

THE OFFICIAL NEWSLETTER

For Projects Abroad Tanzania



WHAT'S INSIDE?

- 1 Medical Outreach
 - 2 Volunteer
 - 3 StoryCultural
 - 4 Museum
 - 5 Fundraiser
- Medical Outreach

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Medical Outreach at Kimara

By Sayuni Mero (Tanzania) – Communications Intern



Ten volunteers along with two staff members from Projects Abroad participated in a medical outreach program. The group went to visit students from the Kimara Baruti School. Around 249 children, boys and girls, had a medical examination. The aim was to give Vitamin A and Mabendazol to the children under the age of 10 years old and to check if they had any skin infections such as ringworm or fungal infections. The children also received dental exams. The outreach was successful and many children received medicine and were treated. At the end of the day, the volunteers gave presents such as pens and balloons to the children which made them very happy.



**Medical Volunteers
participate in
monthly medical
outreaches while
volunteering**

Learning to Embrace the Little Things

"I am in a gap year at the moment, between studies," explains 19 year old Daan van Hoof from The Netherlands. "I decided to do this, because I wanted to spend my time useful and explore a bit of the world. I also needed some time to think about what I want to do in the future."

Daan signed up for an eight week volunteering placement with Projects Abroad. He arrived in Arusha, Tanzania in early January where he lived with a local host family and volunteered full time at a primary school.

"I taught English and History in class 4 and 5 and besides that, I tutored some children who were behind on some subjects. I also occasionally helped cook with the mamas [housekeeping staff]."

This was Daan's first experience teaching but he says foreign volunteers are really needed at the school.

"The school doesn't have enough teachers and some of the teachers have very bad English, even though they are supposed to be teaching it. They have good ideas but struggle with putting them into practice."

Although Tanzanian culture is very different from the Netherlands, Daan really appreciated the laid back attitude of the people as well as being surrounded by the natural beauty and climate within the environment. He also embraced new ideas and experiences with the staff at the school.

"My most memorable experience was dancing with the mamas at school. The mamas and I did a little dance and had fun for no reason at all. We didn't speak the same language but somehow we knew what to do anyway."

Before arriving in Tanzania, Daan raised a little over 1,000 Euros from family and friends to use for a donation. He used part of the money to give to an orphanage and the rest to purchase supplies for the school where he worked.

His advice for future volunteers is "If you doubt more than two seconds about doing something, just do it anyway. If you did not want to do it, you would have known it in those two seconds. And try to be part of as much as you can even the smallest things such as cooking and stuff."

Daan is planning to enroll in university in September.



Cultural Heritage Museum

by Linni Ingemundsen (Norway)
Journalism Project Volunteer



The Cultural Heritage Museum is located in Kisongo, about 7 km west of the Arusha Airport. It consists of an art gallery, different souvenir shops and a restaurant.

The art gallery is inside a big building shaped like a drum, a shield and a spear. It is divided into three sections; history, wildlife and soul. Its four floors hold an impressive display of art including paintings, sculptures; furniture and wood carvings from different parts of Africa. Most of the items in the art gallery are for sale and you can ask for more information if you are interested in buying something.

In the different souvenir shops you can buy Tanzanite, jewelry, t-shirts, antique furniture and more. The main shop has a huge selection of hand carved wooden animals, statues, bowls and pretty much everything else. There is also a bead shop, a mask gallery, a recycled glass shop, a flea market and a spice centre. In the spice centre you can buy books, tea and different spices.

When I entered the main shop, the man behind the counter greeted me and wished me welcome. He then said that there was something I needed to know before I started shopping: "Buying in this shop comes with an African experience. All the items have a starting price that is high and you are meant to bargain. If you are a person who like to do this; great! If you don't like to bargain just bring the items you wish to buy to the counter. I will give you a final price and you will say yes or no." He said that the same rules apply for the items in the art gallery as well. Everything else, including the Tanzanite has fixed prices.

The Cultural Heritage Museum is a great place for souvenir shopping and it is quite hassle free compared to some of the other places in Arusha. It is also a good place to get fair prices if you don't want to deal with the bargaining. I pretty much had the place to myself that morning in March, so you shouldn't have to worry about huge crowds. The entry is free but it is very easy to spend quite a bit of money in the different shops.

Walk a Mile in Her Kanga Fundraiser



Volunteers and Staff members from Projects Abroad Tanzania participated in the Walk A Mile in Her Kanga fundraiser on Saturday, April 26, 2014 at The Heron Recreation Center in Arusha.

The fundraiser challenged men and boys to complete a sponsored mile-long walk wearing a kanga, the colorful piece of fabric that Tanzanian women wear wrapped around their waists, while carrying a bucket of water on their head!

Students from two local international schools championed Shukuru's cause by fundraising and recruiting as many male walkers as possible for the day of the event. Participants raised sponsorship funds from family members and friends both in Tanzania and abroad, spreading the word about the need for girls' education and equality.

The event will raise funds to support the in-kind agricultural inputs of chicks for Shukuru Girls to raise; along with feed, vaccines and medicine as well as capacity-building workshops in poultry rearing, financial literacy and composting.

Inspired by the 'Walk a Mile in Her Shoes' events in North America that raise awareness of violence against women, 'Walk a Mile in Her Kanga' not only helped raise funds for the Shukuru Girls to continue their education, it was also a playful opportunity to obtain support for the girls in Shukuru's program and to raise awareness to end gender violence and inequality.

Snakes, Camels & Medicine

By Linni Ingemundsen (Norway)
Journalism Project Volunteer



Wednesday, March the 19th, I joined 16 Projects Abroad medical volunteers and their coordinator Georgina Tenga to the Meserani Snake Park Medical Clinic. It is a free clinic located 25 km west from Arusha. They treat different diseases such as malaria and chest infections but mostly they treated people who have been bitten by snakes.

The medical volunteers visited the clinic on this day to get information about different snakebites and learn about treatments. We took a dala-dala from Arusha and arrived in Meserani around 2:30 pm. We were greeted by a nurse who gave us a brief introduction about the clinic. She continued to talk about the different snakes that are found in Tanzania, how severe the different bites are, what the treatment would be, and how quickly the patient would need the treatment.

Later the nurse brought the volunteers to see each of the patients and discussed the different types of injuries, the causes and the treatments.

When we received all the necessary information from the clinic, we figured we should visit the Snake Park since it is right next door. We paid a volunteer rafiki price of 2,000 TSH as an entry fee. In the park we saw different snakes, turtles, birds, crocodiles and a yellow baboon. We also got the chance to hold a tiny snake. I'm not too fond of snakes, but a part of me has always wanted to know what it would feel like to touch one. It was a lot less gross than I had expected. Some of the other volunteers got a little worried when I wanted to put it around my neck just as the guide stepped away, but I figured that since we were right next to the medical clinic it would probably be okay. When the guide came back we learned that the snake doesn't bite and is of no danger to humans. Some people might choose to get that information before putting a snake around their neck though. I'll make sure to do that next time.

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