



Exchange Programme 2016  
Dar es Salaam  
6<sup>th</sup> September 2016 to 11<sup>th</sup> September 2016



## **DEDICATION**

This report is dedicated to Student from Tanzania and Uganda who participate on the Exchange programme 2016 in Dar es Salaam, to Marek Balloucki and Nele Kruger for coordinate the program to be there for fourth times now since 2012 and we hope that they will prepare also next Exchange Programme.

## **ACKNOWLEDGEMENT**

We register our appreciation and acknowledgement to Education Matters e.v for the sponsoring the program for Fourth times since 2012 ,Evans M Tegete to allow the program to held under his center Watoto Wetu Tanzania (WWT) for three times when program held in Dar es salaam Tanzania , Volunteers from VIA who always put their energies to make sure the program success, Mukasa David for organize the members from Uganda ,Christopher as co-coordinator for the cooperation and prepare the Exchange program 2016 in Dar es Salaam, American embassy for accept our request of Venue and facilitators for Effects of General election although we did not attend to the embassy because of extending the date ,Friedrich Ebert Stiftung Tanzania office to the venue and facilitators in relationship between East African politics and Central African politics, Mike Safari bus for their transport services during city tour trip, Unenamwa Inn for the hostel and seminar hall during the whole program, Cookers (Asnath Catering) for good food

Finally, I apologize for all other unnamed who helped the Exchange programme 2016 in various ways and please, in the sequence I laid the lines of appreciation does not imply that the first mentioned is the most important than the later ones.

## Table of contents

DEDICATION .....	i
ACKNOWLEDGEMENT .....	ii
Table of contents .....	iii
1.0 Introduction.....	1
1.1 Participants:.....	2
1.2 Facilitators: .....	2
1.3 Organizers: .....	2
1.4 Objective exchange program of 2016. ....	2
2.0 Activities performed during program conducted in 2016.....	3
2.1 Day one of the program (Arriving day) .....	3
2.2 Day two of the program .....	3
2.3 Day Three of the program.....	15
2.4 Day four of the program .....	22
2.5 Day five of the program (evaluation day).....	23
3.0 Strength of exchange program 2016.....	25
4.0 Challenges we faced during the exchange programmer 2016 in Dar es Salaam .....	26
5.0 Suggestion for the Next Exchange program .....	27
5.1 The following are suggestions from the students .....	27
5.2 The following are suggestions from Staffs .....	27
6.0 Recommendation and Conclusion .....	29
6.1 Recommendation .....	29
6.2 Conclusion .....	29

## **1.0 Introduction**

Exchange programme is a program that joins students from Tanzania and Uganda every year since 2012, except 2013. In 2012, the program held in Tanzania with Nele and Robert as coordinators. In 2014, the program held in Uganda with Musisi and David as coordinators. In 2015, the program held in Tanzania with Anne and Julian as coordinators. In 2016, the program held in Tanzania again with Hassan and Christopher as coordinators.

The program brings students from Tanzania and Uganda together so that they can share culture and experiences as well as learn the current situation of their countries politically, socially and economically.

Before we started the 6<sup>th</sup> exchange program, we had the preparation and arrangement of different things like food time table, and general time table, we wrote a letter to invite the guests, then we looked for a venue for the program. We went to ONENAMWA LODGE where all activities were conducted. We requested a venue and facilitators from FEDRECH ORGANIZATION, which they accepted to do as we requested. Also, we visited the beach before the day to know the price of the place, it was MIKADI BEACH, which was cheap and safe for our program, because we planned to conduct it on a weekday. Also, we requested for the presenters for the topics we had, such as FAMILY LIFE EDUCATION, RELATIONSHIP BETWEEN EAST AFRICA AND CENTRAL AFRICA and EFFECT OF GENERAL ELECTION IN BOTH SIDES TANZANIA AND UGANDA where by Tanzania conducted its election on 25<sup>th</sup> Oct 2016 & UGANDA on 18<sup>th</sup> Feb. 2016.

This year's program has the theme of family life education so that to make awareness for participants on the family plan, birth control, responsibilities of each family member as well as the results of poor family plan and poor birth control. The program has another topic concerning relationship between EA politics and central Africa politics. Here the program focuses on the culture and economical relationship between member countries in trading system, social services and political system and how they practise democracy, economic union.

The student from Uganda arrived on 6<sup>th</sup> September safely and the program started 7<sup>th</sup> September 2016 08:30 AM.

### **1.1 Participants:**

The program includes 19 people such as twelve students Three (3) from Uganda and eight (8) from Tanzania, plus one staff from Uganda 7 from Tanzania, by mentioning their names Christopher Anthony, Hassan Abdallah, Dotto Sollo, Janeth Simbakira, Stella Marie Hising, NaemiGeorgena, Mukasa David , Muwonge Vicent, Matega Teoopista, and Namatovu Rebecca, Anna Mbezi, Mwarabu Kiphutu, Amida Nywagwe, Vicent Amoni, Pendo Alolo, Rose lemenga, Krish Daudi and John Safari.

### **1.2 Facilitators:**

Christopher Anthony, Dotto Solo, David Mukasa, Stella Marie Hising, Naemi Georgena, Janeth Simbakira they agreed to join and work as facilitators thought the project, the project started on 6<sup>th</sup> of September, up to 10<sup>th</sup> of September. Everything was arranged and we were active in every activity and we worked in cooperation.

### **1.3 Organizers:**

Hassan and Chris organize the project in 2016 which conducted in dares salaam, TANZANIA, at Kimara Suka where by a lot of activities was done, and the kids learned and shared what they about topic concerned. During program we arranged the different activities such as presenters to provide the their views, students to provide their views, sports and games, students discussion, students presentation, night talk, and conclusion which was done by project coordinator.

### **1.4 Objective exchange program of 2016.**

- To bring awareness about family life education.
- To avoid earl marriage
- Knowing important of love and caring their parents
- Family planning, cooperation and kindness
- Knowing important of birth control.
- Knowing important of voting
- Preparing them to become leaders on their society.
- Knowing how to practice democracy.
- Knowing the result of unfair election.

## **2.0 Activities performed during program conducted in 2016.**

### **2.1 Day one of the program (Arriving day)**

Mukasa David and other three member are arrived safe on the evening 6<sup>th</sup> September 2016 Matega Teopista, Muwonge Vincent and Namatovu Rebecca Mercy .

Hassan, Christopher and Janeth introduce guest from Uganda to the Watoto Wetu Tanzania office then with other member from Tanzania escort them to Unenamwa Inn the place that all Activities were done get together dinner let them go to sleep so that the next day we can officially start the program



**Together dinner on the first day**

### **2.2 Day two of the program**

The various activities was done during programme, we started with the first topic of family life education, which was divided into four sub topic includes Family planning, Birth control and earl marriage and polygamous, whereby we discussed the topic the whole day from 8:30 am to 6:30pm.

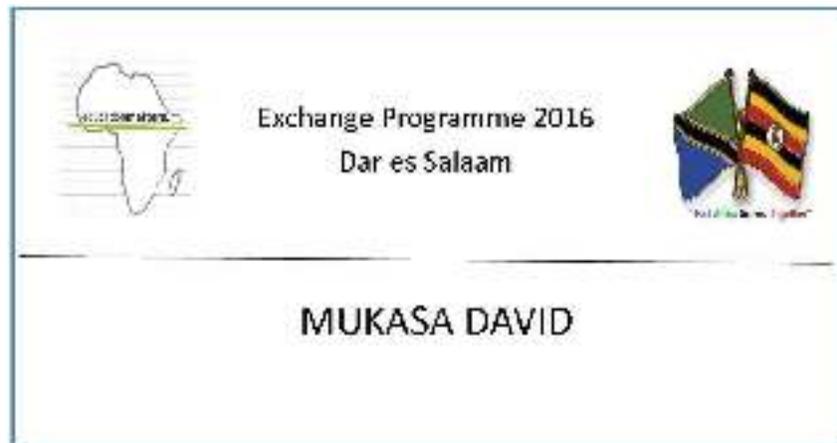
We get breakfast together then Hassan start to welcome all members to the program and introducing the theme of the exchange program 2016 then introduce the simple game of get to know each other by names by giving everyone an identity card with name of the member



**Breakfast**



**Hassan welcomes members to the program**



**Sample of identity card that every member wear**

Each member take the identity with the other member name and find the one who possessing the name.



**Muwonge Vincent give Amida her identity Card**



**Matega Teopista give Naemi her identity card**

Then Christopher started to present by exploring the sub topic of the family planning, the meaning, reason of having and how it's important to have such thing in our community. The students take some note which helps them on their presentation.



**Christopher on his presentation**



**David and Christopher on their presentation**

Stella and Naemi they presented the sub topic of birth Control whereby they divided the sub topic into three parts such as meaning, reasons and important of having such thing, after their

explanation, the students also taken some note, things which helps them to have knowledge during their presentation.



**Naemi on her presentation**



**Stella on her presentation**

Sports and games which was very important to energies the students during program, everyone involved in this whereby it was amazing because everyone tried to show their games from their origin place.



**Christopher and Stella with their sports/game group**



**Naemi and her sports/game group**



**Hassan and Naemi sports/games group**



**Team building games**

Dotto and Janeth presented the sub topic of earl marriage and polygamous system, whereby the did the same, by exploring first and then invite the kids to presents their works.



**Group 01: Group work**



**Group 02: Group work**



**Group 03: Group work**



**Muwonge Group 01 presenting Early Marriage**



**Kriss Group 02 presenting birth control topic**



**Rose's group03 presenting family planning**

After finish the day activities we are get break so that we can rest ,then we meet again in evening we get dinner together and we do day evaluation by together night talk and we close the day and get prepared for the next day city tour



**Together night talk**

### 2.3 Day Three of the program

We get breakfast then we start the trip on 09:00AM







**Some pictures around morocco express bus terminal in Dar es salaam**

We just pass through Mwenge to Morroco before we go FES organization where the discussion of the Relationship between EA politics and Central Africa politics

Then we went at FRIEDRICH EBERT STIFTUNG. Whereby we arrive the place at 12:00 pm, after the city tour, they welcomed us very warmly, their introduced the nature of their organization and what exactly doing. For us we went there for the presentation of our topic of relationship between east and central politics, whereby they offered the venue and facilitators plus lunch. The presenters divided the topic into four sub topic meaning of the union, reasons of their relationship, area of union such as trade, economic and customs. As usually she divided the students into three groups, gave them task to do and later on students presented and presenters came on conclusion.



**Presenter from FES organization**



**Group works at FES organization**



**Groups presentation at FES organization**



**Group picture with FES organization presenters**

We shifted from friedrich on 2:00 pm whereby we went beach of Mikadi at kigamboni.

We arrived at 3:00 pm and student and staff they started to enjoy their self, playing some games and swimming to the Ocean ,it was from 3:00 to 5pm when we started the journey to back at our place.





**Beach Events**

## 2.4 Day four of the program

As usually we take breakfast and continue with the program although some members are not feeling well especially Stella she even couldn't finish the day and went home.

The presenters came with their explanation about the nature of politics in Tanzania and Uganda, and last general elections held in both sides, David Mukasa presented on the sides of Uganda and Christopher on the side of Tanzania. Here we focused on result of general elections which was conducted on 25th October, 2015 in Tanzania and 18<sup>th</sup> February, 2016.

We divid the this into four sub topic, meaning of election, meaning of voting, important of having election, and result of free and fair election



It was great day but after lunch Mukasa David came from the bus station to look for the ticket for Ugandan so that they can travel on Sunday instead he miss the tickets for Monday then he decide to book the ticket for the Saturday so we decide to cancel the evening lesson so that we can give the chance for the Ugandan student to prepare themselves for the journey the next day ,later we call the evaluation with students from Uganda and Tanzania then Hassan Christopher David janeth and Naemi sit together make evaluation at the time the students watching pictures that taken from different activities in the program later watching movie(Siri ya Mtungi)Swahili movies with English, The movie is about the importance of birth control and family plan

### **2.5 Day five of the program (evaluation day)**

Early Hassan and Christopher escort Ugandan to the bus station so that they can start the journey to Kampala .

Although the Uganda participants went to Kampala other timetable are continue as planned, whereby the organizer of the project together with kids discussed and suggestion on the next program. Then do some games and close the program in evening after together dinner





### **3.0 Strength of exchange program 2016**

- We ensured security to the students during the whole program this includes with their properties although one lady from Uganda forgot her phone beach in changing room and remember when we already move from beach so she lost her phone.
- We provided the first aid to the students and staff when it's necessary but till we finish the program no one injury they only suffer with stomach problem and we give them antibiotic and everything goes well and remain medicine the whole first kit we gave to the WWT center.
- We ensured the food to the students during whole program in each day on the program has different food as food timetable show.
- We ensured stationary materials to students and staff during program.
- We organize the city tour and beach trip tour in a good way by visit Morocco express bus station, FES organization and finally Mikadi beach.

#### **4.0 Challenges we faced during the exchange programmer 2016 in Dar es Salaam**

In Exchange programme 2016 in Dar es salaam we almost touch everythings in our plan,that means get a place for the activities and hostel to our guest from Uganda ,pass through all topics we planned before,visit two place among four we planned this because of reextending the dates for the program to start.The following are some challenges we mate during preparing and during the activities of the program:-

- Rextending the date of program to start which make as to be able visit American Embassy for issue of impact and effects of past General election of Tanzania and Uganda and how it differ from America and Euro ,also not able to visit the radio station due to the extendate date been covered by other radio programs
- Number of participants from Uganda been less than our plan,the plan is to have six student from Uganda instead they came only four student and one staff
- To pay extra money that was noton budget to the Hostel,the plan was the Ugandan will arrive 4<sup>th</sup> September 2016 instead they arrive on 6<sup>th</sup> september 2016 because we already booked the rooms then we should use since 4<sup>th</sup> september 2016 the two days pass free the owner want us to divide the lessson we pay a half for the two day pass free and increase other two days to cover those days . Also the bus we rent we add some money to extend the date
- Most of Participants suffer from stomouch on Day four which cause less participation on the day lessons
- Ugandan to go without finish the program this cause inactive of the remaining participants due to the work group to miss some member
- To not be able to get good quality picture because of the camera we use has only 5 megapix so many pictures are taken by smartphone in stead of digital camera
- The last but not on list the budget is so limited which make to minimize the day of the program from seven to six.
- Namatovu Rebecca lost her phone beach,She forgot it in changing room

## **5.0 Suggestion for the Next Exchange program**

After get feedback from the student and staff that participate on the exchange programme 2016 in Dar es Salaam we got different suggestion so that we can improve the next exchange program.

### **5.1 The following are suggestions from the students**

- All participants of the exchange program should stay on the same house during the whole program so that they can get enough time to exchange the ideas get to know each other even they can time to learn swahili language for the Ugandan and buganda for the Tanzanian.
- To develop their dreams for those students who participate to the exchange program especially those from Tanzania they just Ask if they could be supported in school matters as Ugandan support with Education matter.
- Participate on others staffs like ideas and program should be run this comments come from Uganda students that they are not even able to agree in anything to their leader ,all students get been given the surprised information that they coming to Tanzania for the Exchange Programme 2016 in Dar es salaam.
- More discussion rather than lecturing them on presenting the topics that we will choose for the next exchange programme.
- Others request to have more than one uniform (T-shirts) that will use it in all days of the program because they can not use one t-shirt on all day of the program and they need to be in uniform in all program.
- To have physical exercise everyday on the morning before start the program session so that to make them active during the lesson
- To have other life skills during the like hand craft break time by exchanging the skills

### **5.2 The following are suggestions from Staffs**

- Time management during the program and get information early as soon as something change
- To know the exact date that the next exchange program so that to take preparation on everything early to make more better exchange program for the next exchange programme
- To increase the budget so that we can cover what students request for the next Exchange programme

- To minimize the number of topics so that we could be able explain in dip the topics and see all categories of the topics with examples and importance of the topics and how it relate with the sociaety as wellas how students could bring changes to the society after aquire the knology from the topics.
- Watoto Wetu Tanzania suggest that the next exchange program that will be held in Tanzania should be done in Mazizi youth center branch of Watoto wetu tanzania

## **6.0 Recommendation and Conclusion**

### **6.1 Recommendation**

Exchange program is good idea because it prepares young generation to become respectable members to our society. Thus we need to improve by inviting other countries from east Africa and add more participants and to extend time from 6 day to 12 days, so that we organize and have enough time to learn and enjoy the program. Also it will be good if education matters to support our youth in Tanzania especial those who attended program to support them in term of school fees and college fees, so that they can achieve their carrier choices. Not only to exchange ideas but also to have training from either to the local industry or other handcraft things this will help the students to have skills on their own future. Also through exchange program children will be able to learn something new from other especially those from other countries therefore children should learn through observing or practical issue when necessary Example visiting different patients at hospital.

### **6.2 Conclusion**

In general the exchange programme is very good ideas that help our youth to learn and to have social interaction, and improve their skills. Thus we moral and material support in order to improve the exchange programme for the future.

**THIS REPORT PREPARED BY CHRISTOPHER ANTHONY KIBWANA.**