Overview

The Journey of Hope toolkit encourages individuals and communities to develop appropriate HIV prevention strategies. This toolkit offers a range of interactive, participatory, and experiential learning activities to address HIV and AIDS related topics including: understanding the mechanisms of HIV transmission, actions that can be taken to prevent HIV, testing for HIV, and differentiating HIV and AIDS.

The Journey of Hope was developed in 2005 under the BRIDGE I project, and was the first of the BRIDGE Transformative Tools or toolkits developed. The Journey of Hope uses a series of analogies to communicate important HIV prevention messages: wildfires illustrate how HIV and other sexually transmitted infections can spread in a community; crossing a narrow bridge represents the importance of applying the ‘ABC’ message of HIV prevention (Abstinence, Be faithful, Condom use); avoiding falling into the water and being attacked by crocodiles (an analogy for HIV infection); and future islands represent future aspirations in life.

The overarching objectives of the Journey of Hope toolkit are to:

- Stimulate open conversations about sexual behavior and issues related to HIV and AIDS;
- Empower participants to make choices that protect them from HIV infection (abstinence, faithfulness and condom use);
- Promote a healthy lifestyle;
- Develop skills in negotiating sexual matters in a relationship;
- Promote HIV counseling and testing;
- Debunk myths about HIV and AIDS;
- Promote support, compassion and positive living for those living with HIV and AIDS.

Activities

The Journey of Hope toolkit includes a facilitator’s guide with activities and questions to stimulate discussions around HIV and AIDS and a collection of stories and pictures of people who have publicly declared their HIV status. These real stories are used to show that people with HIV can look healthy and you can only tell someone’s status (and one’s own) by getting an HIV test.

Voices from the Field

Andex and Loney Gonani from Chiradzulu, pictured with their child, took HIV tests after attending Journey of Hope sessions.

“Journey of Hope ... enabled us to understand how HIV spreads and the importance of getting tested. We used to drink heavily and engage in immoral acts after, a habit that likely exposed us to HIV. The Journey of Hope toolkit session also enabled us to reflect critically on our behavior and we have since quit heavy drinking.”

Achievements

- Over 227,690 people (80,143 men and 147,547 women) reached with HIV prevention messages with the Journey of Hope through partners YONECO and NAPHAM using village discussion groups, PLHIV support groups and workplace interventions.
For more information contact:

**Malawi**
Jennifer Boyle, Project Director/BRIDGE II
jboyle@malawibridge.org

**US**
Jane Brown, Senior Program Officer/Center for Communication Programs
jbrown@jhuecp.org

Local Partners: Corporate Graphics, J&F Consult, Galaxy Media Consultants, National Association of People Living with HIV and AIDS in Malawi, Story Workshop Educational Trust, YouthNet and Counseling