

The Active Teaching and Learning Handbook

70 Learner-Centred Teaching Techniques to Engage and Motivate Tanzanian Students



A child is like a young tree which can have its growth stunted and twisted or which can be fed until it grows beyond its unassisted height or whose branches can be pruned and trained so that maximum fruit is obtained at maturity. And the people who have the opportunity to shape these infants – who have the power – are the teachers in our schools.

-Julius K. Nyerere

Morogoro Teachers' College, 1966

Written By

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FOREWORD

The Active Teaching and Learning Handbook is a collaborative effort with Project**Zawadi**, Zinduka, and the Tanzania School Leadership Team of headmasters and teachers in Bunda Rural District in Tanzania. In addition, Professor Frances Vavrus from the University of Minnesota in the United States and Allen Rugambwa from Mwenge Catholic University in Tanzania helped to expand and shape the content of this handbook with the material from their collaborative work in Teaching in Action Program. The program promotes learner-centred pedagogy in Tanzania.

Project**Zawadi** (PZ) is a non-profit organization founded in December 2000. It is active in the Mara region of Tanzania. The mission of the organization is to provide educational opportunities for orphaned and other vulnerable children in Tanzania so they become self-reliant and active members of their communities. The founder and president of the organization, Brian Singer, is a former Peace Corps volunteer who worked in Tanzania in the 1990s. Project**Zawadi** partners with Zinduka DIF in Tanzania. The Project Zawadi website is <http://projectzawadi.org/>.

Zinduka DIF is a non-profit organization based in Nyamuswa, Tanzania. It provides a range of services including sponsoring students with educational support, constructing classrooms and other educational facilities, operating a medical clinic, providing loans to small businesses, operating a vocational training program and providing other services for the Bunda Rural District. Zinduka was founded in 2000, and in 2012 it was recognized as the national nonprofit organization of the year by the Foundation for Civil Society. The executive director of Zinduka is Max Madoro, a civic and political leader in Nyamuswa ward, in Bunda Rural District, in the Mara region of Tanzania. The Zinduka DIF website is <http://zindikadif.org/pages/About.html>.

The Tanzania School Leadership Team under PZ and Zinduka Projects is composed of the following teachers and headmasters:

1. Kafwimba Ason – Head Master at Mihingo Secondary School
2. Nicholas Ayaga – Head Teacher at Nyamuswa A Primary School
3. Adrian Maganga – Teacher at Mihingo Secondary School
4. Nelson Makoro – Headmaster at Makongoro Secondary School
5. Devin Matatu – Teacher at Makongoro Secondary School
6. Muse Mwisawa – Headmistress of Kiabakari Secondary School and President of Zinduka

7. Verediana Nchimbi- Headmistress, Kambubu Primary School
8. Amina Rajabu - Teacher, Mihingo Primary
9. Faudhia Mghwira- Teacher, Nyamuswa A Primary
10. Samwel Obogo – Teacher, Makongoro Secondary School

In July 2015, Ian Keith, a Nationally Board Certified Teacher from St. Paul, Minnesota in the United States and a volunteer with Project**Zawadi**, conducted teacher trainings and co-taught in classrooms in the Bunda Rural District. The Tenda Teachers program and Active Teaching and Learning Handbook project were conceived during this period. A copy of this handbook is available at the Tenda Teachers website page <http://projectzawadi.org/programs/tenda-teachers/> along with information about other Tenda Teachers projects. In addition, video clips of selected Active Teaching and Learning Techniques and other information about the Tenda Teachers Project are available on Facebook at: www.facebook.com/TendaTeachers/ and You Tube at www.tinyurl.com/tendateachers. The goal of the project is to provide Tanzanian teachers and pre-service teachers with descriptions and video clips of Active Teaching and Learning Techniques to help them improve their teaching skills.

AUTHORS' PROFILES

This handbook was written by Ian Keith and assisted by Adrian Maganga. Their work was expanded and refined by Allen Rugambwa and Frances Vavrus using materials written by the two of them for the Teaching in Action program. The final review of the handbook was made by Professor Vavrus.

Ian Keith is the principal author of the handbook. He is a 30-year veteran elementary school teacher in St. Paul, Minnesota (USA). He is a Nationally Board Certified Teacher in Elementary Literacy, has served as President of the St. Paul Federation of Teachers, is a board member of Project**Zawadi** and is one of two teacher coordinators for Tenda Teachers. He traveled to Tanzania in July 2015 and trained 120 teachers from 16 schools in the rural Bunda district on active teaching and learning strategies.

Frances Vavrus is a Professor at the University of Minnesota (USA) and the author of numerous publications on education in Tanzania. She is co-editor of *Teaching in Tension*, a book focused on how Tanzanian teachers use learner-centred pedagogy. She is a co-founder of Teaching in Action (TIA), a collaborative teacher professional development program based at Mwenge Catholic University in Moshi, Tanzania. Prof. Vavrus also serves on the board of Project**Zawadi**.

Allen Rugambwa is Lecturer Assistant at Mwenge Catholic University in Moshi, Tanzania. He coordinates TIA and its School-Based Training (SBT) Program in secondary schools in northern Tanzania. In collaboration with Professor Vavrus and several Mwenge Catholic University lecturers, he has written a number of teacher training guides on learner-centred pedagogy. In the past he facilitated two teacher-training workshops coordinated by Project**Zawadi**. He was also a contributing author to *Teaching in Tension*.

Adrian Maganga is the Tanzanian coordinator of Tenda Teachers and co-authored the handbook. He is an English teacher at Mihingo Secondary School in Mihingo, Tanzania and is a member of the Tanzanian School Leadership Team.

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ACRONYMS

INSET	In-service Teacher Training
LCT	Learner-Centred Teaching
LCTs	Learner-Centred Teaching Techniques
MOEVT	Ministry of Education and Vocation Training
PZ	Project Zawadi
SBT	School-Based Training
TIA	Teaching in Action