

# ILULA ORPHAN PROGRAM

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Ilula Orphan Program (IOP)

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Dear friends and family of IOP!

We would love to share with you the activities and events that happened for the month of May 2018. You are welcome to read it.

## Articles:

- ♣ IOP For 20 Years Anniversary
- ♣ Mwanzo Bora Nutrition Program
- ♣ Meet the new volunteers
- ♣ A Maasai boy in Norway
- ♣ Welcome back CFC participant
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## IOP FOR 20 YEARS ANNIVERSARY

*“I just wanted to sponsor few children”*

It is twenty years since IOP started serving the community in Tanzania in 1998. The IOP community has brought major impacts to the community. Children who had thought of no education got education through sponsorship, girls with no homes found a place at the IOP Center, children without parents got Foster Parents to care for them and the commitment to support has been an important pillar to the development of IOP.

On 18<sup>th</sup> November 2018, IOP invites all volunteers, friends and committee members to come and celebrate with the children. The day which reflects the support that IOP and all friends put towards supporting the poor families to see the bright future.

The 20 years' anniversary will give an opportunity for the committees outside Tanzania and IOP Tanzania to reflect on the role that volunteers played for the past 20 years, challenges and achievements and put the ways forward towards upholding the main goals of supporting the orphans and the most vulnerable children. Vulnerability grows as the population grows. The needs are ever-increasing. The resources put together, will serve the lives of poor children.

It is a year for IOP and all volunteers from IOP in the USA, Norway, Luxembourg, Netherlands, Germany, Italy, Denmark, Sweden and other parts of the World.

There will be different programs before and during the last week before 18<sup>th</sup> November. There will be games, sports, success stories, testimonies, sale of t-shirts, documentaries and so many activities. We invite all volunteers, sponsors, supporters, donors and Government Stakeholders to support the event by sponsoring or donating to children in need of sponsorship, for a program, for IOP or for a certain staff.

Yes! The nearest IOP Office/contacts below will guide you on how to help and support for the event. You are welcome to buy a t-shirt for yourself, friend, students or family member. We have a limited number of t-shirts special for the 20<sup>th</sup> Anniversary. God bless you



“I just wanted to sponsor few children”...

“We worked together all of us, we are equal... We have accomplished to lift people to see the future for themselves, to lift women up and help young people see that they have the future... We have never been a handout organization...”

Says Berit Skaare, the founder of IOP. She is very proud that more than 2,000 children were sponsored by IOP

## Mwanzo Bora Nutrition Program

IOP received funds from Africare to implement Mwanzo Bora Nutrition Program (MBNP) at Kilolo District for three years from October 2015 to July 2018. MBNP main objectives were: reducing stunting to children under two years, and maternal Anaemia to pregnant women and lactating women for 20 %. The project was implemented in 24 wards; 109 villages in Kilolo District. The project received a total of 212,481,262/=Tsh.

The following were the key performances for the past three years;

### Improved nutrition related behaviors

The intervention contains number of activities including awareness creation on Social Behavior Change Communication (SBCC) that aimed at persuading the beneficiaries and community members in general to change their negative attitudes with regards to food and nutrition.

Awareness creation was done to parents and expectant mothers. The emphasis was on how to take care of the child during her/his 1000 days (***“Siku 1000”***) of life (0-2 years).

Among the issues sensitized were early attendance of women and their spouses to clinic after noticing that the female is pregnant, in-taking of Iron Folic, making sure that pregnant women eat diversified diet during pregnancy and breastfeeding the child and preparing diversified diet to the children after the exclusive breastfeeding period. Different demonstration activities were carried in order to make sure the community members get knowledge and skills concerning diversified food intake and preparation.



Beneficiaries participate in Preparation of diversified food as seen in the picture (Left).

Theater performances were included to deliver messages through songs, drama, poems and comedy. The live performance message based on creating awareness on nutritional matters, the root of the problems and how values and culture act as a barrier to nutrition, and encouragement of positive behavior changes for the community at large.

## **Supporting beneficiaries with access to nutritious foods and income**

From 2015 to 2018, the project invested on

supporting the community to have an access to diversified nutritious food through persuasion on adoption of establishment of home vegetable garden, small livestock keeping, food preservation and hygiene. The accessibility improves the demand for diversified food including high intake of iron-rich food hence anemia and stunting problem would be abolished.

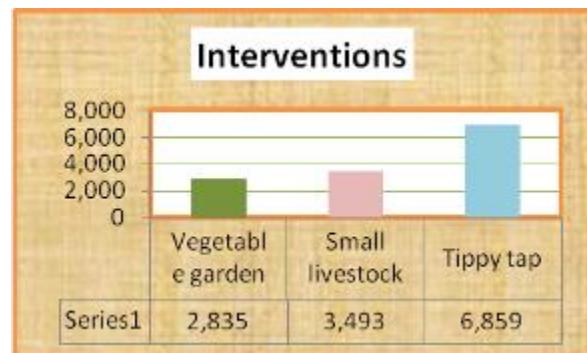
Formation of Peer Supportive Groups (PSGs) was an opportunity for the community members to access ***Mwanzo Bora*** trainings consecutively through Community health workers at the village level. Apart from benefitting with 1,000 days interventions, they also oriented on dietary



**Figure 1: Theatre group performance during awareness creation**



**Figure 2: Vegetable gardens establishment**



diversity interventions that based on improving food production and raising income at the household level that could lead to accessibility of diversified food. Total of 479 active PSGs were formed from 2015 to March 2018

On supporting the adoption, vegetable start up seeds and rabbits/guinea pig pairs were provided to Peer Supportive Group members (PSGs) for multiplication.

Training on vegetable gardens establishment and management were also provided to the community members. It increased the possibility for the community members to raise the income through selling the surplus vegetables and meet other basic needs of the family.

### **TESTIMONIES**

Mwanzo Bora nutrition program has brought a lot of positive impacts to the community as it was said by some community health workers and beneficiaries.

Through Mwanzo Bora nutrition program, it was observed that there was an increased demand of

health services to pregnant women. Community Health Workers proved that most of the women attend clinic as soon as they conceive. Also there is high demand of folic acids to pregnant women. Not only that but also there is high attendance of men to clinic with their partners.

Adoption of small livestock keeping, home gardening and establishment of tippy taps is high. High participation of men into nutrition issues like nutrition meeting and education.

## MEET THE NEW VOLUNTEERS

Hi, I'm **Debby**, 26 years old and I come from the Netherlands. It is the first time at IOP and I will stay for 6 weeks. I started with the educational project at Kids Corner to help the teachers in the class. In the other weeks I will also help with the other projects. It is a life time experience, a wish came true and I love to help IOP where possible.

Hi, I'm **Rachel**, 26 years old. I finished school in September 2017 (political sciences) and before starting a fix job I felt that I had to go and see something new things (get out of my comfort zone) and now I am at IOP and I will stay for 6 months.

Hi, we are **Francesca, Sonia** and **Elena**, we come from Italy and we are students of architecture of the Polytechnic University of Turin.

Our work in Tanzania for the IOP Italy consists in a toilet project for the children of Mtua-Ikuvala primary school. The educational program promotes good hygiene practices and behaviors which is the second output of this mission. We are writing this message after two weeks of hard work, but also full of satisfactions! We've met a lot of beautiful and interesting people, seeing wonderful places and enjoying this time with the company of other volunteers, our new family for this short, but intense time!

Hello, my name is **Cynthia**, 24 years old and I come from Luxembourg. I studied *Social Work* in Heidelberg, Germany and finished last year October. I have always wanted to do volunteer work far abroad, so this year was the perfect opportunity to realize this dream before starting my career as a social worker.

Now I am here in Tanzania, a lovely country with lovely people and a project which unites education and culture in a special way. Thank you IOP for having me! Asante sana:)



## A Maasai boy in Norway, “One day I will be in Norway”

Antony Samweli Ngokwai is 20 years old and a Maasai boy from Mtandika village. He stayed the last 9 months (August 2017-May 2018) in Norway and now he is back at IOP with new experiences.

He got the possibility to do an exchange program in Norway at the *Folkehøgskole Nord-Norge*. August 2017 is when he met other five students from South Africa, Philippines, Alaska, United States of America(South Dakota and Oklahoma), and Canada where in the first three months they got lessons about their cultures. After these months they did active class, photograph class, extreme sport class (paragliding), dancing class and indigenous class. Antony articulated to his fellow students about the Maasai culture where by they were interested with. He shared about traditional wearing, the dancing, drinking cow's blood, men responsibilities, women responsibilities, marriage, and many others. On the other hand he talked about volunteering work at IOP. In his free time, he did a lot of other things, like doing canoe, celebrating Halloween, seeing the Northernlights, participating in an European marriage and celebrating New Years Eve with a lot of fireworks. All these experiences were very new, but also unique for him.

Antony learned a lot in Norway. In the beginning he says he was a bit shy, but now he is more confident in speaking to a lot of people and when he doesn't know something he will just ask. However, there were also difficult things for him to adapt too. Especially the cold as well as swimming in cold water. Even the food was a difficult thing to try, because it was the first time tasting European food. Antony's funniest thing during his stay, was meeting with the Maasai people from Kenya at the United Nation in the USA. He thought as long as they are all Maasai everything is similar, but the jumping and dancing was quite different.

On May 10<sup>th</sup>, he came back home and he was glad to see his family again. It was an unforgettable and life changing experience for Antony. His dream came true as when he was young he had a calendar in his room with a picture from Norway and wrote on the calendar “One day I will be in Norway” and it happened. In the future he wants to go back to Norway. He closed the interview with the following words: **“Mountains don't meet again, but people meet again!”**



## Coming back CFC participant

Adam and Silla from IOP lived for 5 months in Norway as participants of Communication for Change (CFC). They stayed at the Sunnmore Folk High School and learned about different cultural practices as well as global perspective and learned a lot of other things about the World.

Adam liked to meet people from different countries and learned about their cultures. Besides that, he acknowledges that his English had much been improved after 5 months. In his free time, he went for the first time in his life on Wintersport and tried snowboarding, skiing and ice skating. He learned fast, but the cold weather was difficult to adapt too. Now the program has ended, but he knows that the world is bigger than only Tanzania and his plans for the future are wider than before. In August he will go to school as IOP has found him a sponsor.



Asking Silla about what she had learned in Norway, she couldn't stop talking about the great time she had. She learned to live with different people, to socially interact with different nationalities, to help people, to talk about relationships and to use machines (computer, washing machine). Besides that she learned leadership's skills and advising other people. She is also more confident now than before, because she values more about making her own decisions.

In the beginning it was difficult for Silla to live in Norway. She was encountering with a lot of food she never tasted, a huge infrastructure that she had never seen before and in a shop they don't bargain as prices listed are fixed.

Now she is back and thinks a lot about Norway and the great time she had with friends. In August she will resume teaching the children at Sollerud Kindergarten Tanzania.

## Staff English Class

The volunteers Rachel, Cynthia and Francis wanted to do something for the staff. They had the idea to teach them English and the lessons started in early May. The lessons are 2 to 3 times a week in the evening whereby after work staff had to learn English and around 10 staff come to the lessons. Everyone who wants to learn and improve their English skills is very welcome. The lessons start with a grammatical introduction, but the main focus lies on conversational skills. In the lessons they do exercises and they also get homework to do. The lessons are a good initiative and hopefully the lessons will be continued.



Left: One of the staff writing on the board & Right: Rachel Tshiza Ndaya (volunteer) writing on the board.

## Welcome party

On May 21<sup>st</sup>, there was a welcome party for all new volunteers, sponsors and friends. A lot of people came to the party, like the managing director, other staff and the girls from the center. There were few speeches with lovely welcome words that made all volunteers to feel so welcomed. Many coming at IOP love and appreciate how the center girls and IOP staff welcome volunteers coming to do volunteering work.

In between, there were singing and a special dance from the staff. Finally the kitchen prepared a delicious dinner, so as to finish the party together. It was a great evening.



## Dance lessons

Irma from IOP Germany came to IOP with 3 friends, Elke, Katja and Stephanie. They came to visit and learn from IOP projects. During their short stay, they also gave the girls dance lessons. They worked very hard and in only few rehearsals, they learned four dances. The girls really liked to dance and had a lot of fun. At the last evening during the goodbye party before Irma and her friends went home, the girls showed their performances to the volunteers and staff. It was a very special evening. The staff and volunteers enjoyed the show.





*Dance lessons*

## Contact information

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

IOP Tanzania	Edson: <a href="mailto:edson.msigwa@ioptanzania.org">edson.msigwa@ioptanzania.org</a>
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The May IOP newsletter is written by Debora Cornelje, a volunteer from the Netherlands.