

**Intimacy in Religious life:****Temporary Professed Sisters****(Inter congregational)****Dates: 6pm 30th January—8pm 31st January****Capacitor Training weekends:****Course dates: 10pm 20th February –22nd February, June 19th-21 June and 11th-13th September****Course Objectives:** To empower people to transform their lives through the simple practices of healing their physical, emotional and spiritual needs.**Topics:** Trauma healing and transformation, multicultural wellness and education, living in wellness for care givers & people living with HIV/AIDS and cancer, leadership and team development.**Monitoring and Evaluation****Course Dates: 20th April– 24th April.****Course objectives:** To develop management skills essential to the day to day running of a project or organisation. To be able to measure and assess performance and assist in appropriate remedial action if required.**Topics:** Meaning of monitoring and evaluation. The need for monitoring and evaluation. Setting objectives. Formulation of indicators. Monitoring approaches and types. Quality control. Data analysis and data management. Evaluation and decision making.**Voluntary Counselling and Testing for HIV/AIDS Course Dates;****4th May –29th May****(Four weeks)**

VCT is mandatory for people working in HIV/AIDS in Tanzania. The four week course is facilitated by the National AIDS Control Programme.

**Course Objective:** To become a competent counsellor offering a quality service. The course consists of three weeks in classroom, four days intensive practicals in recognized counselling and Testing Centers and one day revision followed by written exam.

Certificates are issued by the Ministry of Health.

**Indigenous Plants as Food and Medicine****Course dates: 1st June– 5th June****Course Objectives:** To learn how to use safely, various indigenous plants and their application as food and medicine.**Topics:** Active ingredients of plants; their benefits in treating common ailments and their use as nutritious food.

**Project Planning and Management**  
(2 week course)

**Course Dates: 6th July-17th July**

**Course Objectives:** To develop skills and approaches to project planning and management for senior and middle managers.

**Topics:** Project planning cycle; participatory planning techniques; proposal formulation, organizational structure; personnel and project management; monitoring and evaluation.

**Caring for people with HIV/AIDS**

**Course dates: Sept 21st—25th.**

**Course Objectives:** To enable course participants have an understanding of key principles in caring for the sick and house bound as well as developing basic skills in looking after the sick and house bound.

**Topics:** Approaches to visiting the housebound, basic handling skills, home care, nutrition and use of simple herbs.

**Behaviour change process (BCP)**

**Course dates: 5th-16th Oct**

**Course objective:** Offers the opportunity to examine ones sexual self , identify risky behaviours choose healthy attitudes/behaviours and develop strategies for making future decisions

**Topics :** personal behaviour and attitudes, basics of BCP, leadership, facilitation skills, indepth training in psychosocial methods.

**A good working knowledge of English is required for all courses unless otherwise stated.**

**Holistic Therapies are available by appointment.**

Qualified therapist is available for treatment of chronic illness, health maintenance and simple relaxation. !!

**Centre Costs:**

**Bed and Breakfast:** 8000 T Shs

**Mid-day meal:** 6000 T Shs

**Evening meal:** 6000 T Shs

**Tuition fees x 1 week plus full board:** 190,000 T Shs

**Tuition and midday meal :**120,000 Tz Sh

**Cheques:** payable to

**“Medical Missionaries of Mary, Ngaramtoni.”**

**VCT Course:**

Fee includes full board tuition + transport to and from testing sites: 750,000 Tz Shs per person sharing

**Centre for hire and tailor made courses**

The centre, when unoccupied, is available for

individuals, groups or organizations. We have access to a pool of trainers with various specialties. We can cater for 20 residential (sharing) and up to 40 non-residential.

**Conference room rental:** 30,000 Tz Shs per day per group

**Identification:** Each participant must carry an ID card and/or Letter of invitation from hosting group.

**Advance booking:** Bookings two weeks in advance of courses are required.

**Location:** We are situated on the main Namanga road opposite Ngaramtoni Police post.

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**You are welcome!**