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„DON'T LEAVE US ALONE!“

I write these words on behalf of our children. In the name of George, who came to me with these words. With his eyes wide open and wondering, he speaks from the bottom of the hearts of many of our school children. And it became clear to me what these children's souls are concerned about during these times.

It is not Corona, because since May there are hardly any cases of illness and certainly no deaths due to Covid-19. It is also not the fears of existence he knows from other children in the family. It is the lack of tourists that causes many families to no longer be able to pay their children's school fees. He has a sponsor in Austria. His place at school is save.

But what makes a 10-year-old child ask such a question? He has lost his father. One day he did not come home anymore. There are no volunteers in the past 9 months already, who with their laughter and cheerfulness play with the children; no godparents, who visit our children at school and at home; no guests, who walk through the classes with interest - George has already experienced once in his life, that his life basis, his father, was taken away from him - he now fears to experience this again.

I understand his fears and I assure him: "You are not alone." But who am I to say this? Can I really promise him that? I am not the one who pays his school fees, it is the many godparents in Austria, Germany, Switzerland and in the rest of the world who stand behind their children even in these difficult times. Those children who are already sponsored can continue to attend school.

But what about his little friend who lives in the hut next to him, who is to be admitted to a Montessori class in January? Is he perhaps thinking about him and whether or not a new sponsor can be found during these times? „If no one comes to us, how will anyone get to know us?“ Quite a justified question from a wise heart. He will grow into a strong soul. He will overcome his traumas and get the best possible basis for his life with this school education.

And his little brother from next door? "Don't leave us alone", is indeed a legitimate request that I can only pass on. 110 new children to be admitted are waiting for godparents in January. Please help to find them. We have redesigned a sponsorship subpage on our website to help you find sponsors. Every child matters!



Africa Amini Alama want to do its share for Christmas - to help all godparents or people who are interested in becoming a sponsor to visit Tanzania. Like always, we are only eight hours flying time away, but this distance seems to have become insurmountable during the last few months. We want to show you that it is possible to travel and make it as easy and affordable as possible. To a country where many children are waiting for you, we would like to organize this trip at special rates.

Between January and June, we invite you to visit your godchild, experience its everyday school life, take it to the market and visit its family. Experience Tanzania in its untouched state as it was 25 years ago and share the national parks with very few.

Traveling is physically easier than never before: empty airplanes, optimal hygiene, low prices, however emotionally more difficult than it has ever been. Let's overcome our fears, let us stand apart from the majority, let's not leave the children alone.



Your support, you being here, will reassure him!



If you are interested in a sponsorship trip, you will find the whole offer and important information about travel possibilities to Tanzania directly at the end of this newsletter. Georgina and Naki will be happy to be of help and may also offer a special goodie for all non-sponsors those, who are being called from afar to stay with us for a longer period of time. Home office in Meru and Maasai region at affordable rates for a new home away from home with the ability to continue to work online. Stay 2 weeks or longer in a new home with a beautiful view of Kilimanjaro and Mount Meru! Karibu Njumbani (welcome to your new home!)

But I am well aware that it is very challenging at the moment to get on the plane in order to feel and see where we stand. All the more important this time to go into detail about the individual projects and describe how we are mastering these challenging times. Back to our newsletter and a current update on the projects and their development over the last six months.

OUR ELEMENTARY SCHOOLS EAGER TO LEARN!

Especially after such a challenging year like this one, a glance back at the past months fills me with joy and gratitude!

We made it through!
We have not let the children down in times of Covid,
compensated for the lessons which couldn't take place,
maintained the quality of education
and preserved the schools with your help financially.

And I may proudly and joyfully announce:

Our Maasai Vision did very well at this year's final exams. It is ranked among the top 4% of all Tanzanian schools.

The Worseg-Vision is among the first 8%.

There is no class 7 yet at Simba-Vision this year. It will be in the race next year.

All those children who have completed the class 7 this year can thus advance to Pamoja Secondary School.

These have been intensive months since the school began operating in July. For the higher classes, the school vacation in September was cancelled, therefore we organized additional lessons to make up for the missed lessons. It was touching to



see with how much eagerness to learn and joy the children came back to school. And now let me tell you about the development of each individual school: At Simba Vision, we began with the construction of the new Montessori-building. The ground-breaking ceremony was a celebration of joy for teachers and all children. But also, Papaa, our longtime site manager, seemed to radiate gratitude. This special project, sponsored by the Waser Foundation, is under the direction of the APC group of architects from Dar Es Salam. Under their guidance Papaa is now able to learn the superior art of building. This is a wonderful opportunity for him and his team and very much in the spirit of AAA to bring know-how to the most remote areas and support a local construction team.





At Simba Vision we have also introduced our new menstrual cup project for the first time. With great success! The young girls of higher classes approached me and asked for financial support to buy sanitary necessities to be able to continue attending school during the days of their monthly periods. With the help of the reusable cups donated by UNA, they were no longer hindered by their monthly bleeding and can now attend school and even participate in sports activities at any time. What a new quality of life!



Over recent months, the Maasai Vision has been intensively engaged with the curriculum. And it paid visibly off - 25 students received grade A (the best grade from A to F) and two students grade B.

The Worseg Vision has also performed excellently and we are happy that all eight of our children from the KinderVilla of Class 7 have been accepted to Pamoja Secondary School!

All schools in the Maasai region were deeply grateful for our new medical team consisting of Dr. Emanuela, our doctor, Nyangusi, our Health Care Worker and Sabina, our long-time nurse. Every week they visit our schools, do the medical lessons and enable the children to discuss individual medical questions after school hours. Meanwhile, they are travelling to the Maasai region with a small dispensary, in order to be able to treat the children locally.



Our schools will close on December 18th for the extended school vacation and reopen on January 6th, 2021 for a new school year. This year, these vacations have been shortened by 14 days nationwide to make up for the missing weeks of school.

The preparations for the coming school year have already begun. Thanks to the support of the Franz Schubert Rotary Club we were able to buy new school books and materials. Necessary school furniture is being made by our vocational school and classrooms are being renovated.

After visiting many families again in November, gaining insight into family fates and selecting young children for the year 2021, I once again became aware of the importance of scholarships for our schools. These children are looking for a sponsor as of January!

Our newly designed sponsorship website makes it easy for potential sponsors to find 'their' child. Thank you for helping us to promote sponsorships among your friends.





LENDOYA PRIMARY SCHOOL, WELCOME TO AAA

Africa Amini Alama supports another elementary school in Lendoya, northeast of Momella. It is a state school for children from the surrounding villages.

It's unbelievable under which conditions these kids attended school lessons. Exposed to wind and weather due to a missing doors and windows, gray school walls, no floors, class 6 and 7 put together in one classroom and one preschool class outside with no roof over their heads. This will change now. With the help of the Rotary Club-München-Solln and Franz Schubert Rotary Club the existing classrooms were finalized.

The Prinz Eugen-Rotary Club built a new classroom for class 7. A new Montessori octagonal classroom building offers protection and a child-friendly learning environment for the youngest children. The parents' gratitude is indescribable. After only 4 months, the children now have a fully equipped school. Two English teachers sponsored by AAA will help the school to a better standard. But in fact, 2 students from class 7 have already passed the criteria for admission to Pamoja Secondary School.





Still outdoors now... as of January in this new classroom ...

NEWS FROM THE PAMOJA SECONDARY SCHOOL

This years' highlight is certainly the new soccer field, which was sponsored by the Munich soccer club thanks to its donation campaign. Not only the kids from Pamoja, but also soccer players from the village, the lodge and all other schools train here and are invited to soccer games. Sport unites, helps to get through difficult times, keeps one in shape and gives everyone so much joy! The fact that Mathias and Carsten have personally attended the opening of the field and training the kids despite all the Covid hurdles was of course be a very special surprise!

We were also invited by other schools to participate in sports tournaments and therefore our boarding students enjoyed some excursions, especially on weekends.





The children of Pamoja Secondary School of course also miss the beloved helpers and guests very much. Thank you, Tal, for sending our girls a big „I am thinking of you“ package. We organized a fashion show with the clothes you donated and had so much fun!



And though our international partner school in Arusha couldn't visit us as planned for one weekend (sometimes there are small Covid restrictions here as well), they still helped us to stock up our textbooks.



With anticipation, all 160 students are eagerly awaiting their 80 new colleagues, who will be admitted to the Pamoja Secondary School next year. We are getting ready as well. The Wilhelm Doerenkamp Foundation helped us by providing school furniture for the new class and we are still raising money for 40 bunk beds! Hopefully we will succeed until Christmas, in order to be able to manufacture the beds in time. A bunk bed for two kids equipped with mattresses and bed covers costs 190 Euros.



VOCATIONAL TRAINING PROGRAM AT FULL SPEED

Lots of energy, lots of commitment, a successful first year for our welding shop and half of our apprentices who will graduate this year.

A reason to celebrate for our training courses for bricklayers, carpenters and mechanics. 35 students have successfully passed their final exams. But there are even more reasons to be proud of this apprenticeship year. The dormitory and school building sponsored by the Ganesha Foundation was built entirely by our apprentices and is expected to be ready for occupancy at the beginning of February.



Here are our young bricklayers, who were able to finish their training, thanks to the support of the Elfriede Grubauer Foundation.

This graduation for our apprentices, who are now being released into employment, is unfortunately being celebrated without our Baba Doppler this time. In thought you are with us, because this school would not exist without you!

Also, the computer school celebrates at the end of this year. Because these kids have as well successfully completed their course. It cannot be denied how much they love their teacher, Teacher Given!



Our girls of the tailoring group have just finished their first year. Since there is no restaurant for the lunch break this year, they cook their own lunch. And when I come to the women's group with new assignments, they are always in a good mood and laughing despite their grief about the loss of the Health Center. They are especially grateful for all the tea packaging that I have them produce for the new product line. These orders, in times when there are no guests, help them to survive. Read more about it in the newsletter below.



MEDICAL PROJECTS - AN UPDATE

The operation of the Health Center has been in state hands since January. But the negotiations were going on until very recently, because the local community asked us to do whatever is possible to fully take over the Health Center again. Patience and a lot of conversations were important for us to evaluate whether there might be a solution in the interest of the community and sponsors of AAA. At the end of 9 months, the statement from the districts side is clear: „ We would welcome AAA as a sponsor and also urgently need it, but the guidelines want financial and administrative control in state hands. A change of ownership to a non-profit hospital is not possible.“ These statements were clear and unambiguous and consequently so was our handover.

However, we have been medically active during all these months and are continuing to help the community in terms of medical care. As previously described, we are sending a team of doctors to our schools twice a week to provide medical assistance.

I personally continue to work in the Natural Healing Center, together with Dr. Emanuela, Dr. Godwin (who will start his specialist training in December), a team of 3 nurses and a health care worker, we support people seeking help. And since patients often come from far away, we offer them lunch at the library together with our office staff. For the restaurant has been assigned to the Health Center and has not yet been reopened. On the 2 days of the week, on which we operate, we have an average of 30 patients and are on duty until late in the evening.

I find it important to see how much our performance is still needed. My feeling is confirmed by the numerous calls from patients, the experience of working here and the feedback from patients who continue to have a difficult time getting here. We must find ways to continue to help these people. There is a great need especially in the area of adequate preventive medical care at an early stage and an individual compassionate treatment. We have already come up with ideas for a new concept.



Consequently, the focus has now shifted towards the Natural Healing Center. Before the treatment begins, the attending patients are informed about general medical topics.

Where there is demand, there is also an offering: Those market women who used to sell their fruits and vegetables in front of the Health Center entrance are now sitting in front of my clinic and are grateful to have a minimum income again.

Times of letting go are also always times of new beginnings! This is how a new line of medicinal teas and products was created, which will soon be available in Austria at the St. Charles Pharmacy. These products, which have been used in our clinic for many years, are now also available to the European public. This allows us to create new jobs and at the same time to let the treasures of Africa have their effect in Europe as well. Fully in the spirit of Africa Amini, to inspire each other. The revenues of www.theafricanhealingjourney.com will benefit the projects of Africa Amini Alama.





In particular, I am very pleased to see how many of our former employees have carried the seeds we have planted into the world over the past few months. Small AAA-projects were created. Many of the former employees have expressed a desire to work with us again in the context of a new health concept in the future. Until then they run their own projects or attend training courses with our support. All the valuable knowledge that our guests and volunteers from Europe have contributed will be preserved, continues to grow and is used for the benefit of the local people.

Over the past few months, Diana with her new dental clinic, and the support of Dr. Michaela Skrein and her Dental Support Group, has provided dental education, examination and treatment to 288 children in schools and social institutions.



Josef works in remote Maasai regions with our hand-held ultrasound. A technology that allows to do examinations including cardiac echo with the aid of the newly developed butterfly ultrasound head using the screen of a tablet or cell phone.

Tito, our former optometrist, regularly outreaches to hundreds of patients in his new clinic and helps them to get a good eye diagnostic.





Nuhu, our pharmacist, is operating his new pharmacy full of enthusiasm. We lent him the furniture of our pharmacy to enable him to launch his business. He delivers medicine to me whenever I need it for our school children and is waiting to hand over his pharmacy to an employee in order to work with us again. We lent him the furniture of our pharmacy to enable him to launch his business.

Colman, our physiotherapist, has also become self-employed and uses the knowledge he has gained from our training. A fundraising campaign, led by Diana Engelmann, was able to collect further physiotherapeutic instruments, which will also benefit him.



We are particularly proud of Dr.Marco, who continues to develop his passion for gynecology, reaching hundreds of women with Pap smears and other preventive measures.kommen werden.





Many of our nurses and caregivers are about to complete their advanced training. Some of them are now anesthesiologists, others were able to complete their diploma studies. I would like to congratulate them to their commitment!



I naturally feel nostalgic every now and then, especially when one of our midwives visits me at the office and we have a chat about the time we spent together at the Health Center. We then stroll through the Health Center, are welcomed by the state employees and are happy that the mother-child-unit is still frequented by the women of the community. We maintain a good relationship with the government-team and we want to continue to support the women by giving each woman mother-child-birth-packages, which they otherwise would have to purchase.

We distribute baby clothes and Moringa for overall health before and after the delivery and help with hospital supplies we still have from earlier times. After completion of the handover, the refrigeration units of the mortuary are now also being purchased, for with or without Africa Amini, these have always been a huge desire within the community.

If a patient comes to me for treatment and needs clarification by ultrasound or laboratory, we recommend that they go over to the Health Center. However, according to state authorities, such close cooperation between a state institution and a private Natural Healing Center is not possible in the long run. As a temporary solution, the government has hardly any objections, but we are considering building a small clinic for natural healing and preventive medicine on private property.



KINDERVILLA: IMAGES SPEAK LOUDER THAN WORDS

Yes! Our children are doing great. Kaka Carlos, a volunteer from Tanzania who lives with them like a brother, brings joy and diversity on weekends. As an experienced guide and driver, he takes the school bus for excursions and shares his knowledge about animals and nature with the children. Dayness and Loveness, who previously worked in the restaurant, are now responsible for the meals at the KinderVilla. Needless to say, although we no longer have a restaurant, our kids are very happy about this unexpected development.

Many excursions on weekends, Mukuru climbing, soccer at Pamoja Secondary School, International-Children's-Day in Arusha, watching horses and river adventures in the Usa River area where I now live, the new railroad line... our children did not lack variety or new inspiration. However, there is one thing that even such an interesting program cannot replace: our volunteers... we miss you!





WHAT ABOUT TOURISM?

Although traveling is still quite easy here, flight connections are up and running, no special Covid entry requirements exist: Tourism has come to a standstill! However, with the few guests we currently host the lodge can still survive. We have closed the Nature Homes in Momella. Tourism and the visits of sponsors now concentrate at the Hillside Retreat. We are also making structural adjustments and adapt to the new circumstances. I decided to open my house for those guests and sponsors, who used to stay at the Nature Homes, to find a new home there. Together with Peace, Petro and Malaki, Neema continues to spoil the guests as before.

We now offer our accommodation to sponsors at favorable conditions and prepared a special sponsorship package. If it is possible for you to work online at distance and you are looking for variety and satisfaction your wanderlust, we also offer Bomas at the Lodge and the Hillside Retreat for longer periods. (for a minimum stay of 14 days).

This is where I would like to formally end the newsletter. If you are still interested in a trip or in my opinion of Covid here in Tanzania, you are invited to read some additional explanations below. The newsletter turned out to be very long this time, but I feel the need, especially during times when being far away has become a real distance, to overcome that distance with these pictures at Christmas time. I hope they express some of the spirit here, the ability not to let difficulties overwhelm us and keep the vision of a new future. And most important of all: Gratitude for everything around us!





On behalf of all Meru and Maasai who are supported by Africa Amini, I wish you a blissful Holiday Season. Their message for you: We are sending you the strength and ability, that we have developed over generations, where we are being able to handle difficult situations without sacrificing our passion for life.

Last but not least I would like to express my special appreciation to all the administrative staff of Africa Amini in Austria. Even during these difficult times Johanna, Susi, Naomi, Jenny, Michael, Sandra, Karoline, Eva, Dominik and Susanna stood by our side! Asante Sana!

Yours Cornelia

Momella, December 2020





Does a trip to Tanzania bear a health risk? My personal observations as a medical doctor:

„The transparency of data, whether published or not, is generally questionable in Africa. What counts for me as a medical doctor is the actual situation at the local hospitals.

The hospital beds intended for corona patients, which were still urgently needed at the end of April, have not been occupied for months. Currently it is only being tested on symptomatic suspect patients in Tanzania.

The figures known among physicians in this regard show that the disease only manifests itself in isolated cases. They strongly indicate that the African population is less susceptible to Corona due to its age structure (45% of the population is under 14 years of age) and a highly adaptive immune system - people here are used to coping with numerous parasitic and bacterial infections of unknown origin from an early age on. One also speaks of the fact that the widely administered BCG vaccinations here could protect against a Covid-19 infection. Thus, many patients are either not infected with Covid-19 or are asymptomatic. We feared the worst consequences for the population in early May, but we were soon able to give the all-clear. The emergency beds remained empty and we started to fill them again with patients who had infectious diseases which had been endangering the population here for decades.

My personal experience in the management of our NGO with 250 employees also shows that there are hardly any cases of illness or death in connection with Corona. The number of requests for sick leave is no higher than before the Corona period. Employees who usually come to me with confidential information regarding their relatives' illnesses have, since June, never reported that there had been illness or death due to Corona.

As a physician working daily in my clinic and a mother of two, I do not feel my health at risk in Tanzania. From a medical point of view, however, it seems reasonable for travelers to protect themselves with masks during the flight, avoid crowded areas here in Tanzania and allow yourself the luxury of your own car instead of a group trip. This can reduce the risk of an infection to a minimum.

Hygiene measures have become a mandatory standard in all lodges in Tanzania and you can currently travel the country not only easier (because of the low number of tourists) but also „more hygienically“ than ever before. “



Travel is also possible during these times:

- The following airlines will take you to Tanzania three times a week
Ethiopian Airlines
Qatar Airways
KLM

If there should be spontaneous changes of your flights, (this is the biggest challenge at the moment) we are very flexible at the moment to pick you up at the airport according to your arrival time and rearrange your accommodation.

- no deposit required and cancellation possibility until the day of departure at no cost.

- Tanzania is one of the few African countries that do not require a Covid-19 -Test to enter the country. Please ask your respective country of return for the current return travel regulations. We can organize a PCR-Covid-19-Test here in Tanzania during your stay. For Austrian guests a quick test at the airport is recommended upon arrival in Vienna to avoid quarantine.

- These favorable conditions for the trip also apply if you are not yet a sponsor, but would like to find a child to sponsor during the trip.

-A trip specially arranged for you: 10 nights, 11 days at 1790€ per person in a double room (excluding flight) with accommodation in Momella, an extensive safari in three of the most famous national parks and a crowning highlight at the Maasai-Lodge. Please find the link with the exact itinerary here:

<https://travefy.com/trip/6yw9rqrs373wqz2ajabnaprcl54lvra>

- And another offer: online-office while travelling, for bookings minimum 14 days of stay.

- Tanzania as it was 25 years ago: an exclusive safari with few other cars, hardly any tourists in the parks, Kilimanjaro and Mount Meru all to yourself, untouched wildlife and nature and people who welcome you filled with gratitude. This will not happen again so soon.

- Georgina and Naki are always at your disposal if you need further information:
info@africaaminilife.com



DONATION ACCOUNT

Donations to Africa Amini Alama are **tax deductible** in Austria, Germany, Switzerland & USA.

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