boys were reached during each health session. Boys and girls learnt about their sexual reproductive health and rights as well as protective measures against HIV and Aids.

The mobile health clinic had 991 patients in 2017, 2094 in 2018 and 1226 in 2019. Various health and screening services were offered which included nutrition screening, vision and hearing testing, personal hygiene, TB screening, voluntary medical male circumcision and HIV testing.

The Mobile Health Unit has had contact with 14,447 individuals through the various community campaigns in 2019.

In many of the communities in which Star for Life learners come from, menstruation is still a taboo and many girls do not have access to information about what is happening to their bodies. The stigma surrounding menstruation and menstrual blood, together with the lack of access to menstrual care products, results in many girls being ashamed and afraid during this time. This results in poorer school performance as well a negative impact on self-esteem, and self-image. Many girls will not attend school during this time. To date, 446 flow cups have been distributed to community members.



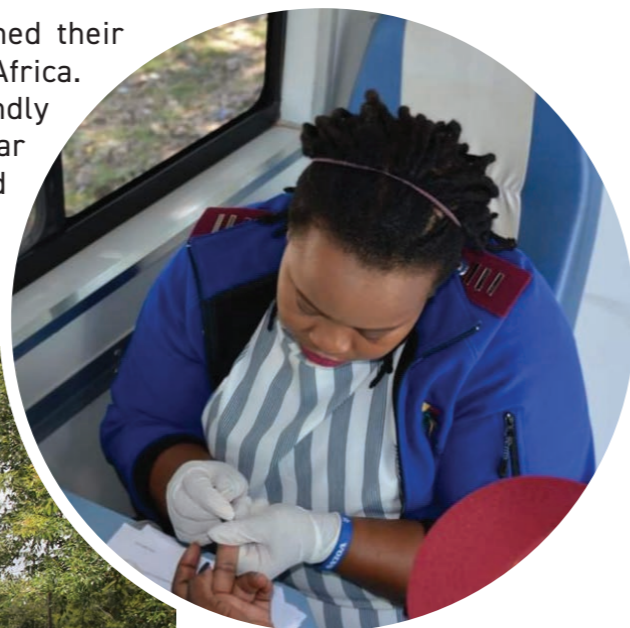
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The situation with HIV and AIDS has improved a great deal since the pandemic peaked in South Africa and Namibia around 2004-2007 thanks to the combined efforts by governments, international agencies and organisations like Star for Life. For example, the number of new infections and AIDS-related deaths have been reduced by about half. But of course, all is relative. The numbers are still very problematic, especially for the young women. The vulnerability of girls and young women in the context of HIV and AIDS is similar across the whole of Southern and Eastern Africa.

As a response to this in 2010, Star for Life launched their first Mobile Health Unit in KwaZulu-Natal, South Africa. Its main purpose was to scale up adolescent friendly health care services amongst learners who are in Star for Life schools. The program in KwaZulu-Natal had been running for five years when an evaluation was conducted and results showed that the program was helping to reduce HIV among young people and



increase knowledge of HIV/AIDS. Based on these findings the program was awarded further funding to expand its operation to other Star for Life sites – the Gauteng Province and Namibia.

WELLNESS UNIT

CHILD PROTECTION CAMPAIGN

The school-based Child Protection Campaign creates awareness about the social ills that are affecting the community, prevention of these challenges and provides information on how to acquire help. The programme also responds to the unique needs of each school as well as the community at large. The social challenges that were highlighted in all schools included bullying, vulgar language, violence, substance abuse, sexual abuse, physical abuse, verbal abuse, teenage pregnancy, abortion, relationships, various stigmas and poor hygiene. These social ills are mainly influenced by the high rate of poverty, crime, and other environmental factors within the communities. The school-based Child Protection Campaign ties with Sukuma Sakhe's approach, emphasizing the importance of initiative to be taken and implemented by the community, stakeholders and Government.

The Wellness department has worked hard to collaborate with various multi-disciplinary partners to ensure the positive response,

outcomes and future in fighting the scourge of social ills in the communities. This collaboration allows for services to be delivered in a more integrated way whilst responding to the unique needs of each school. A total of 3,925 learners were reached through the school-based campaigns.

Example of activities in the Wellness Programme

WELLNESS TO LEARNER

- One on one therapy
- Group therapy
- Referrals to other health institutions
- Wellness talks – informing boys and girls on gender specific health topics
- Home visits
- Family Therapy

WELLNESS TO COACH

- Debriefing sessions
- Support of Life Skills Coaches in case of death or other trauma happening to a child or in a child's family



DANDELION PROJECT

The Wellness Unit is also responsible for the Dandelion project which delivers food parcels to vulnerable families and provides psychosocial support. Four hundred and eighty food parcels were provided and delivered in 2019 which forty families, with more than one hundred and fifty members, benefited from.

570 learners in Grade 12, Grade 11 and Grade 10 were reached during the sessions. Wellness talks focus on motivating learners to make the right life choices and to work hard to accomplish their future goals. The interactive talks take a closer look at the factors that can derail the learners from their path of success. Emphasis is placed on the importance of learning from each other. Research has highlighted that a large number of students within South Africa are impacted by drug use and abuse, bullying and suicidal thoughts. Substance abuse prevention, the importance of a positive attitude and successful study methods of grade 12, were some of the topics discussed.

**LEARNER DEBRIEFING**

A special trauma session was conducted at eFolweni High school with 177 Grade 12 learners. A shoot out at the school resulted in the death of a security guard, which had been witnessed by a number of the learners. The counselling session was very well received and greatly assisted the learners in dealing with the trauma.

“IF YOU WANT TO REMEMBER THINGS THAT ARE REALLY IMPORTANT IN LIFE, PUT THEM INTO A SONG”

- TRIPLE AND TOUCH

TRIPLE & TOUCH AND STAR FOR LIFE: A JOINT VENTURE FOR LIFE

In January 2005 Christin and Dan Olofsson invited the Swedish artists, Ken Wennerholm and Göran Rudbo of Triple & Touch, to write some music for a brand-new organization, Star for Life.

Ken and Göran immediately begun work, fully aware of how music has a way of speaking directly to your heart, and how easy it is to learn lyrics while singing a melody. Music expresses feelings which gives the listener greater emotional impact, and as a result is one of the best methods to use when learning long texts.

Music used in an educational context inspires, informs and assists in implementation.

A few weeks later the song “AIDS Free-That’s Me” was written as the very first song for Star for Life. The text represents one of the fundamental ideas behind Star for Life. The simple melody and repetitive text acts as a mantra (a constant reminder) about the importance of protecting yourself against HIV AIDS. It is a call that can make the difference between life and death.

Today, 15 years later, a huge number of songs have been used in the Star for Life Programme in both Southern Africa and Sweden, as well as appreciated in many places around the world. Numerous concerts have been produced in many countries, often where students have travelled a long way to share their culture and life experiences. Many have become friends for life, as attested in one of our songs (Friends for Life).

We have seen the struggle of the young people in Southern Africa first-hand. Imagine walking for up to two hours in order to get to school, then concentrating on schoolwork for the day, sometimes without food, then walking home hungry and still feeling motivated to do the exact same thing the next day. It almost seems an impossible mission and is one of the many reasons we really do admire the Star for Life students.

These students are however rich, they have their voices, they have their dance and they have their culture. They have the greatest gifts in life, which they are incredibly happy to share with us, and the world.

Life can be challenging for young people in Sweden too, it is all about practical differences. To live a good and happy life stands out as the most important foundation for every young person in order to believe in the future.

We believe most people are not so very different. In Sweden, the people are also culture bearers and as in Africa there are a diversity of cultures to be found. By bringing young people from Africa and Sweden together we are building bridges of music, hope and a belief for the future amongst the young people in Sweden, in Southern Africa and in many parts of the world. This is the beauty of music.



ARTS UNIT

Objectives of arts unit is to Impart the role of arts forms (including music, drama, dance and visual arts) in the promotion of behavioural change, self-esteem, academic excellence, reduction of HIV infections Sexual Reproductive Health and Rights issues amongst learners; and enable them to make life affirming decisions and choices. Training of coaches on how to deliver classroom sessions and learners workshops using arts (dance, music,drama and visual arts). This training takes place every 12 months or upon request in conjunction with the area managers training of coaches.

STAR CHOIR

The Star Choir is comprised of former Star for Life learners who are given the opportunity to showcase their talent by participating in concerts organised by Star for Life, both in Southern Africa and abroad.

SPONSOR WEEK

This annual event provides an opportunity for our Star for Life partners to come together and view the work that has been done on the ground, as well as to meet the staff and the schools that benefit from their generous support. The Star Choir played a huge role in this years event, with preparations starting well before the sponsor visits. Performances were held across the different school venues culminating in the Boma Dinner. The highlight of the evening was the performance from the aspiring musicians of Mduku High School with a special rendition composed by Mary Mary "Can't Give Up Now". Finally, the Star Choir performed at the final fund raising event in the beautiful city of Cape Town, providing Star for Life with one last opportunity to thank the sponsors for their continued support.



WORKSHOPS, EVENTS AND CONCERTS:

The Star for Life Music Department is, through the leadership of Ken and Göran, running an extensive set of workshops and concerts. This programme supports the Swedish Star for Life School Programme and is also integrated with Star for Life Fundraising.

"STAR FOR LIFE IN CONCERT" - TOUR IN SWEDEN AND NORWAY

As in previous years an extensive tour in Sweden was produced in the month of March. Swedish school students were invited to work with students from the Star for Life schools from South Africa. Students came together in Sports Arenas or large Concert Halls for a day's workshop, culminating in a Public Evening Concert. All concerts were sold out! Swedish cities visited were Lund, Karlstad, Örebro, Västerås, Södertälje, Ulricehamn och Norrköping. The tour included a dinner show for Star for Life Sponsor Zacco in Malmo and a trip to the capital of Norway, Oslo, for a special showcase at the Christiania Theatre. Star for Life Norway is, through Jörgen Klafstad, building relationships with the Norwegian branch of Nordea Private Banking. The concert stood out as an excellent way to showcase Star for Life.

SIGMA AT SUN CITY

For the second time Dan Olofsson's company Sigma, a loyal Star for Life sponsor, visited Star for Life schools in Johannesburg and held their annual conference at Sun City, South Africa. The Star for Life Music Department including Star Choir, Ken & Göran and pianist Magnus Spångberg, captivated the Sigma guests during the Boma Dinner.



MALMÖ OPERA

Two sold out concerts, directed by Swedish Ronny Danielsson, were held at Malmö Opera in May. These concerts were the result of a truly inspirational collaboration between diploma students from the University of Opera in Johannesburg, singing along with diploma students from the University of Opera in Malmö. The Star Choir, Ken & Göran and many distinguished Swedish singers also attended, with famous opera singers Irene Theorin and Rickard Söderberg being among the guests. These concerts are wonderful fundraising and awareness events for Star for Life.

NTOMBIE AND STAR FOR LIFE AT STOCKHOLM WATER PRIZE

August held two very different types of events. In early August Mrs Thandiwe Mbobo flew all the way to Northern Sweden in order to compete alongside Ken & Göran representing Star for Life in a running competition. Then during the prestigious Stockholm Water Prize held at the renowned City Blue Hall, where the Nobel Prize Dinners usually are held, Star for Life was once again represented by performances from Ms Ntombenhle Shobede and Triple & Touch. The evenings guests included the 2019 Stockholm Water Prize Laureate Dr Jackie King and most notably the King of Sweden, Karl XVI Gustaf and Queen of Sweden, Queen Silvia. The audience were delighted, and treated the performers to a standing ovation whilst dancing and cheering.



DENMARK, ENGLAND, NORWAY AND SWEDEN

The September/October Tour in Sweden was preceded by two special events. The first being the event in Copenhagen, Denmark for Star for Life Sponsors, NorthZone. The second being a prestigious event, where Star for Life invited world-renowned business executives to a Gala dinner in London, which was a joint venture with Hand in Hand.

The Star Choir, Ken & Göran and the Band then headed straight into another tour in Sweden. This tour was held in Ystad, Halmstad, Lidköping, Oslo, Falun, Lindesberg and Motala was titled "The Best Ever". The audiences along with our guest singer, Sonja Aldén, loved the tour. Our new member of the Star Choir, Sandile, has a wonderful experience and spread a huge amount of joy.

VOLVO ENVIRONMENT PRIZE

On October 7th the Volvo Environment Prize was presented at the Eric Ericsson Hall in Stockholm. Winning the prize was Professor Stuart "Terry" Chapin III from the University of Alaska, Fairbanks, USA. Once again, the performance by Ken and Göran along with Ms Ntombie representing the Star for Life music department received a standing ovation.



"Music is a tool for speaking to your heart and intellect,

but also from one person to another.

Music is communication - where time does not exist."

- Göran Rudbo of Triple & Touch

HIGHLIGHTS, ACHIEVEMENTS & LESSONS LEARNED

- Star for Life schools had the honour of being visited by music student teachers from Sweden. The teachers conducted their own arts and music classroom sessions, this generated a lot of excitement amongst the learners. Each visited school also received donations to assist with their Art and Music programmes.
- 12 schools participated in an Arts Festival where young learners showcased their remarkable talent through music, dance, drama and visual arts.
- The Star Choir travelled to Sweden on a Tour that started on the 15th March and ended on the 30th March. This tour was a huge success with most of the concert halls being sold out.
- The London Gala Dinner was a wonderful success with the Star Choir taking London by storm and assisting with the raising of donations for a number of worthy causes.
- The Star Choir took part in a one of a kind event where they shared the stage with Opera singers from both South Africa and Sweden.
- During the October tour the Star Choir worked with students from around Sweden in planning, rehearsing and finally performing at concerts in eight Swedish cities. Learners and local radio stations are always willing to support Star for Life. The Star Choir took center stage every evening and the Swedish hearts were warmed by the African touch.



PROJECTS

DAUGHTERS OF AFRICA PROJECT

The Daughters of Africa Project is funded by Postkod Lotteries through partnerships between Star For Life Sweden, South Africa and Hand in Hand. The overall objective of the project is to promote equality between girls and boys. This project aims to instil hope for the future in young people through various training initiatives in health, motivation and career guidance, thereby helping to strengthen South Africa and Namibia's future. The project has just completed its first year and will be starting its second year in the 2020.

The project will eventually contribute to sustainable development goals in Namibia and South Africa through a layered approach of learner workshops, classroom sessions and Girls Club.



Classroom sessions
 Gender: 312
 Sexual Rights: 491
 Self-Awareness: 358

Learners reached
 Gender: 7,722
 Sexual Rights: 16,153
 Self-Awareness: 9,347

Aptitude tests completed: 102

GIRLS CLUB

Daughters of Africa Girls Club has been set up in each of the 13 schools in the Kwa-Zulu Natal Umkhanyakude district of South Africa and 12 schools in the Khomas region of Namibia. A maximum of thirty girls were enrolled in each group. With the Development Coach reaching six schools and training members of the Girls Club on entrepreneurship. The girls are being equipped with all the skills that they will need to start their own business one day. The selection criteria was based on girls that are particularly vulnerable, from poverty stricken homes, that are most likely to drop out of schools and those with high self-esteem that have the right attitude to succeed in their studies. The mixture of girls was designed so that they would inspire and draw encouragement from one another. The girls have sessions with either the Development or Life Skills Coach twice a week.

The Coaches work through the Girls Club manual during these sessions. The topics discussed also aim to educate the girls on human rights so that they have an understanding of when their rights may be violated. Gender-based violence is covered in detail, empowering the girls on how they can protect themselves against it. In South Africa culture is playing a huge role in many of the challenges the girls are facing, due to the subservient role women and girls are expected to follow. The programme therefore explores areas on sexuality, assisting the girls to think critically about when to engage in sexual activities and the precautions that need to be taken.



ENTREPRENEURSHIP

The entrepreneurship component reached 180 girls in both Namibia and South Africa. The sessions were presented by the Development Coaches after school, in both a theoretical and practical form. The Coaches use a practical method of teaching with a learner centred approach.

During the year the girls in both countries pitched their business ideas with the learners in Namibia receiving equipment for their business ideas. The girls were extremely excited for the opportunity to start up their own businesses. In Umkhanyakude district, at Cwakeme High School a Market day was held with learners dividing themselves into three groups and running a successful tuck shop for the day.



Left: DoA girls receiving business equipment

SEXUAL REPRODUCTIVE HEALTH AND RIGHTS

The Sexual Reproductive Health and Rights modules focussed on ensuring that the girls look after their health, go for HIV testing, and are aware of the contraceptive options available and their right to say "No" to intercourse. By focusing on these areas, young girls are empowered to prevent teenage pregnancy, HIV and other sexually transmitted infections.

The girls received tailored health education which covered topics such as understanding their menstrual cycles, in order to reduce absenteeism due to menstruation and understanding the reproductive system, in order to reduce the incidences of unsafe sex and unplanned pregnancy. Open discussions were held to ensure that any misinformation the girls had previously received was dispelled. Customized coaching was also provided which aimed to strengthen the young girls self-confidence, leadership skills, assertiveness, self-love, self-esteem and self-acceptance.

DAUGHTERS OF AFRICA SEMINAR

On the 30th of August 2019 during Women's month in South Africa, a girl's seminar was hosted in Hluhluwe. All 13 schools were represented by 13 learners per school. The theme of the event was "The best thing a girl can wear is her confidence".

Guest speakers addressed learners' on the three Daughters of Africa objectives namely, entrepreneurship, sexual reproductive health and rights and gender equality.

The girls were inspired by Ms. Phumzile Lembede, the winner of the Zululand Entrepreneur of the year award. Ms. Lembede of her journey in entrepreneurship and encouraged the girls to start as young as they are. Dr S. Ngobese highlighted the importance of taking charge of your own sexuality and making smart decisions. Nonhlanhla Mkhize spoke about gender issues and the safety of a girl child in South Africa. The event was a wonderful success with music, dancing and sponsors' donating gifts, ensuring the girls had a motivational and memorable day.

On the 27th of September 2019, the Girls Club hosted the Namibian girl's seminar. The girls pitched their business plans in front of a number of prominent businesspeople, the girls were given the opportunity to demonstrate the skills that they have obtained so far and to show their readiness to start their own businesses. The seminar took place at the main campus of the University of Namibia with twelve schools in the Khomas region participating under the theme "Dream it, be it, it's your time to shine". The guest speaker was Marianne Akwenye who was the first female pilot in Namibia and now owns a Spa that employs 25 vulnerable women. A victim of gender-based violence also addressed the girls on making the right choices in life. It was a powerful and empowering seminar. During the same week, the Daughters of Africa held its first annual reporting meeting. The team from Namibia, South Africa and Sweden visited Girls Club in Namibia. The week consisted of site visits, a look at the successes and challenges of the project. When schools were visited the girls portrayed confidence, in-depth knowledge of business approaches and were very assertive. The girls were truly empowered.



DoA Girls Seminar in Hluhluwe



Above: Sanitary pads donation to DoA girls



Right: DoA Girls Seminar in Khomas, Namibia



Above: SFL team, Hand in Hand Zimbabwe team and stakeholders attending an Annual General Meeting and Seminar in Namibia

DREAMS

Determined Resilient Empowered AIDS-Free Mentored Safe [DREAMS/ Twagamwenwa] 2018-2023 The five-year DREAMS programme in Namibia aspires to create an AIDS-free future for girls, aiming to avert new HIV infections among adolescent girls and young women. The project contributes to Namibia's National Strategic Framework on HIV and AIDS and the National Agenda for Children which are specifically focused on strengthening programmes to protect adolescent girls and young women from HIV infection by ensuring they are educated, healthy, economically, and socially empowered, and free from violence and discrimination. Star for Life is a core partner on the DREAMS project led by Project Hope and sponsored by United States Agency for International Development (USAID) President's Emergency Plan for AIDS Relief (PEPFAR). The project is implemented in Tsumeb, Onandjokwe and Omuthiya Districts in the Oshikoto region. The Project started in 2018 and will run until 2023.

In 2019 the organization conducted the following activities across the schools; classroom sessions, counselling sessions, awareness campaigns, learner's workshop and small group sessions. The assigned life skills coaches visit the schools daily to implement the DREAMS activities. The coaches use the My Future My Choice and World Health Organization manuals as well as a Life Skills Syllabus to complement the DREAMS activities.



HIGHLIGHTS, ACHIEVEMENTS & LESSONS LEARNED

- DREAMS activities were held at 200 safe spaces where 21,600 adolescent girls and young women age 10-24 were reached.
- The 8 Star for Life learners' workshops were successfully implemented across the 16 DREAMS schools.
- Star for Life together with Lifeline Childline painted 50 schools with their toll-free numbers.
- Star for Life supported Project Hope by training 80 Community Care workers on facilitation skills.
- 3 Stakeholders meetings were held with principals from the different circuits.
- Our School Health Coordinator, joined by the Deputy Chief of Project Hope and Country Director of Star for Life, had a very successful inspectors forum with the regional inspector's.
- An additional 10 Life Skills Assistant Coaches were appointed for the region. These Assistant Coaches will support the Community Care Workers with the smooth operation of the safe spaces. The DREAMS project had 20 Life Skills Coaches with 1 Regional School Health Coordinator.
- Meetings with stakeholders such as the Ministry of Gender, Ministry of Health and Ministry of Youth Regional Councils were held, further strengthening the relationship in the district.
- The region received visitors from the office of the U.S. Global Aids Co-ordinator together with programme evaluators that assessed the performance and programme impact. The visit empowered the team and created an opportunity to reflect, learn and improve.

EDU-CIRCLES

SOCIAL ACCOUNTABILITY AND SCHOOL GOVERNANCE IN THE EDUCATION SECTOR

Launched in April 2011, the “Social Accountability and School Governance” (SASG) The programme aims to increase the understanding of school communities and other stakeholders, within education, of their roles and responsibilities in the management and monitoring of the education system at a school level. The pilot programme was implemented by the Ministry of Education, Arts and Culture with technical and financial support from United Nations International Children’s Emergency Fund (UNICEF) and funded by the European Union. As part of the SASG programme, learners were encouraged to play an active role in the governance of their school, through participation in learner groups called ‘Edu-circles’. Unlike Learner Representative Councils (LRCs), the Edu-circle members are elected solely by the learners. The Edu-circles are, however, expected to work closely with the LRC’s as well as with the school management team and the School Board’s.

The role of the Edu-circles is to identify challenges at the school and in the surrounding communities, and to provide solutions at the school level, through increased learner participation in the decision-making process. Rather than the traditional top-down approach to decision making, the Edu-circles are designed to promote learner engagement with the school management, as well as to encourage learners to take increased responsibility for their education. Star for Life focuses on motivating, empowering and inspiring learners to reach their full potentials and with the Edu-circle. programme the learners will be able to identify their dreams and to counsel each other as they understand and can relate to what their social needs are. In the year 2019, Star for Life implemented the Edu-Circles program in 26 schools in the Hardap and Omaheke regions.



HIGHLIGHTS, ACHIEVEMENTS & LESSONS LEARNED

- 400 learners were trained on the Edu-circle method, the programme and training was well received in all the schools. The learners that were selected to represent or run the Edu-circle activities in their school showed interest and excitement for the programme and felt that the Edu-circle club activities and associated responsibilities were inspirational and motivating.
- 308 stakeholders and 27 regional officials were trained in the Hardap and Omaheke Region.
- 48 school Principals were briefed on the Edu-circle programme. The training assisted the Principals in gaining further knowledge about how to involve learners in order to improve participation in issues affecting their learning.
- A number of Edu-circle club members established successful initiatives in their respective schools such as, cleaning up and antibullying campaigns.
- Club packages have been delivered to eight schools in Hardap Region.




FINANCIAL OVERVIEW FOR 2019
SOUTH AFRICA

The Annual Financial Statements for the year ended 31 December 2019 were audited by PricewaterhouseCoopers Inc. and an unqualified audit opinion was issued on the 30 June 2020. The following represents a summary of the key financial data as extracted from the audited Financial Statements:

Salient Features

Cash and cash equivalents	- decreased by 22.06%
Total assets	- decreased by 19.94%
Total liabilities	- decreased by 23.50%
Income	- increased by 12.39%
Expenses	- increased by 13.36%

An extract of the South African Financial Statements has been presented on pages 48 to 50.

NAMIBIA

At the time of print the Annual Financial Statements for the year ended 31 December 2019 are being audited by Ernst & Young. An unqualified audit opinion is expected to be issued in October 2020. The following represents a summary of the key financial data as extracted from the un-audited Financial Statements:

Salient Features

Cash and cash equivalents	- increased by 377%
Total assets	- increased by 70%
Total liabilities	- increased by 431%
Income	- increased by 71%
Expenses	- increased by 100%

An extract of the Namibian Financial Statements has been presented on page 56.

**Independent auditor's report on the summary financial statements**

To the Members of Star For Life - AIDS Free That's Me NPC

Opinion

The summary financial statements of Star For Life - AIDS Free That's Me NPC, set out on pages 48 to 49, which comprise the summary statement of financial position as at 31 December 2019 and the summary statements of comprehensive income for the year then ended, are derived from the audited financial statements of Star For Life - AIDS Free That's Me NPC for the year ended 31 December 2019.

In our opinion, the accompanying summary financial statements are consistent, in all material respects, with the audited financial statements, in accordance with the International Financial Reporting Standard for Small and Medium-sized Entities and the requirements of the Companies Act of South Africa as applicable to summary financial statements.

Summary Financial Statements

The summary financial statements do not contain all the disclosures required by International Financial Reporting Standards and the requirements of the Companies Act of South Africa as applicable to annual financial statements. Reading the summary financial statements and the auditor's report thereon, therefore, is not a substitute for reading the audited financial statements and the auditor's report thereon.

The Audited Financial Statements and Our Report Thereon

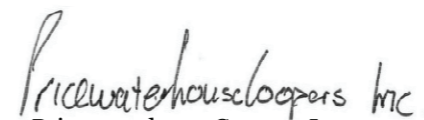
We expressed an unmodified audit opinion on the audited financial statements in our report dated 30 June 2020.

Directors' Responsibility for the Summary Financial Statements

The directors are responsible for the preparation of the summary financial statements in accordance with the International Financial Reporting Standard for Small and Medium-sized Entities and the requirements of the Companies Act of South Africa as applicable to summary financial statements.

Auditor's Responsibility

Our responsibility is to express an opinion on whether the summary financial statements are consistent, in all material respects, with the audited financial statements based on our procedures, which were conducted in accordance with International Standard on Auditing (ISA) 810 (Revised), *Engagements to Report on Summary Financial Statements*.



PricewaterhouseCoopers Inc.
 Director: BS Carshagen
 Registered Auditor
 Pietermaritzburg
 16 September 2020

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Chief Executive Officer: L S Machaba
 The Company's principal place of business is at 4 Lisbon Lane, Waterfall City, Jukskei View, where a list of directors' names is available for inspection.
 Reg. no. 1998/012055/21, VAT reg.no. 4950174682.

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2019

	2019 R	2018 R
ASSETS		
Non-current assets		
Property, plant and equipment	1 757 223	1 152 546
Other financial assets	10 002 984	-
Total non-current assets	11 760 207	1 152 546
Current assets		
Trade and other receivables	1 438 432	911 165
Cash and cash equivalents	12 394 398	15 901 999
Other financial assets	-	14 000 000
Total current assets	13 832 830	30 813 164
Total assets	25 593 037	31 965 710
EQUITY AND LIABILITIES		
Equity		
Accumulated surplus	4 814 197	4 804 789
Non-current liabilities		
Long-term borrowings	65 890	-
Total non-current liabilities	65 890	-
Current liabilities		
Trade and other payables	20 712 950	27 160 921
Total current liabilities	20 712 950	27 160 921
Total equity and liabilities	25 593 037	31 965 710

STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 31 DECEMBER 2019

	2019 R	2018 R
Revenue	31 472 774	28 443 166
Operating expenses	(33 082 342)	(29 184 219)
Operating deficit	(1 609 568)	(741 053)
Other Income	500	-
Finance income	1 619 257	1 199 967
Finance costs	(281)	-
Surplus for the year	9 408	458 914



DETAILED INCOME STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2019

	2019	2018
	R	R
Income		
Donation received	8 466 462	6 367 959
Grants received	23 006 312	22 015 207
Interest received	1 618 757	1 199 967
Sundry income	500	60 000
	33 092 031	29 443 133
Expenditure		
Accommodation costs	1 583 396	1 094 321
Administration assistant	-	36 007
Advertising and promotions	-	6 750
Auditors remuneration	157 964	147 065
Bank charges	60 050	33 234
Cleaning	14 455	22 173
Computer expenses	(201 507)	38 152
Consulting costs	23 360	60 842
Consumables	1 570 519	974 801
Depreciation	567 550	221 563
Electricity/water	1 193	25 578
Finance costs	281	-
IT and communication costs	1 281 987	1 069 106
Lease rentals on operating lease	657 339	624 345
(Profit)/loss on disposal of property, plant and equipment	-	(2 000)
Motor vehicle costs	322 664	201 329
Personnel costs	19 244 574	16 021 224
Per diem and meal costs	534 560	512 539
Postage and courier costs	21 560	53 232
Printing and stationary costs	336 553	580 875
Repairs and maintenance	26 258	61 934
School project expenses	3 891 362	4 256 642
Sundry expenses	80 028	432 817
Telephone and fax	259 972	145 792
Travel costs (airfare, car hire and fuel)	2 648 506	2 565 900
	33 082 623	29 184 219
Surplus for the year	9 408	458 914

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2019

	2019	2018
	R	R
Non-current assets		
Property, plant and equipment	710 664	741 152
	710 664	741 152
Current assets		
Trade and other receivables	518 532	890 826
Cash and cash equivalents	2 393 834	501 864
	2 912 366	1 392 690
Total assets	3 623 030	2 133 842
EQUITY AND LIABILITIES		
Equity		
Accumulated funds	1 773 020	1 785 717
	1 773 020	1 785 717
Current liabilities		
Trade and other payables	1 850 010	348 125
	1 850 010	348 125
Total liabilities	1 850 010	348 125
Total equity and liabilities	3 623 030	2 133 842

STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 31 DECEMBER 2019

	2019	2018
	R	R
Donations	11 123 840	6 486 528
Direct expenses	(7 572 828)	(3 792 463)
Gross surplus	3 551 012	2 694 065
Other income	451 929	205 980
Finance Income	1 949	1 552
Operating expenses	(4 017 587)	(2 646 155)
Deficit / Surplus for the year	(12 697)	255 442
Other comprehensive income	-	-
Total comprehensive loss / income for the year	(12 697)	255 442

OUR PARTNERS

THANK YOU TO OUR 2019 PARTNERS

Star for Life would like to thank our dedicated partners, without whom none of the work that we do would be possible. We look forward to continuing to support the children of Southern Africa in the year ahead, encouraging them to dare to dream and empowering them to reach for those dreams.

"We can change the world and make it a better place. It is in our hands to make a difference."

- Nelson Mandela



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Lindahl



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ACACIA





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