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REPORT ON A
CONSULTATION VISIT TO TANZANIA

by Pamela Greene
Regional Assistant Director - Africa

A four day consultation visit was made to Dar-es-Salaam, Tanzania from March 18th to 22nd 1980.

The main purpose of the visit was to provide some assistance with the launching of the Tanzania Home Economics Association and to provide information and orientation for its members on the AHEA International Family Planning Project.

The visit was requested by Mrs. Helen Mchatta, Head of the Home Economics section of the Ministry of Education. Mrs. Mchatta was a participant at the AHEA - IFPP Research and Evaluation Workshop held in Nairobi, Kenya, September 1979, which was her first exposure to the project.

Other objectives of the visit included:

- (a) To compile a list of network contacts
- (b) To collect information on the home economics programmes in Tanzania
- (c) To provide information on the International Federation for Home Economics and the 14th Congress to be held in Manila, The Philippines
- (d) To initiate the process for the development of a 2 year work plan for Tanzania to be submitted to AHEA/IFPP by the TAHEA and providing a frame work for the work plan
- (e) To provide ideas for integration of family planning/population education into home economics
- (f) To assist the TAHEA in determining priorities and goals in relation to the AHEA/IFPP.
- (g) To make some suggestions for the following workshop planned for June 1980

Due to changes in flight schedules it was not possible to arrive on Monday 17th to participate in the 1st and 2nd day sessions. The Steering Committee which had planned the activity however carried through the programme as planned and resource speakers made their presentations accordingly.

On the third and fourth days of the Seminar, the RAD gave background information on the AHEA project, IFHE, the Manila Pre-Congress Workshop and Congress, (included as part of this report). Assistance was given towards the formal launching of the Association - the constitution adopted and the officers elected. The RAD and 15 home economist registered as founder members of TAHEA.

The Minister of Education, The Honorable Mrs. Siwale gave a stimulating closing address to the group. As a home economist herself she was sympathetic to the cause and assured them of her support through her office as Minister, as well as a home economist.

A list of home economist at the meeting is included as part of this report.

INFORMATION ON TANZANIA

1. Population - estimated 1980 - 19½ million
2. Country is divided into 7 zones.
3. There are about 80 teachers of home economics in secondary schools and about 10 with degrees in home economics.
4. There are about 50 - 60 home economists with agricultural diplomas
5. A few are working in the Prime Minister's Office in journalism, in the Food and Nutrition Centre and with international agency programmes

TANZANIA HOME ECONOMICS ASSOCIATION - 1ST MEETING

17th - 20th March, 1980

PROGRAMME

<u>Morning Session</u>	9:00 a.m. - 10:30 a.m.
<u>Tea Break</u>	10:30 a.m. - 11:00 a.m.
<u>Session</u>	11:00 a.m. - 1:00 p.m.
<u>Lunch Break</u>	1:00 p.m. - 2:00 p.m.
<u>Afternoon Session</u>	2:00 p.m. - 4:30 p.m.

Monday 3/17/80

9:00 - 9:00	Opening by Interim Chairperson E. Sarakikya
9:30 - 10:30	Studying the constitution
11:00 - 12:30	Discussing the constitution
2:00 - 4:30	Constitution - discussion

Tuesday 18th

9:00 - 10:00	Registration of founder members
10:00 - 12:30	Election of office bearers.
2:00 - 3.30	UMATI functions and activities, Grace Mtawali
3:00 - 4:30	Discussion

Wednesday 19th

9:00 - 10:00	Adoption of constitution
11:00 - 12:30	American Home Economics Association/International Family Planning Project - Pamela Greene
2:00 - 3:00	Election of section heads and functional committees
3:00 - 4:30	Integration of P/FLE into Home Economics, Dr. Erna Abbas, FAO

Thursday 20th

- 9:00 - 10:30 Integration of Home Economics with Family Planning
- Pamela Greene
- 11:00 - 12:00 Nutrition Education and the Role of Home Economist
- Esther Pendalli
- 12:00 - 1:00 Launching of the Association -
Closing address - The Honorable Tabitha Siwale

ELECTED OFFICERS OF TAHEA

President Mrs Eva Sarakikya

Vice President Mrs V. Giattas

Secretary General Mrs Helen Mchatta

Treasurer Mrs E. Pendaeli

Subject Division Heads and Members

- Foods and Nutrition:
- Miss Kissanga (Head)
Mrs. Mchatta
Mrs. Sarakykya
Mrs. Mushi
- Clothing and Textiles:
- Mrs. Mramba (Head)
Miss Mzaba
Mrs. Pendaeli
Miss F. Temba
- Family Life Education:
- Mrs. J. Njowi (Head)
Mrs. Mtoka
Mrs. G. Mckenya
Miss C. Kihwele

Information on the non-formal home economics programmes was not collected because of the short duration of the consultation.

USAID - Dar-es-Salaam

On Friday, 21st March, Mrs. Mchatta and the RAD made a routine call at the USAID Office to acquaint the population office staff with the objectives and accomplishment of this consultation. Dr. Henn was unfortunately out of the country, however, discussions were held with Mr. Moki Ndoe - training officer, Mr. Paul Ehmer - Health, Nutrition and Population Officer and Dr. Kohasi - Education Officer. The RAD met the Director, Dr. Howard Stevenson very briefly.

Opportunity was taken to acquaint the three officers with the AHEA project and the RAD activities as well as the outcome of the consultation visit. Useful contacts were made for Mrs. Mchatta for follow-up as far as the Tanzania Home Economics Association and nutrition activities are concerned.

Dar-es-Salaam Teachers Training College

A courtesy call was made at the Principal's Office, followed by a tour of the home economics department and exhibition of students projects and crafts. The Principal Mrs. N.E. Ligate is very much interested in home economics. She is one of the few female Principals of teacher training colleges in Tanzania.

The Dar-es-Salaam Teachers College provides education and training for 2 years for general teachers as well as home economics teachers for the secondary level. The present enrollment is 40 students and a staff of 6 lectures cover the subject areas of Foods, Nutrition, Housecraft, Management, Clothing Textiles, Child Care, and Crafts. More students apply to be enrolled, but for the lack of space and facilities, the number of intake is generally small. The students are awarded a "Diploma" in Home Economics Education at the end of their training.

Secondary School Home Economics Programmes

Single copies of the secondary school syllabus and of the teacher's guide were provided by Mrs. Mchatta to give more insight into the subjects covered in the curriculum. At present there is very little teaching of family planning/population/family life education concepts as given in the syllabus. The following are the only related concepts that are being taught in home economics classes:

- Form I. Subject - General Housecraft

Menstruation - how and why it happens; menstrual hygiene; choice and care of sanitary items

- Form II. Subject - Mother Craft

1. The Adolescent: Physical, Mental, emotional changes in adolescence. Psychological and social problem of adolescence. Girl's responsibility for herself. Danger facing adolescents with improper behaviour; venereal diseases - handicaps faced by unmarried mothers. Choosing a partner. Good family life. Responsibilities of each member of the family to each other and to the family as a whole.

Note on teacher - The teacher is expected:

- to give examples of good and bad family life as well as proper and improper

behaviour of an adolescent.

- to analyse clearly the responsibility of each member of the family
- to discuss fully the importance of the mother in the home

2. The Expectant Mother:

- signs of pregnancy, health rules for pregnant mothers, signs of danger during pregnancy; ante and post natal clinics; diets for pregnant mothers

3. The Coming Baby:

- Preparation

4. Birth of the Infant

- Signs and stages of labour

The syllabus also provides some objectives for teaching home economics in biased and non-biased secondary schools:

Aims and Objectives of Teaching Home Economics in Biased Secondary Schools

1. To provide the pupils with knowledge and skills which will enable them to raise their standard of living, make them competent home makers, happy and well balanced citizens who are creative and know how to use their leisure time usefully
2. To enable pupils to realize the needs of their family and the community in relation to Nutrition, Health, Textiles, Dress Making, Housekeeping, and to be able to provide the family with those needs in different situations with competence
3. To make the pupils realize their responsibilities as members of the family so that they can solve confidently the problems they encounter daily in relation to raising a healthy and a happy family
4. To provide knowledge and definite skills so that they can:
 - (a) become self-reliant economically as individuals
 - (b) Increase the country's economy
 - (c) Guide others to live better lives
5. To provide the pupils with a firm foundation in home economics so that they can specialize in various fields of home economics on completion of Form IV if they so desire.

Aims and Objectives of Teaching Home Economics in Non-biased Secondary Schools

1. To help pupils acquire attitudes, appreciation, knowledge, skills and habits basic to family and community life
2. To develop a recognition of social and economic problems affecting the

family and the community and to develop willingness to take part in solving them

3. To develop the ability to select and use material resources available to the best advantage considering cost, desirability, efficiency, and sociability
4. To recognize the need for cooperation in the family and society as basic to unity and program
5. To create an understanding and appropriate practice for university physical and mental and emotional health

Other Pertinent information

The President and Secretary of TAHEA were encouraged to seek funding support locally to attend the IFHE Congress in Manila. Mrs. Mchatta had been selected to attend the AHEA Pre-Congress workshop in Los Banos, but she was uncertain whether she would have enough funds to stay on and attend the Congress. An appointment was made for the RAD to discuss this with the Secretary of Education at his request, but unfortunately he could not keep the appointment due to unavoidable circumstances.

Information was provided on possible contacts for funding support to TAHEA such as FPIA, UNFPA, and the local USAID. It seems imperative that a few persons should be trained in Population Education/Family Planning, Management, Communications, to improve their capabilities for promoting integrated home economics programmes, as this is a new approach to them.

Publicity

The seminar was given wide publicity by the local news paper "Daily News". Photographs and articles were in the papers for three of the four days especially as one of the members of TAHEA works as a journalist. The RAD also had an extensive interview for the AFRICA WOMAN Magazine. It is planned that the interview will be reported in the June edition of the magazine. Contact person for this interview:

Miss Anna Babba
P.O. Box 7129
Dar-es-Salaam
Tanzania

RECOMMENDATIONS

1. As an immediate follow-up the TAHEA has planned an orientation training in Family Planning/Population Education for home economics teachers and supervisors from all the regions in Tanzania. The Ministry of Education has allocated funds towards this activity which has been scheduled for June 1980. It is recommended that AHEA/IFPP supports this activity in order to build on the enthusiasm already initiated.
2. Selected home economics leaders should be offered in depth training in Management at the CEFPA programme; in population education, curriculum development so that they will be local persons for future planned activities.
3. New countries like Tanzania that fall under Tier III, should be brought together through a regional activity in 1981, or in-depth summer workshops in the USA, similar to the Pennsylvania and Iowa State University

workshops. A regional in-depth training programme could be organized for countries in that region which fall under AID priority list - Botswana, Tanzania, Kenya, Rwanda and Sudan, in order to expose home economists in these countries to the project and provide for leadership development within the region.

4. TAHEA should form a committee to examine the school and college curriculum to determine ways of integrating family life education concepts. Resource persons within the African continent should be identified to assist TAHEA in their future activities.
5. Mrs. Helen Mchatta could be identified as the main network person in Tanzania, as she has demonstrated her ability and potential as a leader. If the TAHEA plans are sufficiently developed by the end of 1980 funding year, she should be considered as a country coordinator by 1981.
6. Home economists in agriculture and community development should also be further exposed to the AHEA project so that the Working with Villagers kit could be translated and adapted in Swahili and used in rural Tanzania.

PERSONS MET DURING CONSULTATION

TAZANIA Home Economics Association

1. Mrs. Helen Mchatta
Head Home Economics Section
Ministry of National Education
P.O. Box 9121
Dar es-Salaam,
Tanzania
Phone - 27005/27211(Office)
2. Mrs. Ester Pendaeli
Ministry of National Education
Inspectorate Section
P.O. Box 9121
Dar-es-Salaam
Phone - 27211 (Office)
3. Mrs. E. Sara Kykia
P.O. Box 977
Dar-es-Salaam
Tanzania
Phone - 29621
4. The Honorable Mrs. Tabitha Simale
Minister for National Education
% Ministry of National Education
P.O. Box 9121
Dar-es-Salaam
Tanzania

USAID OFFICE

1. Mr. Miki B. Mdoe
Training Officer
USAID
P.O. Box 9130
Dar-es-Salaam
2. Mr. Paul G. Ehmer
Health Nutrition, Population Officer
USAID
P.O. Box 9130
Dar-es-Salaam

3. Dr. Marion Kolasi
Education Officer
USAID
P.O. Box 9230
Dar-es-Salaam
Tanzania

4. Dr. Howard Steverson
Director
USAID
Tanzania

Dar-es-Salaam Teachers College

1. Mrs. N. E. Ligate
Principal
Dar-es-Salaam Teachers College

Home Economics Staff

2. Mrs. Pauline Kissanga
Mrs. Mary M. Pelumbe
Mrs. Jalita Nawe
Mrs. Faraje Msinjiji
Mrs. Vivien Mascareintas
Mrs. Lulu Mackoel

FOUNDATION MEMBERS OF TANZANIA HOME ECONOMICS ASSOCIATION

<u>NAME</u>	<u>WORK ADDRESS/TELEPHONE</u>
Mrs. Lydia Mgalawe Azaba	Institute of Education P.O. Box 35094 Dar-es-Salaam Tanzania
Mrs. Viky P. Mushi	Inspectorate of Education Eastern Zone P.O. Box 9403 Dar-es-Salaam Tanzania
Mrs. Victoria Giattas	Head Mistress Moregone Secondary School P.O. Box 240 Morogone, Tanzania Tel: 2494 (Morogono)
Miss Frida P. Temba	National Examination - Council P.O. Box 2624 Dar-es-Salaam Tanzania, Phone: 29093
Mrs. Judith Kimywe Ngowi	Tanzania Food and Nutrition Center P.O. Box 977 Dar-es-Salaam Tel: 29621

Foundation Members of Tanzania Home Economics Association (Continued)

<u>NAME</u>	<u>WORK ADDRESS/TELEPHONE</u>
Mrs. Margaret Khonje	Journalist Daily and Sunday News P.O. Box 9033 Dar-es-Salaam Tanzania Telephone 29881
Mrs. Grace McKenya	Education Inspectorate Easter Zone P.O. Box 9403 Dar-es-Salaam Tanzania
Mrs. Rhoda Mtoka	College of Home Economics Buhare, Bos 190 Musome Tanzania Tel: 308 (Musome)
Mrs. Pauline R. Kisanga	Dar-es-Salaam Teachers College P.O. Box 2329 Dar-es-Salaam Tanzania Tel: 50041/42
Miss C. Kihwele	Education Inspectorate Highlands Zone P.O. Box 1400 Moeya Tanzania
Miss Leticia Koku Kashasha	M.A.T.I. Ilonga P.O. Box 20 Kilosa Tanzania Tel: 49/KILOSA)
Mrs. Waichi W. Mramba	Jangwani Secondary School P.O. Box 2276 Dar-es-Salaam Tanzania Phone: 27839

TANZANIA SEMINAR FOR THE LAUNCHING OF TAHEA

Closing Remarks by Mrs. Pamela Greene
Regional Assistant Director
AHEA - IFPP
Thursday, March 20, 1980

Honorable Minister, Madam President of TAHEA, Foundation Members, I would like to congratulate you on behalf of the American Home Economics Association for achieving the objectives set for this seminar, i.e., launching of the Tanzania Home Economics Association. I was most impressed with the leadership qualities you have all shown in working towards this goal. I must also say how much I have felt at home since I arrived and this has been due to the warmth of everyone I have met within the short time I have been here.

As you have launched your Association, let me assure you that the work has just begun. But you must not allow anything to hinder your "Progress" - a word you have chosen for your motto. I know you are still struggling with your emblem, but it is a healthy sign, the more persons who can make some contribution to its final outcome, the better, so that you feel you are all a part of it and not merely a one person affair. In this collective effort you will all feel proud of your association and will strive to maintain the high standards you have set for yourselves and Tanzania. I must express my gratitude to your steering committee for inviting me to share this experience with you and to give some information on the AHEA - IFPP.

Finally, Honorable Minister, I must express the pleasure of meeting you in person. I know how busy you are in this high office that you hold, and must therefore acknowledge your gesture in giving this support to the TAHEA by your presence here, to close this seminar. I feel I can leave Tanzania knowing that you would, through your Ministry, continue to give both moral and financial support to the home economics association and the programmes undertaken by the members, as the association grows from strength to strength.

To you, Madam President, members of the executive committee, division heads and members, I wish you on behalf of AHEA and IFHE much success in your future endeavours.

THE FOUNDING OF HOME ECONOMICS ASSOCIATION IN TANZANIA

by E. Sarakikya
March 17, 1980

The idea of founding the association has been at the back of our minds for a long time. The first suggestion came several years back, from the Institute of Education, It did not materialize at that time. In March, 1979, at a workshop in Dar-es-Salaam, the idea emerged as one of the workshops recommendations. The workshop entitled "Nutrition Education" aimed at reviewing the role of nutrition education in combating malnutrition. Following the discussions, the workshop made recommendations with implications to the curricula, and on the approaches to the solution to nutrition problems - through nutrition education.

Among the recommendations, the following were included:

1. There should be a coordinated effort among all sectors involved in nutrition education programmes. To facilitate this a committee of nutrition specialists from different sectors should be formed under TFNC. The major functions of this committee should be:
 - a. To identify nutrition problems and review nutrition education programmes aimed at solving these problems.
 - b. To make appropriate recommendations.

I am glad to say that this committee has been formed in the name of "Expert Committee on Nutrition Education". The report of this committee is currently being drafted.

2. Recognizing that nutrition education in Tanzania is the responsibility of home economists mainly. The workshop recommended that a Home Economics Association be formed whose functions, among others would be:
 - a. To act as a forum for further discussions on the committees recommendations, and the implementation of these recommendations.
 - b. To act as a medium for evaluation of nutrition-education programmes through its members.
3. The committee also recommended as a short term measure, the restraining/reorientation of teachers and that such courses be certified.

For the formation of the Association an interim committee was formed; This consisted of :

E. Sarakikya	Interim Chairperson
M. Kimambo ..	Interim Chairperson
E. P. Pendaeli.....	Member "
H.M. Mchatta	" "
F. Chale	" "
H. Mlege	" "
V. Giattas.....	" "
J. Ngowi.....	Secretary

The first task of the committee was to work out what to do and how to go about it.

It was decided to draft a constitution which you all received for comments.

A second draft was later made, incorporating all your ideas, the result is the document in front of you, which I hope we will discuss fully and adapt as an official document of the association.

One feature of the document needs special mention. The constitution allows other Scientists to become members; this provision has been included for the following considerations:

- a. Home economics touches on many subject areas, e. g., Food Science, Human and Applied Nutrition, etc. As such, specialists in those other related fields will be an asset to the association.
- b. There are no separate associations for professionals in these other related fields.
- c. The current trends in approaches to the solution of community problems is integration.

Another important point worth mentioning, is that the workshop mentioned earlier suggested that the association discuss further the recommendations made by the expert committee, and work out implementation strategies. This fact explains why TFNC hurried to form this committee; so that its recommendations become a starting point for the activities of this association. My hope is that the incumbent members of this association will accept this challenge and make plans for action.

At this point some of you might be asking yourselves, why should TFNC as an institution be so interested in this subject area, to the extent of producing into affairs of other institutions? To this question the rationale is as follows:

- a. To plan and initiate food and nutrition programmes for the benefit of the people of the United Republic.
- b. To undertake review and revision of food and nutrition programmes.
- c. To advise government, schools and other public organizations on matters relating to foods and nutrition.

It is on the basis of these functions that TFNC initiates nutrition related activities such as workshops, and seeks that forums be established through and with which it can carry out its advisory functions. One such forum is the Home Economics Association.

With this few words I would like to end here and wish you a successful meeting.

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1st MEETING OF THE TANSANIA HOME ECONOMICS ASSOCIATION

by Mrs. Pamela Greene
March 17th - 21, 1980

Mme Chairperson, guests, fellow home economists and colleagues, it gives me great pleasure to extend to you the greetings of the Director and staff of the American Home Economics Association International Family Planning Project, and to wish you success in the launching of your Home Economics Association of Tansania. I must say I am most impressed with the fine leadership you have amongst you in the person of Mrs. Helen Mchatta whom I met in Nairobi last September, for within such a time (less than 6 months after the Nairobi meeting), she has been able to mobilize resources and plan for this event. I am sure the credit for this activity should not be given to Helen alone, as I am aware that such diligence and commitment to the goals and objectives of home economics can be found in everyone of you here, and has resulted in your concern to launch your own association in Tansania. I know a lot of planning has gone into this activity and that you have all been involved in one way or the other. I am sorry and must apologize for coming late. This was unavoidable because of my other commitments, and because the flight schedules between the East and West Coast of Africa, necessitated that my journey last for two and a half days.

However, I am happy to be here and to share with you the pleasure of launching your association and perhaps to have my name down on your register of founder members of the association. I also bring you greeting for the President and members of the Sierra Leone Home Economics Association, which was founded in December 1965. As one of the foundation members SLHEA, I have experienced all the joys and traumas of getting an association going, and feel compelled that I should give you a few words of advice.

Firstly, an association like this needs strong leadership, committed and dedicated members. The smaller the group to begin with, the better. Those who hold office and form the executive committee are bound to face criticisms, petty comments and problems from time to time. Do not allow them to hinder the progress of your association and from achieving the objectives you have set for yourselves. Once you have launched your association do not allow any obstacle to drag you back to becoming defunct, or merely a social gathering of women. Your association has to be meaningful to its members so that they feel that they are part of it, rather than just for a handful of few persons in the executive. Also, don't be too ambitious at the beginning - like a baby - you must creep before you can walk.

You must try to cater to the needs and concern, of families in Tansania - this should be your primary focus, just as the profession stands for the improvement of the quality of family life. In this regard you have to look beyond the needs of members of the association, and reach out into the community - there are lots of things an association can do to help. Do not make your meetings too taxing, too long, and too bureaucratic. Make them simple, short and meaningful, so that members will look forward to coming again for the next meeting and perhaps recruit new members each time; find ways of giving awards and recognition to ordinary members; involve them in various committees and projects.

You have all heard of the saying "Many hands make light work - many voices speak louder than one". As a force of women you would be able to make people become aware of what home economics is all about. No longer are we merely concerned with cooking, sewing and house cleaning, making window curtains for school staff rooms, or being called upon to bake the cakes/pastries for prize

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giving and so on. This has been an traditioned image; we have to change this and educate others that we are not a "cinderella profession" - we have a lot to contribute to the development effort, to the social and economic activities and programmes of our countries; each country will have to evolve its own goal and objectives for its association. I am sure that you have collectively discussed and arrived at your own set goal and objectives.

Home Economics Associations are not only formed to collectively work towards the improvement of the quality of life for families and individuals, but to strengthen the profession as a whole. They are also formed to provide opportunities for the professional development of individual members, and for developing leadership amongst the members. Therefore opportunity must be provided for members to discuss or make contribution to the profession through special papers, articles, through a regular bulletin or forum of exchange of ideas and information. As a professional body you will have to make optimum use of the media in putting your messages across to your audience. You must publicize yourselves and make the right people know what you are doing and the contribution you are making or can make.

I can go on giving you ideas but I am sure you are all experienced, responsible persons with tremendous potential, and would make your association a success. I must at this point, congratulate your steering committee for the fine piece of work they have done in drafting your constitution, and for bringing you all together. As far as this activity relates to the AHEA project, I would like to mention that my presence is required here because this activity falls within the overall objectives of the project.

The AHEA-IFPP provides support to countries where home economists promote and implement integrated home economics programmes, i.e., programmes with a Family Planning/Population education component. To enable home economists to work effectively in this area the home economists need to be trained and made aware of their potential in promoting these concepts. Some of you who are not familiar with the integrated approach may question the necessity of it. Let me briefly give you some background, and later on in my next session expand on it. Several years ago, (1971 to be specific) a conference of 50 home economists from 13 developing countries met at Chapel Hill, North Carolina to consider what was, at that time an uncommon idea - "The role of home economics in family planning". After long deliberations they put forward the following statement as a preamble to the Conference recommendations:

"Home economists throughout the world are in incomparable positions to play a role in population programmes 1. because of the places and ways in which home economists work with people, and 2. because our preparation as home economists uniquely qualifies us to approach family planning in its most comprehensive sense, i.e., family planning as a decision making process!"

Thus at that time it was understood by home economists what later in the decade became the key concept of family planning/population programmes, i.e., Integration - that such programmes are most successful when they are integrated into the effort for improving family welfare, and when they involve family members as responsible decision makers.

The home economists' view of family planning reflects their concern for basic human rights - we believe:

- a. Couples have the right to choose freely and responsibly the number and spacing of the children they want and can afford and the right to adequate

education and information in this respect.

- b. Children have the right to be born into families where they are wanted and loved, and into families that can give them the basic requirements of good nutrition, shelter, clothing, and education.
- c. Planning for the size of the family is just one of the kinds of planning families can do to improve the quality of family life and contribute to a better community.

Since the inception of the project in 1972, a grant, and later a contract with the USAID, home economists in over 35 developing countries are participating through their professional associations, as well as formal and non-formal programmes in which they work. The project's successful program is built on the network of dedicated professionals like you who believe that responsible decisions by parents, in planning the spacing and size of their families, is essential for family wellbeing and national development, and who are willing to act on these beliefs.

With these few introducing remarks "I wish you success, and hope that before I leave, we will together be able to crystalize our thoughts on the possible direction of the AEA IFPP in Tanzania, and that we will begin some framework to guide you in planning your Country programme and activities."