

Karibu Sana

The Official Newsletter from Projects Abroad TANZANA

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Mambo

Hello everyone!

Welcome to the October edition of the Projects Abroad newsletter for Tanzania.

We are all fine here. New volunteers arriving each day and our two weeks special volunteers are expected to arrive in the mid of November.

In addition to all the arrivals we have the pleasure of welcoming new staff members Baraka and Victoria from Tanzania. Victoria is working at our New baby born Dar es Salaam office and Baraka is working at our head office here in Arusha.

In the beginning of October we had our Projects Abroad social event where Volunteers and Projects Abroad staff members had a day trip to Moshi Mnambe Materuni Water Falls, an event joined by many.

To find out what will happen in November check out the final pages.

In this edition of this newsletter we have stories from volunteers as well as pictures of different events that happened in Tanzania

I would like to thank all volunteers who gave time to be part of this newsletter. I wish you all the best for your arrival in Tanzania and back home.

Have a great month!

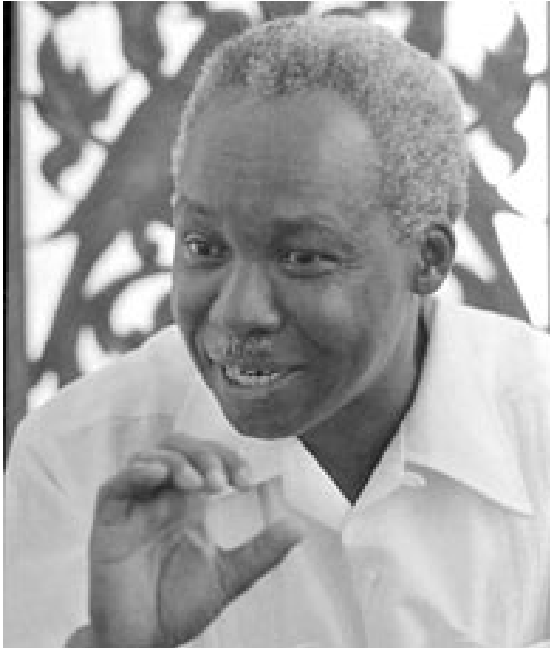
Georgina Tenga
Social Manager-Tanzania





Nyerere day

Tanzania



On 14th October every year in Tanzania is the national holiday for the memorial of the first president of Tanzania, Mwalimu Julius Kambarage Nyerere. In honour of this day, I think it's nice to tell you a little bit more about him.

He was born on 13th April 1922 at Butiama Village in Mara Region along the shore of Lake Victoria. His father was a chief of the Zanaki Tribe. He got his education from the government school called Tabora School in Tanzania then Makerere University in Kampala Uganda.

After his studies Nyerere taught in different schools, and this is where the name 'Mwalimu' came from, in Swahili 'Mwalimu' means teacher. He taught for three years before he got a government sponsorship to study history and political economy for his Master of Arts at the University of Edinburgh. Nyerere was the first Tanzanian to study at a British university and he was the second to gain a university degree outside Africa. When he was in UK, Nyerere began to develop his particular vision of connecting socialism with African communal living.

On his return to Tanganyika, Nyerere was forced by the colonial authorities to make a choice between his political activities and his teaching, where he decided to be a politician. He believed in human rights and equality, he was a socialist.

He served as President from the country's founding in 1961 until his retirement in 1985. In 1961 that Nyerere was elected Tanganyika's first Prime Minister, and following independence in 1962, the country's first President. In 1964, Tanganyika became politically united with Zanzibar and was renamed to Tanzania. In 1965, a one-party election returned Nyerere to power. In 1967 he issued the Arusha Declaration, which outlined his socialist vision of Ujamaa that came to dominate his policies.

The objective of socialism in the United Republic of Tanzania is to build a society in which all members have equal rights and equal opportunities; in which all can live in peace with their neighbours without suffering injustice, being exploited, or exploiting.





In socialism he committed himself to raising basic living standards as an opposition to conspicuous consumption and large private wealth through fighting against poverty, ignorance, and believing in equality and humanity. The socialists believed in 'people-centred'. From this Nyerere was very important in both political and private terms.

Nyerere was very important in the liberation of Africa where he committed himself to Pan-Africanism movement including the African National Congress (ANC) and the Pan African Congress (PAC) of South Africa, Frelimo when seeking to overthrow Portuguese rule in Mozambique, Zanu (and Robert Mugabe) in their struggle to unseat the white regime in Southern Rhodesia (now Zimbabwe). He also opposed the brutal regime of Idi Amin in Uganda. Following a border invasion by Amin in 1978, a 20,000-strong Tanzanian army along with rebel groups, invaded Uganda. It took the capital, Kampala, in 1979, restoring Uganda's first President, Milton Obote, to power.

In 1985 Nyerere retired from his presidential position but he remained as chair of the Party - Chama Cha Mapinduzi (CCM). In 1990 he retired from his CCM chairmanship to his farm in Butiama. During this time he was still assisting in peace making and in 1996 he was a mediator on Burundi conflicts.

He died in a London hospital of leukaemia on October 14, 1999. He is always remembered as the world hero of social justice by the United Nations and as the father of the nation to Tanzania.

By Georgina Tenga

Projects Abroad Arusha Tanzania





SOCIAL CORNER

PROJECTS ABROAD SOCIAL



Last Friday, Projects Abroad took all the volunteers to Uru Materuni Mnambe waterfalls, Kilimanjaro Tanzania!

Kilimanjaro is the homeland of the **Chagga people**, one of Tanzania's largest ethnic groups. It is fair to say that when you are in Moshi Kilimanjaro there is little indication that you are in a 'Chagga town'. Yet in the smaller villages Chagga culture remains fairly strong.

While in Moshi, Rosemin Njau was our guide, apparently he's a Vikings fan.





He told us stories about the Chagga culture; for example banana leaves are used as the ultimate peace offering. If you offer one when apologizing to someone, they *have* to accept your apology. Not doing so is a grave insult.

There is a local custom of keeping track of where your goat poops. Apparently, you can tell your future by how it is arranged on the floor. Of course, this was followed by all of us making jokes for the rest of the day. Yup, we're all out here turning into really mature adults.

Tanzania is also a big exporter of coffee beans. It's used in high quality coffee due to its oval shape, which allows it to be roasted more evenly than the normal flat shaped coffee beans. Unfortunately, local farmers only "sometimes" get their fair share of the cut.

Hapreet Chima
Three month Medical volunteer
American





Volunteer Story

Thank you Projects Abroad, I had an incredible time!



In 2011, I had to do a medical elective. As a final year medical student, I wanted my last year before being a 'real doctor' to really be pushed outside my comfort zones. Unfortunately being a final year student and working almost full time, actually doesn't leave heaps of time to plan. So after hearing about Projects Abroad, a few emails later and money from my credit card, a trip to Tanzania had been organized

with everything (accommodation, meals and placement). I just had to pack my bags!

When I arrived in Tanzania, the change was as expected. Arusha was not like Melbourne, not everyone spoke English and the rules of the road seldom exist. My host family is absolutely brilliant, the doctor in charge of my hospital with two sons my age and a little granddaughter, meant we were able to explore with our own personal tour guides.

Once at the hospitals we donned our white coats and commenced ward rounds. Much like any western hospital, we would review patients, organize investigations and prepare plans. This was no different. After a while of becoming used to the place and who was who etc, we began to develop our own stride. My particular interest is anesthetics and emergency.





I was faced with my first emergency in my first week and happy to report a good outcome. Apart from the similarities to Western hospitals, there are obvious differences, i.e. language barrier and lack of equipment that we may sometimes have in our respective countries. Perhaps it was a disadvantage but as a doctor we are always taught not to cut corners but to improvise and be innovative, our Tanzanian counterparts certainly where.



From a medical perspective this was by far the most challenging and rewarding experience. I came to Tanzania to experience a new culture; instead I practiced medicine, taught resuscitation, did lots of medical teaching and ran my own clinics. Given I'm almost finished we were utilized to the fullest possible extent and the experience was invaluable, especially with my mentor only a phone call away.

Moreover, aside from the placement, living arrangements took a little getting used to. For instance I'm not used to having a maid doing my washing (I've lived out of home for 4 years!). Similarly in Australia, due to recent floods, there are no bananas, and where there are, they cost \$20 dollars a kilo! With \$20 dollars I managed to fill the boot of a car! Living with a host family gets you out of your comfort zone; you are made to feel part of the family; like a son or daughter. You learn customs, language and how life is here. I loved it! I miss it so much that now going home is depressing!

Projects Abroad also facilitates socials, every Thursday night you go out for dinner and mingle with other volunteers from around the world.

This is great as you get to hear stories from people like minded, on different projects and with different perspectives. The projects guys even facilitate





workshops and take you out (if you're on medical) to outreach clinics to provide health care to remote communities!



An incredible experience all round. The place is beautiful and I look forward to one day returning as a specialist. I certainly felt like I made a difference, and the welcoming of the hospital made the experience worthwhile. You will also make lifelong friends from all walks of life. So thank you Projects Abroad, I had an incredible time!

James Xavier
Melbourne – One month Medical volunteer
Australia





Volunteer Moment

Grazie alla perfetta organizzazione di Projects Abroad che ti assiste per qualsiasi cosa tu abbia bisogno



Mi chiamo Carlo, sono venuto ad Arusha in Tanzania come volontario con l'organizzazione di Project Abroad.

Il mio progetto è di insegnare la Cucina Italiana ed internazionale a 16 ragazze del College di Faraja a Kiar. Il corso dura 3 mesi e gli ultimi 10 giorni sono dedicati agli esami per la loro qualificazione.

La mia giornata si divide in 2 parti: la mattina è dedicata a organizzare le lezioni e a realizzare primi o secondi piatti.

Prima delle 9 sono già al college con il mio computer, alle 11 comincio a cucinare con le allieve.

Sono ragazze molto brave e attente, dopo un mese e mezzo sono autonome nella fase preliminare di preparazione. Realizziamo insieme la ricetta che scrivo alla lavagna con tutti gli ingredienti. Al termine, assaggiamo quello che abbiamo preparato e lo commentiamo.

Quello è il momento più bello! Vedere la loro espressione di soddisfazione per i sapori deliziosi della nostra cucina italiana.

Nel pomeriggio, dopo aver mangiato in un ristorante del posto, inizia la mia lezione di inglese: due ore con un' insegnante tutta per me.





Quando sono venuto qua l'inglese per me era arabo, ora comincio a parlarlo, lo scriverlo bene e, cosa ancora più importante, comincio a pensare in inglese! Tutto merito della mia bravissima insegnante che ha davvero tanta pazienza con me.



Questo progetto, che ha lo scopo di avviare al lavoro queste ragazze, è importante per tutti, ma credo che per loro rappresenti una opportunità unica.

Sono abituato alle sfide, oso dire che sono quotidiane per me. La prossima sarà un pranzo che voglio organizzare per tutti i volontari di Project Abroad: spaghetti al ragù alla bolognese e pollo alla cacciatora con le olive, come lo si cucina in Toscana. Non mancherà il dolce e tutto verrà accompagnato da un buon vino rosso, al termine un vero spumante brut (vino e spumante vengono dal Sud Africa e sono buoni).

Trascorro il tempo libero con gli amici navigando in internet con il mio computer, che mi porta sempre dove voglio.

Tutto quello che sto facendo mi riempie di soddisfazione perché si dà a chi ne ha bisogno senza aspettarsi niente in cambio, se non un saluto, un sorriso o uno sguardo di riconoscenza.

Tutto questo grazie alla perfetta organizzazione di Projects Abroad che ti assiste per qualsiasi cosa tu abbia bisogno.

Carlo Ciampi,
Three month- Teaching Volunteer
Italian





Some Photos taken by Volunteers this month

Project Abroad Social

(Traditional Dance Ngoma event)



(Cooking class at Faraja Centre)



Projects Abroad supported the operation for Isaya Palangyo who suffered from Haemorrhoids Disease for 7 Years.





NEWS AND UPDATES

Projects Abroad Social.

Projects Abroad monthly social event for the month of November will be at lake Duluti, we will have lunch together and walk around the lake. This event will be subsidized by Projects Abroad. All Volunteers and Staff are invited

Teaching and Care Workshop.

For the Month of November we will have 2 Care and Teaching Workshop, One at the beginning of the month and the other one at the end of the month.

This workshop is for all Teaching and Care Volunteers meeting together, sharing idea and experience.

Swahili Language Workshop

All Volunteers will have opportunity to learn basic Swahili Language/ Introduction to Swahili language and Swahili culture. This workshop is supported by Projects Abroad where all volunteers are invited to attend.

Social Day

Once a week all volunteers are invited for the social event, having dinner together, get to know each other and share experience and weekly announcements.

For the month of November we will have Social at Via Via restaurant , Maasai Café Restaurant (Special for Pizza), Chinese Dragon Restaurant (Special for Chinese Food).



Medical Workshop for all Medical Volunteers

This Workshop will be held on 11/November/2011. The workshop focuses on basic practical and theory medical workshop. Theoretical workshop focusing on common tropical diseases and other health problems common in Africa.

Medical Outreach

All medical volunteers will be going to the medical outreach. Medical volunteers will be with Doctor Kway to diagnose some common problems facing people in the Villages at Engikaret Village. The Outreach will be on 12/ November/2011

Weekend Trip

For the month on November, there will be weekend day trip to Meru waterfalls,

Dirty weekend

All volunteers and Projects Abroad staff will join together to clean and paint Leganga Primary school at Usa River Arusha

Projects Abroad Tanzania would like to thank all Volunteers who buy their time to Volunteer in different projects with us. Wishing you good luck and welcome again.



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My Trip Blog – Tanzania

<http://www.mytripblog.org/pg/groups/3028/Tanzania>



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