

# REPORT OF THE SWAHILI TRAINING OF TEACHERS' SEMINAR (TOT)

held at Babati, Tanzania from the 2 - 6th May, 2011

sponsored by:

**Helfen durch Teilen/Austria [www.hdt.or.at](http://www.hdt.or.at) and  
'Tanzania-Zentrum'/Austria [www.tanzania-zentrum.at](http://www.tanzania-zentrum.at)**

Arrival: 01-05-2011 PM

Departure: 07-05-2011 AM

Venue: FIDE (Friends in Development) premises

Accommodation: Manyara Rest House; Participants from Babati stayed at their homes.

Number of Participants: 16 plus 1 (one) Interpreter (Swahili to English)

Registration Fee: Tsh10,000/person

First 3 days of teaching were done by Doctor Feleshi, Chairman of Anamed Tanzania  
Last 2 days of seminar the teachers in training took turns to teach on pre-described subjects for 20 minutes each; covering subjects which were taught the first 2 days by our instructor, Dr. Feleshi.

Day 1: 02-05-2011

## A. PREPARATION AS A TEACHER:

1. Logistics: Invitations, Information. Norms for the seminar. Prepare to get complete contact details of every student.
2. Preparation of facilitators: Prepare for the needs of the specific class. Meet with people involved before the time. Check venue and facilities before the time. Prepare teaching subjects, also with other teachers involved. Set programme. Prepare and bring all teaching materials.
3. Introduction: Who? Purpose. Style - under 4 sub-headings.
4. Principles of teaching.
5. Norms for facilitators: Responsibility in communication. What and How to communicate and handle students. Discussed different styles of approach and teaching. Also working through own fears and insecurity when teaching. Importance of teamwork.
6. Class selected their chairperson, secretary and time-keeper.

## B. PRIMARY HEALTH CARE:

Relationship between PHC and Anamed. PHC - defined, principles, importance, implementation.

Prevention of diseases and preventative measures discussed.

DAY 2:

## C. ANAMED:

Anamed International - meaning and history. Start of Anamed in Tanzania. Anamed as an NGO. Registration. Certificates. Annual report to the Government. Reports of Anamed members to be sent every 3 months to Anamed TZ.

D. DEVELOPMENT - INTRODUCTION:

Defined. Role of planting medicinal plants/gardens and treating with it. Making and selling of natural medicinal products.

E. ANAMED POSTER:

How to use poster and how to instruct others about plants and specified diseases. Importance of botanical names of plants.

F. QUIZZ;

- a) Each student received botanical name to know and study uses in treatment.
- b) Drawal of a picture card with botanical name of plant.
- c) Drawal of paper slips with questions on usages of plant in combination with other plants and diseases.

G. CERTIFICATES:

Explained what to expect. To teach according to what is specified on certificate.

H. DISEASES CLASSIFIED:

How and different ways that diseases are transmitted - e.g. Contact, STD, Airborne. bacterial, water-related diseases etc.

I. MALARIA:

Defined.

Discussed it in detail and especially how to prevent malaria as well as how to treat it with Anamed Natural Medicines.

We received an English document on the malaria mosquito's life cycle to assist in understanding and communicating information.

J. Discussed dangers of Mercury products and how we can assist government and society with knowledge of natural medicines.

Discussed packaging and selling of products. Marketing of Natural Medicines of Anamed.

DAY 3:

K. Long informational talk on experiences, testimonies and stories of how to diagnose and treat patients correctly and with understanding - the place of correct diet/nutrition, counseling etc. Crisis treatment, urinthrapy, reflexology. Encouraged to buy Blood pressure apparatus, glucometers, Rapid test, thermometers.

L. PREPARATIONAL TEACHING for students' practical sessions on Thursday and Friday.

Making of pointer; correct usage. Marker pen - how to use, colours etc.

Blackboard. Position of teacher, body language in class, clothes. Handling of students, their questions/remarks etc.

M. DIARRHOEA:

Detailed teaching on diarrhea. Treatment and related diseases. Diarrhea defined, diagnosis, symptoms, complications.

Dehydration - defined and treatment. Treatment of natural medicines of Anamed in diarrhea and dehydration.

N. HIV/AIDS:

Detailed teaching. Defined. Stages. Symptoms. Mode of transmission. Prevention. Anamed treatment for HIV/AIDS.

O. QUIZZ:

Drawal of numbers - to determine which subject students will teach on the following two days.

Drawal of picture cards with botanical names.

Drawal of paper slips with questions about diseases and plants.

Every student got an opportunity to answer his /her questions.

DAY 4:

Students received new numbers - to do assessment of appearance of students - best dressed person as well as badly dressed person of the day. Conclusion: people differ in assessment.

Devotions by Dr Feleshi.

P. MICRO TEACHING;

Practical teaching sessions 1 - 10 were given by student teachers - 20 minutes/session

1. Seminar preparation
2. Introduction of self and others
3. Your expectations, fears and principles of teaching.
4. Primary Health Care - Introduction
5. Anamed - Introduction
6. Development - Introduction
7. Share your own experiences with plants and Introduce the Anamed Poster.
8. Malaria - Symptoms and ways of transmission
9. Malaria - Infection and Prevention
10. Malaria - Treatment in Anamed using natural medicines

Positive comments were first made and then corrections and suggestions to improve were done after each session.

DAY 5:

Devotions by Dr Feleshi. Importance of using hands, soil/medicine as well as the responsibility of the patient. Importance of follow-up.

To go to homes and help as well as instruct people about the usage of plants as medicine.

Class broke up in 3 groups to discuss a question put forth about natural medicine, traditions and government. Report of outcome was given by chosen group leader. Further instruction about medicinal use of Marijuana and correct government procedures. General instruction on medicine making, packing, tinctures etc.

MICRO TEACHING (continue):

Groups 11 - 16.

11. Diarrhea - Symptoms and causes.
12. Effects of diarrhea and how to recognize a dehydrated person.
13. Treatment of Diarrhea using Natural Medicines and ORS.
14. What is HIV/AIDS.
15. Stages of AIDS.
16. Signs of AIDS.
17. Ways of transmitting AIDS.
18. Treatment of AIDS using natural medicines of anamed. Numbers 17 - 18 were not covered by students.

ANAMED TANZANIA:

Re-collection of information given. Registration fees of members and how to register with Anamed as a group or single.

Teachers' Resource Kit - the need to be translated to Swahili.

**Tentative date for the next Teachers' Training:**

18 - 29th July 2011.

Venue will be again in Babati. The 2nd and 3rd training will be combined in 2 weeks of training. First on Plants then the Practical week.

Information was given how to come prepared for the next Teachers' Training Seminar.

Thanks were given to those whom due to and meeting was concluded in a good way.

Marietta Korda (participant TOT)