



Ilula Orphan Program



July 2016

Dear IOP Friends & Family

The weather may be a little colder, but there weren't any fewer events at IOP this month. The girls went to Scout camp, the Tamari Campaign had another day of focus, and we welcomed new CFC participants. These are only a few of the things that you can read about in this newsletter. You can read more below. Enjoy!

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The Examination Hall

Monthly Update

The examination hall must be completed in September 2016 so that our students at the Lord's Hill High School can do their National Certificate of Secondary Education Examinations. The examinations will start the first week of November. Consistent progress has been made since November 2015, when the school inspector came. All the walls have been completed, more backfilling and compaction of the floors has been done, and steel beams for the basement slab have been installed.

The next important steps (once we get funding) include: roofing, flooring, and windows and door procurement and installation. Once these steps are completed, the hall will be usable even though finishes are not done.

We want to extend a heartfelt thank you to IOP Netherlands for the donation of about 20 million Tanzanian Shillings. The donation enabled IOP to reach the construction stage it is in now. We'd also like to thank IOP USA for the donation from various individual sponsors amounting to almost 6 million Tanzanian Shillings (USD \$2630). The IOP sister school in Norway, Kragerø Secondary School, has donated 24 million Tanzanian Shillings(NOK 93,000). During IOP international meeting in Luxembourg, several pledges were made of which, IOP is waiting for fulfillment.

We thank all sponsors for enabling the construction of the multipurpose hall to reach the stage it is in now! The work ahead of us is still intensive and time-bound! See cost breakdown in a table below;

Key: * = complete; # = must be done all at once; % = can be done piecemeal					
	Summary measured Costs	Estimated costs			
Item	Description	Amount	5	Roof#	31,000,000.00
1	Substructure%	6,000,000.00	6	Doors%	10,000,000.00
2	Frames%	11,000,000.00	7	Windows%	25,000,000.00
3	Stairs%	2,000,000.00	8	Finishing%	40,000,000.00
4	Walling*	2,000,000.00	9	Decorations%	10,000,000.00
			10	Contractor's final payment%	9,000,000.00

Communication For Change (CFC)

This month we welcomed two new participants of the CFC program: Francisca Lutego and Uria Sulime. But more about them later in this newsletter. First we want to tell you something about the program itself.

Communication For Change is an exchange program of one year between Norway, as a developed country, and Tanzania, Bangladesh, Madagascar and South-Africa, as developing countries. The aim of the program is to train the youth of developing countries in leadership skills and expose them to learn about cultural and political issues. Ilula has been in the program since 2012.

Each developing country selects two participants for the program each year and Norway selects eight (two per developing country). Here in Ilula, we advertise for the program so people can apply. The ones who qualify are invited for an interview. Applicants are assessed based on their age, mastery of English, flexibility, attitude (e.g. openness), their ability to adjust, and their capacity of self-reflection. The two most qualified applicants are chosen.

The program officially starts in August, but the participants chosen by Ilula arrived at the center in June so they can learn as much as possible about IOP before starting the program. In August, the participants from all countries go to Kenya for three weeks for orientation and learning about the theme of the year. After the initial stage is complete, the participants from Norway go to their hosting countries for three months. In Ilula they will work in all the different programs IOP offers, but will focus their time and energy on the Youth Program, the Single Young Mothers and the Girl Guides. After the Christmas holiday, the participants from Ilula go to Norway for four months. The school there is responsible for the program but also they will be telling different people about IOP and fundraising for IOP. After those four months, the follow-up program starts and the participants from Ilula come back to the center. They will work here as volunteers and will teach IOP youth the things they learned from the exchange.

The whole program is donor funded. They have a partnership with YWCA/YMCA Norway, who receive their funds from the Norwegian Peace Corps.



New CFC-Students



Hi, my name is *Uria Sulime* and I'm 22 years old. I was born in Wotalisoli, in the Iringa region, Kilolo district. I moved to Ilula Mtua with my parents and brothers in 1996. My father was Noel Sulime and my mother Emilia Ngwaya.

They both worked as tailors. I am the second born of the family and the only girl. I have three brothers. I went to primary school in 2003 and eventually finished Form 6 (High School) in 2016. Unfortunately, my father died when I was in standard 5. So then I was staying with my mother and my brothers. But when I was in Form 5, my mother also passed away, so now I'm staying with my younger brother at my grandmother's. My two other brothers moved away.

I was an IOP Sponsor student, so after I finished Form 6, I had to report at IOP to tell them how it was going and to write to my sponsor. That is when I heard about the CFC-program. I decided to apply because I believed it was a great opportunity to learn new things from people from another country and to learn about another culture. I really hope I will learn a lot in Norway, for example, things about what they eat, how they dress, how they dance, etc. When I get back to Tanzania, I want to teach people here about the things I learned over there, so they can also learn from it. I think this program will teach me a lot about myself and will help me to develop myself more.

Hello, my name is *Fransisca Lutego*. I'm 21 years old, born and raised here in Ilula. My mother is Kanisia Chengula. She is one of the housekeepers at the IOP center. My father is George Lutego and he is a teacher in one of the government

primary school. I'm the first born in the family. We are also a foster family with two orphans living with us. I went to Ilula primary school in 2003 and completed Form 6 in 2016. I'm not an IOP student, but very familiar with IOP because my father worked for IOP and my mother works at IOP. After I finished Form 6, I was back home tutoring children after school, together with my father. Then, Berit called me and told me about the CFC-program. After thinking about it for two days, I thought it would be a great opportunity and applied. And luckily I was chosen. I'm really looking forward to participating to this program and going to Norway. I want to learn more about CFC outside my own country and I want to learn a lot about culture and things like the leadership of their country. I also think me and the Norwegians can learn a lot from each other, so it will be a really interesting experience. When I get back to Tanzania, I want to use what I've learned in Norway in my own society. I want to be a teacher when I'm older and I think I will be able to use the lessons we get in leadership skills in my teaching.



Scout Camp & Hiking



On Friday July 1st through Sunday July 3rd, IOP hosted a scout camp. 35 boys and girls put up their tents on the football field behind the Center. The theme of this year's camp was scout leadership. Participants received lessons in camp and camping standards, road signs, scout's history and elements of scouting. In sum, they learned all the things they needed to know to be a good scout leader. Of course, the camp was not just about the



lessons—there was a lot of time for fun and games. The Scouts played games like football and netball, built a campfire and played scouts games. Scouts had a great, fun weekend.

On Saturday July 9th, the Scouts had another activity. They hiked the mountain Ding'inayo. This is about six kilometers from the Center. The hiking trip had a few goals. The first goal was exercise. Another important goal was learning patience (since they had to walk 1.5 hours to reach the mountain before beginning the beautiful climb). A third goal was for the Scouts to learn about different weather conditions. The environment and weather up on the mountain is quite different from that in the lower altitude of Ilula. Once the scouts reached the summit of Ding'inayo, the spent two hours singing and dancing before they began their descent of the mountain and walked back to the Center. It was a very nice afternoon, and everybody enjoyed themselves.





Gender Based Violence

Tamar Campaign

The Tamar Campaign is based on the second book of Samuel chapter 13. The story is about Tamari, the daughter of King David, who was raped by her brother Amnon. Because it was her brother, she was told not to tell anybody, but she tears her dress and puts ashes on her head, and so her other brother Absolon finds out. He takes her in and kills Amnon. When king David finds out, he cries for his son Amnon, but not for his daughter Tamari. It is an injustice Tamari

wasn't mourned for even though she suffered because of Amnon's choices.

This type of situation, where girls are violated by a family member, happens in some Tanzanian communities. The Tamar Campaign wants to educate girls that they should speak up somehow, just like Tamari did, even if they're told not to. On the other hand, they also want to tell the community that sexual violence is wrong and not acceptable. Additionally, it is wrong to do what King David did and cry only for the perpetrator. The victim and daughters should be cared for and protected by their families. Their suffering should be acknowledged. Just like the story in the Bible, girls as part of the family, they don't really have much say in some Tanzanian Communities. The Tamari campaign wants to change that.

On July 2nd, Furaha, Fransisca and Uria (the CFC-students) met with a group of 90 adolescents. They told them about the campaign and explained to them the importance of being open about things that are happening—especially if they have been violated. They explained to them that that is the only way they can get help and that it is damaging to keep these things to themselves. They have to speak up and try to find a way to solve the problem.

New Volunteers



Hello, my name is Job van den Elsen. I'm 22 years old and I'm from the Netherlands. I will be volunteering from the 16th of July to the 16th of August. The

reason I chose to do voluntary work was quite simple. I really love traveling around the world and love to see different cultures and especially learn from them. I just graduated from my education to become a geography teacher and I love to have this experience to become a better teacher, but also become a better person. The first week was already magical. There was a really warm welcome and the people were very nice. I hope to make a lot of new friends; I'm looking forward to the future.

Hello! My name is Lynn, I am 18 years old. I live in the Netherlands in a village called Losser. I always wanted

to go to Africa to volunteer, to see the culture and to meet the people. Last year I passed my

exams, so I thought that would be a good moment to go. I didn't know to which country I wanted to go, but I'm very happy that I have decided to go to Tanzania. I will stay at IOP for 5 weeks. Everything I have

done until now was impressive and I already know that I will never forget this experience.



Hi! My name is Sander, I'm 24 years old and I'm from Bocholt in Belgium. I work as an electrician/cooling technician. I've stayed at I.O.P. for ten days and I really enjoyed myself. I painted the preschool, varnished beds, made posters, hung up, repositioned a lamp and passed out uniforms at different schools. I'm really happy I decided to come here and want to thank everyone for a wonderful experience and for the chances I got.

Hello, my name is Bee, or Nyuki in Swahili. I'm 23 years old and I'm from Belgium. I'm studying to be a psychiatric nurse. This is my second time here at I.O.P.



and unfortunately this time it is only for a short ten days. I've been to the preschool a lot, helping to



write the newsletter there and painting. I also made “maandazi” and cake for all the girls and volunteers. I really feel like I’m at home here and I hope I will see everybody again soon.

New Volunteers (Continued)

A group of 7 volunteers from Italy, led by the heads of IOP Italia (Deborah and Massimo) arrived on Sunday July 24th and 2 additional volunteers from Italy arrived on Sunday July 31st. Deborah and Massimo both work full-time and are also studying in University. They brought their (Deborah and Massimo) daughters, Martina and Ariana, with them this year. Both Martina and Ariana are studying in University. Luca used to be an engineer but he is now back in University. Cinzia and her daughter also were part of the group. Cinzia works and Alicia is in high school. The 2 additional arrivals, Giulia and Lorenza, are both in the work force. This is Giulia’s fourth trip to IOP and Lorenza’s first trip.



Hello! Our names are Nikki and Ryan Hastings, we are 33 and 34 years old respectively, we are from the USA, and this is our 4th visit to IOP. Nikki is doctor/Clinical Psychologist in the US, specializing in children and families and Ryan runs the business side of Nikki’s practice. We brought our 11 year old niece Samantha along with us this year, and she very quickly acclimated to the center, even doing her washing and chores alongside the girls. She has fallen in love with the

girls. We came this year to begin providing psycho-educational training seminars on the topic of psychological trauma and its effects on health and childhood development as you will read about elsewhere in this newsletter. We have long term dreams of helping to build psychological awareness and programs in Tanzania.

Welcome Party



On Sunday July 24th, a group of 8 volunteers from Italy, led by long-term supporters of IOP Deborah and Massimo, arrived. They were greeted at the entry to the Center with dancing



and singing. Following their arrival, there was a Welcome Party for all new volunteers (Job, Lynn, Nikki, Ryan, Samantha, Deborah, Massimo, Martina, Luca, Ariana, Alice, and Cinzia). IOP staff came to celebrate too. Ajalon and Job were the MCs of the party and used lots of humor. There were introductions and welcomes, food, soda, and of course, dancing and singing. All attendees had a wonderful time.

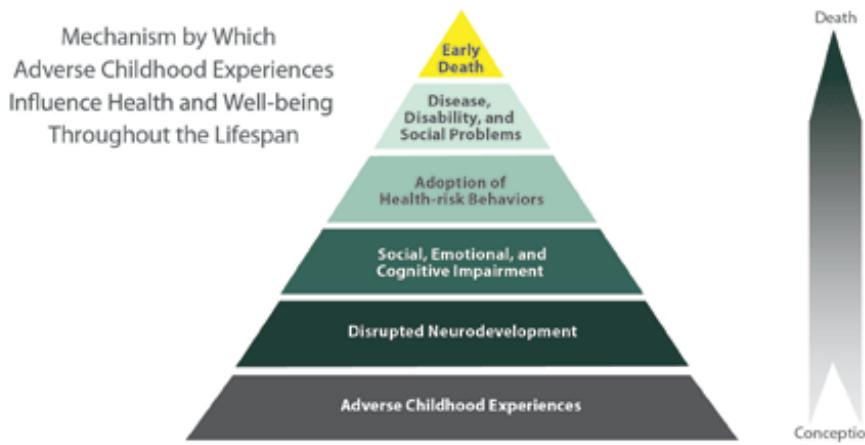
T-Shirt Decorating Party for IOP Orphan Center Girls



On July 30th, volunteers Nikki, Ryan, and Samantha from the USA held a t-shirt decorating party for the girls at the Ilula Orphans Center. They brought plain, white t-shirts for all the girls, along with special permanent markers for fabric, and lots of stencils. The girls had so much fun designing their own shirts! They have been wearing the shirts non-stop since they made them! Gloria (one of the girls from the Center) and Samantha MC'd the event. After the girls spent almost 2 hours designing their shirts, there was singing and dancing, and then dinner with sodas and cookies were served. The fabric markers and stencils were donated to the Center. A wonderful time was had by all!

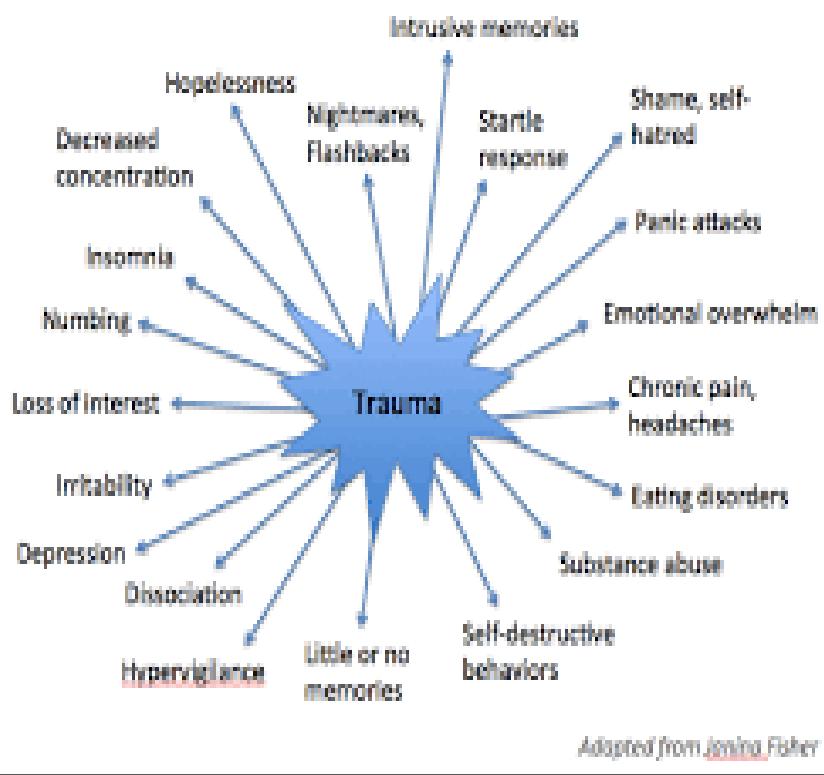


Psycho-Education Training Program on Trauma



care, and most certainly without the opportunity to receive trauma-informed treatment to heal the effects of trauma on the developing brain and nervous system. To that end, as a first step in moving towards helping IOP to become trauma-informed, they spent a year preparing lectures on trauma, its impact on child development, and ways to heal without access to Clinical Psychologists for various groups of the IOP community. Knowledge is power. All lectures and handouts were professionally translated from English into Kiswahili. Trainings were provided for IOP staff, IOP teachers, Lord's Hill High School Students, and Single Young Mothers. Nikki taught in English and Ryan read the Swahili translations. All material will also be video-recorded and provided to IOP along with a manual with all the written English/Swahili material. This is the first step of Nikki and Ryan's dream of helping IOP establish a program for trauma treatment and training professionals to be qualified in trauma treatments. Many types of trauma are

Nikki and Ryan Hastings are distressed by the frequency of traumatic experiences that many children living in the Tanzanian community experience, many without medical



Adapted from Janina Fisher

preventable and treatable.

INITIATIVES

1. IOP has some projects that need fundraising and financial support!

- Funds to complete the examination hall and the girl's dormitory at the Lord's Hill High School
- Annual running expenses of \$49,000 for the IOP Center (Orphanage)
- Annual running expenses of the IOP pre-school "Kids' Corner" \$10,500
- We have a good number of students waiting for Sponsorship so they can go to school.
Your decision to sponsor one girl or boy will totally change one's life.

CONTACT INFORMATION

If you would like more information about projects and/or sponsoring opportunities, please contact:

IOP Tanzania **Edson:** edmsigwa@yahoo.com

IOP Norway Ingunn: iop.norge@gmail.com

IOP Netherlands Annelies: info@iopnederland.nl

IOP USA **Stephanie or Ron:**

Stephaniegrabero7@hotmail.com

porterronaldi@gmail.com

IOP Italy Deborah and Massimo: iopitalia@gmail.com

IOP Denmark Lenne: iop.denmark@hotmail.com

IOP Sweden Annica: annicarenberg@hotmail.com

IOP Germany Irma and Jos: Irma.jansen@ancor.de

IOP Luxembourg Helen Clarke: Helen.Clarke@sunflower.lu

Newsletter written by Floor Wille, Nikki & Ryan Hastings, Enicka Sanga, Tamari Moto and Tulia Mkwama.