TOWARDS A NAMIBIA OF THREE ZEROS
Skills building for health workers on long-acting reversible contraceptives (LARC) in Windhoek.
MESSAGE FROM THE REPRESENTATIVE

Dear friends,

The year 2019 was special for all of us, as we celebrated UNFPA’s 50th anniversary and the 25th anniversary of the International Conference on Population and Development (ICPD).

ICPD has always been a unique and groundbreaking event, as it marked a dramatic departure from conventional ideas on how governments should respond to population growth. Building consensus across 179 governments was an extraordinary experience. The experience drew together expert contributions from inter-governmental organisations, the United Nations, non-governmental organisations, academia, civil society and activists.

Such contributions shifted the discourse at the time from one of ‘overpopulation’ and coercive means to limiting family size and controlling population; to a conversation and consensus on equality, dignity, rights and informed choices.

Leaders promised universal access to sexual and reproductive health services and information, and vowed to reduce maternal deaths and end gender-based violence.

The ICPD agenda also recognised gender equality and women empowerment as a prerequisite for sustainable development. It further called on governments to invest in young people, end poverty, and protect migrants and displaced people.

The Promise of Cairo, although not fully met some 25 years on, remains relevant as it was in 1994.

In November this year, the international community came together in Nairobi and reaffirmed the hard won gains which, remain under threat in a world stricken by multi-dimensional forms of inequality, persistent discrimination, political turbulence and rising conservatism. Resource constraints from economic slowdown and funding cuts and climate change, amongst others, are also threats to these gains.

This is why we must make the right investments and keep working to accomplish UNFPA’s three transformative goals: zero unmet need for family planning information and services, zero preventable maternal deaths, and zero sexual and gender-based violence and harmful practices against women and girls.

This edition comes packed with news and information on our work, as we strive to achieve the three transformative goals in the ‘Land of the Brave’.

With our attention now focused on the remaining three years of our Sixth Country Programme (6th CP), I would like to thank you for your trust and partnership over the years and urge you to continue working with us for, and on behalf of young people, particularly adolescent girls and women.

Ms. Dennia Gayle
Country Representative

TOWARDS ZERO unmet need for family planning
ZERO preventable maternal deaths
ZERO gender-based violence and harmful practices
FAMILY PLANNING AND FERTILITY
- Total fertility rate: 3.6%
- Maternal mortality rate: 385 deaths per 100,000 live births
- Contraceptive prevalence rate: 50.2%
- Unmet need for family planning: 12%
- National teenage pregnancy rate: 13%

UPPER-MIDDLE INCOME STATUS
- High level of income inequality:
  - Gini coefficient: 0.59
  - 17.4% of population below the poverty line
- Youth unemployment (15-34 years):
  - 37.5% male and 49.4% female
- 54% of first sexual experiences are unwanted among girls
- 32% of adolescent girls aged 15-19 and 35% of girls aged 20-24 have experienced physical violence from a partner

GENDER EQUALITY
- HIV prevalence rate, 16.9% among pregnant women aged 15 to 49
- 66% below the age of 30
- Average life expectancy: 62.6 years

DATA AVAILABILITY
- 2011 Census
- 2013 Namibia Demographic Health Survey
- 2015/2016 Namibia Household Income and Expenditure Survey
- 2016 Namibia Intercensal Demographic Survey
- 2017 Namibia Population-based HIV Impact Assessment

#BeFree dialogue with young people, Khomas Region.
Access to safe, voluntary family planning is a human right. It is also central to gender equality and women empowerment, and is a key factor in reducing poverty. Investments into making family planning available, affordable and accessible also yield socio-economic gains that can propel development.

UNFPA procured and donated basic medical equipment, reproductive health commodities and contraceptives to the Ministry of Health and Social Services to be used for strengthening the delivery of sexual and reproductive health, including family planning, post abortion care, maternal and child health care services in health facilities. These included contraceptives, i.e., 360,000 male condoms, 100,000 injectables, 114,900 syringes, and 14,900 contraceptives implants. The donation also included 40 intrauterine device (IUD) training simulators and subcutaneous implant training models. The donation, worth more than N$8.5 million, will enhance the quality of services in public health facilities in the country.

Owing to sustained advocacy by UNFPA and partners, the Government Tender Board exempted the Ministry of Health and Social Services from the rigorous tender procedures in the procurement of supplies and commodities through the UN procurement services. UNFPA has begun the process of assisting the ministry of health’s central medical stores in procuring reproductive health commodities, contraceptives and medical equipment through the UN pool procurement mechanism.

Bauldine Bock, 20, a second-year law student at the University of Namibia, is one of many young women who benefited from the long-acting reversible contraceptives (LARC).

The LARC were donated by UNFPA to the Ministry of Health and Social Services (MoHSS) as part of strengthening sexual and reproductive health services.

Bock had her first contraceptive implant in August 2019, after one year of using injectables. She said she decided to switch to the implant, as she would sometimes forget to have her injection on time, thereby raising the risk of an unplanned pregnancy.

“The implant has been a relief for me. I don’t have to think about contraceptives for three years now”, said Bock, who witnessed two of her younger peers dropping out of high school due to pregnancy.

The eldest of three children - two daughters and one boy, Bock grew up in the north-eastern Namibian town of Grootfontein. She had always dreamed of being a lawyer ever since she was a young girl.

This dream appears to be taking shape, as Bock is now an intern at a local law firm and slowly but surely getting closer to her dream.

The implant fits snugly into her plans, she said.

“Now, I can focus on my studies and career without having to worry about pregnancy,” said Bock.

She reminded fellow youth that although implants and other modern contraceptive methods are effective at preventing pregnancy, they do not protect against sexually transmitted infections (STIs), hence the need to use condoms as well.

“Always use condoms to protect yourself from STIs, even when using another contraceptive method.”

**Towards Zero Unmet Need for Family Planning**

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<th>Key Results</th>
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<td><strong>93</strong></td>
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Improving adolescents and youth friendly health services

Integrating SRHR/HIV
UNFPA provided support to the Ministry of Health and Social Services to continue the scaling up of sexual and reproductive health (SRH), HIV and sexual and gender-based violence (SGBV) integrated services throughout the country. To date, 173 out of 291 facilities are providing integrated services guided by the national service integration guidelines. This represents a 59% of integrated facilities countrywide. Provision of integrated services has improved the knowledge of staff on both HIV and SRH services. Integration has also remarkably reduced patients waiting time, as well as confidentiality both in consulting rooms and at the pharmacy.

Reaching youth through performing arts
UNFPA, in collaboration with the United Nations Children’s Fund (UNICEF) and the Joint United Nations Programme on HIV/AIDS (UNAIDS) assisted the Ombetja Yehinga Organisation (OYO) dance troupe to conduct 10 dance and drama events in the Erongo Region. The events were meant at spreading messages on sexual and reproductive health, gender-based violence and HIV prevention within the communities. OYO creates dance plays about these themes and such sketches are then performed to fellow youths and the community at large. As a result, 2,745 persons (including 1,082 adolescents) were sensitised on issues such as HIV prevention, testing and treatment adherence, SRH, GBV and alcohol abuse. During the events, mobile clinics were made available to provide preventive care, counseling and HIV testing and 351 people (including 11 adolescents) were tested for HIV.

Providing ASRH packages
UNFPA supported the Ministry of Health and Social Services and its partners to produce 2,000 adolescent sexual and reproductive health (ASRH) packages for young people. The packages include an information booklet (health passport) on SRH and HIV for young people, a directory with essential SRH/HIV services in the country, along with information leaflets on male and female condoms use, notebooks, and pens. The ASRH packages were distributed to young people during outreach campaigns in institutions of higher learning in Khomas, Zambezi, Ovangwena regions.

UNFPA is an important partner to the Government of Namibia in generating knowledge on sexual and reproductive health (SRH) and rights and gender based violence (GBV). Government, with support from UNFPA and other partners, developed, reviewed and updated the following national strategies or guidelines, which will ensure improved quality delivery of SRH and GBV services particularly for adolescents, women, girls and key populations.
The #CONDOMIZE! Campaign was officially launched by the Ministry of Health and Social Services in collaboration with UNFPA and partners in Oshana Region. It has since been taken to Ohangwena, Khomas and the Zambezi, Erongo, Otjozondupa and Kavango East regions.

The campaign seeks to demystify the myths and misconceptions around condom use. It ensures that communities are equipped with vital information, which empowers them to consistently and correctly use condoms.

Since its inception, communities have been imparted with correct information on condoms. When used correctly and consistently, male and female condoms are the most efficient available technology to reduce unwanted pregnancies, as well as the sexual transmission of HIV and other sexually transmitted infections (STIs).

Research shows that the correct and consistent use of condoms can reduce the risk of contracting HIV and other STIs by 80 - 90%. Despite this fact, health surveys show that correct and consistent condom use continues to be low in Namibia.

During the year under review, #CONDOMIZE! campaigns, (inclusive of mobile outreach clinics), were held in seven regions.
“As adults, we always assume that our problems are bigger than those of adolescents. Only until we have sat down with them and talked we come to learn the magnitude of their problems,” said Joors Gaoseb.

Gaoseb is a Life Skills teacher at Auas Primary School in Katutura, a township in Windhoek, Namibia’s capital city.

Gaoseb said although comprehensive sexuality education might be an uncomfortable topic to tackle, it is very important as it prepares young people to make informed and healthy choices.

“Learners are exposed to sex even at the tender age of nine either through rape or play. There is also exposure through media, television and through their peers.”

“Enabling adolescents to build life skills

Just as schools are vital as a foundation to prepare young people academically, they are also a crucial source in ensuring learners’ health and wellbeing. UNFPA and the United Nations Educational, Scientific and Cultural Organisation (UNESCO) are supporting the Namibian Government in scaling up Comprehensive Sexuality Education (CSE) in and out of schools across the country. This is in response to young people’s vulnerability to coercion, unintended pregnancy, HIV and other sexually transmitted infections.

The rollout of CSE in Namibia has proven successful, as 72% of schools in Namibia have trained Life Skills teachers, while 75% of schools are providing life skills-based HIV and sexuality education to learners.

UNFPA also supported the Ministry of Sport, Youth and National Service to carry out training of 108 out-of-school youth club members on CSE. As a result, the out-of-school youth clubs sensitised young people through community mobilisation, reaching a total 5,379 youth in Zambezi, Ohangwena, Kavango East and West, Erongo and Kunene regions.

Together with the National Institute for Educational Development (Ministry of Education, Arts and Culture) UNFPA provided CSE in-service teacher-training at six (6) university campuses namely, University of Namibia main Campus, Khomasdal, Rundu, Hilkepune Pohamba Campus; and International University of Management main Campus and Ongwediva.

This was done to build the capacity of prospective teachers to deliver school-based comprehensive sexuality education, reaching a total 631 final year students who will soon become teachers.
UNFPA, in collaboration with United Nations Children’s Fund (UNICEF) provided technical support to the Ministry of Safety and Security to review the Police National Gender Based Violence (GBV) Database indicators. This was done to ensure that the indicators are sex and age disaggregated, and also to integrate issues related to key GBV indicators, sexual and reproductive health and violence against women, adolescents and children in the database. The aim of the database system is to improve GBV case management, coordination, reporting and monitoring the relationship between service providers. The database will be launched in 2020.

The Country Office, together with the World Health Organisation (WHO), also supported the Ministry of Health and Social Services to adapt the global Clinical Handbook for the Health Care of Women Subjected to Intimate Partner Violence and or Sexual Violence. Forty-five (45) trainers selected from different regions and institutions were trained to help implement the handbook at facility level. To date, 40 health care workers in Oshikoto Region have been trained to identify, manage and refer victims of intimate partner violence and sexual violence to access GBV integrated essential services.

Ending gender-based violence (GBV) and ensuring women’s safety and well-being is a priority for the Namibian Government. Legislative and policy frameworks such as Combating of Rape Act, Combating of Domestic Violence Act, Married Persons Equality Act, Labour Act, Witness Protection Act, Child Care and Protection Act and Combating of Trafficking in Persons Act are in place to address violence against women, girls and children. Despite the legal provision, violence against women and girls is still a concern in Namibia.

There are numerous reports of violence between intimate partners, which end in femicide and is sometimes followed by the perpetrator committing suicide. Apart from intimate partner violence, different forms of violence committed against women and girls include domestic violence, rape and other forms of sexual abuse, sexual harassment in the workplace and school, some forms of human trafficking, and certain harmful traditional practices such as widows deprived of the property they shared with their husbands.

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KEY RESULTS

Improving knowledge management

UNFPA supported the One Economy Foundation to conduct 59 advocacy platforms through six (6) #BeFree dialogues. The dialogues engaged young people, service providers, influential religious leaders, refugees, marginalized San community, people with disabilities, people living with HIV, sex workers, and members of the lesbian, gay, bisexual, transgender and intersex (LGBTI) community. It resulted in 496 beneficiaries receiving essential gender-based violence services, i.e., health, psycho-social and legal. The campaign provides an inter-generational and non-judgemental platform that fosters honest and robust dialogues on issues affecting adolescents and youth, while identifying local tailor made solutions, particularly on sexual and reproductive health, mental health, HIV, alcohol and drug abuse as well as promotion of and general empowerment of young people.

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UNFPA, as part of a consortium of civil society organisations (Slut Shame Walk, Namibia Women Lawyer Association, Life Line Child Line, Bel Espirit, Regain Trust) and individual lawyers collaborated with the Office of the First Lady to launch the #MeToo Movement in Namibia. #MeTooNamibia was birthed following an avalanche of sexual violence, harassment, abuse and assault revelations coming to light in May 2019. Since the launch, 44 women and adolescent girls have come forward to report cases of rape, sexual abuse/exploitation and harassment, which resulted in seven legal/police cases pursued, while 30 have received psychosocial support.

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Maternal, stillbirth and neonatal deaths remain a major concern for the Namibian Government. As such, the Ministry of Health and Social Services has embarked on reducing maternal mortality from 385 (Demographic and Health Survey 2013) to at least 200 per 100,000 live births by 2021/2022. It also intends to reduce newborn mortality from 20 to 10 per 1,000 live births by 2021/2022. 

UNFPA and partners worked with the Ministry of Health and Social Services to develop National Guidelines for Review and Response to Maternal Deaths, Maternal Near Misses (MNM), stillbirth and neonatal deaths. The guidelines provide practical guidance to move from maternal death reviews to surveillance and response. UNFPA donated 50 doppler fetal heart rate detectors, 80 sphygmomanometers, 50 stethoscopes and 100 vaginal speculums to the ministry for this purpose. 

Furthermore, the Country Office supported the Fourth Africa Regional Conference of the International Confederation of Midwives (ICM) held from 12 to 14 September 2019 in Windhoek, as well as the launch of UNFPA Global Midwifery Strategy for 2018–2030 on 11 September 2019. Attended by more than 400 midwives, academia, government officials, partners and friends of midwives from across the continent, the conference addressed key issues in the profession, notably midwives’ demands for equality, equity and leadership. The conference included several skills workshops, which were organised alongside key partners such as Jhpiego, Johnson and Johnson, Laerdal Global Health, including UNFPA, among many others.

Handover of hygiene kits to pregnant women at Katutura State Hospital in an effort to curb Hepatitis
UNFPA joined national efforts by partnering with other UN agencies, mainly World Food Programme (WFP), Food and Agriculture Organisation (FAO) and United Nations Children’s Fund (UNICEF) to respond to the declaration of the national emergency on account of the severe drought as per Government’s appeal. The following were achieved:

- Capacity development of 87 health care workers from all 14 regions to deliver Minimum Essential Service package on Sexual and Reproductive Health and Gender Based Violence (MISP);
- Procurement and distribution of 3,500 dignity kits for pregnant women and adolescent girls;
- Procurement of 10 clinical management kits for rape victims that can serve 600 victims (500 adults and 100 children) of sexual and gender-based violence;
- In partnership with the Ministry of Poverty Eradication and Social Welfare, 77 street community workers who are directly in contact with drought beneficiaries from different constituencies of Khomas Region through the Food Bank initiative were equipped with knowledge and skills on Prevention of Sexual Exploitation and Abuse (PSEA). Additionally, 59 staff members of 10 UN agencies were sensitised on PSEA.

**GENERATING EVIDENCE**

**Evaluation of Co’s support to Namibia’s HIV response**

The Country Office’s support to the Namibia HIV response was evaluated in June 2019 by UNFPA Headquarter, Monitoring and Evaluation Division. The purpose of the evaluation was to assess the performance of the Country Office in integrating its approach to HIV within the broader context of sexual and reproductive health and rights (SRHR), population dynamics, gender equality and human rights. The assessment focused on UNFPA’s contribution to: 1) the prevention of the sexual transmission of HIV; 2) linking of HIV with SRHR; and 3) promotion of gender equality and human rights in the context of HIV.

**Preparation for 2021 Census**

UNFPA worked with the National Statistics Agency (NSA) to develop a census information guide, which will be used as an advocacy and awareness creation tool on the 2021 Census. UNFPA also supported NSA technically and financially in the areas of capacity building on population projection, small area estimation, Data Collection using Handheld Devices (CADE) and the validation of the census questionnaire. Other collaborations between the two institutions included regional sensitisation meetings on the census and the adaptation of disability indicators into census questionnaire. In addition, the Country Office procured and distributed to NSA three (3) high performing Geographic Information System (GIS) computers.

**LANDMARK ICPD SUMMIT TAKES PLACE IN KENYA**

Over 9000 participants from around the world gathered in the capital of Nairobi, Kenya between 12 – 14 November 2019 to celebrate the 25th anniversary of the groundbreaking International Conference on Population and Development (ICPD).

The groundbreaking ICPD placed sexual and reproductive health and rights (SRHR), women’s empowerment and gender equality on the agenda of the United Nations back in 1994. The Nairobi Summit engaged political decision makers to address the unfinished business on the ICPD agenda, which continues to hinder the fulfillment of the SRHR of women and young people today. The call to action of Nairobi Summit strives to end the unmet need for family planning, preventable maternal deaths, as well as gender-based violence and harmful practices – the three zeros – in the world by the year 2030.

The UNFPA Country Office was proud to support a 21-member strong delegation. The delegation consisted of leading politicians, government officials, religious figures, civil society activists and youth leaders together with UNFPA Namibia’s Country Representative, Ms. Dennia Gayle.

The head of the Namibian delegation, Deputy Minister of Industrialisation, Trade and SME Development, Hon. Lucia lipumbu, presented the national commitment statement of the Government of the Republic of Namibia. The statement declared that the Namibian government implements pro-poor policies and programmes that are also pro-youth and gender responsive, in order to reap the demographic dividend and leave no one behind.

Along the spirit of the Nairobi Summit, the government committed to accelerate the reduction in preventable maternal and neonatal deaths; intensify the fight against gender-based violence; mobilise resources towards universal health coverage and up-scale youth-friendly family planning services; address barriers that prevent key populations from accessing public health care services; and expand investments into skills-training and employability of young Namibians.

A possible solution to prevent online gender-based violence, according to Daisy Mathias, Presidential Advisor: Youth Matters and Enterprise Development, is to help youth understand that they have a right to online spaces that are free of harassment and discrimination, and to teach them how to recognise destructive language and reject it.

The Nairobi Summit turned out to be a great success with over 1,200 commitments made globally at the conclusion of the three-day event.

“We will never lose sight of who we are fighting for, because commitments made are commitments kept,” Dr. Natalia Kanem, the Executive Director of UNFPA, declared in the closing ceremony, bringing the landmark summit to its end.

“Namibia’s commitment to ‘Accelerating the Promise’ will be achieved by supporting national programmes that address the needs of our people,” said Lipumbu.
Ensuring young people with disabilities are not left behind

About 4.7 per cent of people in Namibia are with a disability, including young people aged 10 to 24. Yet young people with disabilities are often invisible in statistics, excluded from education, health services, employment opportunities and are discriminated against in their own communities.

At UNFPA, we believe that young people with disabilities should be empowered to make decisions about their health, education, employment, and life aspirations. To this end, UNFPA supported the Congress of the Namibian Organisation of Youth With Disabilities (NOYD) on 3-4 December 2019 which was attended by 74 young people with disabilities from all regions of Namibia of which 42 were adolescents’ girls. The organisation’s constitution was deliberated upon, amended and approved and a new executive committee was elected. The Congress’ outcomes serve as a robust foundation for the NOYD to spearhead the mobilisation and uniting of youth with disabilities in Namibia. The outcomes will also enable improved participation of these youth to advocate for their inclusion in education, employment, sexual and reproductive health services and policymaking.

Breaking the silence on menstrual issues

UNFPA advocated with policy makers and parliamentarians on adolescent girls and young women (AGYW) sexual and reproductive health. This resulted in 900 sanitary pads and 50 soaps being collected from parliamentarians, ministry officials and UN agencies which benefitted AGYW in Rundu, Kavango East Region.

Ensuring young people with disabilities are not left behind

While empowered and given the right opportunities, youth are effective drivers of change. UNFPA partners with young people, helping them participate in decisions affecting them, and strengthening their ability to advance human rights and development issues such as health, education and employment. UNFPA supported the hosting of the African Youth and Adolescents Network (AfriYAN) Namibia General Assembly. As a result, a new 10-member leadership for AfriYAN was elected with 50-50 gender balance. The new leadership is tasked with the finalisation of the draft strategic plan with key sexual and reproductive health and rights (SRHR) interventions during 2020.

Strengthening youth leadership

Youth leadership was also strengthened through a Youth Dialogue, where more than 100 youth from all 14 regions of the country attended to celebrate the International Conference on Population and Development 25th anniversary and UNFPA’s 50th anniversary. The dialogue saw the youth exchanging ideas on how they could play a significant role in accelerating the ICPD promise and empower them to make their voices heard. They advised that their sexual and reproductive health (SRH) and rights be strengthened, especially for young people in rural areas and those with disabilities.

OUR PARTNERS

1. Ministry of Health and Social Services (MoHSS)
3. Ministry of Sport, Youth and National Service (MSYNS)
4. Ministry of Education, Arts and Culture (MEAC)
5. National Planning Commission (NPC)
6. Namibia Statistics Agency (NSA)
7. Namibia Planned Parenthood Association (NAPPA)
8. Gender Links
9. Society for Family Health (SFH)
10. One Economy Foundation
11. African Youth and Adolescents Network Namibia (AfriYAN)
12. United Nations (UN) organisations
13. Media houses
14. Civil society organisations
15. Parliamentary committees
16. Academic and professional associations
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