

Karibu Sana

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ProjectsAbroad



Mambo!

Hello everyone!!

Welcome to the September edition of Projects Abroad Tanzania official newsletter.

Our newsletter aims to update you on what's going on with our projects and recent events here in Tanzania.

September has been a busy month here in Tanzania, with many new volunteers joining us to enjoy various placements around Arusha and Dar es Salaam and experience Tanzanian culture.

We would like to thank all the people who volunteered with us. We really appreciate all the valuable time. In this monthly newsletter you will find volunteer stories of Nicholas Allcroft Medical and Care Volunteer, Katrine Terkildsen from Denmark who gives us her story in Danish about her volunteering moment in Tanzania and Christina Nilsson from Denmark who talked about her experience in the Care placement. I would like to thank some of our Projects Abroad staff for taking part in this newsletter - Laurie Neal our Medical Projects Officer in Dar es Salaam Office who give us update on Dirty Day in Dar es Salaam.

Wishing you happy reading and all the best on behalf of the Tanzania team.

Have a great month!

Georgina Tenga



Explore Tanzania

OLDOINYOSAMBU CULTURAL TOURISM

Oldoinyo Sambu Maasai Village is located 36 km North-west of Arusha on the highway to Nairobi. The centre of operation is Oldoinyosambu market which is also known as Maiko Market.

The village also offers cultural tours by visiting Maasai Boma, interacting with them which gives the opportunity to learn about Maasai culture; visit a colourful Maasai Market which is held once a week, which brings in people from different areas to trade, drink



and eat. Other activities include walking and hiking excursions on the nearby hills to view the beautiful Maasai land and to get a glimpse of Mount Kilimanjaro and Mount Meru.

Oldoinyosambu Market is a place where Maasai People sell their cattle, goats and chickens for trading.

Here's a photo of the cattle market.

In this market city folk come long distances to trade their money/goods for Maasai cattle and goats. The Maasai survive off this trade.

Also you will have an opportunity to visit Maasai Traditional Bomas to see the traditional life style of the tribe by visiting traditional healers and the centre of Maasai Women specializing in making ornaments. Also you will have opportunity to visit Maasai Tribal holy trees and water springs.

Their culture is basically to groom young men to herd cattle/goats for the family. The cattle are taken to wherever the best grazing land is and boys aged 8-18 are required to make sure no cattle escape. The richest Maasai man is the one with the most cattle and the children to handle them

Georgina Tenga
Social Manager/ Projects
Abroad





Volunteer Story

Care Project in Tanzania

When I was 16 years old I read a book about children in Africa and I knew from that moment that I had to go to Africa as a volunteer to work with children some day. So when I finally got the chance 12 years later I just knew I had to go and I should soon discover that 3 months in Tanzania at a small orphanage would change my life.

I arrived in Dar es Salaam Airport on 16th May 2011 around 5.30 am.

I was picked up by a member of the local Projects Abroad staff who gave me a nice welcome and afterwards drove me to my home for the next 3 months. I actually don't remember much from that morning, it was so overwhelming to finally be there, but I do remember myself as very excited and very happy!





My family consisted of 6 people; mom, dad, Delicia 2 years old, Deshawn 1 year old, and two maids, who all lived in a nice house with a small garden. I got my own room which I would later share with another volunteer.

My new family were very sweet and very kind to me and I was considered a member of the family from the first moment, which was a wonderful feeling because even though it was a dream come true I was still far away from home and alone.

My family was very open minded so we spent a lot of time, in the first couples of days, getting to know each other and talk about our different cultures, which I found very interesting. From the first week I felt completely at home.

On my second day I had my induction with Project Abroad, where we talked about different information and how to live and behave in Tanzania. It was a good introduction and I felt very safe and totally

prepared to live out my dream. After the induction we went to the orphanage where I would work for the next 3 months. It was a 30 minutes ride in a local bus, called a dala dala, and I remember myself having my eyes wide open all the time. Wow, it was a different world! The area where I was working was very poor and was very dirty everywhere. People lived in small, one-roomed houses without electricity and water.



Before I went to Tanzania I spent a lot of hours reading about the culture and the country, so I thought I was well prepared for what I should expect, but I can tell that no matter how much you read, you can never prepare yourself for what you are going to see. You can't prepare yourself for how you will react emotionally, but I don't regret all those hours spent in front of my laptop.



At the orphanage, which is called Al Madina, I was welcomed by the Mama, and even though she didn't speak English I liked her right away. She was so kind and very grateful for me going there to take care of the children.

At Al Madina there were around 50 children between 8 months and 22 years old and they were all living in a very small house without any outdoor areas. They were sleeping between 2 and 3 kids in every bed and they only had 2 small meals a day.

But even though they were very poor, they were the loveliest people I have ever met. They were all grateful of what they had and were always trying to be positive, which made a very big impression on me.

My daily work at Al Medinas was mainly to take care of the children. In the beginning it was a bit frustrating not to have more space at the orphanage, because it was very difficult to entertain so many kids in so small area, but I realized that I didn't go to Africa for my own comfort, I wanted to do something for the children. And the children didn't need much more than attention, care and love and you can give that in very small areas.



As weeks passed I totally felt in love with Al Madina and I became very creative about methods to entertain the kids. My colleagues and I arranged a daytrip to the beach, where we rented a bus and drove all 50 people to the beach. Even though the beach is 30 minutes away, a lot of the kids had never seen the ocean before. It was a wonderful day for everyone and all the kids were playing in the water and had so much fun. It was definitely the best day at Al Madina because the children had never experienced anything like it before.

Besides the beach trip we arranged a lot of different games, dancing and singing, which all the children loved. They especially loved the Hokey Pokey song, and we would sing it many times during a day.



Sometimes we also went to the kindergarten to teach in English. It was a funny experience and the first time we went there we weren't prepared at all, so we just had to improvise using different colors and stuff, but it went very well and the kids loved it!

Besides my work at Al Madina I also had a lot of fun socializing with the other volunteers, and we were had dinner at a lot of interesting, local places, and explored the local area at the weekends.

Being a volunteer in Tanzania totally changed my life!

I loved living the Tanzanian life!

I love to eat with my fingers, I actually love going by dala dala, I love to work by the street and buy fresh fruit

and I absolutely love that everybody is so friendly and helpful!

I am so impressed with the mentality of how they live their lives and how they constantly stay positive. People do not get judged about what they are doing for a living or where they live, they are just proud of having a job and a proper house.

I am definitely going back to Tanzania for good someday; there is so much work to do for the children and for many other people!

Christina Nilsson - Denmark





Volunteers Moments

Jeg har altid drømt om at komme til Afrika og opleve en anderledes verden, med denne drøm besluttede en veninde (Carina) og jeg at rejse til Dar es Salaam, en beslutning jeg ikke har fortrudt. Den 1. september 2011 satte vi os på flyveren og efter hvad der føltes som en uendelig lang rejsetid, nåede vi endelig frem til Dar es Salaam og hermed startede mit nye eventyr.

Mit første indtryk af byen var kaos, alt hvad man har set på fjernsyn var pludselig virkelighed: kvinder i farverige kjoler og utrolige læs på hovederne, mænd på cykler pakket med bananer, dala dala'er (de lokale busser) fyldt op til randen af mennesker, kørsel i den modsatte side og den konstante dytten, jeg fik vist hvad man kalder for kultur chok. Efter en lang humpende køretid nåede vi endelig frem til vores familie, en ældre kvinde og 3 kys på kinderne var hvad der mødte os, følte mig fra starten velkommen og hjemme ved familien og var ikke et sekund i tvivl om, at her ville jeg sagtens kunne bo de næste 4 måneder af mit liv. De første to måneder skal jeg tilbringe på et børnehjem og de to sidste måneder på et hospital.

Så kom første arbejdsdag på børnehjemmet, var skræmt da jeg så stedet første gang, for første gang i mit liv oplevede jeg hvor primitivt mennesker kan leve, fluer overalt, beton rum, stå toilet, intet køkken, spisning med fingrene og rigtig mange snotnæser – men jeg lærte hurtigt, trods så dårlige vilkår (ifølge mig selv) kan disse mennesker sagtens få et liv til at fungere og ingen af dem klager. Børnene på børnehjemmet er rigtig dejlige, men det er tydeligt at de mangler omsorg ideres liv og det var rigtig svært i starten, at skulle acceptere, at man ikke kan være der for alle på en gang, alle vil holde en i hånden, alle vil sidde ved siden af dig, alle vil nusse dit hår, alle vil lave

klappe lege, alle vil sidde på dit skød, en utrolig overvældende følelse og for første gang oplever man, at nogle virkelig har brug for en. Da de fleste af børnehjemmets børn ofte er i skole i løbet af dagen, har Carina og jeg haft mulighed for at deltage i de mere huslige ting, som ofte har givet mange grin hos de ansatte, det har bl.a. været madlavning, tøjvask og opvask og det er virkelig





kommet bag på mig, hvor godt og hygiejnisk de gør det og så er det faktisk utrolig hyggeligt at sidde på beton gulvet og skære tomater eller sortere ris sammen med de andre kvinder på børnehjemmet. De alt for børnetomme dage på børnehjemmet bliver i stedet brugt i den lille lokale

skole/børnehave, jeg elsker simpelthen at gå ind af døren og blive mødt af "teacher teacher", børnene bliver ligeså glade hver gang vi kommer og besøger dem.

Klassen består af 50-60 børn og en lærer, jeg er virkelig imponeret over hende, synes det er en utrolig indsats hun gør for at strukturere en nogenlunde fredelig undervisning – har selv fået mulighed for at undervise og sætte mit præg på timerne, nyder at se når børnene faktisk lærer lidt af det jeg laver og endda ser ud til at have det sjovt.

Weekenderne her er altid travle på den gode måde, mange af de frivillige fra Projects

Abroad er gode til at arrangere forskellige fælles ture, så man vil aldrig opleve at være alene. Jeg har selv lige tilbragt en weekend på det mest lækre hotel, med den mest lækre pool og skønne strand, det er virkelig skønt at man på mindre end 30 min kan være i et hotel paradys med privat strand – på sådanne tidspunkter er jeg ikke i tvivl om, at Dar es Salaam er den helt rigtige by for mig, det er simpelthen så dejligt at kunne tage på strand ture i weekenderne og slikke sol, jeg elsker det!

I starten kunne jeg blive helt stresset af samfundets langsomme tempo, men jeg er virkelig begyndt at nyde det. Tiden virker ofte meget ligegyldig og her tager man tingene som de kommer, det giver

en skøn følelse af frihed. Hvad jeg indtil videre har oplevet af Tanzania er en utrolig glad og for det meste meget venlig befolkning, men her er også en skøn energi i gaderne, ser ofte folk som synger og danser, men også bare kvindernes meget farverige tøj og helt ekstreme frisure gør hverdagen en del sjovere. Fra mit starts indtryk: Kaos, har jeg oplevet at samfundet egentlig fungerer, det fungerer på deres måde og jeg kan i hvert fald ikke klage. Lige nu er jeg super glad for at have valgt 4 måneder, tiden flyver af sted og man når heldigvis aldrig at kede sig. Dar es Salaam er en skøn by og byder på så mange ting og der går ikke lang tid før man selv hænger halvt ud af en dala dala.

*Katrine Terkildsen Denmark
4 month Care and Medical Project, Dae es Salaam*



Volunteer experience

Medical Volunteer Arusha Tanzania

Hello everyone,

My name is Nick Allcroft. I'm a pre-medical student from England. I've just completed my first month volunteering at St. Elizabeth Hospital in Arusha, Tanzania and am just starting my second month volunteering at the Masai Teaching project which is just outside of Arusha.

With my Medical project at St Elizabeth I quickly found out the things I could carry out there with my limited pre-medical experience. This was down partly to the staff but also to volunteers who had arrived there before me, as they were very willing to explain to me what I could do (you'll find with any volunteers you meet, they're always incredibly helpful to you as they'll remember being as confused as you just a few weeks or months earlier).

The daily routine normally consisted firstly of carrying out the ward rounds, these I found very interesting as the doctors at St Elizabeth speak English, so, along with more medically experience volunteers, they could explain to me what was going on. Also, it is standard in Tanzania for the doctors notes to be in English (it definitely was at my hospital at least) as some medical terminology is better explained in English than in Swahili. This meant it was very



easy to read up on the notes of the patients while doing the rounds. After that we would normally head off to one of the wards in the hospital.

We would go to either CTC, this is a centre which specializes in HIV, the surgical ward to see the patients or one of the other areas of the hospital.





There we would help out the staff how we could to lighten their work load and allow them to concentrate on doing other things in the hospital. Obviously with the more medical experience you have the more you are able to do. One thing I have to say to volunteers who come out here is they have to be prepared for very different conditions to the hospitals back home. The doctors are very good out here but there are only so many things they are capable of doing with the facilities they have which you need to be prepared for. If you are interested in medicine though I would recommend going for it as you will have a fascinating time there and will learn a huge amount while helping to the extent you are able to.

I chose to do the Masaai Teaching project as I felt the Medical project was more for my own benefit to get an insight into medicine so by doing the Teaching project as well I would be able to more effectively put something back into the Tanzanian community. I've only been carrying out the project for a few days now so I can't write as much about it as I can for the Medical project but I'll try to give you an idea of what it consists of.



The Masaai project has only been running for a few months and has children there aged from 2-8 years old. They're all really lovely and affectionate kids but understandably don't really speak English, the words they do speak have been taught to them by volunteers. Also, as they have only really been in school for the last few months they are, at the moment, literally learning to learn. That and with them being simply kids can sometimes make it a bit tricky to teach them but it





is a good challenge and you quickly become acquainted with not only the levels of abilities that you are teaching, but also the characters of the students. There is a range of abilities there, from the top class doing basic multiplications to the youngest class doing colouring (there are four classes). The days are normally quite short as the kids can only concentrate for so long and the serious lessons normally happen up until they have their lunch of porridge with afterwards some more relaxed lessons or games are played. So far I'm really enjoying this project and it is a great feeling when you feel the kids understand what you are teaching them.

About Arusha and Projects Abroad; Arusha is a great city with lots of things to do around the city itself and easy access to go on safari and to do lots of other things like climb Mount Kilimanjaro. There are lots of nice places to eat there which is always good if you need to relax at the end of the day. It's easy to learn how to get around Arusha as it is not too large and relatively simple in the way it has been set out. Also, there are many dala dala's there which are a fast and very cheap way to make your way around the city. They're like mini-buses but with about twice the number of people packed onto them, you do need to keep an eye on your stuff on them though as there are pickpockets. On my first day, for example, my wallet went "missing" while on a dala dala ride.

This is where volunteering with Projects Abroad really comes in handy. They were great with helping me file my police report, make my insurance claim and generally providing support to help me sort the whole situation out. Projects Abroad is also really good in other ways like organizing weekly socials and a larger one once every month. This is great as it gives you a chance to meet the other volunteers, make friends and make plans for the following weekends; it's a great way to help you get settled in. All in all, I'm loving my time out in Arusha and would hugely recommend it to anyone who would like to experience another culture and make a difference in the process.

By Nicholas Allcroft

Medical & Care Volunteer



On Going Projects Updates

Operation Dirty Day Mwenge Dar es Salaam



Projects Abroad Dar es Salaam Tanzania unwittingly agreed to re-paint the dormitories and classroom of the largest residential care home for orphaned children in Mwenge, Dar Es Salaam for free. Chakuwama is home to eighty residents ageing from 0-18 years old. Each of their 3 halls is over 4

meters high and big enough to house 40 children each. There were 21 of us to paint all 3 halls in 1 day.

We knew we would need help from the local community to pull this off,

so we approached Sadolin Paints Tanzania to give us a boost. The manager at Sadolin, Mr. Jamal Hussein, kindly donated all the paint we thought we needed for free, then he even reviewed our estimations and gave us an extra tub to enable us to paint even more! Next we hunted down 2 local professional painters who wanted to get involved.

With the local 'fundi's' expertise we made our plan of attack: Start at 7.30 am, paint until the whole place is done, inside and out, then pack up and away we go. We expected it would take between 10 and 13 hours and that was if the paint dried faster than actually possible!



On the day, everyone turned up (early!) in dirty clothes, armed with juices, chocolates, packed lunches and cookies for the children, cameras and paint brushes all raring to go. By 8am the children of Chakuwama had 20 new 'Mzungu' friends running about their home like lunatics, plastering, sanding, brushing, sweeping and making a real mess. Within 2 hours Chakuwama's Care Supervisor, Hassan, was grabbing the roller away from Winnie so he could join in too.

We had so much help - from all the children, staff and even passing visitors - that we managed not only to paint the dorms and classroom but also the laundry block, the cooking area, the toilet block and the

inside wall of the playground! We even had some extra unexpected cash thanks to a personal donation from one of our first volunteers in Dar; Bryony Milner. Her valuable contribution meant we could buy all the equipment we would need; paintbrushes, rollers, spirits, poles plaster, sandpaper and scrapers which can (and definitely will) all be used again!

The children helped us all the way; we had so much fun we didn't want to leave.

This was my first dirty day with

Projects Abroad and it was truly inspiring to see just how much everyone wanted to help and to see with my own eyes just how much we could do in a single day. Did I mention we were all scrubbed up and eating a well deserved feast before sundown? Bring on Dirty day.



Leo and Winnie and the Chakuwama kids



By

*Laurie Neall
Medical Project Officer
Projects Abroad Tanzania, Dar Es Salaam*



Some Photos taken by Volunteers this month





NEWS AND UPDATES

Cooking Class at Faraja Women Development centre

For the month of October there will be a cooking class where volunteers can learn how to prepare and cook African food. This month volunteers will cook Pilau and Samosa.

Projects Abroad Social

Projects Abroad monthly social event for the month of October will be at MSTCDC centre all volunteers and staff will have traditional Dance class Ngoma. This event will be subsidized by Projects Abroad

Teaching and Care Workshop.

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

For the Month of October one of our volunteers Carlo Ciamp will cook at Sebastian House - one of our host families where volunteers will join to cook and gather for dinner. 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.



Medical Workshop for all Medical Volunteers

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 for the medical outreach. Medical volunteers will be with Doctor Kway to diagnose some common problems faced by people in the Villages at Ngabobo Village Ngarenanyuki Arusha.

Weekend Trip

For the month of October there will be a Day trip to Maji Moto waterfalls Boma Kilimanjaro Tanzania

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



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