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## WATER & SANITATION PROJECT COMPLETE

The Water & Sanitation Project was completed ahead of schedule! The project began on January 14 and was initially scheduled for four weeks, but due to participation of the seven volunteers and the surrounding community, the village of Endulenis now enjoying clean and safe drinking water.

This is the third time that Projects Abroad has partnered with the BridgIT Water Foundation to build a water system in remote areas of Tanzania. The first water project took place at St. Gabriel Primary School in the Kisongo near Arusha followed by Suma Engikaret School located 50km outside of Arusha. BridgIT has also built water systems with Projects Abroad Jamaica and Bolivia.

The most recent project took place in a remote Maasai village inside the Ngorongoro Conservation Area in Northern Tanzania, 3 hours west of Arusha. Currently the only water available to the community is a river which is shared with local wildlife and domestic animals such as cattle, goats, and donkeys.

The commute to gather the water is long and labour-intensive. The women and children are primarily responsible for collecting water, which can take two to four hours out of their day.

The Endulen School is home to about 800 pupils who need water for drinking, cooking and cleaning. The water system will reduce the amount of time the students spend collecting water as well as illnesses associated with drinking unsanitary water.

The volunteers came from various parts of the world including the USA, Canada, France, Denmark and Australia. They spent their days digging and shovelling trenches, surveying the land and assisting with the pipe installation for the water pumping shed and elevated water tank. The experience proved to be valuable for volunteers like Debra Mullins (24) from Australia who is currently majoring in civil engineering wanted to put her theoretical knowledge into practise.

## Water Project story continued....



“I am in my third year of studying civil engineering and just completed a subject on fluid mechanics, so I have learnt about the energy and momentum principles, pipe flows and basic water concepts.”

While in Endulen the volunteers lived with two Tanzanian priests at a Catholic Mission. They were treated to special trips to natural wonders such as the Serengeti National Park and Ngorongoro Crater, where they saw all the major wildlife as well as the Shifting Sands and mountain climbing, but the highlight for them was interacting with the local Maasai people.

“The water project is the best experience of my life!” exclaimed Delphine Loquen from France. “I had no idea how to bring water to a village and I never participated in digging before but it was a good feeling to be helpful and see the smiles on the faces of the Maasai. I would definitely do it again.”

The official ceremony to turn on the water pump took place on February 6. Many local people including several fathers from the Archdiocese of Arusha, a Member of Parliament, the Endulen Ward Councillor, the Village Leader, and school children gathered at the local church to deliver speeches and presentations.

A few of the volunteers had already departed Tanzania, but the four remaining volunteers along with Wendy and Mark Tisdell of BridgIT were adorned with traditional Maasai shuka cloth and jewellery. The speakers gave thanks and appreciation for the hard work of the volunteers who made the project possible as well as supplying the funding of nearly \$50K to build the tank and pay the local engineers and plumbers. By the end of the ceremony, the leaders of the community proclaimed the volunteers to be honorary Maasai and extended residency and land ownership in the village. They also designated Wendy Tisdell as the First Lady of Endulen and made Mark Tisdell a Maasai Elder.

The project will be sustained by a Water Project Committee that includes members of the community. Every family will contribute a monthly charge of 1,000 TSH that will be used for servicing the machines, fuel and minor repairs. The Ngorongoro Conservation Area Authority in collaboration with the Pastoral Council of Ngorongoro has also promised to continue assisting Endulen with the project.

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## Dirty Day \$\$\$: Volunteers Return to Kilimani Primary School

Dirty Day is an opportunity for volunteers to use their hands and feet to give back to one of our project partners and in the process have fun while getting dirty! Last year, we sanded, painted, cleaned or gave donations to several care, medical, and teaching projects.

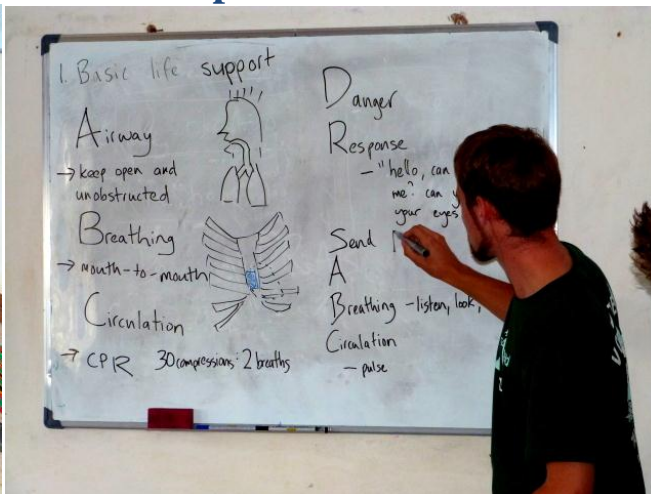
These renovations and donations are all made possible because of our volunteers. A portion of the money paid in the volunteer fee goes towards making improvements to projects all over the world. In Tanzania, we used approximately 1 Million TSH to pay for supplies such as paint, brushes, sandpaper, cleaning solutions, ect...

In January we revisited Kilimani Primary School in USA River (Arusha). We were previously at the school in November where we sanded and painted two classrooms and a hallway with the help of approximately 15 volunteers. This time around, we had a lot more helping hands with nearly 40 volunteers on site.

When I spoke to the sports director, he expressed his appreciation for the Dirty Day event. He said that there is plenty more work to be done at Kilimani which is home to about 700 local students. The school has been around since 1970s.



## Medical Volunteers host 1<sup>st</sup> Education Workshop



This year was the first time Medical Volunteers in Arusha had the chance to participate in an Educational Workshop. The concept was developed by Georgina Tenga, the coordinator for the medical volunteers who also holds a master's degree in community health.

“We typically do a medical outreach once a month that gives volunteers the opportunity to shadow a local doctor, disperse medicines and take vital stats. But the education outreach is a chance to teach youth about what to do if they witness or are involved in a medical emergency. They don't receive that type of information in school,” says Georgina.

Four volunteers participated in the first session delivered to about 17 students. Dr. Christopher Smart, a professional doctor in the UK, Thomas Kovacs, a 3rd year medical student from Australia, Max Melchers, a pre-med student, and Iris Noordzij who is working towards completing her Midwifery training in the Netherlands.

The room was initially quiet and anxious when we entered the classroom. The students were not quite sure what to expect from the volunteers and the volunteers weren't sure how the students would react to their presentation.

Dr. Chris began the workshop by talking about CPR. Using Max as the demonstration model, Dr. Chris showed the students how to check the patient's airway by assessing/listening for air passing through the nose and/or the points on the body where a pulse can be found such as the neck, wrist and chest cavity. He explained how air and blood move through the body and how a cut to an artery differs from a cut to a vein.

The students gradually became more interested and inquisitive and expressed concern about helping someone if they or the person they were helping had a contagious disease. Dr. Chris warned the students that because health issues such as TB and HIV are prevalent in Tanzania they should always exercise caution when considering whether or not to help someone using mouth to mouth resuscitation or when handling a victim that may be bleeding severely.

The second portion of the workshop focused on treating injuries such as broken bones, burns and wounds. The medical volunteers paired the students on the floor in order to demonstrate how to stabilize a broken limb, secure a burn and temporarily stop bleeding. They giggled with excitement and embarrassment and they practiced the exercises each other. At that point, the questions from the students really began to flow as they began to grasp the concept and (medical language) presented by the volunteers.

Iris was able to bring knowledge to the workshop about how to assist infants and pregnant women while Thomas' upbringing in Australia proved invaluable when it was time to talk about treating snake bites.

Thomas said that 7 of the 10 deadliest snakes in the world live in his native country, Australia. He explained how to properly bandage a limb following a bite to prevent the spread of the venom and emphasized how important it is to keep the victim calm so that the blood circulation remains slow.

One of the challenges in the presentation was the environment in which Tanzanians live, where medical emergency services either aren't available or the type of road/terrain prevents access to certain areas. In most cases, an individual who is injured in Tanzania will most likely be transported by daladala (local bus), taxi or a regular car.

Georgina plans to make the educational workshops a monthly event.



## Building Project Updates

For the past several months, building volunteers have been involved with constructing local outdoor toilet facilities for Kilimani Primary School and Suma Engikaret School. In November, two volunteers from Australia and Japan began assisting local fundis (builders) with constructing a 20 room toilet facility for the pupils. Most of the work involved included mixing cement, plastering and carrying bricks. When I visited that project in January, a volunteer from Belgium was helping the fundis and he told me that the facility was near completion.

In Engikaret, the volunteers have already built two separate toilet facilities and the trench for a third toilet was recently dug out. The local toilet facilities are relatively inexpensive to build because there is no plumbing system and no seated toilet. Many foreigners refer to this style as a “squat toilet” because for women especially, you need to squat down to utilize the hole in the ground.

Most of the building volunteers are primarily based in Engikaret. The brand new science laboratory and classroom facility is nearly complete. What remains is the installation of the flooring, roof, windows and doors but the main foundation and walls are finished. Father Renatus, the project supervisor expects to see the building ready for students by May.

In addition to working on the laboratory, volunteers have been assembling bunk beds for the dormitory project that was completed in October.

The funds for all building projects receive substantial funding from Projects Abroad.