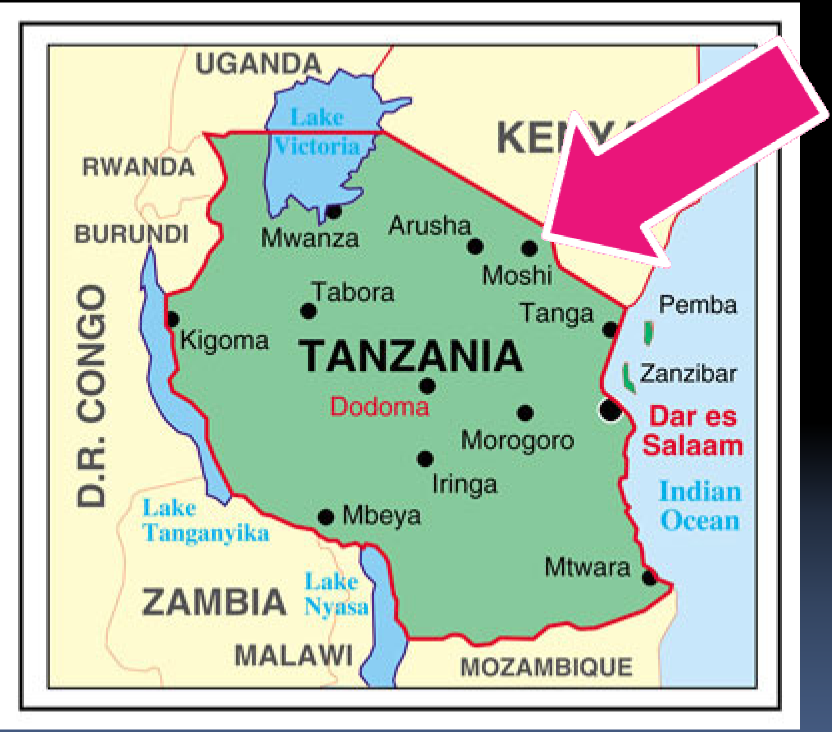
A MONTH IN MOSHI, TANZANIA

MIT PSC Summer Fellowship
Shirley Fung, Course 6 M.Eng Student

Where is Moshi, Tanzania?



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Edexcel
Success throgh qualifications
International Language
ACCA
Certified Accountant
PROMETRIC
Skill Testing

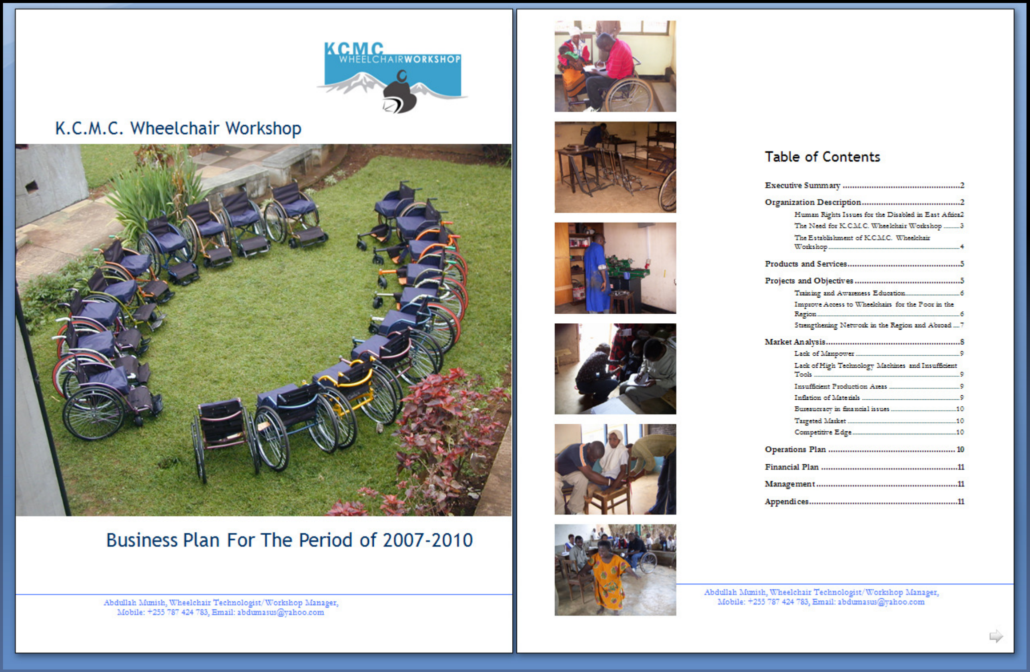
maisha
msisimko na

So, where did I work?

- Kilimanjaro Christian Medical Centre (KCMC) Wheelchair Workshop
  - Medical Centre
  - Tanzania Training Centre for Orthopedic Technologists (TATCOT)

What did I do?

- Wrote business plan proposals and presentations for fundraising



KCMC WHEELCHAIRWORKSHOP

K.C.M.C. Wheelchair Workshop

Business Plan For The Period of 2007-2010

Abdullah Munish, Wheelchair Technologist/Workshop Manager,
Mobile: +255 787 424 783, Email: abdumasus@yahoo.com

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Abdullah Munish, Wheelchair Technologist/Workshop Manager,
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What did I do?

- Survey of wheelchair users in Moshi for market research

What did I do?

- Made marketing materials for the wheelchair workshop

LENGO

Kutengeza kitimwendo cha walemavu chenye ubora ili kuwahudumia walemavu vizuri na kuhakikisha kwamba kitimwendo hivyo vinapatikana kwa urahisi.

NIA

Kuimarisha utengezaji na urekebishaji wa kitimwendo vya walemavu na kuanzisha mfumo wa ulipiaji na usambazaji wa vitimwendo ili kukidhi mahitaji ya walemaru.

ONO

Kukidhi mahitaji ya walemavu wanawake, watoto na wanaume wanaohitiji vitimwendo katika mkoa wa Kilimanjaro na Tanzania kawa ujumla.

K.C.M.C

Karakana ya utengenezaji wa vitimwendo vya walemavu ni sehemu ya hospitali ya Kilimanjaro Christian Center Medical (K.C.M.C) ambayo ni taasisi ya Msamaria Mwema ya kanisa la Evangelic Lutheran ya Tanzania. Taasisi ya mafunzo, ushauri na ni hospitali ya rufaa Kaskazini mwa Tanzania.

TO Kwa mawasiliano:
Mkurugenzi mtendaji
Hospitali ya K.C.M.C.

POST S.L.P. Box 301.0
Moshi, Tanzania

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wasiliana na;

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KCMC WHEELCHAIR WORKSHOP

Hukaa kwa muda mrefu

Hudumu

Rahisi kusafirisha

Rahisi kure kebisha

Vipuri hupatikana kwa urahisi

Ushauri wa daktari upatikana K.C.M.C

Bei nafuu

AHADI YETU

Karakana yetu itatoa vitimwendo bora na vinavyoendana na mazingira ya nchi zetu za kiafrica. Kwa kutoa huduma hii tunauhakika watu wenye ulemavu maisha yao yatabadilika.

Karakana ya vitimwendo ya K.C.M.C inafuata kanuni zilizoshauriwa na shirika la Afya dunia (W.H.O.) na chama cha umoja wa watengenezaji wa viungo bandia dunia (I.S.P.O.):

1. Referral and Appointment
2. Assessment
3. Prescription
4. Ordering
5. Product Preparation
6. Fitting
7. Wheelchair User Instruction
8. Follow-Up, Maintenance & Repair

JUMUIYA YETU

Kuwezesha urekebishaji na ukarabati wa vitimwendo kufanywa na mtu mwenye ulemavu ambaye yuko tayari kujifunza.

HUDUMA YETU

karakana yetu hutoa huduma ya kurekebisha, kukara bati na kutengeneza vitimwendo. Huduma hii ni muhimu kwa jamii na hospitali yetu.

Shukrani za pekee ni kwa uongozi wa hospitali ya K.C.M.C. kwa kukubali kuanzisha karakana hii na pia kuajiri wataalamu wake. Pia shukrani ziwaendee kwa pamoja TATCOT na MOTIVATION kwa kutoa ujuzi na vifaa kwa ajili ya karana.

Ili kukithi mahitaji ya vilema ni jambo la maana kuwa na Wheel Chair sawa na iliyotengezwa na technologia ya hali ya juu

GARI LA VILEMA:

- Gari linaweza kutosha anayetumia
- Ina kushoni inayofanya kazi nzuri
- Linadumu kwa muda mrefu katika mazingira yangu
- Vipuri vinapatikana kwa urahisi, na rahisi kurebisha pia
- Gari litadumu kwa mdumu wa hadi miaka mitatu

TEMBELEA KARAKANA ILIYO KARIBU NAWE

Anwani

Kukuhusu

KIJITABU CHAKO

JINSI YA KUNUNUA NA KUTUMIA KIJIGARI CHA VILEMA

Kununua kijigari ni hatua ya kwanza katika kumpa uhuru na maisha maridhawa kwa kilema[kiwete]. Kujifunza jinsi ya kutumia na kutunza kijigari na afya yake ni jambo la maana pia.

Ikiwa utapata majeraha yoyote kutokana na kijigari chako tafadhali pata huduma na ushauri wa daktari haraka iwekenavyo. Majeraha yanaweza kudhuru afya yako.

Madhara Yanayotokana na Kutotunza Kijigari Chako Vyema

Egemeo

Ni jambo la maana ya kwamba kiti cha kijigari chako kimetengezwa ili kikutoshe vizuri. Viti ambavyo havina egemeo nzuri vinaweza kusababisha kuumwa kwa mgongo.

Kutoweza Jukunjua Miguu

Kutobandua miguu yako kwa muda mrefu unaweza kusababisha kufa ganzi na baadaye kutoweza kukunjua miguu yako. Ili kuepukana na madhara haya ni bora kurekebisha kiti cha kijigari chako ili kikutoshe sawa sawa. Lazima miguu yako na mgongo inaweza kuegemea kwenye kiti cha kijigari chako vyema.

Maumivu ya Mabega

Kutorekebisha magurudumu ya kijigari chako vizuri inaweza kusababisha kuumwa kwa mabega . Tendo hili laweza kuharibu kiti cha kijigari chako pia na kukifanya kisitumike tena. Ni lazima pia bega la kijigari kiwekwe vyema juu ya eskeli.

Majeraha ya Shinikizo

majeraha ya shinikizo ni vinonda ambavyo vinaota juu ya mifupa ya makaliona. Katika sehemu hii ndamu huganda kwa sababu haiwezi kutiririka mishipani vizuri. Chembechembe hukufa katika sehemu hii pia. Husaha huota na sehemu ile kuambukizwa.

Ili kuepuka majeraha ni vyema kubadilisha pahali unapokaa kwenye kiti cha kijigari ama kutumia kushoni. Kushoni inaweza kunyooka na kusababisha majeraha pia. Basi ni jambo la maana kutunza kushoni yako. Kurekebisha kiti cha kijigari chako vizuri inaweza kukuepusha na majeraha hayo.

Ikiwa utapata majeraha haya tafadhali pata ushauri na huduma ya daktari haraka iwezekanavyo. Majeraha haya yanaweza kudhuru afya yako.

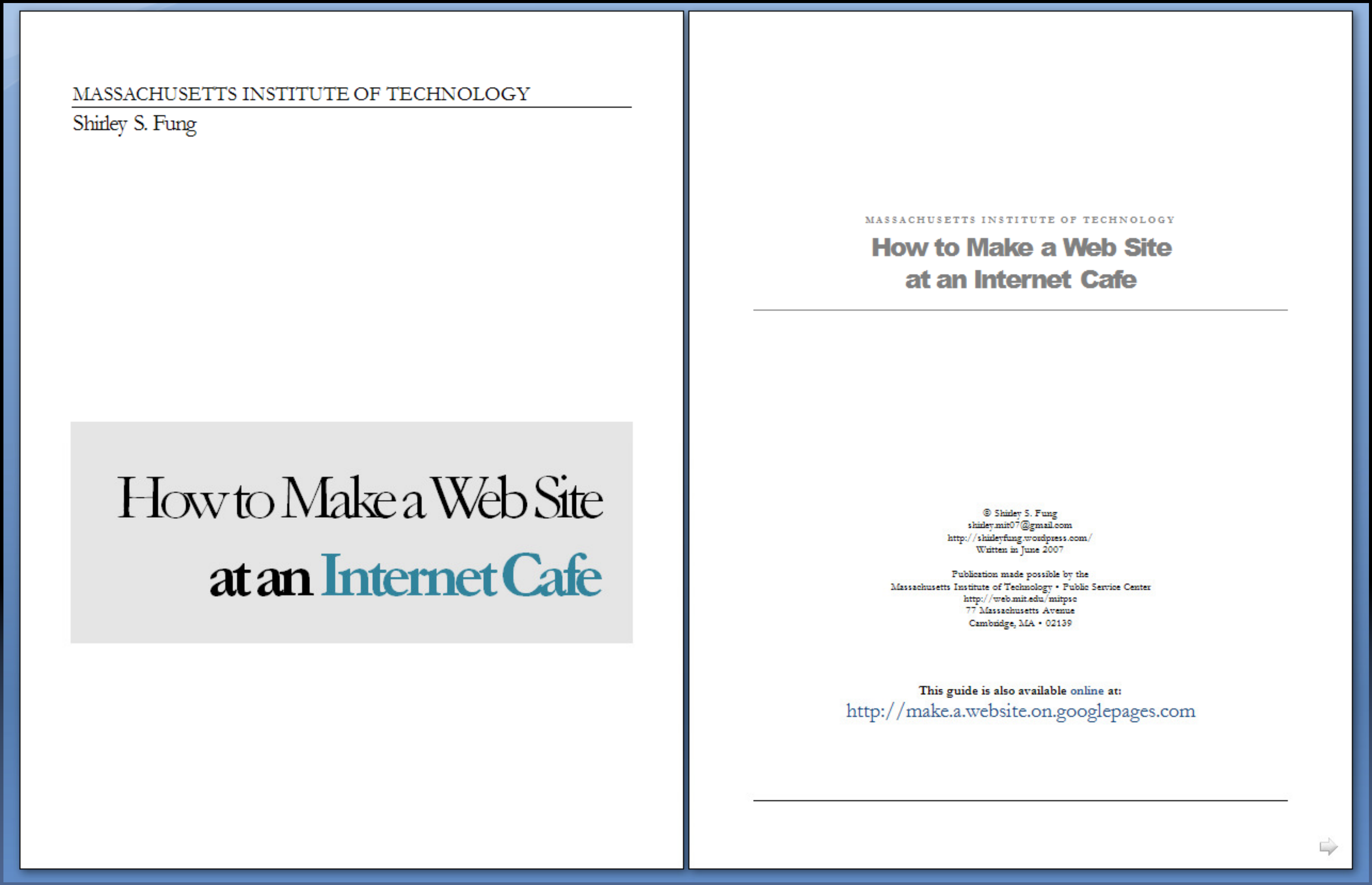
Kwa mashauri zaidi mwongeleshe daktari wako ama utembelee karakana iliyo karibu nawe.

Maswali ya Kumuuliza Mtengezaji wa Kijigari

- ✓ Kijigari hiki kinaweza kurekebishwa ili kikutoshe vyema?
- ✓ Kina kushona ya kuzuia mashinikizo?
- ✓ Nitaweza kupata mafunzo ya jinsi ya kutimia kijigari?
- ✓ Kuna vipuri vyake na je ni bei gain?
- ✓ Kinaweza kudumu kwa muda mrefu?
- ✓ Namna zake zinatofautianaje?
- ✓ Mwambie mtengezaji wa kijigari mahitaji yako na namna ya kijigari ambacho kitakithi mahitaji hayo.
- ✓ Usiogope kuuliza maswali. Wafanyakazi wapo hapa kukusaidia.

What did I do?

- Taught basic marketing knowledge to the staff at the wheelchair workshop, including how to make a Web site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Shirley S. Fung

How to Make a Web Site at an Internet Cafe

MASSACHUSETTS INSTITUTE OF TECHNOLOGY

How to Make a Web Site at an Internet Cafe

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This guide is also available online at:
http://make.a.website.on.googlepages.com

What did I gain?

- A few pounds from the all the good food

What did I gain?

- I gained the experience of how to adapt and create a suitable solution for the community I worked with!