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WHE Final Intern Report May to December 2009

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**WHE Final Intern Report
May to December 2009
Melissa (Missy) Whaling**

Original Learning Goals:

1) Financial Reporting and Record Keeping

- a) To observe and report on current financial reporting methods and record keeping at the Tukwamuane community kitchen
- b) To open new bank account for WHE Canada under the supervision of Saint Augustine University.
- c) To create and refine both the Tukwamuane and Saint Augustine University/ WHE Canada's financial reporting systems ensuring that a monthly summary of each bank statement is created, maintained and emailed to the Canadian and Tanzanian Steering committees (including account withdrawals, debits, opening and closing balances).
- d) To Create an efficient and easy to use financial reporting system for the Tanzanian Program Coordinator to use on a consistent basis.

2) Documentation of Probiotic Yogurt Production, Probiotic Yogurt Quality and Increasing Probiotic Yogurt Distribution

- a) To inquire about the consistency of probiotic in the yogurt. Inquire about any issues with accessing the probiotic culture from NIMR. Devise an action plan (with the help of Tukwamuane and the Tanzanian Steering Committee) that ensures all yogurt at the Tukwamuane kitchen is created with and consistently contains the appropriate probiotic culture.
- b) To review and fine tune the documentation system used to record daily yogurt production including how much is given to PLWAs on a daily basis.
- c) To observe and possibly modify the verification system of yogurt pickup of PLWAs. This includes making sure that each cup of subsidized yogurt that is given to PLWAs is tracked and recorded to ensure that the members of Tukwamunane are accurately compensated for the cost of this yogurt by WHE Canada. This also includes ensuring that a consistent measuring tool is used.
- d) To inquire about the possibility/ feasibility of increasing current yogurt production. If this is possible, investigate how much more yogurt may be produced, how much the raw materials will cost (i.e. milk) and explore new customer markets (restaurants, orphanages, other NGOs).

3) Development of the New Kitchen Site

- a) To inquire about Tukwamuane's TASAF grant and meet with Mr. Ngowi (TASAF Coordinator) to gather information on the use of the grant and next steps.

- b) To assist Mr. Ngowi and Tukwamuane with the appropriate action plan for the new kitchen. Create a report document for the Tanzanian and Canadian Steering Committees concerning the TASAF action plan and current progress.
- c) To inquire about other sources of funding for Tukwamuane including other TASAF grant applications that may be submitted. Assist the Tukwamuane members in applying for any available grants.
- d) To meet with the Tukwamuane women and the Tanzanian Steering Committee to discuss (and maintain) an open dialogue concerning the overall vision for the new kitchen. With the help of the partners, to draft and organize a long-term future plan for the new kitchen including details about timelines, goals, kitchen and land layout and designs, building materials, and needed and available resources.
- e) To explore and inquire about the most feasible and low cost ways to transport both the members of Tukwamunae and the probiotic yogurt to and from the new kitchen site.
- f) To inquire about proper fencing to ensure security around the new yogurt kitchen site. (i.e. what are the best materials to use, proper and feasible fence height, cost of fence materials and labour to set up). Possibly purchase fence materials and arrange for installation.

4) Other, More Specific Goals Added During the Internship Period:

- a) To assist Tukwamuane with increasing probiotic yogurt production and distribution to 100L per day
- b) To find more local sources of funding and make sure that the local government is financially supporting this project so that it is sustainable in the near future.
- c) To assist Tukwamuane with marketing their probiotic yogurt and the idea of the probiotic yogurt and women's empowerment initiative across Tanzania
- d) To assist Tukwamuane in setting up training programs and networking to train other Women's Groups in dairy processing and yogurt production. Tukwamuane and WHE are committed to sharing their useful technology, information and skills and know-how with other local community groups and women's groups.
- e) To assist Tukwamuane in spreading awareness about probiotics and their related health benefits
- f) To assist Tukwamuane with finding sufficient and cost-effective packaging so that they will be able to better market and distribute their product.
- g) To encourage local ownership of the project, which will lead to local sustainability, by networking with local stakeholders such as the Mwanza Steering Committee, the local government and supporting institutions. Local networks and community partnerships are keys to the success the probiotic yogurt project.

Internship Activities to Meet Goals (both original and revised) and Tukwamuane Advances (numbers correspond to internship goals above)

To ensure that we had maximum communication between TWG, myself, the other interns and the project coordinator we made sure to have set weekly meetings to discuss project issues and to create action plans for each week. We also set aside some time at some of the meetings for motivation and training (e.g. suggested marketing techniques, ways to advertise, quality control training etc.). It is suggested that the weekly meetings continue with interns and project coordinators/liaisons so that all parties can communicate effectively, be informed of project updates and so that regular discussion and planning takes place. (See attached meeting minutes)

1) Financial Reporting and Record Keeping

- a) To observe and report on current financial reporting methods and record keeping at the Tukwamuane community kitchen:
→ During the first few weeks of my internship I observed and discussed Tukwamuane's reporting methods and record keeping methods at the kitchen and I realized that although the group was recording some expenses and revenues, they were not doing so on a consistent basis for all expenses and revenues. It was observed that the TWG followed through with proper documentation related to keeping and storing receipts but they were being stored in different places and were very unorganized. I assisted Tukwamuane by creating daily expense and revenue booklets, monthly total expense and revenue forms as well as item specific receipt folders that could be stored in the kitchen for better organization (see attached "Tukwamuane Month End Financial Report- English" and "Tukwamuane Month End Financial Report- Swahili").
- b) To open new bank account for WHE Canada under the supervision of Saint Augustine University.
→ A WHE account was opened under the SAUT administration. When I left the account was in US dollars and we were trying to switch the account into Tsh so it would be easier to access. Ruta Lawrence has the bank account number. This account is totally separate from the Tukwamuane bank account.
- c) To create and refine both the Tukwamuane and Saint Augustine University/ WHE Canada's financial reporting systems ensuring that a monthly summary of each bank statement is created, maintained and emailed to the Canadian and Tanzanian Steering committees (including account withdrawals, debits, opening and closing balances).
→ I created a monthly bank statement report sheet so that the Tukwamuane bank account can be monitored by WHE and SAUT. In order to provide additional security and accountability for TWG project funds, two external institutions (WHE and SAUT) consistently monitor the TWG account on a

monthly basis. Although these two institutions have no access to withdraw TWG funds, they are able to deposit funds into the account. Copies of TWG bank statements are provided to these external auditing organizations on a monthly basis so that the accounts may be reviewed for accountability and accuracy. The copies of monthly bank statements are obtained, reviewed and filed by all three institutions (TWG, WHE and SAUT) in order to ensure accuracy and accountability for all project funds. The Project Director/ Liason/ Coordinator and/ or the WHE Interns are responsible for filling out the template and sending it via email to the aforementioned institutions on a monthly basis. [See attached “Bank Statement Report Template”](#)

- d) To Create an efficient and easy to use financial reporting system for the Tanzanian Program Coordinator to use on a consistent basis.
→ [See attached “Bank Statement Report Template”](#)

2) Documentation of Probiotic Yogurt Production, Probiotic Yogurt Quality and Increasing Probiotic Yogurt Distribution

- a) To inquire about the consistency of probiotic in the yogurt. Inquire about any issues with accessing the probiotic culture from NIMR. Devise an action plan (with the help of Tukwamuane and the Tanzanian Steering Committee) that ensures all yogurt at the Tukwamuane kitchen is created with and consistently contains the appropriate probiotic culture.
→ During my internship I continuously monitored the probiotic yogurt production process in order to ensure that Tukwamuane was following quality control and processing procedures. Because of past issues with inconsistent supplies of probiotic from NIMR, this issue was discussed with the Mwanza Steering Committee and Dr. John Chagalucha and Simon (the lab tech from NIMR) ensured that 2 or 3 new lab techs would be trained on creating the probiotic and that any supplies needed would be ordered in advance to prevent lags in probiotic cultivation. Also, TWG was reminded to stir the yogurt continuously during the production process and before serving the yogurt to ensure a smooth consistency. From my observations, TWG was doing a pretty good job of following quality control procedures especially after intervention from the other two interns (Jon and Ashley).
- b) To review and fine tune the documentation system used to record daily yogurt production including how much is given to PLWAs on a daily basis.
→ To ensure that TWG was properly and consistently recording the subsidized yogurt distribution for the people living with HIV/AIDS I created a new membership documentation system. [See attached “Explanation of Membership Card Documentation System for PLWAs”, “Master Copy of Probiotic Yogurt Membership Card Names and Numbers English”, “Master Copy of Probiotic Yogurt Membership Card Names and Numbers Swahili”, “Membership Card Template”, “Probiotic Yogurt](#)

[Membership Documentation Daily Log Form English](#)”, and [“Probiotic Yogurt Membership Documentation Daily Log Form Swahili”](#)”.

- c) To observe and possibly modify the verification system of yogurt pickup of PLWAs. This includes making sure that each cup of subsidized yogurt that is given to PLWAs is tracked and recorded to ensure that the members of Tukwamunane are accurately compensated for the cost of this yogurt by WHE Canada. This also includes ensuring that a consistent measuring tool is used. [See above \(b\)](#).

- d) To inquire about the possibility/ feasibility of increasing current yogurt production. If this is possible, investigate how much more yogurt may be produced, how much the raw materials will cost (i.e. milk) and explore new customer markets (restaurants, orphanages, other NGOs).
→ During my internship I worked closely with TWG to increase probiotic yogurt production to 100L per day to get TWG to a point where they are running a sustainable business. TWG revealed that they are physically able to produce up to 200L per day of probiotic yogurt at their current facility and that they hope to be able to produce up to 500L per day at the new kitchen site when it is finished. I also worked with TWG to investigate other sources of raw milk supply and to find the best prices per litre of milk in the area. Some of the local milk suppliers that we came across were Saint Augustine University Farm, Isenga Women’s Group (Ilemela), Mama Judi Milk (Isamilo), Nygezi Dairy Producers and the Nyamhongoro Women’s Collective. The TWG also expect to be producing their own raw milk supply from their 4 female cows starting in January. TWG has purchased 5 cows (4 female and 1 male using their TASAF Grant).

I also worked with TWG on a regular basis on their marketing and advertising techniques in order to help boost their sales to the desired 100L per day. In our weekly meetings we discussed ways to market and places/ institutions where we could distribute and sell the probiotic yogurt. Various marketing and advertising methods were used. For example, I created information pamphlets and probiotic yogurt information sheets for Tukwamuane to use ([See “Probiotic Yogurt Pamphlet Final English” and Probiotic Yogurt Pamphlet Swahili”](#)). I also encouraged TWG to use other media and advertising sources such as the local news papers (i.e. Gazeti La Msanii), radio stations (i.e. Radio Free Africa), and TV Stations (i.e. StarTV) to help promote the project. Anytime a TWG event was held or TWG participated in a larger event we tried to contact the media. I also encouraged TWG to continue to spread the word within their own community and wherever they went.

At the beginning of my internship it was reported that TWG was selling about 55-60L per day (25L of which comes from the subsidized yogurt) but TWG was slowly increasing their sales. By the time I left TWG was selling to additional customers and locations such as SAUT, Isamilo International School, Kivulini on a more regular basis and a nearby guest house to increase their sales. TWG also reported that they visited many

other restaurants and grocery stores (La Kairo, Kulianas Pizzeria, Isamilo Lodge, Tilapia, Lavena Supermarket, NoNo Mini Mart, U-Turn Zagaluu Shop, Amin Shop) that would be interested in selling the probiotic yogurt if it has proper packaging and labeling for it proper packaging still needs to be purchased. While in Kenya TWG purchased some 300mL pouch packaging that could be sealed. Although this packaging was a hit, sometimes the packages leaked and the packaging was not sufficient for store use.

3) Development of the New Kitchen Site

- a) To inquire about Tukwamuane's TASAF grant and meet with Mr. Ngowi (TASAF Coordinator) to gather information on the use of the grant and next steps.
→ The TWG and Mr. Ngowi informed me that the current TASAF grant had been used up to purchase the cows for the new site and to build the needed cow banda. This grant also covered the cow husbandry training that was provided by TASAF. Mr. Ngowi mentioned that as of now TWG has to wait for the next budget period to apply for a grant. The new budget is supposed to be available by mid 2009.
- b) To assist Mr. Ngowi and Tukwamuane with the appropriate action plan for the new kitchen. Create a report document for the Tanzanian and Canadian Steering Committees concerning the TASAF action plan and current progress.
→ Because TWG is behind in their plans to achieve business sustainability and since the TASAF grant was used up I was not able to focus on future plans. The Focus became brining TWG to the point of sustainability so that they are able to create a viable plan for the new site.
- c) To inquire about other sources of funding for Tukwamuane including other TASAF grant applications that may be submitted and to assist the TWG in applying for any available grants.
→ During my internship I was able to assist TWG in applying for a few local grants. I have submitted the following grants on behalf of TWG: Mwanza Charity Ball Grant and the Abbott Fund Grant. I have also completed the following grant applications that have not yet been submitted: The SCF (Small and Medium Enterprise Competitiveness Facility Grant Application, The Global Fund for Women, and the WAMA (First Lady's Organization) Grant which are ready for submission by Esther or the next interns (See Attached "Mwanza Charity Ball Application Report & grant conditions(1)", "Charity Ball Application with Pics and Stories", "Proposal for the Abbott Fund November, 18, 2009", "SCF Small and Medium Enterprise Competitiveness Facility Grant Proposal", "WAMA Grant- TWG Capacity Building Training"). Other grants that were suggested that were not started include: Global Funding for AIDS, Rapid Funding Envelope, the USAID Ambassador's Grant, the

Better Way Foundation and the upcoming TASAF Grants (later in the year).

- d) To meet with the Tukwamuane women and the Tanzanian Steering Committee to discuss (and maintain) an open dialogue concerning the overall vision for the new kitchen. With the help of the partners, to draft and organize a long-term future plan for the new kitchen including details about timelines, goals, kitchen and land layout and designs, building materials, and needed and available resources.
→ During my internship 3 Steering Committee meetings were held. Only one of the meetings had a significant attendance rate. We are still looking for ways to stress local ownership and to get stakeholders to actively and consistently participate. As stated before, plans for the new kitchen site have been on pause a little until TWG can reach sustainability at the current site.
- e) To explore and inquire about the most feasible and low cost ways to transport both the members of Tukwamunae and the probiotic yogurt to and from the new kitchen site.
→ For the time being the most efficient and cost-effective way for TWG to travel to the new site is by daladala because the purchase of a vehicle is not feasible in the short term future. Although the daladala rides are long and the daladala availability and access is a little bit limited out near Nyamhongoro, it is the cheapest and most viable option right now. If there is more money or funding in the future the best option would be to purchase a daladala and license some of the TWG members.
- f) To inquire about proper fencing to ensure security around the new yogurt kitchen site. (i.e. what are the best materials to use, proper and feasible fence height, cost of fence materials and labour to set up). Possibly purchase fence materials and arrange for installation.
→ A budget for the new fence was created and thanks to Gregor Reid and the Lawson Institute a fence was put up at the new site. A cow banda, guard house and a fence have all been built at the new property in Nyamhongoro.

4) Other, More Specific Goals Added During the Internship Period:

- a) To assist Tukwamuane with increasing probiotic yogurt production and distribution to 100L per day
→ At our weekly meetings we often discussed ways to market the probiotic yogurt and places/ institutions that we could target. We also went over different marketing and advertising techniques. Although we did some informal business and marketing training, the TWG expressed that it would be nice to have some formal training and education in these areas. At our last steering committee meeting (November 2009), representatives from the Mwanza City Council (MCC) expressed that they would work

with TWG to provide some formal training. Although this was discussed this needs to be followed up with TWG and MCC.

- b) To find more local sources of funding and make sure that the local government is financially supporting this project so that it is sustainable in the near future.
→ Although this point was expressed over and over again at the Mwanza Steering Committee Meetings, there was often low attendance and little support was received. In mid November with the visit of the WHE Canada team, further support was expressed by MCC. For the short term Mr. Makama at MCC has promised that 1 Million Tsh will be provided to TWG to subsidize the probiotic yogurt that is given to PLWAs for January. This needs to be followed up. WHE and TWG were pushing for additional support from MCC (for the year+) but nothing has been guaranteed yet. A follow-up is needed. Also, it is important that more local organizations and institutions become involved in supporting this project and it is important that interns and project coordinators/ liaisons continue to apply for funding for the project.
- c) To assist Tukwamuane with marketing their probiotic yogurt and the idea of the probiotic yogurt and women's empowerment initiative across Tanzania
→ As mentioned before TWG is focusing on marketing and advertising the probiotic yogurt to the larger Mwanza area and to the rest of the country. Currently TWG's operations are large enough to only support the Mwanza area but TWG is interested in training other Women's groups. It is imperative that the word is spread. TWG is now focusing on linking and networking with other women's groups first in Mwanza and then in the rest of Tanzania. Currently TWG is partnered with Isenga Women's Group (Ilemela) and the Nyamhongor Women's Group.
- d) To assist Tukwamuane in setting up training programs and networking to train other Women's Groups in dairy processing and yogurt production. Tukwamuane and WHE are committed to sharing their useful technology, information and skills and know-how with other local community groups and women's groups.
- e) To assist Tukwamuane in spreading awareness about probiotics and their related health benefits
→ There was a little confusion within the TWG about the scientific aspects of the probiotic yogurt and they were having a bit of difficulty answering some of the questions that some of the local vendors had about the yogurt. During this time it was also realized that there is quite a bit of stigma that is attached to the probiotic yogurt because of TWG's previous emphasis on assisting PLWAs. We realized that when marketing to the general public we have to emphasize that the probiotic yogurt is for EVERYONE! So, I created a probiotics information sheet for TWG and we made new pamphlets that emphasize the health benefits for everyone. (See attached "Probiotics Information and Fact Sheet", "Probiotics Information and Fact Sheet Swahili Dec 7", "Tukwamuane Pamphlet" and "Tukwamuane

[Pamphlet Final Swahili](#)”). *Note that there are some mistakes in the Swahili version that Esther was going to fix up to print more copies. This needs following up.

- f) To assist Tukwamuane with finding sufficient and cost-effective packaging so that they will be able to better market and distribute their product.

→ As noted earlier, packaging is a continual issue for marketing and distribution. There are currently no known packaging companies in Mwanza that are sufficient. As suggested by MCC TWG, myself and Esther went to SCF (small and medium enterprise facility) to inquire about obtaining support for the purchase of packaging from outside the Mwanza region. SCF staff members informed us that their support would be likely with the submission of a grant proposal. It was explained that there are 3 proposal steps to obtain support. The first SCF grant application has been competed but has not yet been submitted. This needs to be followed up. I created a label that was approved by TWG that may be used if proper packaging is obtained ([See attached “FITI_LABEL_\[1\]_Swahili4”](#)) Here is a list of packaging companies that we can contact to inquire about possible packaging options when funding is obtained:

TechPak Industries

Nairobi, Kenya
PO Box 30802
Tel (254) (area code?) 551625

Tetra Pak Ltd.

Nairobi, Kenya
Likoni Road Junction
P.O.Box 00507
Tel (254) 205334300
www.tetrapak.com

Event Solutions

Nairobi, Kenya
PO Box 00100
Tel (254) 733640788 or (254) 720902322
Fax (254)0202397250-558571

Dennis Shio Packaging

Arusha, Tanzania
Tel. (255) 766883080

- g) To encourage local ownership of the project, which will lead to local sustainability, by networking with local stakeholders such as the Mwanza Steering Committee, the local government and supporting institutions. Local networks and community partnerships are key to the success the probiotic yogurt project.

→ Again, through Steering Committee Meetings and individual meetings with local stakeholders it was emphasized that TWG receive local support. I found that individual meetings with stakeholders were much more effective when trying to motivate individuals, organizations and institutions to continue their support for the project. (See attached “Mwanza Steering Committee List”)

5) Other Project Actions/ Updates:

- a) Partnership with SAUT: WHE and TWG have formed a stronger relationship with SAUT. It has been recognized that a strong partnership with SAUT and their involvement in terms of Western student internships, research with the TWG project, and SAUT student projects will benefit all parties. Mary Mushi and George Mutalemwa are the main contacts at SAUT and the WHE and TWG teams have met with Charles Kitima (the Vice Chancellor) numerous times.
- b) WHE and TWG have maintained and will continue to maintain a strong relationship with Kivulini. Mainuna and her team have been extremely helpful and it is important to maintain ties with this organization. It is suggested that interns visit the Kivulini office every now and then and they may chose as I did to volunteer a little for them to build their skills and the reciprocate their generosity.
- c) I have created an updated contact list for Mwanza (See attached “WHE Contact List”)
- d) Alex Tarazo and I have created a Master Plan Document for TWG in order to provide some structural guidance to TWG and the various project partners. The Master Plan includes the following information in one document (they are not in order): Objectives, Values and Visions, Fundraising and Networking, Health and Safety, Institutional and Administrative Roles, Institutional Documentation and Accountability, Marketing and Marketing Strategies, Processing, Procedures and Quality Control, Research, Training and Technology Transfer. Almost all of the sections of this document are finished. I am waiting for Ashley Motran to assist with the Processing, Procedures and Quality Control and Health and Safety Sections before it can be completed. (This will hopefully be finished by the end of January).
- e) TWG has continued with their breakfast program for Mtoni High School every weekday morning. They have also started another small business initiative that requires low inputs. The MCC has provided them with training and a small loan to breed chickens. TWG had plans when I left to build a pen at the new site for their new chicken business. TWG expressed that this small side business will also help support their expansion plans at the new site.

Current Visions and Goals of the Tukwamuane Women’s Group (as stated by the group):

1. To continually provide probiotic yogurt free-of-charge to people living with HIV/AIDS (PLWAs) in order to improve their quality of life
2. To continue to advocate against HIV/AIDS stigma and to provide a source of guidance and counseling for PLWAs
3. To actively gain and pursue sufficient resources for a larger proposed probiotic yogurt production facility
4. To build and sustain a large milk dairy plant, in order to earn a sustainable income and to raise the economic status of the Tukwamuane Women’s Group
5. To obtain standardized packaging that is appropriate for the “Fiti” brand probiotic yogurt in order to increase sales and distribution.
6. To expand the distribution of the “Fiti” brand probiotic yogurt to reach a wider consumer base. In this TWG would like to have numerous probiotic yogurt selling points in different locations
7. To receive further training in the areas of community leadership, administration, business management, food and nutrition, probiotic and drug concepts, health policy, cow husbandry and estate management, dairy processing, quality control, packaging, branding and marketing.
8. To train other community groups and women’s groups in the areas of leadership, administration, business management, food and nutrition, probiotic and drug concepts, health policy, cow husbandry and estate management, dairy processing, quality control, packaging, branding and marketing.
9. To have the capability, knowledge and skills to create project proposals and to raise funds to meet their objectives
10. To have their own transport that may be used for probiotic yogurt delivery
11. To have guidelines that are legally recognized to in order to streamline their operations
12. To comply with regulations and laws
13. To advertise and promote their business through radios, newspapers, media and billboards

14. To have obtain insurance, project insurance and life insurance through their institution

Current Priority Challenges or TWG

1. Access to consistent funding including local funding sources
2. Packaging for wider distribution (the probiotic yogurt is a unique product that appeals to many but manufacturing of packaging in Mwanza is limited).
3. Education and training

Things for the Next Interns to do and Follow up with (in no particular order):

- a) Tukwamuane is interested, for the purposes of marketing and customer approval in having the Fiti brand probiotic yogurt official certified by the participating organizations (NIMR, Sekou Toure and Bugando Hospital...etc) and possibly the Food and Drug agency as well as the Tanzanian Bureau of Standards.
- b) TWG needs to market more through the media and other means (Star TV, Newspapers, Newsletters, Presentations to Organizations, word of mouth etc. Make sure that they are continuing these efforts and invite the media to any project events.
- c) There is still a need for funds to support the subsidized probiotic yogurt program for the 125 people living with HIV/AIDS. Keep seeking local sources of funding.
- d) TWG is also interested in providing subsidized probiotic yogurt to more people in the community (i.e. they would like to increase the number of people receiving subsidized yogurt on a daily basis) so they are looking to find more funding for this as well (maybe from the regional or national government).
- e) TWG has expressed a need for office supplies (i.e. filing cabinets) or even a small office building for all of their documentation, receipts, paperwork etc. Outside of the current kitchen. Even something temporary will do. This will greatly assist with organization
- f) and will assist Tukwamuane with formalizing their business practices. The members of Tukwamuane are in need of further business and marketing training in order to successfully promote and sell their product. As MCC has expressed that they will support TWG, make sure that this is followed up with. Also, interns may look for other sources of training (i.e. SAUT, other orgs that can provide free training)
- g) TWG will probably receive the Charity Ball Grant in Jan or Feb. Make sure that this is followed up. Here is the contact: Andie Wilson, Mwanza Charity Ball, P.O. BOX 2323, Mwanza, Tanzania, 255282500872 or 255754887253, mwanzacharityball@spidersat.com. The next application should go out in August or September. There are no reminders for this so the WHE interns and project coordinator/ Liaison must keep up with this.

- h) TWG needs to keep hunting for proper packaging. Please follow through with this.
- i) TWG needs further assistance with marketing and spreading the word about “Fiti” brand probiotic yogurt and its associated health benefits (public awareness).
- j) After the urgent funding matters are resolved (training, packaging, funding for subsidized yogurt) TWG need assistance with finding funding sources to support the expansion of the new probiotic yogurt production site.
- k) TWG are interested in further training in the areas of leadership, administration, business management, food and nutrition, probiotic and drug concepts, public health policy, cow husbandry and estate management, dairy processing, quality control, packaging, branding and marketing.
- l) Make sure that TWG members are consistently visiting MCC to ask for support, networking ideas and training. This is what they are there for.
- m) Make sure that you ask every now and then about the yogurt to make sure that it is still probiotic and that TWG are receiving the probiotic consistently.
- n) TWG are interested in getting their own website made (maybe by a Western or SAUT student)
- o) TWG also would like help with getting small info cards made (like size of business cards) for probiotics to give potential customers.

Grants to work on/ ways to get more funding:

- a) Check with Maimuna at Kivulini about status of Abbott Fund Proposal
- b) Make sure that the SCF grant is hand delivered to SCF (on Uhuru St)
- c) Send WAMA (get info from Alex)
- d) Global Fund for Women
- e) Dr. Kariti Makongoro Hospital works with Regional Medical Centre and Global Funding for AIDS
- f) Rapid Funding Envelope
- g) Ambassador’s Grant USAID
- h) Better Way Foundation
- i) Next year’s TASAF budget

Tips

1) Good Restaurants

- Tilapia
- Kulianas Pizzeria
- Diners (Indian Food)
- Isamilo Lodge
- New Mwanza Hotel
- Tunza
- New Kitwama Hotel (Amazing grilled local fish)

-Sun City Bakery (Local Food, Right on Uhuru Street Near Apartment)

2) Groceries and Food

Grocery Stores

-Lavena Grocery Store (On Uhuru Street)

-U-Turn (On Street beside Uhuru)

-NoNo Mini Mart (By Big Market and Large Mosque)

-There is also a grocery store on Nyrere Road right across from the big mosque (I forget what it is called)

Other Food Places

-The large market in the middle of town (can get any fruits and vegetables, rice, spices, lentils, meat and fish here)

-You can also buy produce in Mabatini on your way to the kitchen

-On Sundays and throughout the week there is a market that is on the street next to Uhuru Street. It is near the small bridge.

-Zagaluu (across from apartment) is the best little convenience store. Mr. and Mrs. Zagaluu are long term friends of the interns

3) Good Health Clinics

-Hindu Union (Near U-Turn)

-Amani Chogo (Also Near U-Turn)

-Nyakahoja Clinic (Down the Street from Hindu Union)

-Aga Khan Clinic (On way to Bugando)

-Bugando Hospital and Clinic

-There is a vet who is a doctor who was recommended by Maimuna. He is very good too. He is near Kivulini and you can ask Maimuna how to get there

4) Money Exchange and Travel (i.e. Safaris)

-Good Place is Serengeti Tours Near the Post office and Small Vodashop

-There are many Precision Air offices around as well but the best one is near Diners

5) Local Friends Network

-Jan (pronounced Yan) at Tunza

-The Tilapia Croud

-Joke (Dutch intern with the project, works at NIMR)

-Danny Miya and Major Songoro (Joke's boyfriend)

-Mussa (yoga instructor at Tunza) and Haji

-Isamilo International School Teachers

-Ali (the popcorn guy across the street)

-Uhuru Street Car Boys (near Lavena Supermarket: Mohammed Car Sales)

-See Contact List

6) Swahili

-Make an effort to learn Swahili. Not only is it culturally respectful but it is fun and will make life a lot easier for you. (See attached "Master Swahili Document") *Note

that this isn't finished but it will help you start off. I also found the small green lonely planet Swahili book extremely useful.