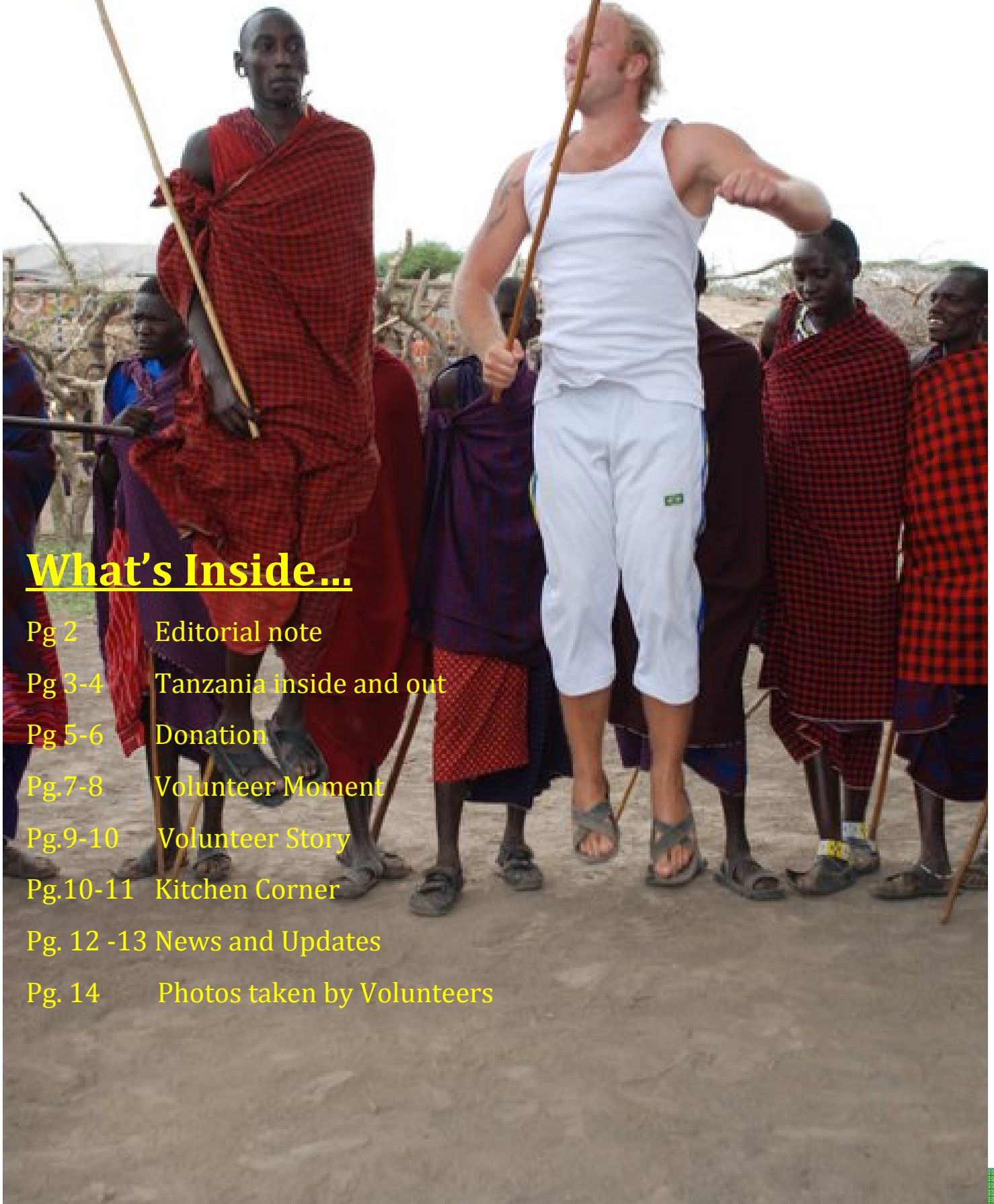


Karibu Sana

The official Newsletter of Projects Abroad TANZANIA

Issue No. 11

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Editorial Note



MAMBO

Hello everyone!

Welcome to the November newsletter edition of Projects Abroad Tanzania.

Projects Abroad Tanzania organises different monthly activities for volunteers. We organise different workshops including Care and Teaching workshops, Medical Workshop as well as Language workshop. All these activities give our volunteers opportunities to ask questions, share their experience, compare different placements and listen to some good advice. This month our Medical volunteers who went for the outreach have been able to reach needy people and others who need serious operation. Projects Abroad has been responsible to support the operation for Mr. Isaya Palangyo. Our medical volunteer identified his serious problems during the outreach. Please read the full story in this newsletter on page 5.



The workshops and outreaches enable all the volunteers to improve their performance and make their experience in their placement worthwhile.

Thanks to all of you who come and participate in all events and all volunteers who gave time to be part of this newsletter.

Regards

Georgina Tenga

Projects Abroad Tanzania





TANZANIA INSIDE AND OUT

EXPLORE PANGANI TANGA TANZANIA



Pangani situated 55 km. south Tanga, is the small and dilapidated Swahili outpost of Pangani. It rose from obscure beginnings as just one of the many coastal dhow ports to become a terminus of the caravan route from Tanganyika, a major export point for slaves and ivory, and Mombasa. Sisal and copra plantations were established in the area, and several European missionaries and exploratory journeys to the interior began there. By the end of the 19th Century, people focused on Tanga and Dar es Salaam, Pangani again faded into anonymity.

Today the town makes an intriguing step back into history, especially the area about tree blacks of the river, where you will see some carved doorways, building from the Germany





colonial era and old house of Indian traders. More of the draw for many travellers is the beaches running north and south of town, which are also the best places to base you.

The oldest building, the BOMA was built in 1810. Originally it was a home for a wealthy Omani trader. It has intricate Arab carved doors and the foundation still remains. The Germans gave the building a unique appearance by giving a distinct European style roof.

In Pangani there are also historical monuments and sites, such as the original slave market and depot, where Arabs traded slaves to India and Arabia; the freedom grounds, Islamic and German graves; ancient mosques; buildings from the German colonial period and traditional houses. Also is the best destination to enjoy fresh sea food.



Pangani is a unique destination for most of the people during holidays or just a weekend getaway. It is a relaxing point you go if you will not put your foot step to Zanzibar, this will be better alternative for you.

By Georgina Tenga

Projects broad Tanzania





DONATION

PROJECTS ABROAD SUPPORTED OPERATION FOR ISAYA PALANGYO WHO SUFFERED HAEMORRHOIDS DISEASE FOR 7 YEARS



Mr. Isaya Palangyo from Ngarinanyuki Arusha Tanzania was living with haemorrhoids disease for about 7 years ago. After Projects Abroad went to Ngabobo village for medical outreach with Father Renatus Karumuna from the Catholic Church Engikaret, with support from Dr. Kway of St. Elisabeth hospital Arusha they meet many patient who were sick and among

them were Mr. Isaya Palangyo who live with haemorrhoids disease.

Dr. Kway from St. Elisabeth Hospital who always went with our Medical volunteers for medical outreach, admit that Isaya needs an operation for haemorrhoidectomy and lords procedure.

From there Isaya was taken to St. Elisabeth hospital in a project were poor people and people who are





living far away from hospital get medical support. Projects Abroad Tanzania pay for his operation.



After 3 days of his operation I pay visit to him at St. Elisabeth hospital he was feeling better and he could go home in a life without pain!!!

Special thanks to Projects Abroad, all Medical volunteers and Dr. Kway of St. Elisabeth hospital for taking care of him.

By Georgina Tenga

Projects Abroad Tanzania





My volunteering moment in Tanzania



Some people find it difficult to adapt to the Tanzanian culture, but I find it easy. The laid back atmosphere, the friendliness and the huge smiles from everybody made me feel right at home. Although I'm living with a family in Arusha I work at a small primary school about 30m kilometre away in a village called Messerani. Yes that means walking, reading, crowded daladalas and reading in an old safari track across the desert each morning, but it is early to do this. The school is in a very remote area so I get to experience city life and country life. The school has a roof, four walls, dirty floor and that is just about everything. Teaching in a school of 80 kids, with no class room, no walls and me

having no Swahili or Maasai language skills can be very difficult. Sometimes it seems like we are not teaching much and our time here is being wasted. These days are frustrating. Other days, though, are incredibly rewarding. On Monday all the mamas in the area come to the school to present volunteers with gifts. Most of them wear their traditional Maasai clothes. After they had us all dressed up they sang traditional Maasai Song of thanks while dancing in traditional ways.



They were not content with volunteers just watching, but instead they had us dancing too.





Complete with dancing, yelling and singing.



They said the gifts were so we would not forget our time at the school. After such a great ceremony, I think it would be impossible to forget our time there. Even though some days are so frustrating, this experience showed that our work is appreciated and it is highly valued in the community. I would have to say the ceremony was one of the highlights of my time here and will be very tough to top it.

However, in my time here I have had many experiences that I thought could not be tapped and then have, so who knows. I still have two weeks to find out!!

As if this was not enough, they presented each volunteer with homemade gifts.



By Daniel Moeller
United States

Two months - Care and Teaching



MY LAST DAY AT FARAJA ORPHANAGE



My last day was indescribable; I fell in love with every child I worked with so leaving was beyond emotional. I love each child as if they were my own and I will never forget this experience. The relationships I made will stay in my heart forever. I can't thank Projects Abroad enough for giving me this opportunity.



I would recommend Projects Abroad. After wanting to volunteer for 5 years, Projects Abroad was able to put me in a placement doing exactly what I wanted.

Kayleigh Vondollen
United States
Care volunteer - 4 months





KITCHEN CORNER



BEEF SAMOSA

Ingredients for 20 Samosas

1 kg of minced meat

1 tablespoon curry powder

1 teaspoon of cumin

2 fresh chills

1 teaspoon of chilli powder

1 teaspoon of salt

1 kg of wheat flour

Coriander leaves

2 litre of oil

3 big onions

1 litre of water



How to prepare

- Boil minced meat with some salt until it is well cooked, then reduce.
- Chop the onions, fresh chilli and coriander.
- Take a pan put in some oil. Add the curry powder and chopped onions and cook for 1 minute. Add the cumin, fresh chilli, powder chilli, salt and coriander. Heat for 2 minutes then add the meat and mix very well.

Dough

Put wheat flour in a bowl and mix it with $\frac{1}{4}$ litre of water and make dough.

Make 20 small buns out of the dough, then flatten like a chapatti, brush oil over it and make another chapatti like shape until you have used all the dough. Make piles of two and make them as thin as possible.

- Put it in the oven and bake until it turns brown.
- Take out from the oven and wait until they cool. Take the bottom and the top layers apart.
- Take each of the flattened doughs and cut it into 4 pieces which are equal. Make a glue out of wheat flour and water.
- Binding the pieces of samosa dough by using the glue on both sides and put the minced meat at the top and then seal it using the glue.
- After you finish all the samosa preparation put oil in the pan after it is well heated start to put in each samosa.
- Make sure they turn light brown and serve.

Attractive and ready for eating.



NEWS AND UPDATES

CHRISTMAS PARTY

We are happy to have Volunteers with us on the month of December. We will have Christmas Garden Party where all volunteers & staff from Projects Abroad Arusha and Dar e Salaam will have good time together, cooking traditional Christmas Food and Dance. This event will be supported by Projects Abroad. All Volunteers and Staff are invite.d

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 December we will meet for social at Aquiline Restaurant on 1st December, Maasai Café on 08 December and at Ethiopian Restaurant on 15th December.

Teaching and Care Workshop

For the Month of December we will have 2 Care and Teaching Workshop. One at the beginning of the month & at the end of the month. This workshop is for all Teaching and Care Volunteers meeting together, sharing idea and experience. All Care and Teaching Volunteers are invited to attend.





Medical Workshop for all Medical Volunteers

This Workshop will be held on 02/12/2011 at Projects Abroad Office. 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 facing people in the Villages at Engikaret Village. The Outreach will be on 03/12/201.





Some Photos taken by Volunteers this month



Two weeks Special Group- November 2011

Care Volunteer in Tanzania, Aislin, Kayleigh and Dahae Song at Faraja Vocational centre



Children at Maasai School at Meserani
Kisongo Arusha Tanzania





Projects Abroad
Social event at
lake Duluti
Arusha Tanzania



Medical Outreach at
Ngabobo Village,
Ngarenanyuki Arusha
Tanzania





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Projects Abroad Tanzania – The Official Group

<http://www.facebook.com/groups/projectsabroad.tanzania/>



My Trip Blog – Tanzania

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



Read our monthly newsletter

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