

# Ilula Orphan Program



## Dear IOP friends and family

Now we are already half way in 2016, and time passes by so fast! This month we have had a lot of activities, like IOP Aden. The girls have also gone on their holiday, and we had a guardian day at the Center before they left! Read more about our month in this newsletter:

### In this newsletter:

- |                    |                      |                  |
|--------------------|----------------------|------------------|
| • Examination Hall | • New volunteers     | • Computer class |
| • Movie Sunday     | • Young Mothers trip | • Guardian day   |
| • IOP Aden         | • Mwanzo Bora        | • Senior meeting |

Proposed Construction of Examination Hall			5	ELEMENT No. 5: ROOF	31,000,000.00
SUMMARY FOR MEASURED WORKS			6	ELEMENT No. 6: DOORS	10,000,000.00
Estimated cost			7	ELEMENT No. 7: WINDOWS	25,000,000.00
ITEM	DESCRIPTION	AMOUNT	9	ELEMENT No. 8 FINISHING	40,000,000.00
1	ELEMENT No. 1: SUBSTRUCTURE	6,000,000.00	10	ELEMENT No. 9: DECORATIONS	10,000,000.00
2	ELEMENT No. 2: FRAMES	11,000,000.00	11	ELEMENT No.10: CONTRACTOR'S FINAL PAYMENT	9,000,000.00
3	ELEMENT No. 3: STAIRS	2,000,000.00		TOTAL	146,000,000.00
4	ELEMENT No. 4: WALLING	2,000,000.00			

# EXAMINATION HALL

## Monthly Update

The examination hall must be completed in September 2016 so that our students at the Lords Hills High School can do their National Certificate of secondary education examinations. The examinations will start on the first week of October. Much has been done from last November 2015 when the school inspector came. All the walls have been completed and more backfilling and compaction of the floors has been done, steel beams for the basement slab have been installed.

The next important activities to be done once we get fund includes: roofing, floor making, windows and doors procurement installation. This stage once completed will make the hall usable even though finishing is not done.

Above the table shows the different cost center for the hall to be completed; Item number 4 has been completed. All items in the table above can be done in piecemeal except element number 5 roofing which must be done at once as whole.

We thank IOP Netherlands for the donation of about 20 million Tanzanian Shillings. The donation has enabled IOP the construction to reach the stage it is now. Recently we received from IOP USA donation from various individual sponsors amounting to USD 2630. We have been promised by IOP sister school in Norway, Kragerø Secondary School, a donation of NOK 93,000.

During IOP international meeting in Luxembourg several pledges were made but not yet transferred.

We thank you all sponsors for enabling the construction of multipurpose hall to reach the stage it is now.

## MOVIE SUNDAY



On Sunday the 5<sup>th</sup>, we had another movie Sunday. This time it was for the kids, and parents, of Sollerud Kindergarten Tanzania and Kids Corner.

This time we watched the movie Frozen. It is about two princesses, Elsa and Anna, who live in a place called Arendal. Since Elsa was small, she has had the power of making snow. But one time, she hurt Anna with her powers. Since that day their parents closed the gates to their castle, because Elsas powers would just get stronger and stronger. Sadly their parents' pass away, and the two princesses are left alone. The gates a still closed and does not open until the crow nation day, when Elsa has come of age to become queen. The rest of the movie, we follow what happened that day and how the people react when they get to know about Elsas powers.

The movie has a lot of singing in it, and all the kids enjoyed it a lot. They got to see a lot of snow, something that many of the children have never seen before. It was especially fun when they got to watch a talking snowman.

Both the movie nights have been very successful and we don't think this will be the last move Sunday. We are thankful for all who attended and hope to see you next time too.





# IOP ADEN



On Monday 6<sup>th</sup> of June, this years IOP Aden began, and it lasted until Thursday 16<sup>th</sup> of June.

IOP Aden is a sports event that IOP arranges. There were different teams around the area, schools, villages and so on, played against each other in football and netball. It is a big event and you could always find a lot of people watching the games at the field.

The Girl Guides were also represented, because they had their own Girl Guide kiosk where they sold different things. Some of the things they sold were popcorn, soda, biscuit, water and so on. They also started selling food, like chips, maandazi and so on, something that was very popular.

Like last year, the tournament ended on the International Day of the African Child 16<sup>th</sup> June. On that day we celebrated all the children in the community. That is something that they deserve everyday.

Thank you to everyone who has contributed to making it yet another amazing tournament.



## NEW VOLUNTEERS



Hello!

We are Oda and Maria. We are both 19 years old, and come from Norway. We have stayed at IOP for almost 3 weeks, and while being here we have participated in variety of activities.

Some of these are helping at both pre-schools, the computer class, in the kitchen, in the garden and also in the IOP Aden.

We have both been students at Sunnmøre Folk High School (SUFH) this year, and have, during our school year, done fund raising for IOP, and that is how we got introduced to the project.

Maria was here in November 2015 with SUFH on their school trip here, and wanted to come back to participate in the project. This is Oda's first time in Tanzania and Ilula, and she really wanted to get to know the project on an even deeper level.

To finish off, we want to thank IOP for having us, and we really wish to come back.

Hey!

My name is Floor Wille, I am 22 years old and I am from the Netherlands.

It is my first time here at Ilula Orphan

Program, and I will stay here for six weeks.

During my stay, I will work at the local hospital, Ilula Lutheran Hospital, every morning, something that I really enjoy. In the afternoon, I will help where I am needed here at the center.

I am really excited for my stay here, and I am looking forward getting to know everything and everyone here.



## YOUNG MOTHERS TRIP



On Tuesday 14<sup>th</sup> of June, the Young Mother program went on a field trip to Iringa. Emilie, who have been staying at IOP for more than four months, have been very engaged in this program, and wanted to take them on a field trip, since most of the mothers have not been outside Ilula. Emilie have a project in Norway, together with Ingrid Eriksen, were they sell hairbands, bowties and bags, and the money they collect have gone to Sollerud Kindergarten Tanzania, and now to Young Mothers Empowerment Center.

Emilie, together with the leaders of the program, planed this trip for a long time and finally it happened.

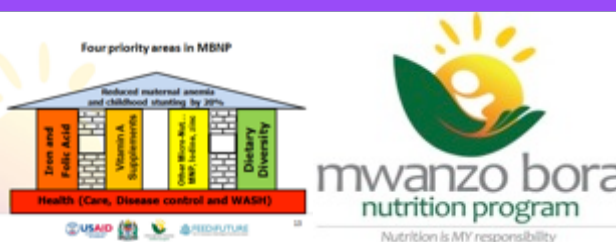
The trip started with a tour and information at Neema Craft. There they could see how their business runs and how they do thing. The goal was for the mothers to get inspired and ask questions. We all enjoyed.

After that we had a short guiding around Iringa, where we got to see where the hospital, court, prison, police office and so on is. When the guiding was over, we all enjoyed a lovely lunch, before everyone got 30 min to an hour of free time to look around.

It was a very successful trip and we are all so happy to go on that trip.



# MWANZO BORA



IOP is implementing Mwanzo Bora Nutrition Program (MBNP) at Iringa region in Kilolo district. It is a three years USAID funded project (2015-2018) where as Africare is the main recipient. Mwanzo Bora is a nutrition program under “Feed the Future (FtF)” program. The main objectives of the project is; to reduce maternal anemia problem to pregnant women by 20% out of 53% and lactating mother by 20% out of 32%, and reducing stunting for the children under two years by 20% out of 51% current situation within three years of implementation through Nutrition Social and Behavior Change Communication (SBCC) approach. The main target group beneficiaries of the project are women of the reproductive age from 15-47 years, pregnant women and lactating mother as well as the children under two years.

## Why 1000 days concept?

1,000 days are calculated from the first day when woman conceives to two years of child age. It's a unique window of opportunity to build a child health life and his future prosperity. Child growth (physical and mental) is highly that need of nutrients is so high. Nevertheless, child malnutrition may highly rise that may compel to poor impact through his future life. It has been discovered that good nutrition practices within this period save lives of more than million children per year. Nevertheless it reduces possibility to be a victim of noncommunicable diseases in life future e.g. diabetes, cancer, and heart diseases therefore to reduce burden to the government for treatment cost.

***Stunting and maternal anemia are big problems in Iringa region (Including Kilolo District)*** according to Survey (2014), Stunting rate is 51% and maternal anemia is 28%. Hence, the government and other partners invest their efforts to overcome the problem where by CSOs and Local Government Authority is the main implementers of the project at the community level. Various interventions are applied to tackle the problem including, conducting community awareness meetings, formation of Peer Support Groups at each village and impart them with nutrition related sessions supervised by trained Community Health Workers and extension workers as well. Through these sessions, the community has started to adopt establishment of sack garden and small household animal keeping to be able to acquire diversified food, positive social nutrition behavior on considering pregnant women in food distribution within a family; adopting ways to prepare a diversified food for children and taking all important measures during 1,000 days. The project take as fact that the availability of vegetables and meat to Kilolo community is the challenge therefore MBNP is intervening by out-scaling sack garden and Key-hole garden for sustainable availability of vegetables throughout the year, and also adoption of small livestock keepings such as rabbit for meat availability at house level.

# COMPUTER CLASS



Since the beginning of May, IOP have arranged computer classes in the Library, Holland House of Books. They have lessons every day, from Monday to Friday at 2 pm.

In the computer class, the students learn what is important to know when you use a computer. Some of the things they learn is: how to use the internet. They also learn how to use Microsoft Word, how to change the size, color and type of letters you want to use in the document. They also learn to put in photos, and regulate the size and where in the document you want it.

Maria, one of the volunteers, has been helping in the computer class. She gave the students a task to make their own business cards. They learned what kind of pictures to use, in context of what your business is. For example, you should have a photo of a hotel, if your business is a hotel. They also learned how to put in colors and so on.





# GUARDIAN DAY



On Saturday 18<sup>th</sup> of June, we had a guardian day here at IOP. All the guardians of the girls came in the morning, and it was nice to see how happy the girls were to see their aunt, uncle, sister, brother, grandmother, grandfather and so on.

The day started with a small meeting where everyone got to introduce him or herself, they received some information and the girls sang. There was also given a gift to the girls who were within the top five in their class in school. The girls were Violeth K (number 1), Renatha (number 3) and Latifa (number 5) in primary school. In Sollerud Kindergaten Tanzania we had Delila (number 3) and Witness (number 5) from the small class, and Stella (number 4) from the big class. Good job girls!

After that, we all went out on the field to play some games together. They were all split into 8 teams, and had to rotate around 8 posts. Everyone enjoyed, and there were a lot of laughter.

To finish this day, we all had a nice meal together, before the girls went to their homes with their families. They will be on vacation for one week, and will be back next Saturday, 25<sup>th</sup> of June.

## SENIOR MEETING



On Saturday the 25<sup>th</sup> of June, there was another meeting of the Senior Club. This time all the seniors would get a health check-up. This with some help from Ilula Lutheran Hospital.

A doctor, a nurse and a lab technician came to the Holland House of Books and installed themselves in the Children's room, while the seniors gathered in the other room. One by one the seniors went for their check-up. They got checked on things like blood pressure, glucose and their lungs and heart. Meanwhile they were playing Bingo in the other room. The people who got bingo, so in the end everybody, got some nice prizes, like soap, salt, tea and biscuits.

After everybody got checked, we went back to IOP with everybody, where we shared a nice meal. The doctor explained that some people needed to go to the hospital to get medicine. So now they probably will arrange a trip to the hospital, if necessary, with all the seniors who need it. At the end of the day all the seniors went home with a



## INITIATIVES

**1. Do you have some OLD PIECES OF FABRIC that you do not know what to do with?**

They would be very useful for our girls HERE at IOP CENTER! They could be used to create covers for our old chairs. Please send us your old pieces of fabric!

**2. 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)
- Finishing the new welding house \$9,800
- 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.

## CONTACT INFORMATION

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

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