

## How to support us

Thanks to your donations we are able to realise our projects. Every donation, no matter how small, enables us to provide sustainable and effective support. Your donation will be used where it is most urgently needed. If you would like to become a sponsor please let us know.

furaha  
Bank account  
Raiffeisenbank  
4123 Allschwil  
IBAN CH32 8080 8003 7077 4479 4 / CHF  
CH81 8080 8001 6127 3063 7 / EURO  
BIC/SWIFT RAIFCH22



## Who are we?

furaha is a charitable association. We have extensive and long term project management experience in Tanzania, we work voluntarily and unsalaried and pay all our own expenses. We love Tanzania and want to support the vulnerable people in this country with all our available means.

## Contact:

Isabella + Kurt Uhlmann  
Tel: +41 (0)81 710 54 52  
Mail: [isuhlmi@bluewin.ch](mailto:isuhlmi@bluewin.ch) / [kurt\\_uhlmann@bluewin.ch](mailto:kurt_uhlmann@bluewin.ch)  
Mirjam Uhlmann Bajrami  
Tel: +41 (0)78 841 71 37  
Mail: [miraulmi@gmail.com](mailto:miraulmi@gmail.com)  
Antje Horvath  
Tel: +41 (0)44 912 24 08  
Mail: [go.antje@bluewin.ch](mailto:go.antje@bluewin.ch)  
Rolf Laager  
Tel: +41 (0) 79 500 78 63  
Mail: [rolf.laager@gmail.com](mailto:rolf.laager@gmail.com)

# furaha



Many people in Tanzania live in poverty and without the prospect of a better future.  
Unfortunately we are not able to help everyone.  
But, we can provide sustainable support and give courage.

furaha means "joy and happiness" in Swahili.  
And that is exactly what we strive to achieve:  
Making people happy, providing them with a future - with your support.

Every happy human spurs us on to work even harder.

**"There is no first, second or third world!  
We all live on the same planet for which we share  
equal responsibility."**

K.H. BÖHM





### **We are on site**

We are regularly on site in Tanzania and maintain close personal contacts to the people and institutions we work with. Reliable local contacts support us in the selection of projects where our help will be particularly effective.

We select and support projects which are sustainable, viable and have an immediate effect. If people have a positive outlook then they are able to help to develop their own country. It is our aim to free people from poverty providing them with opportunities and prospects which will give them a brighter future. Every donation will be used for a specific purpose. Thanks to your support we are fully committed to absolute transparency in relation to assigned funds.

### **But much is still needed**

Poverty in Tanzania is a huge problem, with many struggling just to survive, and with few opportunities to escape the struggle.

### **Education – a way out of poverty**

Children are the future of every community. We enable children to get an education, so that they can look confidently towards a promising future, so that they have the opportunity to learn a trade and can escape the cycle of poverty and dependence. Your donation and sponsorships provides young people and adults with the opportunity to gain an education, so that they can create and build an independent livelihood for themselves and their families.

### **Health**

Health care is difficult to deliver – and not inexpensive. Diseases such as malaria, Aids, parasite infestations, polio and tuberculosis are common and require urgent medical treatment. Besides providing medical treatment we also aim to work preventatively such as providing education on hygiene or the distribution of mosquito nets.

### **Nutrition a warm meal every day**

Poverty is the main cause of hunger and poor nutrition. Many diseases are due to a lack of food or poor nutrition. Life becomes a daily struggle to survive. Children are not able to attend school as they have to work and contribute to the family income.

We support primary and nursery schools with a daily ration of porridge or assist them in the cultivation of agricultural products such as Moringa etc.

### **Water the basis for growth, health and life**

Access to clean drinking water is often not possible – or extremely difficult. Generally it is the women who spend most of their day collecting water. Unclean water is the main cause of diseases such as diarrhoea, cholera, typhus etc.

With the construction of water wells and sanitary facilities or with the procurement of water tanks we are able to contribute to an improved quality of life and the simplification of everyday arduous chores.

### **People with disabilities – relief in daily life**

It is particularly difficult for people with a disability or albinism in Tanzania. The belief that a disability is linked to evil is deeply rooted. Therefore these people have rarely a chance of a decent life. Often they are neglected and pushed out of their family and community. Available medical supplies for people with disabilities are insufficient. So much is needed: from canes for blind people to wheel-chairs; from sunglasses to sun creams for people with albinism; to providing disability-centered care and an appropriate environment.

### **Everyday needs**

Often it is the little things that can be the most important ones, such as: blackboards in schools, supply of pencils and school books, pots and pans for families, buckets and gardening tools, improvement of houses so that people can live more humanely -there is much to be done.