

# CENTRES OF EXCELLENCE (CoE) 2023

## LAKE ZONE WEST

- 1.Mwanza
  - 2.Kagera
  - 3.Geita
- (1 No. CoE)

## LAKE ZONE EAST

- 1.Shinyanga
  - 2.Simiyu
  - 3.Mara
- (5 No. CoE)

## NORTHERN ZONE

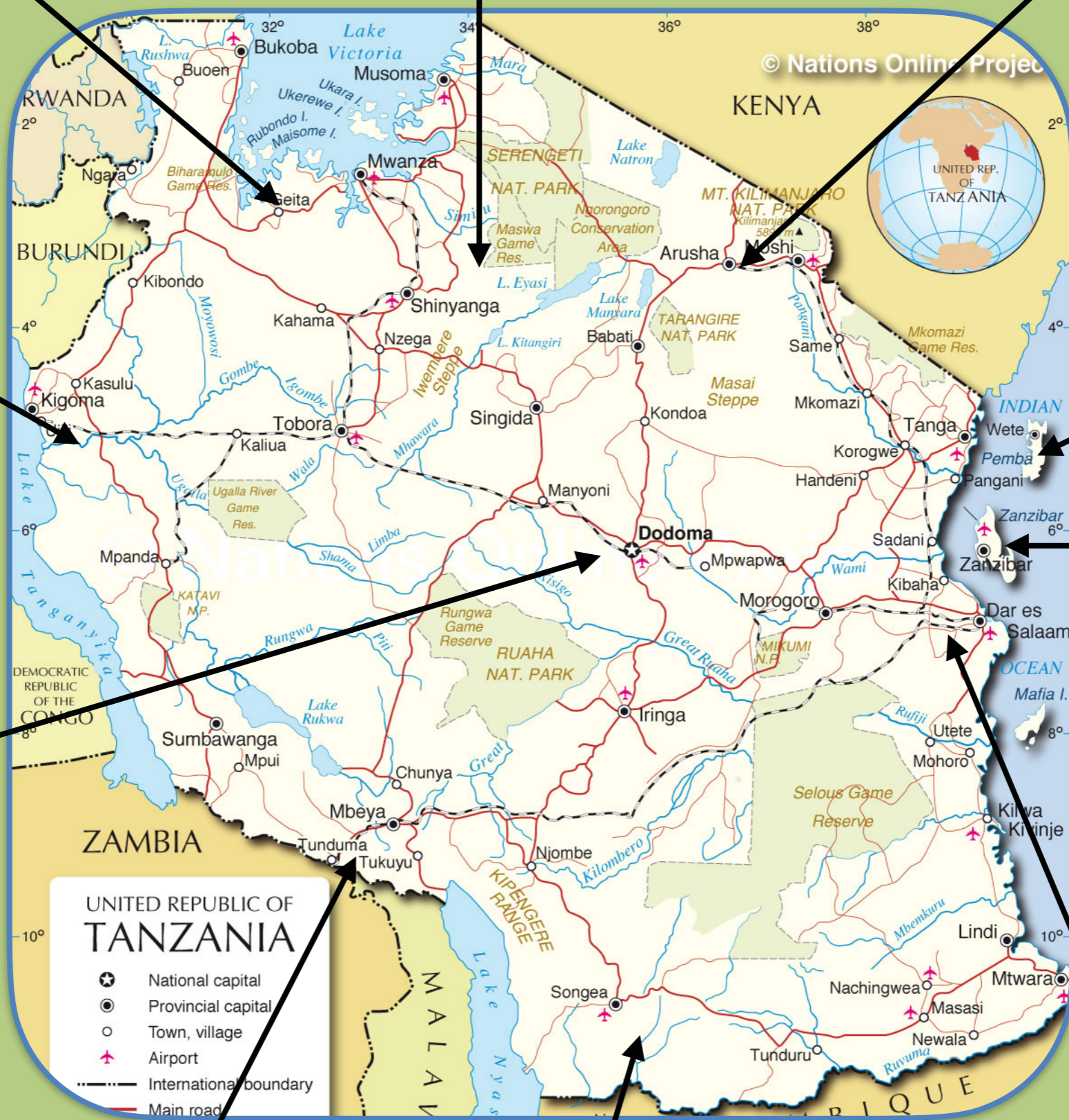
- 1.Kilimanjaro
  - 2.Arusha
  - 3.Manyara
  - 4.Tanga
- (1 No. CoE)

## WESTERN ZONE

- 1.Kigoma
  - 2.Tabora
  - 3.Katavi
- (1 No. CoE)

## PEMBA ZONE

- 1.Pemba North
  - 2.Pemba South
- (0 No. CoE)



## CENTRAL ZONE

- 1.Dodoma
  - 2.Singida
  - 3.Morogoro
- (0 No. CoE)

## ZANZIBAR ZONE

- 1.Unguja North
  - 2.Unguja South
  - 3.Western Town
- (1 No. CoE)

## SOUTHERN HIGHLAND ZONES

- 1.Iringa
  - 2.Mbeya
  - 3.Songwe
  - 4.Njombe
  - 5.Rukwa
- (2 No. CoE)

## LAKE ZONE SOUTH

- 1.Lindi
  - 2.Mtwara
  - 3.Ruvuma
- (1 No. CoE)

## COASTAL ZONE

- 1.Pwani
  - 2.Temeke
  - 3.Ilala
  - 4.Kinondoni
- (1 No. CoE)



# UNITED REPUBLIC OF TANZANIA:

Independence from Britain 9/12/1961

Union with Zanzibar 26/4/1964

Current President: Mrs Samia Suluhu Hassan



# TANZANIA: PROFILE

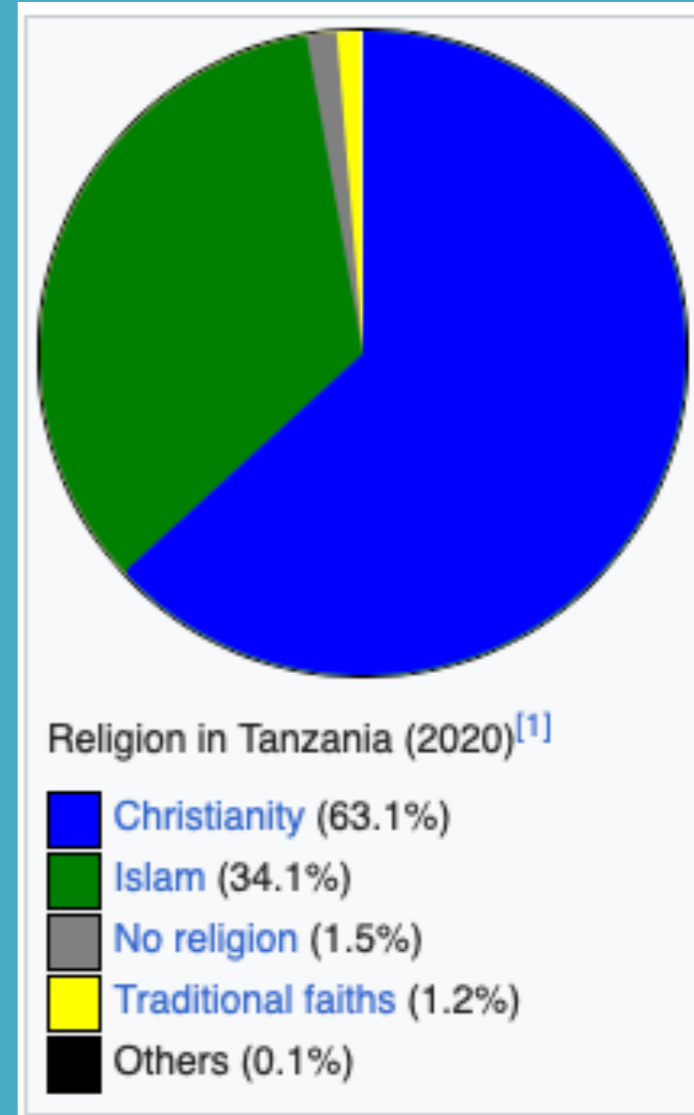
**Population:** 65,642,682 (2023 est.)

**Ethnic groups**

**Area:** Mainland - African 99% (of which 95% are Bantu consisting of more than 130 tribes), other 1% (consisting of Asian, European, and Arab); Zanzibar - Arab, African, mixed Arab and African

**Total:** 947,300 sq km  
**Land:** 885,800 sq km  
**Water:** 61,500 sq km

**Religion**



## Agricultural products

**Cassava, maize, sweet potatoes, sugar cane, rice, bananas, vegetables, milk, beans, sunflower seed**

## Industries

**Agricultural processing (sugar, beer, cigarettes, sisal twine); mining (diamonds, gold, and iron), salt, soda ash; cement, oil refining, shoes, apparel, wood products, fertiliser**

## Exports - partners

India 15%, United Arab Emirates 15%, Switzerland 14%, Uganda 12%, China 7% (2020)

## Exports - commodities

Gold, cashews, copper, precious metals, legumes (2020)

## Imports

\$9.181 billion (2020 est.)  
\$10.576 billion (2019 est.)  
\$10.399 billion (2018 est.)

## Imports - partners

China 34%, Democratic Republic of the Congo 14%, India 12%, United Arab Emirates 6%, South Africa 3% (2020)

## Imports - commodities

Copper, refined petroleum, packaged medicines, palm oil, wheat (2020)

# CRITERIA AND OBJECTIVES OF THE CENTRES

A Center of Excellence (CoE) is a place where Tuko Sawa ambassadors collaborate with the community around them to increase wellbeing and teach good human values:

LOVE-COMPASSION-MODERATION-INTERGRITY-CARING-TRUTH-PATIENCE-HONESTY-

TRANSPARENCY-GENEROUSITY-HUMILITY-RESPECT-GRATITUDE-HOPE-COURAGE-RESPONSIBILITY.

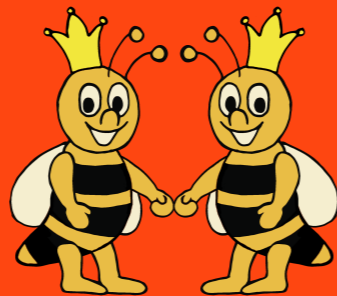
The main criteria is **TRANSPARENT COOPERATION** because it ensures accountability and acceptance in the local community.

The CoE Coordinator must provide reports of success, opportunities and challenges so that the CoE can be a model for our Society of Harmony Practitioners (SoHP)

## Since 2020 we set up **FOUR HARMONY GOALS**:

### #1-FIRST GOAL HUMANITY EDUCATION

Motto: #WeAreGifts!



\*Equality Concept: Tuko Sawa

\*Knowledge Competency (Critical Thinking)

\*Perception Competency (Listening)

\*Harmony (Unity and Cooperation)

### #2-SECOND GOAL HEALTH

Motto: #FoodIsMedicine!



\*Health is Wealth

\*Safe Production and Consumption of Food

\*Balance in Working and Resting

\*Awareness, Inner Joy and Gratitude

### #3-THIRD GOAL MEANINGFUL EMPLOYMENT

Motto: #ChallengesAreOpportunities!



\*Sharing Opportunities/Apprenticeships

\*Promoting Sustainable/Organic Farming

\*Promoting Cluster Businesses

\*Creating Diverse Value Chains

### #4-FOURTH GOAL ENVIRONMENT

Motto: #GreenIsLife!



\*Moderation in Using Resources

\*Protecting Biodiversity

\*Planting Native Trees and Vegetation

\*Turning Trash into Treasures

# 1. HARMONY EDUCATION, GEITA (Lake Zone West)

**Coordinators: Amina Baturulimi. -Assistant Commissioner of Police (Mobile: 0655 438 696)**

**Wilbard Marere. -Inspector of Police (Mobile (0783 371 950))**

Amina and Wilbard are firm believers that prevention of crime is crucial for a harmonious society, so they tirelessly engage with communities to enhance social cohesion and personal responsibility by teaching humanity education. Their goal is to spread The Golden Rule to every workplace, educational institutions and places of worships in the whole country. Police in Tanzania have extensive credibility and reach, making them prime trailblazers in spreading our harmony approach for a Sustainable Future.



Left: ACP Amina during one of her Community Engagements with Secondary Schools in Lake Victoria Zone.



Below: Wilbard after introducing Harmony and the Tuko Sawa goals at a Secondary School in Lake Victoria Zone.

## 2: JK NYERERE PRIMARY SCHOOL BUNDA, MARA (Lake Zone East)

Coordinator: Edwine Byangwamu. (Mobile: 0757 639 669) Teacher, Environmentalist & Entrepreneur

Edwine is a devoted environmentalist who creates green spaces everywhere he goes. Not only has he “infected” his students with love of Nature and farming; Edwine teaches them Tuko Sawa values in action. This unconditional love creates great affection for each other and the school, to an extent that former graduates continue to happily volunteer to water their school gardens and help the younger pupils in every way they can.



Right: Tuko Sawa Leadership visited the Centre and planted trees.

### 3: MDAULA SECONDARY SCHOOL, CHALINZE (Coastal Zone) Coordinator: Aneth Kapinga. (Mobile: 0656 921 719) Teacher & Entrepreneur

Aneth started teaching the Tuko Sawa concept in 2020 to 35 students who formed the first Tuko Sawa Harmony Club. The Students cooperated in various community initiatives to express love and gratitude to the surrounding villagers. In October 2022 the first graduates were presented with Harmony Certificates of appreciation and the Tuko Sawa Society sponsored an inclusive celebration, which was attended by Harmony Ambassadors from Dar es Salaam, teaching staff and one of the village Elder was the guest of honour.

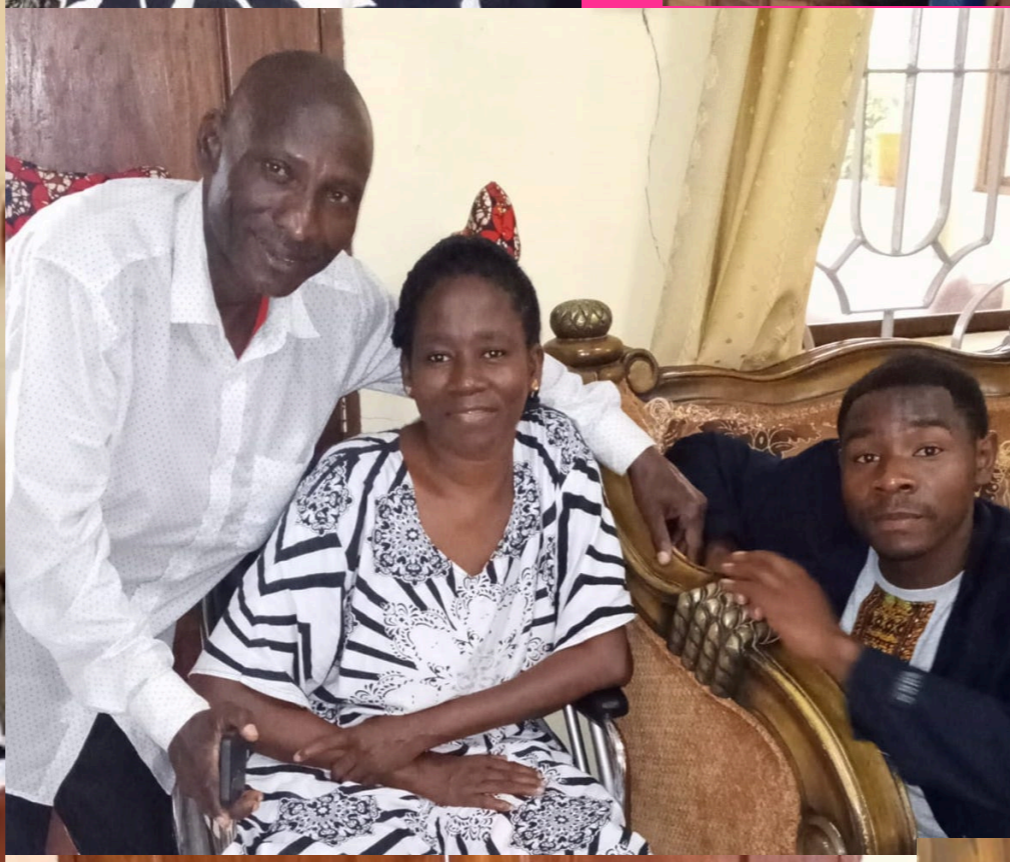


## 4: CENTRE FOR LOVE-GENEROSITY-PATIENCE (Coastal Zone)

Coordinator: Gertrude Mosanga (Mobile: 0784 900 111) Sickle Cell Hero & Entrepreneur

Gertrude is our centre of morality and hope since 2020. Despite living with constant painful joints caused by sickle cell she has suffered from since birth, Gertrude is always joyfully volunteering and giving resources to others. Even from her wheelchair, Gertrude keeps motivating others and spreading so much joy and wisdom.

Harmony Ambassadors travelling to Dar enjoy visiting her to show their appreciation.





**5: MARUMBA SECONDARY SCHOOL, RUVUMA (Lake Zone South)  
Coordinator: Chacha Nkombe. (Mobile:0776 432 466) Teacher & Entrepreneur**

Chacha started teaching Tuko Sawa values since 2020 in his community and afterwards he formed a **Tuko Sawa Harmony Club** to encourage his students to care for Nature, especially regenerative farming. To start with, they cultivated watermelons and pumpkins. Despite suffering a lot of loss caused by crop theft, the students persevered and in 2022 the Tuko Sawa Society presented them with certificates of appreciation for their initiatives and they promise to practice what they learned, whilst teaching others.



**6: TEACHING GARDENS, BUNDA, MARA (Lake Zone East)**  
**Coordinator: Zablon Charles. (Mobile: 0687 930 505) Environmentalist & Entrepreneur**

Zablon is a keen environmentalist who passionately cares about soil and human health. He has created a learning garden, which he is developing to become a “Harmony Park” complete with fruit trees, beehives, herbal and decorative vegetations. Furthermore, Zablon distributes plants to surrounding schools and teaches the students how to care for them. The Tuko Sawa leadership visited his Centre in 2023.



## 7: TEACHING FARM, MARA (Lake Zone West)

Coordinator: Yohane Wabeya. (Simu: 0687 659 978) Educator & Entrepreneur

Yohane is passionate about UNITY and #JoyfulCooperation. In 2020 he founded Tuko Sawa Football Club to promote the concept of cooperation and love in his community. Most importantly, Yohane has transitioned into organic farming methods and encouraging others to do the same. His goal now is to increase community participation so that his local district speaks with #OneVoice on Sustainable issues. He has already convinced several villagers to cooperate with him to grow fruit trees and trees for timber and shade. Together with others, they are establishing value chains for organic vegetables, honey, sugarcanes and other crops.



## 8: HARMONY CENTRE, SIMIYU (Lake Zone East)

Coordinator: Augustino J. Augustino. (Mobile: 0622 700 554) Teacher & Entrepreneur

In a very short time, Augustino managed to teach the Tuko Sawa concept to his students and encourages them to grow vegetables, which they sell to their teachers. Augustino enjoys great affection and admiration in his community especially his compassionate approach to teaching and interacting with others.



## 9: CENTRE FOR RESTING AND HEALING, TABORA (Western Zone) Coordinator: Isdory Chinyo. (Mobile: 0782 178 777) Educator & Entrepreneur

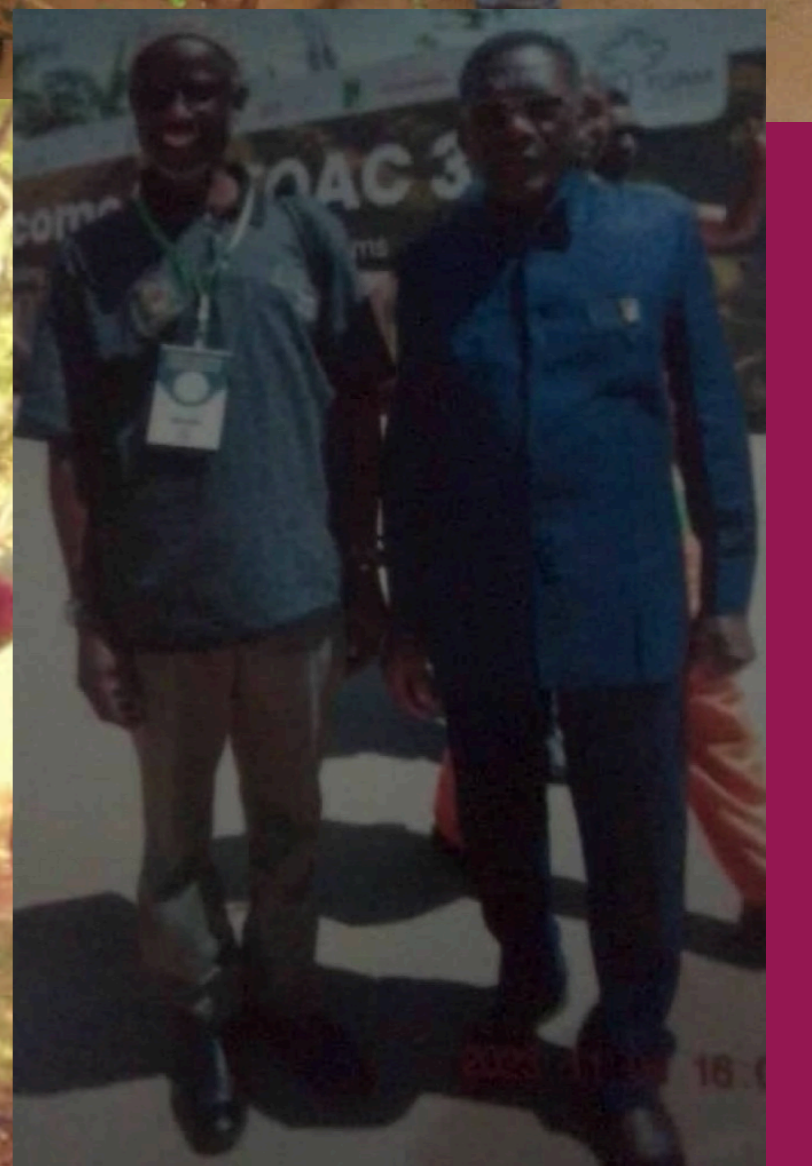
Isdory has been filling the gap in providing services for the underprivileged such as the elderly, widows and poor orphans by helping the community around him to the best of his ability. His goal is to create a large centre to restore the health of those in need by giving them a place to rest, exercise, therapy and other services, especially those who have been abandoned by their families.



# 10: ORGANIC VALUE CHAIN, MBEYA, (Southern Highland Zone)

Coordinator: Isaya Haule. (Mobile: 0686 969 779) Entrepreneur & Educator

Isaya is a Harmony Practitioner who deeply cares about organic farming and human wellbeing. In 2021, Isaya won a scholarship to study at the Sustainable Agriculture Institute (SAT) in Morogoro and he is now advising farmers about various methods for ensuring soil health and crops safety. Isaya travels to various food safety conferences and networks with others to create a sustainable value chain for organic products.



# 11: INDIGENOUS TREES; INDIGENOUS WISDOM: MUSOMA, MARA, (Lake Zone West) Coordinator: Chrisant Nyakitita. (Mobile: 0718 724 445) Builder & Environmentalist

Chrisant is passionate about re-planting native trees in his community. He also gives away seeds to interested people. Furthermore, Chrisant enjoys visiting and supporting other Centres of Excellence in his Zone. His aim is to see that communities restore joyful cooperation, which has been destroyed by lack of awareness and individualism. To achieve this, he consults with Elders and local institutions.



## 12: HUMANITY AND HARMONY VALUES, ARUSHA (Northern Zone)

**Coordinator: Isaac Rabbin (Mobile: 0786 659 758) Teacher, Activist & Entrepreneur**

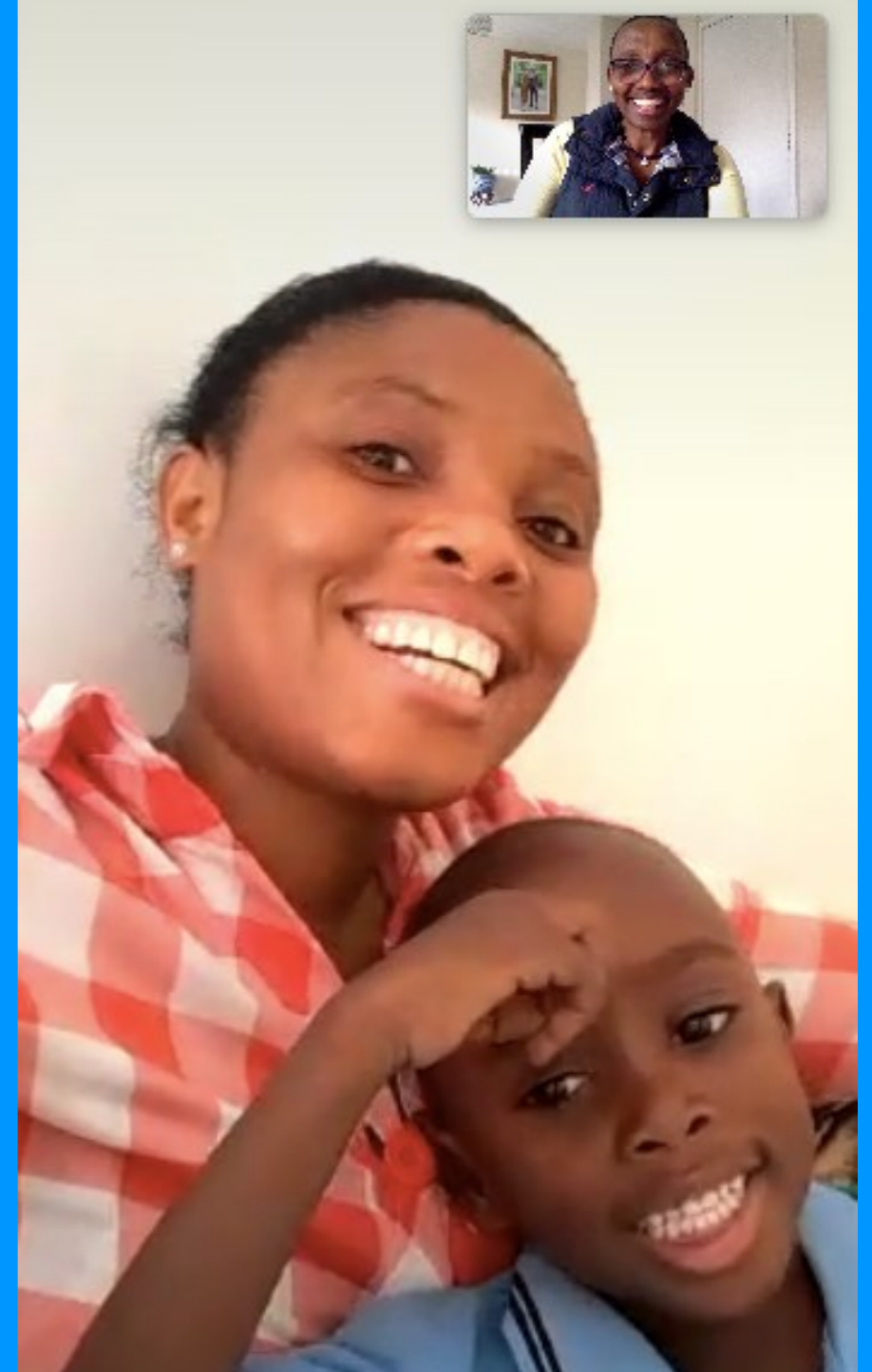
Isaac has made Harmony Education a priority in his life. He maintains close relationship with all Harmony Practitioners and is seen as the #Society'sGlue. He has attended all volunteering initiatives without complaints despite his slight disability on his left leg. Isaac's home is always open for members visiting Arusha. He is very active in spreading Harmony Education online, in schools and other public centres in his community including a juvenile centre. Indeed Isaac testifies to have found his purpose in life.





**13: CENTRE FOR WISDOM AND JOY: Zanzibar West (Zanzibar Zone)**  
**Coordinator: Salma Hussein (Mobile: 0719 619 827) Entrepreneur & Activist**

Salma is passionate about learning and sharing Elders' Wisdom for intergenerational wellbeing, ensuring that future generations inherit empowering oral stories of the past. She started by visiting a retirement home; "*Sebule*" where she was rewarded with mutual affection and beautiful stories. At present, Salma is engaging with Elders in her area to increase joyful interactions and Intergenerational Harmony.



# 14: MABADAGA B PRIMARY SCHOOL, MBEYA (Southern Highland Zone)

Coordinator: Kelvin Mshani (Mobile: 0769 362 350) Teacher & Entrepreneur

Kelvin was the first Harmony Ambassador to reach out and meet others face to face (*Left photo on the right*). He is extremely motivated, self reliant and has created Tuko Sawa Harmony Clubs in two schools. Despite dry climate and the challenges of working with limited personal resources, Kelvin continues to motivate surrounding communities towards UNITY, RESPONSIBILITY and restoring greenery.

