



Pamoja Tunaweza  
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## The Tanzanian “Social Determinants of Health” Program for High School 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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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 Six Day experience for Socially Conscious Adolescents:

### Day 1: Orientation Day

1. Visit the Boys and Girls Club
2. Visit the Medical Clinic (PamojaTunaweza Women's Centre)
3. Walking tour of Moshi Town

### Day 2: Visit to 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 : 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 4: 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 5: 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 6: Educational Day with Students in local School

1. Students will have the opportunity to meet their Tanzanian peers
2. The opportunity would be available for them to do a presentation about a simple health topic or about their life in Canada
3. A soccer game could also be arranged with the students
4. 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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