



Dear friends and supporting members of 'Tanzania-Center!
Dear travel participants! Dear prospective travel customers!

Again my life and activities in Tanzania confronted me with challenging tasks. There were also many fascinating meetings with people that took part in our travels, friendships formed. The understanding of our work is incomparably greater if people travel to see our projects, they gain important sights into the Tanzanian culture and way of living.

This Newsletter – in addition to my report – focuses on the very successful Anamed seminar with the street children of Upendo Home in Singida, reported by Sybille Voggenhuber. Additionally there is an interview with Dr. Peter Feleshi, head of Anamed Tanzania, on his work and plans for the future.

ANAMED – Action for Natural Medicine www.anamed.net

There were two Anamed seminars where we from "Tanzania-Center" actively took part (financially and personally). One was in Singida, the other one was held for a Maasai group of women in Arusha.

I experienced my most wonderful Anamed seminar in Singida, held in the Holy Week. We were invited to Upendo Home – Sybille Voggenhuber gives us a detailed report in the following. She is member of Tanzania Center and Upendo Home in Singida. Would you not know that these kids lived under worst conditions in streets (partly sexually misused, depending on drugs) you would never believe that this was their past.

Now these kids form a harmonic family, elder ones help the small and they all assist their "matron". Everyone does his daily tasks. It was a great joy witnessing how effectively and engaged daily tasks were tackled. Dr. Feleshi checked regularly whether and how much of his inputs and teachings were kept – astonishing much! A big compliment to all engaged people who made it possible that these kids can now grow up in a harmonic world.

Report by Sybille Voggenhuber

The Upendo Home in Singida offers home to orphans and kids from shattered families. It was financed by the town twinning Salzburg-Singida (SCSS) that, since 1984, realizes various projects in the town and region of Singida. The Upendo Home operates since 2008. At present 33 kids in the age of five to 18 of both genders live here.

In June 2010 I attended a seminar on natural medicine in Arusha where I met Dr. Peter Feleshi, head of Anamed Tanzania. I was thrilled by the seminar to the extent that I spontaneously decided to organize such a seminar as soon as possible for the children and collaborators of Upendo Home.

Dr. Feleshi, a studied and experienced doctor, uses natural medicines already for many years in his treatments. In his seminars he teaches important preventive measures and treatments for common diseases and problems (protection against mosquitoes, malaria, wound treatment, diarrhea, skin diseases, etc.) The applied plants grow locally, either wild (*Euphorbia Hirta*) or as cultivated plants such as e.g. mango, papaya.

The enthusiasm of the children, their attentiveness, their eagerness and the wonderful way of Dr. Feleshi to communicate his knowledge made this seminar an unforgettable experience.

Dr. Feleshi also suggested hygienically improvements and ways to self-produce e.g. soap or means of mosquito protection. His awareness training on HIV/Aids helped us to solve the integration problem we had with a HIV/Aids positive girl.



Dr. Feleshi and Saituni (HIV/Aids positive)

He managed to forward the comprehensive and often not so easy stuff in an interesting way, our full attention in theoretical and practical matters were his for eight hours a day during one week. All of us are aware that the precious knowledge on local medicinal plants and their effects must be spread among as many local people as possible.

Since more than ten years I live in Tanzania and observe very critically the different ways of development works. "Anamed Tanzania" is the project I have been looking for. A project that offers effective help for self-help that can easily and with relatively little financial input be brought to local people throughout the country. For the next years I shall concentrate my efforts on this important task, together with the children of Upendo Home and friends that also share our conviction on the effectiveness of natural medicine and its benefit to local people.



In the following there is an interview with Dr. Feleshi that took place at Natron Camp at the occasion of our last trip. I had invited Dr. Feleshi to join us on this trip and his participation made it a very special experience. He brewed a special “safari-dawa” (travel medicine) for us which we took preventively twice a day. Every day he taught on medicinal benefits of specific plants and thus conveyed a very practical knowledge. In the future I plan to offer at least one trip together with Dr. Feleshi which will additionally enrich our very special travels.

Dr. Feleshi, please tell us on your present activities, about Anamed Tanzania and your aims and wishes for the future.

I focus on conveying my knowledge on natural medicine to as many people as possible. A lot of people are unaware how many precious plants, bushes and trees grow in their immediate surroundings, plants that can be used as medicines and often also as nutriment. Our efforts also go into teaching people in “Primary Health Care” on the benefit of natural medicine.

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We explain in detail how diseases spread, how they are transmitted and how they can be prevented. We also explain how specific diseases can be diagnosed, and we teach them which plants and thereof made teas, lotions and ointments may be applied for which diseases. Since most diseases are communicable we explain in detail how to prevent them.

In my last newsletters I repeatedly said that we need “many Dr. Feleshis” since there is a great demand of well trained teachers. In order to spread the knowledge on “Primary Health Care”, medicinal plants, their effectiveness and application for different sicknesses in this huge country you need support. For this reason we started a training camp for trainers in Babati in May (sponsored by the group “helping by sharing/Strasswalchen, Austria” and “Tanzania Center”). How did it go?

Instructing new trainers was a big success, and also for me a unique experience. We selected 16 people from the already active Anamed groups throughout Tanzania who seemed to be qualified to become a trainer. The duration of the training is three weeks, in the first week we tackled the topics of the first two days of a five-day seminar. The participants took actively part and worked out specific themes which they presented to the group – the first test.

These trainers will in future help me offering seminars throughout the country. They are encouraged to open “Anamed shops” so that people can get our products locally. This will also help to spread Anamed within the country.

Our trainers will also cooperate with doctors and nurses from hospitals in their surroundings. According to laboratory tests it will individually be decided whether to treat a patient by conventional or natural medicine. We also aim to contact educational institutions, women groups etc. to make them familiar with Anamed.

Where do you do your research studies on medicinal plants and where can interested advanced learners deepen their knowledge?

I do my researches in my dispensary in Malya where I treat sick people either with natural respectively conventional medicine, depending on the case. Otherwise, there is presently no location where Anamed practitioner can do research works. Positively treated patients would also be a source for discussion, unfortunately however they rarely return to report on their recovery.

For this reason I plan a training- and research center where interested people can individually apply for trainings (I get letters on the subject from all East Africa). At present most training courses are for selected groups and not available publicly. At the newly planned center we will offer one year seminars focusing on specific themes. A spacious exhibition garden with medicinal plants will help students to identify plants in situ and they can learn how to make medicine out of them.

What are the advantages of a training- and research center in a specific location?

Our new trainers will get a suitable location to continue their studies, researches and to hold seminars.

People from surrounding regions can get treatments. The exhibition garden offers the possibility to renew and deepen the knowledge on medicinal plants.

For us it will be of help to fix a year round program where people from all over Tanzania and other east African countries can attend seminars. In future we hope to also host international Anamed seminars.

Which location or city would in your opinion be most suitable for such a training- and research center in order to give as many people as possible access to the institution?

This question is on my mind already since long.

I thought about Malya because I have my dispensary and a small garden with medicinal plants there. But traffic wise Malya is not easy to reach. Then I thought about Mwanza which is easy to reach. I have some property there where we could erect the center and also there is sufficient space for a garden. I also thought about Musoma where they have already a large garden with medicinal plants. However neither this site is easily reachable.

After our seminar in Babati I thought that we could cooperate with FIDE. Firstly because the climatic conditions are ideal and secondly because we were offered some ground. Later it turned out that this option is not possible because we would have had to found a new company with limited liability and the ground eventually would have been too expensive.

And is there now a definite decision where you will erect your training- and research center?

Yes. Since we had this very successful seminar with the former street kids of Upendo Home in Singida I thought it to be a very challenging and simultaneously enriching task to build this center in cooperation with the children of Upendo Home. Of course we will need accommodation for the participants and also will have to provide food (we think of bio-organic food), etc.

In the course of time we could offer apprentice- and work ships to the children in various positions, involve them in projects and give them responsibilities. I truly want to further cooperate with the children of Upendo Home because they are very engaged and interested.

I have received a great amount of support from the staff members who also are very enthusiastic about the project. And finally, Singida is within easy reach from all directions (Dar es Salaam, Kigoma, Mwanza and Arusha).

Well, we pray and hope that we get sufficient support to realize this very worthwhile and important project. Thank you Dr. Feleshi for this interview and your indefatigable input for the good of African people!

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Education

We are happy to inform that one of our sponsored scholars, Husna from Singida, was accepted into college. Husna finished Secondary School successfully and was accepted in a public college (these colleges are financially supported). In a few years Husna will be a teacher herself and support our team.

Husna has been accepted in our sponsorship program because she was sexually misused by her father. Her education in Secondary School was at a risk. It was important to separate her from her father and give her access to a governmental boarding school. Her mother has died many years ago. Husna's father already misused her elder sister. A fact that in a man-dominated society – as is Tanzania – is somehow considered as a trivial offence.

In cooperation with the Social Welfare Office of Singida and the support of the local governor we succeeded in putting Husna's father into jail.

(Reported by Sybille Voggenhuber)

Tariffs for college education vary greatly (between 10 and 65 Euro/month), depending whether a candidate has the chance to attend a governmental public school or whether a private school has to be chosen.

A hearty thank to all who support our eager young friends by monthly direct debit or through donation.

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FAIR Travels in Tanzania – www.tanzania-zentrum/reisen



The next round trip to northern Maasai country takes place from July 17. – 24, there are still availabilities.

Any income generated by FAIR travels benefits our projects.

Should you wish to know more about „FAIR travel“ in Tanzania or are interested in comments from former participants please visit our web page www.tanzania-zentrum/reisen or contact me directly.

“Enkong’u naipang’a eng’en” – “It is the eye which has travelled that is clever” – a Maasai saying

A hearty thank to all who support us and thus the poorest of the poor in Tanzania by monthly direct debits or through donations.

Sincerely, from Maasai country

Hertha Schwaighofer

Founding member ‚Tanzania-Zentrum‘
Coordinating member ‚Anamed Tanzania‘

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