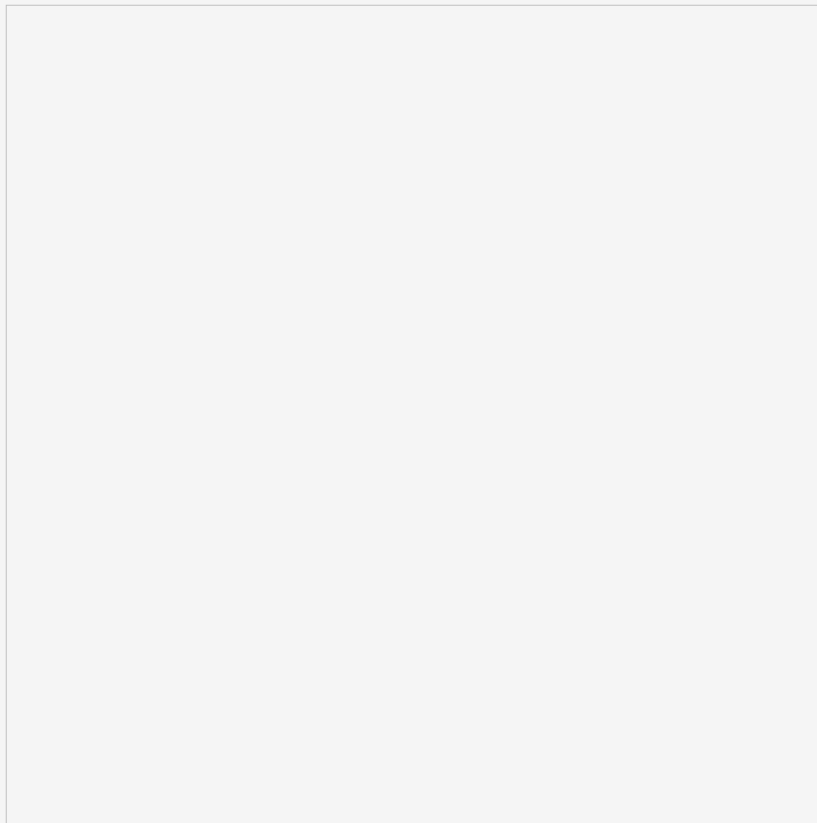


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## Charity Bootcamp session at the park!



Do you want to raise your adrenaline levels? Do you want to get strong and fit while supporting a good cause? Don't think twice, come and join all the HAT friends for this new Boot Camp experience and get your adrenaline pumping!

Health Australia & Tanzania is holding for the first time an **intensive Bootcamp session** at the park to raise funds for our current project in rural Tanzania!

**-WHEN: Sunday 7th December 2014 at 10am (for approx. 1 hour)**

**-WHERE: Carlton Gardens**

**-MEETING POINT: IMAX, located at the Melbourne Museum, Rathdowne St, Carlton VIC 3053**

**-COST: \$20 to pay on the day**

The workout will be hosted by Lorne Moore, a professional with 8 years of experience in the field. The session will start with a 10-15 min warm up, followed by an intensive 40 min workout and 10-15 min stretches and relaxation to conclude the exercise.

Just bring your water bottle to keep yourself hydrated and **we will provide fresh fruit after the training to refuel and replenish your body!**

Don't miss out on this amazing workout experience, 100% of the profits will go towards [Mampando Village Rural Hygiene and Sanitation Project](#).

If you would like to come along, please email Ana Peguero at [ana.peguero@hat.org.au](mailto:ana.peguero@hat.org.au)

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## **HAT Annual General Meeting 2014**

We would like to remind our friends and supporters that the ninth Annual General Meeting of Health Australia & Tanzania (HAT) will be held on Friday 21st November at 6pm.

**VENUE: VicHealth, 15-31 Pelham Street, Carlton Victoria.**

There are seven positions on the management committee, and all are contestable (President, Vice President, Treasurer, Secretary and up to three ordinary members). We invite HAT members to put themselves forward for any of the positions. If you wish to attend or would like more information about HAT Management Committee Nomination 2014, please contact our secretary Ana Peguero at [Ana.Peguero@hat.org.au](mailto:Ana.Peguero@hat.org.au)

The meeting usually takes 30-40 minutes. We hope to see you there!

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## Mampando Village Project progression

In 2013 Health Australia & Tanzania (HAT) started the Mampando hygiene & sanitation project in partnership with HAPA (Health Action Promotion Association) in Ikungi District at Mampando village, Tanzania.

The project aims to improve hygiene and sanitation practices and provide education around the importance of these practices in the reduction of preventable diseases such as malaria or diarrhoea, one of the leading causes of death in children worldwide.

When HAT started this project it was exciting to see how this Tanzanian rural community became empowered to adopt the inexpensive toilet technologies they were shown in their very own homes.



*Old toilets before the project started.*



*Safe toilet constructed by Dismas and his family.*

This is an exciting approach to improving sanitation and health in this Tanzanian village because householders see the benefits, decide to purchase their own infrastructure, and own the results.

Dismas (above in the photo) lives in Mampando village and, as a result of our project with HAPA, has constructed with his family a safe toilet replacing the old pit latrine (also shown above). From a sanitation perspective, the pit latrines are potentially harmful to health and, thanks to this project, families in Mampando village have learnt how to construct safe latrines at a reasonably low cost, thereby improving their quality of life.



*The image shows the several toilet options with different technology and cost for the community to learn and uptake the technology to their homes.*

We would like to share these pictures with you so you can also follow the progress in the village.

[Donate now](#) and help the Mampando Village!

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