

# TANZANIA STUDY ABROAD

## NUT3320

### Maymester 2025



Spend two weeks on the shores of Lake Victoria with Mainsprings, a Non-Government Organization (NGO) that educates over 400 K-12 students, operates a medical clinic, and oversees a 60-acre restorative agriculture farm. You will learn about the cuisine, culture, nutrition, agricultural practices, environment, wildlife, educational systems, health practices, and public health programs of Tanzania.



Classes and activities include a tour of Mainsprings campus, Kitongo village, local K-12 schools, and House of Hope (clinic for spina bifida and hydrocephalus), Swahili language classes, Tanzania and Maasai tribe cultural classes, local food cooking classes, working in the organic farm, day trip to Mwanza (second largest city in Tanzania), spend an evening with families in Kitongo Village, and four days safari in Serengeti National Park, and Ngorongoro Crater!

For more information please contact: Philip Skaff MS, RD, CSSD at [skaff@msudenver.edu](mailto:skaff@msudenver.edu) - Department of Nutrition - MSU Denver

## INFORMATION FOR VARIOUS MAJORS

The Tanzanian Study Abroad program provides a hands-on experience in Tanzanian culture and culinary practices, regenerative agriculture, education, public health, medicine, and more. However, if students choose, they are offered flexibility to meet individual interests across all fields of study.

**Nutrition, Health Management, and Public Health students:** Your experience can be tailored allowing more time with regenerative agriculture staff, with kitchen staff learning Tanzanian cuisine and culinary practices, and with medical staff at the campus clinic, or House of Hope.

**Nursing students:** Your experience can be tailored to allow additional time with medical staff at the campus clinic and House of Hope. The clinic is staffed with an MD, two nurses, a pharmacist, two social workers, a psychologist, and two lab techs. You will learn about health ailments and diseases typically seen in Africa, and treatment strategies for diseases such as Malaria, Bilharzia, Hydrocephalus, Spina Bifida, Kwashiorkor, and more.

**Education students:** Your experience can provide additional hands-on classroom practice with K-12 educators for a wide variety of subjects. The campus' language policy is English first, Swahili second, which ensures easy communication and learning.

The Department of Nutrition and Mainsprings offer many excellent learning opportunities in one of the most beautiful and peaceful locations in Africa. Moreover, you will see the number one rated safari parks in Africa. It will be an experience of a lifetime. Please contact Philip Skaff for a detailed overview of the program including cost, vaccination requirements, travel dates, course syllabus, and more.

To learn more about Mainsprings, our partner in Tanzania visit: <https://mainsprings.org/>

To learn more about Child-Help International - House of Hope, visit: <https://ch-tanzania.org/kitongo-house-of-hope/>

To learn more about Serengeti National Park and Ngorongoro Crater visit:  
<https://www.serengeti.com/> or <https://www.tanzaniaparks.go.tz/>  
<https://www.ngorongorocratertanzania.org/> or <https://www.ncaa.go.tz/>

