



Pamoja Tunaweza
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The Tanzanian “Social Determinants of Health” Program for University and College students

Many students crave opportunities in other countries in which they can experience and learn about the lives of those less fortunate, while lending a hand and gaining valuable professional and educational experiences.

The Social Determinants of Health program provide a framework through which students can learn about the provision of health and the effect that all aspects of the living situation have on health outcomes in communities.

The Social Determinants of Health include the following:

1. Income & social status
2. Social support networks
3. Education & Literacy
4. Employment/working conditions
5. Social environment
6. Physical environment
7. Personal health practices & coping skills
8. Healthy child development
9. Biology & genetics
10. Health services
11. Gender
12. Culture

The Pamoja Tunaweza Women’s Center, along with its affiliated projects, provides the ideal environment for learning about the effect of life circumstances and actions upon health, while also providing opportunities for students to provide help to the community.

Pamoja Tunaweza Women’s Center will also arrange all necessary visa permits, safe and convenient accommodation, and support while in country.



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This three to four week course in Tanzania focuses on community health as it relates to urban and rural setting of Kilimanjaro Region. These communities face a variety of health challenges including a rise in sanitation-related and water-borne diseases, emerging illnesses due to rapid urbanization, infant and childhood illnesses, and HIV/AIDS.

This program is highly experiential; students will gain first-hand experience shadowing and providing care in a variety of public health facilities in an urban environment as well as provide medical outreach to rural communities. These activities will be done with local partners to ensure an in depth experience of the context and culture.

In the three to four week course, students will:

- Make field visits to community health and development programs
- Spend two weeks working in government public health clinics in an urban environment
- Spend three days conducting medical outreach to rural communities
- Experience rural African life in a unique cultural and environmental area
- Learn about the social determinants of health through visits to schools, orphanages and other local NGOs working in these areas



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Pamoja Tunaweza Women's Center, Moshi, Tanzania <http://www.pamojatunaweza.com/>



Pamoja Boys and Girls Club, Moshi Tanzania <https://www.facebook.com/1Ndoto>



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Proposed Activities for a one month field practicum for university and college students:

Day 1: Orientation Day

1. Visit the Medical Clinic (PamojaTunaweza Women's Centre)
2. Walking tour of Moshi Town

Day 2: Visit to rural community of Machame

1. Learn about how to live in a Tanzanian rural village
2. Learn about sustainable existence
3. Learn about biofuel
4. Learn about the cattle project instituted in this village that raised childhood hemoglobin levels significantly over the past decade

Day 3: Work in Pamoja Tunaweza private clinic

1. Gain experience regarding the context of Kilimanjaro Region
2. Provide patient care to clients

Day 4 : A day in the life of a mother in a village

1. Pairs of students will be introduced to trusted "Mamas" in Chekereni village
2. They will spend the day with this woman and help her do her daily chores which will include:
 1. Fetching the water
 2. Collecting fire wood
 3. Preparing the daily meal
 4. Getting children to school/doing their school work
 5. Looking after the pre-school aged children
 6. Cleaning the clothes
 7. Etc



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Women cooking

Day 5: Mini Medical Caravan in Masaai village

1. Students will volunteer to help run a medical mobile clinic in a Masaai Village
2. They will perform such tasks as:
 1. Weighing and taking the blood pressure of patients
 2. Helping count pills in pharmacy
 3. Helping guide patients through the process of going to triage, HIV testing, seeing the Tanzanian doctors and then to pharmacy





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Children in Masaii village

Day 6: Mini Medical Caravan in Chekereni Village

1. Students will volunteer to help run a medical mobile clinic in Chekereni Village
2. They will perform similar tasks to those that they did the prior day



Patients waiting to be seen in Chekereni Village

Day 7: Educational Day with Students in local School

3. Students will have the opportunity to meet their Tanzanian peers
4. The opportunity would be available for them to do a presentation about a simple health topic or about their life in Canada
5. A soccer game could also be arranged with the students
6. This would be an opportunity to donate school supplies or soccer equipment to the Head Master should the students choose to bring such things



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Day 8: Educational Day with local NGOs

1. Students will have the opportunity to hear from local NGOs working with female genital mutilation, women's rights, local orphanages and youth programs

Day 9-19: Placements at urban health clinics, dispensaries and hospitals

1. Students will rotate amongst local Moshi government health facilities gaining a wide range of hands on experiences

Day 20: Mini Medical Caravan to rural Kilimanjaro Region village

7. Students will volunteer to help run a medical mobile clinic in rural Kilimanjaro village
8. They will perform similar tasks to those that they did the previous outreach days

For more information, please contact the managing director at Pamoja Tunaweza at info@pamojatunaweza.com or visit the PamojaTunaweza website at: <http://www.pamojatunaweza.com/>