

Hidden Dimensions of Poverty Determined in Five Regions of Tanzania mainland



A participatory research

“Our country has three enemies: ignorance, diseases and poverty”.

Mwalimu J.K. Nyerere’s statement – first president of Tanzania, given in his speeches during the early days of Tanganyika independence (Tanzania mainland).

**This research is dedicated to the Fourth World People,
“The Forgotten ones of this world”.**

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INTRODUCTION

The ATD project Research Team undertook a three-year research project from 2016 to 2019, to determine hidden dimensions of poverty that sought to uncover a "New Perspective of Poverty" in Mainland Tanzania. This research was a pioneering project in search of new answers to understand what poverty is and its dimensions. The overall objective of the research was to identify the dimensions of poverty that are important in people's lives and to understand the relationships between them. The context was the United Nations' Sustainable Development Goals and the aspiration to "end poverty in all its forms everywhere" (Goal 1) and "by 2030, reduce at least by half, the proportion of men, women, and children of all ages living in poverty in all its dimensions according to national definitions" (Target 1.2). This research project also aligns well with a national strategy for poverty reduction - MKUKUTA II. It aims to use the evidence and research findings for improving the efficiency of policymaking and implementation, for the benefit of people living in poverty at both rural and urban levels. This research objective encouraged the ATD project Research Team to reach out to as many different age groups of people as possible (adults, elders, young people, and children) with direct experience of poverty, together with the practitioners and academics, using a new participatory method, "Merging of Knowledge". The result of this research is the elaboration of a new definition of poverty and its dimensions. These hidden dimensions will help policy-makers address the right problems, design more effective programs, and understand if they are making a difference. The research was part of a large international research project implemented in five other countries (Bangladesh, Bolivia, France, the United Kingdom, and the United States) coordinated by ATD Headquarters in Paris, in collaboration with researchers from Oxford University in the United Kingdom. In Tanzania Mainland, the research was carried out in rural and urban settings across the country in five regions, namely Dar es Salaam, Dodoma, Kilimanjaro, Njombe, and Kigoma.

This report presents hidden dimensions of poverty, which are defined and explained, to build a comprehensive understanding of a new perspective of poverty in Tanzania Mainland.

Methodology

The research employed for the first time in Tanzania a unique participatory method called "Merging of Knowledge" to identify hidden dimensions of poverty that have great effects on the lives of people. This methodology has distinguished itself from the mainstream research methods as a powerful tool, to include the voice of the voiceless in the production of knowledge, especially on subjects related to people's livelihoods and well-being.

Through the Merging of Knowledge approach, people living in extreme poverty and social exclusion are empowered to exchange ideas and share knowledge with other groups of people not living in poverty, like academics, professionals, policymakers, journalists, and people from the general public regardless of their background and social position. In that way, people living in poverty are involved as co-researchers and co-creators of knowledge, the same as other peer groups. The goal is to overcome differences in life experiences, speaking, and thinking, to allow for constructive dialogue. Knowledge from these groups was merged to get a common understanding and consensus about poverty and its dimensions. The ATD project Research Team wanted to ensure that the research would not be intrusive or exploitative of people living in poverty.

Aims and objectives of the research

The overall objective of the research project was to identify the dimensions of poverty that are important in people's lives and to understand the relationships between them. The context is the UN's Sustainable Development Goals and the aspiration to "end poverty in all its forms everywhere" (Goal 1) and "by 2030, reduce at least by half the proportion of men, women, and children of all ages living in poverty in all its dimensions according to national definitions" (target 1.2). This research project also aligns well with a national strategy for the reduction of poverty in its aim to use the evidence and research findings in improving the efficiency, targeting, and implementation of policymaking for the benefit of people living in poverty in the rural and urban levels.

The project sought to facilitate and advance global thinking about the nature and measurement of the dimensions of poverty through engaging the international policy community with the experiences, views, and reasoning of people facing poverty in diverse cultural and development settings. By prioritizing the knowledge of people in poverty and directly merging this with scientific understanding and the perspectives of practitioners and the general public, the research would be uniquely able to foster a common view on:

1.

The dimensions of poverty: their salient and relative importance in different contexts; and the extent to which they are complementary (additive) or substitutable (with trade-offs between certain dimensions); and

2.

The implications of these findings for the existing understanding of poverty and its constituent dimensions, the development of appropriate policy responses, and the specification of comparable national poverty measures and indicators.

Moreover, the project fostered a better capacity to work and think across social and educational boundaries for all participants, provided certified training for people with direct experience of poverty, and evaluated the specific process of collaboration to replicate it in other contexts.

The approach:

The merging of knowledge

Meaning of merging of knowledge

The research employed the principles and practices of an approach termed the "Merging of Knowledge" with people who have direct experience of poverty as a means to achieve the above aims and objectives. The Merging of Knowledge is a process through which knowledge is identified, set out, and refined in a careful and deliberative democratic process within small working groups (Fourth World-University Research Group, 2007). It can be distinguished from other participatory processes employed in diverse research by its commitment to autonomy and reciprocity in the relationship between all those engaging in data collection and knowledge production.

The procedure of merging knowledge

After people living in poverty and those not living in poverty (practitioners and academics) have been identified and organized into peer groups, the process of merging knowledge involved the following steps

Step 1:

Each individual within a peer group met to identify characteristics, causes, and effects of poverty which are commonly known as attributes of poverty that they think was important.

Step 2:

Individuals within a peer group share their thoughts, then compile a comprehensive list of attributes of poverty, and after, through discussions in the peer group, the list was organized into clusters of close related attributes of poverty to form dimensions of poverty.

Step 3:

Different peer groups within a district met for two to three days to merge the dimensions which are closely related to form dimensions at the rural and urban district levels.

Step 4:

Representatives of peer groups from the two districts, rural and urban, met to merge the dimensions which are closely related to form merged dimensions of poverty of region.

Step 5:

The ATD project Research Team merged the dimensions which are closely related to form dimensions for five regions of Mainland Tanzania.

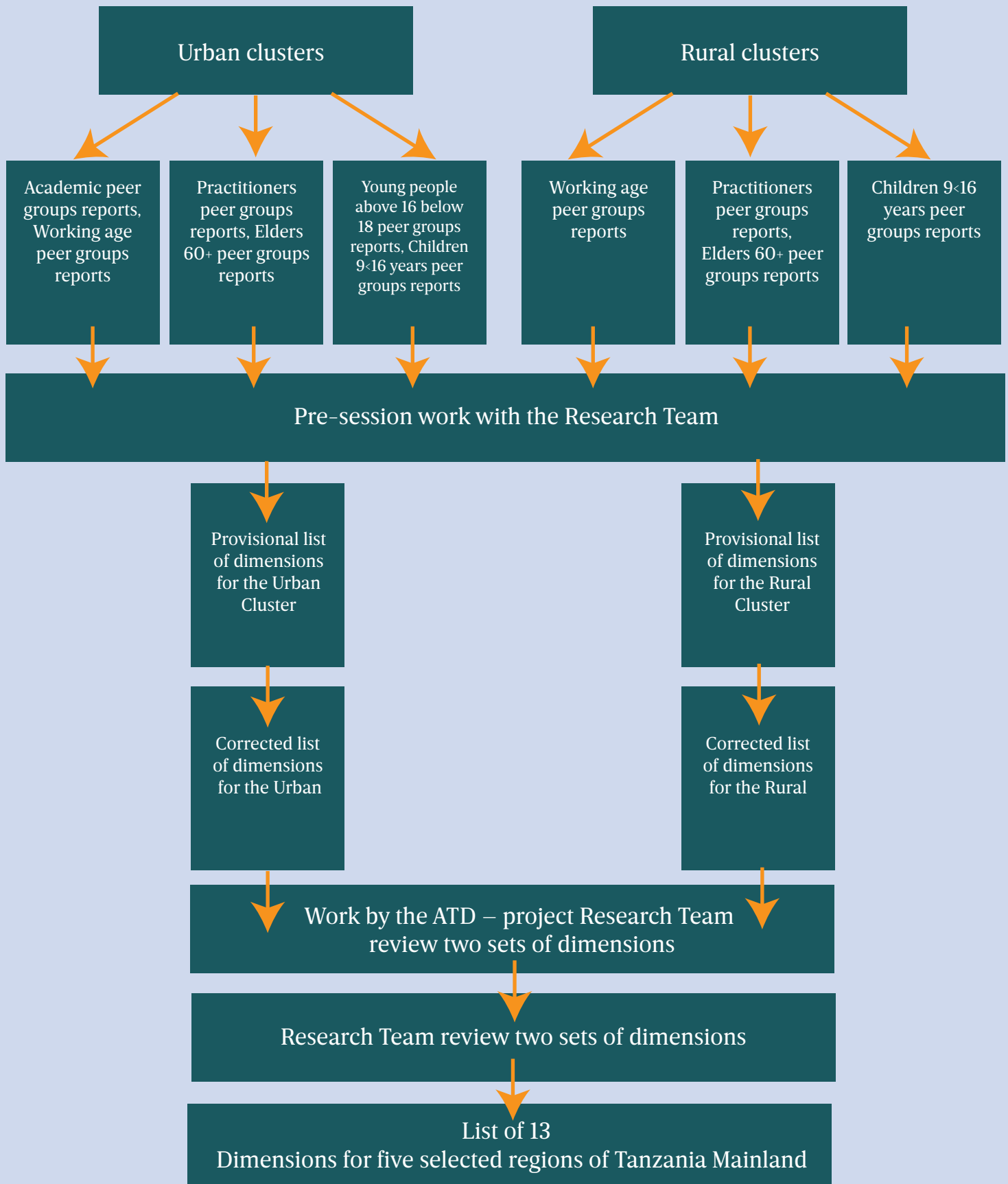
RESEARCH FINDINGS

The findings from qualitative research carried out in the five selected regions from Mainland Tanzania from 2016 to 2019 with adults from 18 to 60 years old, elders above 60, and children 9 to 16 years who have direct experience of poverty, together with practitioners and academics. In this research, knowledge was gathered from peer focus groups in rural and urban settings. It demonstrated different perceptions and understanding of poverty that go beyond income poverty, consumption, quality of education, and health. This new knowledge generated the hidden dimensions of poverty as presented in detail below. They are physical, social, economic, political, and psychological/spiritual and have negative consequences in the lives of the people, especially those living in poverty, but which tend to be overlooked.

Dimensions of poverty

A total of 67 dimensions of poverty were initially identified across all 45 peer groups of both people who have direct experience of poverty and those not (practitioners and academics), from five urban and five rural districts in the five selected research regions. These dimensions were determined by peer groups of different age categories, i.e. adults between 18 to 60, elderly above 60, practitioners, academics, young people above 16 below 18, and children between 9 and 16 years old. They were reviewed and merged by the ATD – project Research Team step by step. The merging process produced ten hidden dimensions of poverty in addition to the three traditional ones (income poverty, poor education, and ill health), making a total of 13 dimensions of poverty which provide a meaningful reflection and understanding of the nature of poverty affecting people in Tanzania Mainland.

The Merging of Knowledge process to produce dimentions from five selected regions of Tanzania Mainland



TRADITIONAL DIMENSIONS

These dimensions are commonly known but they still have effects on the lives of people, especially people with direct experience of poverty. Despite the efforts currently undertaken by the government to address these dimensions of poverty, they are still considered the main causes of poverty and they affect many people across the country: poor people become extremely poor.

01.

Poor Quality of Education



This dimension is about the type of education that does not provide skills and knowledge to help individuals become creative and independent in the struggle against poverty.

Description



Education is a key issue as far as development is concerned. When it comes to fighting against poverty, education becomes a key issue especially for young people, adults, and elders in poverty. Education affects many aspects of life, being a fundamental attribute of individual welfare. For instance, literacy and numeric skills are used in many daily activities, like doing business. Among other scourges, illiterate people suffer from social exclusion and face serious difficulties in accessing information. Lack of good quality education can lead to a low level of life aspiration, lack of confidence, and ignorance of the law. This can be caused by many factors such as unrecognized and unused indigenous knowledge and skills, lack of an enabling environment for creativity, lack of skilled teachers, increasing rate of school dropouts, inadequate learning materials, harmful traditions, customs, culture and poverty. Lack of facilities for vocational training and learning life skills are also contributory factors. The situation is worse in rural settings, where many elderly people are illiterate.

People with direct experience of poverty who cannot afford good quality education are seriously affected in terms of a low level of awareness of important issues like birth planning, scientific knowledge about improved farming, and management of resources. They suffer from a lack of entrepreneurial skills, inability to reach individual potential, and high levels of illiteracy. These effects cause them to fall further into extreme poverty.

i. "My daughter I beg you, do not perform well in your examinations so that you may not pass. You know, I am not able to pay for school fees but also, I am afraid of being prosecuted by the Government if I don't send you to school if you pass'. On hearing these words from my mother, I did as she asked me to, just to please her. I did not know that one day I would regret that decision. I regret my decision now. If I had done well in my examinations, I could have passed and progressed to college because I was very bright in class."

(A woman living in poverty, Tandale, Dar es salaam).

ii. "I could not continue with further studies because I had no one else to support me; my father died when I was still young."

(An elderly man living in poverty Tegeta, Dar es Salaam)

iii. "It is true that our parents had knowledge and skill. They could make different tools from iron sands but such skills and knowledge have disappeared because of lack of education to improve it and carry it over from generation to generation."

(An elderly man living in poverty, Ludewa district).

iv. Due to lack of knowledge I could not maintain properly all the livestock left by my parents; as a result, all have died leaving me with nothing; I remained poor."

(An elderly man living in poverty, Njombe district)

v. Although my parents had a lot of livestock, they did not want to send me to school; instead they wanted me to take care of the livestock, something that made me not attend school at all".

(An elderly man living in poverty, Njombe district).

vi. "I could not continue with school, my father passed away while I was still very young and there was no one to support me"

(An old man living in poverty from Tegeta, Dar es salaam.)

02. Ill Health



The dimension is about poor physical or mental conditions leading to health problems.

Description



Ill Health is one of the most pervasive dimensions of poverty. People living in poverty usually suffer from precarious conditions, which not only directly affect welfare but also interact with many related aspects. For example, bad health reduces productivity and diminishes the ability to manage knowledge; frequent illness reduces household income and leads to physical disability and even death. Ill health among people living in poverty can be caused by many factors, such as lack of access to health facilities because of poor road infrastructure, insufficient medicines in local health centres, cost of treatment, lack of proper medication, poor diet (lack of nutrition), hard and precarious work, poor living environment and other hardships, accidents, and aging, among others. Aging is strongly linked to health deterioration. Other things being the same, the health of older people living in poverty is expected to be worse than that of the rest of the population. All these attributes push people living in poverty further into extreme poverty.

i.

"In reality, health facilities are very, very far from our homes. For our village, it is now becoming normal to see pregnant women losing their babies at birth because when it is time to give birth, they do not have the means to travel to the hospital to give birth safely."

(An adult man living in poverty, Keikei ward Kondoa, Dodoma)

ii.

"In the past, people had good eating discipline (habits). There were some types of food which were not eaten by women and some foods were not eaten by men. Also, women used natural baskets to carry vegetables from their farms. But nowadays this is not done, vegetables and food are being carried in unknown bags, eating habits have changed; that is why we get frequent illnesses."

(An elderly man living in poverty, Ludewa district)

iv.

"When you are old the body starts to experience different problems like poor vision, body pains, and loss of energy to engage in productive work. You become dependant."

(An elderly man living in poverty, Ludewa district)

v.

"When you get sick and you attend our public health center here in our ward, the doctor prescribes some medicine for you but when you go to get them, they tell you the medicine is out of stock. In private pharmacies, the medicines are very expensive to afford."

(An elderly man living in poverty Luvuyo ward, Ludewa district)

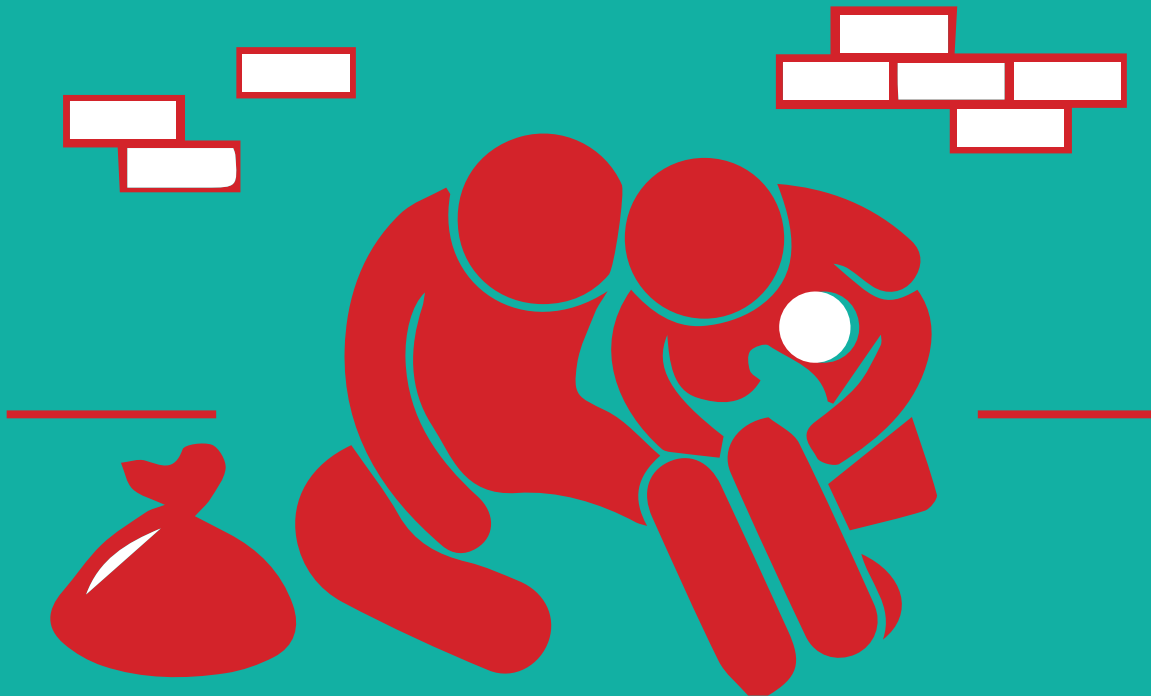
vi.

"My neighbor was very sick and decided to stay at home and not go to the hospital because she was not able to meet the costs of treatment. A good-Samaritan neighbor volunteered to go around house-to-house asking for contributions of money so she could be taken to the hospital. Some money was collected and she was taken to the hospital where she was treated and recovered. She came back home, but a few months later she fell sick again and passed away."

(An elderly woman living in poverty, Tandale, Dar es salaam)

03.

Income Poverty



This dimension refers to having too little income to be able to meet basic needs and social obligations, maintain harmony within the family, or enjoy good living conditions.

Description



Without sufficient money, people may get into debt to cover basic needs, thereby becoming more dependent on others and at risk of exploitation and greater economic insecurity.

Sometimes, adults' incomes are so low that their children are forced to work to support the family. This work can put children in physical danger and at risk of abuse.

i. "I dropped out of school when I was in class four because my parents were unable to pay for school fees and other requirements."

(An adult man living in poverty)

ii. "I remember the way poverty brought suffering to my family to the extent that it forced my husband to leave home and go away to Mozambique, a country where he had never been before, to look for a job that he was not sure of getting. He ended up experiencing more suffering and having to do precarious work to survive and eventually he had to come back home empty-handed."

(A mother living in poverty, Tandale. Dar es salaam)

iii. "When my parents separated, I lived in hardship, leading me to drop out of school and work in quarries as a stone-breaker using dynamite. One day, the dynamite exploded and damaged the neighboring houses. I was forced to sell my plot at the cheapest price to repair the damage caused by the dynamite. Today I have remained poor and my work does not pay even to meet daily basic needs."

(A man living in poverty, Boko, Dar es salaam)

iv. "We are overworked but underpaid. Most women who work in the stone quarries usually wake up at 5 a.m. and work from 6 a.m. up to 4 p.m., and at the end of the day they are paid 2000 to 5000 Tanzanian shillings."

(An adult woman from Boko working in the quarries as a stone-breaker)

v. "When we are breaking the stones, sometimes some of the stones are very heavy to lift and put on our heads, which sometimes cause injuries to our bodies. When I started this job, I was with my husband, but after two years he got tuberculosis, so now he is no longer able to do this type of work. I am the only one who can provide for the family and care for him."

(A woman living in poverty from Kunduchi, Dar es salaam)

vi. ""At the beginning, we thought they were sick but later we discovered it was because of hunger. Through interviews, we learned that most of these children from income-poor families become weak because they sleep without food, had no breakfast, and they became weak."

(A teacher from Tegeta Primary School, Dar es salaam)

vii.

"Some pupils come with torn shorts and were unable to tuck in their shirts. A teacher comes and punishes them, unaware that they do so to avoid shame (to hide their torn shorts at their back) as they do not have underwear. Likewise, members of income-poor families are brought to the hospital appearing to be seriously sick, but it is due to hunger. If prescribed some medicine, they never take it in front of a doctor simply because their stomach is empty."

(A from Tegeta Primary School, Dar es salaam).

HIDDEN DIMENSIONS OF POVERTY DETERMINED IN FIVE REGIONS OF MAINLAND TANZANIA

These dimensions have been mentioned by people in poverty as important in their experiences of poverty, but they have been largely overlooked. They are well-known by the sociologists, ethnologists and even economists but they are considered hidden because they have gone unrecognized in the sense that they have not been considered seriously by developing indicators such as \$1.9 a day or HPI or MPI. For that reason, they have not been considered in policy discussions. So, the way in which these dimensions interact to shape the experience of poverty has not been properly understood

01.

Poor Environment and Indecent Shelter



This dimension is about the places where poor people live and the types of shelters they possess. Some of the criteria include poor settlements and congested areas without sanitation facilities, flooded areas; type of house (type of roofing and wall structure materials, size and quality of house); surroundings (mostly very dirty, with dirty flowing or stagnant water, scattered garbage, polluted areas).

Description



People living in poverty are forced to live in poor living environments. For most people, the home environment represents the secure foundation of their lives. But the reality is that places where poor people live suffer combinations of isolation; lack of infrastructure; lack of services like safe drinking water, health and sanitation facilities, and schools for their children; pollution; environmental degradation; and vulnerability to disasters like drought, floods, and landslides. Environmental hazards make them anxious for their safety.

Many low-income families live in housing that is in poor conditions (cheap, run-down), and inadequate housing in deprived neighborhoods where there is a lack of basic amenities and services. Accommodation problems are a major stress factor for families in hardship, especially for children. Their lack of financial capacities renders them unable to either fund improvements or afford to move.

Evidence from the children revealed the high costs of poor environment and poor housing for their health and well-being, their education, and their social relationships. For children, the home represents the primary source of emotional support, material security, and secures social relationships. Their temporary accommodation created difficulties for them to eat, sleep, and have privacy and space to play. Their accommodation was often of poor quality, with shared amenities for washing, eating, bathing, and using the toilet. We know from research on people living in poverty that they strive to protect and support their children in the face of adversity. Some of the quotations below taken from people living in poverty reveal the impact that poverty, coupled with a poor environment and housing, can have on their lives

i.

"We live in houses nearly falling, constructed by poles, not bricks, whose walls are bending the strain. The wall asks, 'Should I kill you today or tomorrow?' And we reply, 'Please wait a bit; we are looking for support.'

“(Child, from Rubuga Primary School, Kigoma);

ii.

“‘The only accessible housing is in a dirty, unsafe, and flood-prone setting.”

(An adult man from Kipawa, Dar es salaam); and

"Small, cramped living space; no privacy; no opportunity for intimacy."

iii.

(An adult woman from Tandale, Dar es salaam).

02. Solidarity of People Living in Poverty



This dimension is about coping strategies employed by people living in poverty to help one another materially or morally in times of need.

Description

People living in poverty tend to share the little they have with others, possibly reducing their scarce resources and keeping them in poverty. However, this habit creates courage and hopes of survival and the feeling of a shared struggle and solidarity, helping to prevent despair or suicidal thoughts. Examples include sharing food, lending one another clothes or household utensils, planning a social gathering together, and doing collective work such as small-group farming or wedding ceremonies.

i.

A man said there was a time they did not have food to eat for two days, so his mother went to ask for food from their neighbor who was also poor. Their neighbor shared the little she had without knowing what would happen to her the next day.

(A man from Boko, Dar es Salaam).

ii.

“My daughter was graduating from class seven. I was invited to attend her graduation ceremony. I had decided not to attend because I had no presentable dress. My neighbor asked me why I was not attending the graduation. When I told her that I had no dress for the ceremony, she lent me her dress and I was able to attend the graduation of my daughter”.

(An adult man living in poverty, Kipawa, Dar es salaam).

03.

Violence, Abuse, and Exploitation against Women and Children



This dimension describes the way women and children are treated in society, particularly when the situation is linked with poverty.

Description



In situations of poverty, women and children are the most vulnerable groups. They suffer from social maltreatment characterized by violations of human rights, like oppressing widows, not allowing women to make decisions, forcing children into labour, forcing early marriages on daughters, and inflicting corporal punishment on children at home and school. Children are used at home as labour force and punished at school when arriving late or/and dirty. All these create suffering and misery in the lives of women and children. The situation can be exacerbated by harmful traditions, customs, and cultures; wrong beliefs; and local governments' weak enforcement of laws for the protection of women and children.

When women are denied their right to property during divorce proceedings (property acquired when the couple was together), they have no freedom of choice, are not able to contribute ideas, and have very limited decision-making power. They are forced into poverty, and this has become a major cause of poverty for many women. They also suffer from a lack of equity and equality in the community, for example, customary land ownership, inheritance, and education opportunities. Women are prevented by their husbands from undertaking paid work and also are constrained by a patriarchal and male-dominated system. This happens to all women whether rich or poor, but women living in poverty are most severely affected as it undermines their efforts to get out of poverty and makes them fall into extreme poverty.

i.

"There are so many women who are denied the opportunity and freedom to have employment. Others are refused by their husbands even to join the Women's Economic Groups to get money that could help their families. This is because of culture and traditions."

(A woman living in poverty, Fish market, Dar es salaam).

ii.

"My daughters were prevented by their father from attending school because he thought it was a waste of resources and had a feeling that one day the girls would get married to another family, which will benefit them and not the father, who refused to educate them."

(An elderly woman living in poverty, Bahi district).

iii.

"Women work the fields to produce income and to give birth. The husband just sits with friends drinking coffee and talking. During harvest after the wife has sold all the crops, the husband takes all the money and spends it then gets another wife. [...] It's a society in which women don't have any decisions."

(A woman practitioner, Kondoa, Dodoma)

iv.

"Girls are denied their right to get an education. While a boy is sent to school, a girl is married off. Even when marrying, they are given instructions by their parents to obey and respect their husbands, and they have to do so. Therefore, a woman is imprisoned in by harmful traditions and customs."

(An elderly woman living in poverty, Boko, Dar es Salaam)

v.

"A woman becomes dependent on her husband, and if the husband does not get money, she goes hungry. A woman should be educated too, as she will be able to support her family.... She burst into tears, unable to continue."

(An adult woman living in poverty from Fish Market, Dar es Salaam).

04.

Vulnerability to Harmful Social Behaviors



The dimension explains how people living in poverty are likely to be more affected and to suffer from bad conduct at an individual, family, or community level.

Description



People living in poverty become poorer because of the perceived failure of people to conform to accepted societal norms or moral standards as shown by their harmful social behaviour or practices. These may be both contributory factors in poverty and the negative consequences of poverty, to people who endure it.

People in poverty who are addicted to excessive drinking of alcohol, drug abuse, gambling, and unnecessary celebrations put themselves at a high risk of falling into extreme poverty because they abuse the few resources they have that might help them move up out of poverty. People living in poverty are also susceptible to harmful behaviour such as law-breaking, unwillingness to apply themselves, and abandoning their families. Also, there is a lack of integrity, transparency, and accountability on the part of some people entrusted by the government to work with people in poverty, particularly in development programs.

i

"When I was young, I managed to make a lot of money. One of my friends persuaded me to play gambling games and as a result, I lost all my money. Thereafter, I started to cause difficulties at home and used to beat my wife because I was angry with everyone and I ended up becoming addicted to alcohol."

(A man living in poverty, Fish Market, Dar es salaam)

ii.

"In my neighborhood, in our tradition, we have celebrations when a girl turns twelve years of age. She is placed in seclusion and is given food and instructions about how she will take care of her family, and especially her husband when she gets married. I also know someone who sold his plot to celebrate the twelfth birthday of his daughter. These celebrations are frequent and people spend a lot of money."

(A woman from Fish market, Dar es Salaam)

iii.

"One day I got a job as a farm laborer from my neighbor. When I was cultivating his farm, he brought me some food without telling me that I would have to pay for the food from my wages. After eating, he told me that he would deduct the money from my wages without even telling me how much he would deduct."

(A widow living in poverty, Bahi, Dodoma)

iv.

"My friend and I applied for the same job. The farmer said to us, 'Let me show you the farm that you can cultivate together for 20,000 Tanzanian shillings'. He said it was only one hectare in size, but the farmer had lied to us as it was much more than one hectare and it would take five days to complete. We tried to cultivate on the first day, and on the second day we abandoned the job without telling the farmer because we had realized ourselves that we would lose out in terms of income."

(A woman living in poverty, Bahi, Dodoma).

05.

Traditional and Cultural Practices



Traditional and cultural practices reflect values and beliefs held by members of a community for periods often spanning generations.

Description

Different social groups in Tanzania have specific traditional cultural practices and beliefs, some of which are beneficial to all members, while others are harmful to specific groups of socially vulnerable people; for example, women, people with disabilities, and girls. These harmful traditional practices, which in their effects contribute to poverty, include early marriages, witchcraft beliefs, early pregnancy, dowry obligations, and a preference for sons and what that implies for the status of girls.

Under this dimension of poverty, the participants were particularly concerned with witchcraft beliefs. Witchcraft is a word denoting spiritual evil in the African context. Beliefs in witchcraft are widespread and are used to explain the unequal distribution of good and bad fortune

("Is witchcraft New Enemy to our country?" – Tanzania Daily News, 23 February 2019)

"The habit of engaging in superstitious beliefs pushes many families backward in terms of development. Currently, the community is faced with the big challenge of killings of vulnerable members of the community, especially people with albinism, because many believe that in so doing, they become rich. The issue of such killings has caused many problems and suffering to members of the community to the extent that the Government has taken strict measures to protect and prevent such killings by keeping children with albinism in special camps/centres. However, despite these measures people with albinism are still hunted during night-time and killed in their homes."

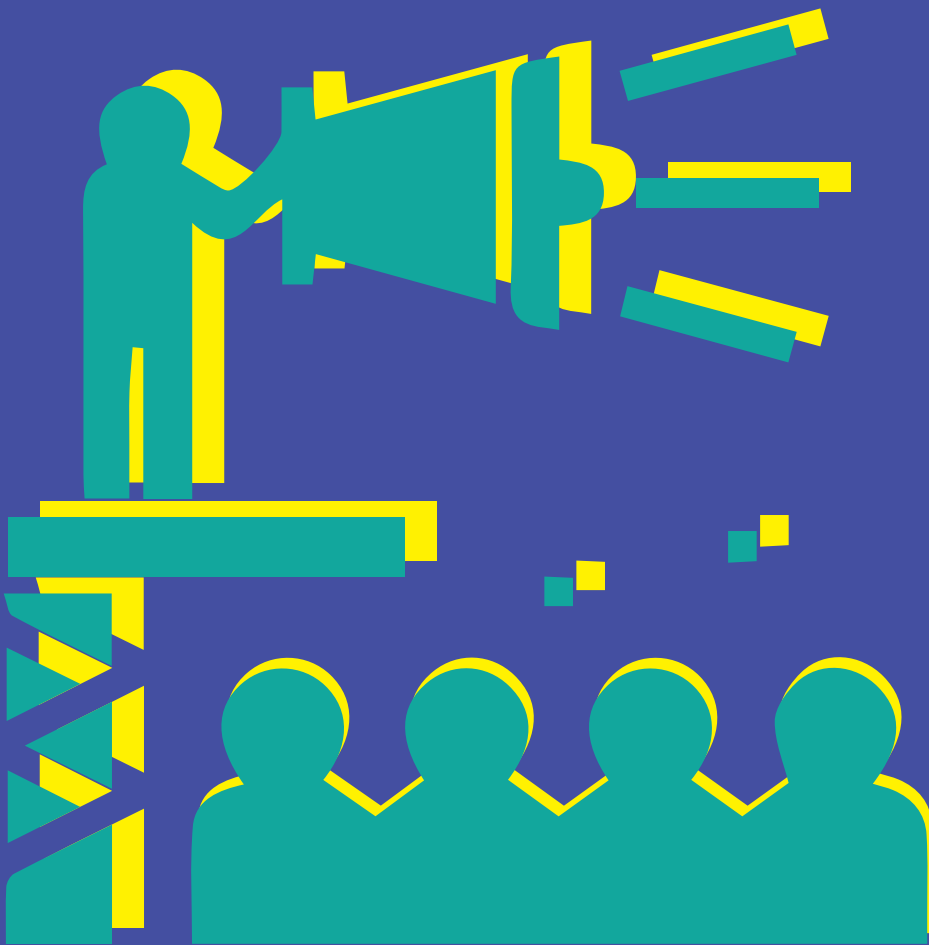
(A woman living in poverty, Fish Market, Dar es salaam).

"In our environments witchcraft beliefs are widely spread in such a way that people depends on witch doctors' divination to find who is doing bad things to them. Most witch doctors are thus causing disruptions in families and among neighbors hence causing day to day quarrels in societies". An adult man living in poverty from Kipawa.

(An adult man living in poverty from Kipawa.)

06.

Deficiency in Implementing Institutional Policies



Deficiency in implementing institutional policies is a failure of community-based and national institutions, through their action or inaction, to respond appropriately and respectfully to the needs and circumstances of people in poverty, and thereby to ignore, humiliate, and in other ways harm them.

Description



Formal institutions, public and private, shape the negative experience of poverty through public discourse and the design and implementation of policy and services; and also through their neglect of, and failure to listen to, people living in poverty. While some institutions are mandated to tackle poverty and improve people's lives, they frequently fail to do so. Sometimes this means living with the consequences of government failure to enforce existing policy and law, unfair distribution of resources and services, and persistent injustice, oppression, and repression of people living in poverty. It also means having no access to justice and no voice in decisions made by the government or within civil society.

In framing policies, institutions tend to reflect, amplify, and shape discriminatory attitudes rather than challenge them. Likewise, the design and implementation of policies can serve to exclude people in poverty, fail to meet their basic needs, and stigmatize them. Often people in poverty find their dealings with institutions to be characterized by judgment, domination, obligation, and control that stifle voices and result in the denial of rights.

i.

"Leaders in our village have created many taxes which affect us. Anything you take for sale in a market has to be taxed whether you have sold it or not. For example: during local auction day, if you take a goat to sell to get money to help your family, you must pay a tax. If you cannot sell the goat, then on your way back with your unsold goat you have to pay a tax again. This affects us very much."

(Adult man in poverty, Bahi, Dodoma).

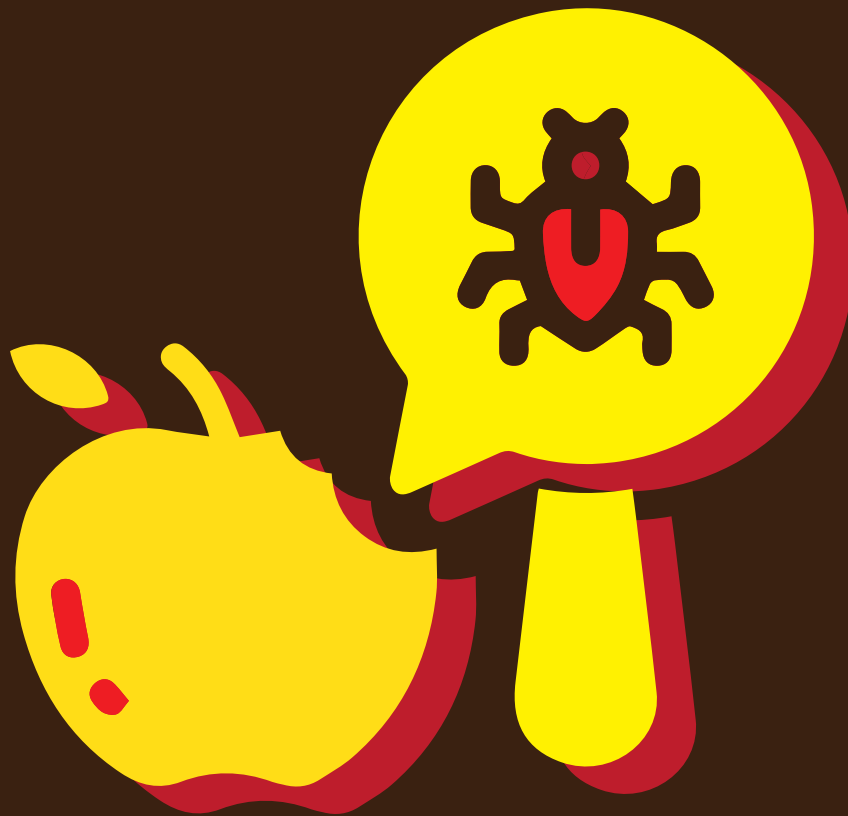
ii.

"In our neighbourhood, we have a very big challenge: we are now experiencing a lot of conflicts between small farmers and pastoralists. The pastoralists believe that their cows are more important than our crops and farms. Therefore pastoralists allow their cows to enter into farms and eat crops, and this is the beginning of conflicts."

(It man in poverty, Kondoa, Dodoma).

07.

Constraints to Smallholders' Agricultural Livelihoods



This dimension refers to many obstacles facing smallholder farmers in rural areas that prevent them from benefiting from agricultural ventures.

Description

Around 88 percent of poor people in Tanzania live in rural areas, and two-thirds of the labour force in Tanzania is currently engaged in agriculture (National Bureau of Statistics, 2015; Osorio et al, 2014) but they lack an appropriate environment and support to increase productivity that would allow agriculture to become a more profitable venture for them. Most of the people in poverty have resorted to a subsistence farming system, which is hand-to-mouth, does not benefit them, and traps them in a vicious cycle of poverty.

This research revealed that smallholder farmers have a high demand for extension services and training for improved agriculture, but extension staff is inadequate in most parts of rural Tanzania. Other major challenges for smallholder farmers are the high cost of agricultural inputs, lack of reliable markets, lack of price information, over-dependence on rainfall which is seasonally unreliable, and the negative effects of climate change on subsistence farming environments. There is also a lack of reliable sources of water for irrigation, scarcity of land, and dependence on the tendency has been for farmers to rely heavily on middlemen. In most cases, they exploit them by cheating on scaling and offering prices lower than the product deserves, because of the farmers' weaker bargaining position and inefficient agricultural practices. All these constraints lead to low productivity and poor quality of agricultural products. Whatever little is produced, the smallholders face more barriers: lack of reliable markets, low pricing, and poor road infrastructures for transporting products to reliable marketplaces. Therefore, agriculture is no longer seen by people living in poverty as a profitable venture because it has failed to take them out of extreme poverty. They still suffer from income poverty, 40 % of them still live below the basic needs poverty line (Osorio et al., 2014), and they experience frequent food shortages.

Despite all the constraints facing smallholders, the agricultural sector in Tanzania continues to play a major role both in terms of it contributing 29 % to the GDP in 2015 (NBS, 2016) and providing employment to 66.3 % of Tanzanians (National Bureau of Statistics). Since the sector employs the majority of Tanzanians, any efforts geared towards reducing poverty in Tanzania should necessarily involve its transformation.

i. "In our village, we don't have extension officers. The Ward extension officer does not stay here in the village. He lives in the district headquarters about 150km away. He comes occasionally to the village and goes back. Likewise, agricultural inputs are not easily available. If we can get good training and inputs on time, we will improve our farming practices and poverty will be reduced."

(An adult man in poverty from Keikei Kondoa)

ii. "The problem is that extension officers are not enough. Look, for example, I am an extension officer responsible for the entire ward, where I have to support farmers in the entire ward. It becomes difficult to reach all of them given that we don't have transport."

(An extension officer from Ludewa, Njombe)

iii. "Rich people take advantage of poor people. There is economic exploitation. Small farmers are forced to sell their products at the prices set by the rich coming from the city. Most of the time they also manipulate the measurements to take advantage of people living in poverty."

(A mother from Bahi, Dodoma).

08.

Discrimination and Social Exclusion



The dimension refers to how people living in extreme poverty are denied opportunities to participate in different economic, social, political, and cultural activities in the community.

Description

Poverty is a highly stigmatized social position, and the experience of poverty in an affluent society can be particularly isolating and socially damaging. Social difference and "otherness" – being perceived as somehow different from other people in society as a result of poverty – have a profound impact on people's lives. As Lister argues (2004: 103), naming or labelling people in poverty as "the other" has "symbolic, cultural, psychological and material effects". These issues emerge across different societies where people living in poverty, experience discrimination and social exclusion.

People living in poverty have basic needs that are usually not addressed in official development plans nor prioritized in national policies because they are not allowed to participate in development plans. As a result, their social exclusion and stigma are reinforced. Weak participation, lack of voice, and lack of money among people living in poverty, and individualistic tendencies among members of the community, inhibit and prevent those living in poverty from being able to become fully involved in socio-economic development. Without the active participation of people in poverty, no inclusive development can be achieved, and hence poverty persists. The decline of traditional social cohesion and erosion of traditional social security systems are also major factors that have led to increased discrimination and social exclusion of people living in poverty and that hence perpetuates poverty.

i.

"I am excluded from almost all social events like marriage ceremonies etc. in my neighbourhood. Since my neighbours know that I am unable to contribute financially, they do not invite me"

(A widow from Tegeta, Dar es salaam).

ii.

"Loneliness is bad. When I am together with my aunty I feel happy. Even if my aunty is poor I feel good when she is with me. Loneliness is very difficult, you feel very bad and it hurts your heart".

(A woman with a disability from Tandale, Dar es Salaam).

09.

Absence of Protection, Parental and Community Care



This dimension is about how children from families living in poverty are not protected and cared for by parents and the community at large.

Description

Though protection and parental care for children is a cross-cutting issue, that is, it affects both the rich and the poor. This dimension is primarily focusing on people living in poverty. Extreme poverty makes parents restless. They spend most of their time, often all day long, searching for means to feed their families because they lack a reliable source of income. This has negative effects on children as they lack time with their parents who are out working every day, leaving the children alone, without food, and unprotected. Children in these families living in poverty, resort to being street children looking for food and begging and engaging in harmful practices like prostitution, drug abuse, and theft. It is rare to find children from well-off families begging on the streets.

The same happens to foster children who lack parental care because of several factors, including being orphans. These children, lacking love and parental care, become affected psychologically and this affects their growth and childhood.

Members of the community do not consider that caring for neighbourhood children is their responsibility. This is because local community social security systems have deteriorated, and the existing legal protection laws for children are not reinforced at the local level and by members of the community.

i.

“I am living with my mother. My father passed away. My mother breaks stones in the quarry is the one who is paying for my studies. My father’s relatives do not contribute anything in my studies, when there is any school contribution I have to help my mother to break stones so as to be able to pay for my studies and other school expenses”.

*A school boy living in experience of poverty
– Boko Dar es salaam*

ii.

“I am taking care of all the chores at home, washing the dishes, cleaning the house, washing clothes and take care of the animals. If I complain that I am tired I get punished”

A child living in experience of poverty from Kibondo, Kigoma Region.

10.

Poverty-related Psychological Effects



Poverty-related psychological effects are direct consequences of extreme poverty caused by hardship and suffering.

Description



Living in extreme poverty means experiencing intense physical, mental, and emotional suffering accompanied by a sense of powerlessness to do anything about it. The hardships and suffering include negative thoughts and emotions that never go and can be overwhelming: lack of peace of mind; constant fear and worry of what could happen; emotional stress and anxiety caused by the difficulty of coping with uncertainty; shame related to living conditions and the need to ask for help; unbearable pain in losing relatives and being separated from children; and despair and discouragement when no end to poverty is in sight. These can provoke levels of frustration, anger, depression, and hopelessness that lead to self-neglect or even suicide. Self-medicating with drugs or alcohol may be used as a temporary relief from this suffering. When people internalize daily experiences of injustice and dehumanization, this undermines their self-esteem.

Parents suffer, children, suffer, and they also suffer for each other. These sufferings reinforce one another, making life more intolerable. The intensity of suffering can lead to avoiding contact with others for fear of being judged or shamed, and this can contribute to social isolation and psychological scars.

i.

"I don't know what to do for my children. I am very worried about the future. When I see them coming here to Boko to break stones for the whole day with me, I wonder what will be their future. When I think about this, I cannot sleep during the night."

(A woman living in poverty, Boko quarry, Dar es salaam)

ii.

"Fear of trying something new, including business ideas, fear of being discriminated against, leading to self-marginalization."

(An Adult living in poverty from Kipawa, Dar es Salaam).

iii.

"I am uncertain about the future. I don't know if tomorrow I will have something to eat. I do not have an idea of how life will be the next day. I'm not sure if I will survive."

An elderly woman living in poverty from Tandale, Dar es salaam)

CONCLUSIONS AND RECOMMENDATIONS

This section presents the conclusions and various policy recommendations that may be useful for both local and global policymakers. As already mentioned, the fight against poverty is the first goal of the Sustainable Development Goals adopted by the General Assembly of the United Nations in September 2015. Likewise, the fight against poverty is one of the top priorities of the Tanzanian Second Five Year Development Plan (FYDP II), 2016/2017-2020/21, which is integrated into the National Strategy for Growth and Reduction of Poverty (NSGRP/MKUKUTA II, 2010-2016). Despite all the national efforts, the country still faces the same three major enemies: poverty, disease, and ignorance.

In an attempt to fill the knowledge gap about poverty, the research findings presented in this report led the ATD project Research Team to the following conclusions:

First, poverty affects the vast majority of the ordinary citizens in Tanzania and beyond. According to HBS on consumption-based headcount index, which measures the proportion of the population with consumption level below the poverty line. Any attempt to address the problem would require the involvement of these victims of poverty in policymaking processes as well as in conducting research to change the way that poverty and the people who endure it are treated. The research work in this report has uncovered extensive knowledge and awareness of the power of people who are not generally heard – people who live in poverty in the selected survey areas.

Second, every human being is entitled to respect, dignity, and recognition. These are important weapons to fight the plight of poverty among ordinary citizens. Policymakers, academics, media commentators, and technocrats ought to understand that without respecting and involving people living in poverty, there will be no meaningful socio-economic development and the fight against poverty will continue to be difficult if not impossible.

Given the above conclusions, the ATD project Research Team presents below some major policy recommendations:

- 1.** The ATD project Research Team recommends that public policy reviews be undertaken to ensure that the new dimensions of poverty revealed in this report, beyond income poverty, are taken into account to improve both our current policy and institutional frameworks. The multidimensional nature of poverty requires a multifaceted strategy and policy transformation to combat extreme poverty.
- 2.** To address deficiencies in implementing institutional policy, the ATD project Research Team recommends strong implementation mechanisms and the national coordination of sectoral policies to encourage effective socio-economic development. This can be possible by involving all stakeholders, such as development partners, civil society organizations, faith-based organizations, and a vibrant private sector through public-private partnerships, including people living in extreme poverty.
- 3.** The ATD project Research Team recommends promoting deliberate efforts to design and craft policies that seek, among other things, to tackle poverty and improve people's lives, build the capacity of poor communities, and educate the general public about the dignity of people in extreme poverty. Furthermore, changes should be made in policies in areas such as agriculture, gender, child welfare, marriage laws, and the informal sector, which is the main source of income for people living in poverty.
- 4.** The ATD project Research Team recommends strong legal frameworks that would support the above policies to benefit people in poverty. Experience shows that Tanzania has some good policies without laws to enforce them. In addition, people who live in poverty are living proof of the indivisibility of human rights. Poverty violates human rights as it inflicts pain on the victims, and therefore Tanzania's legal and policy frameworks must take into consideration that poverty is a violation of human rights and must be defeated.
- 5.** The ATD project Research Team recommends that national policies should consider the disparities and similarities of people living in poverty in urban and rural areas, as they demand suitable legal and institutional frameworks as revealed in this report.
- 6.** The ATD project Research Team that national institutes and research centres adopt the Merging of Knowledge approach as an innovative version of participatory action research. This would promote not only the production of knowledge but also the genuine involvement of the people living in extreme poverty as co-researchers and co-creators of knowledge.

¹ *Household Baseline Survey, 2011/12, p.7*

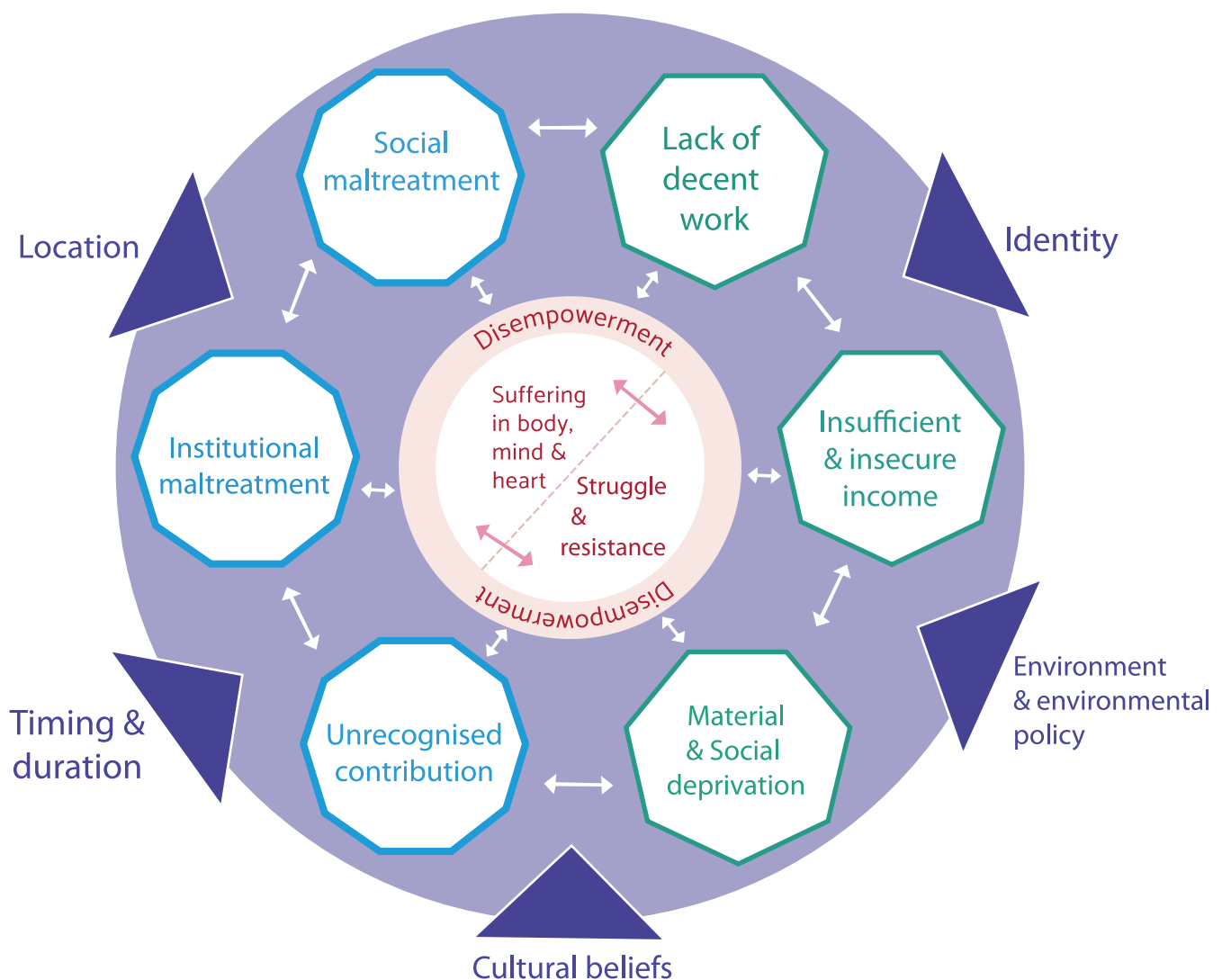
² *28.2 % of Tanzanians could not meet their basic consumption needs and the 9.7 % of the population that is in extreme poverty cannot afford to buy basic foodstuffs to meet their minimum nutritional requirement of 2,200 (Kcal) per adult per day.*

The merged findings from the International Research Report: “The Hidden Dimensions of Poverty”.

The research involved teams in Bangladesh, Bolivia, France, Tanzania, The United Kingdom and USA.

People with direct experience of poverty, academics and practitioners worked together as equals.

This research has made possible a transformation in thinking at individual, community and at national levels through the generation and sharing of knowledge. The research process is termed “Merging of Knowledge”.



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Appendix (i)

Table 1: Selected study areas per zone, region, district, and village/street

Zone	Region	District	Village/Street
Coastal (Eastern)	Dar es Salaam	Kinondoni: Urban	Kunduchi, Tandale, Kambangwa and Boko
		Ilala: Urban	Kipawa and Ferry market
Central	Dodoma	Kondoa: Rural	Keikei and Sambwa
		Bahi: Rural	Igubule and Nk'home
Northern	Kilimanjaro	Moshi: Urban	Mwereni
		Hai: Rural	Mkarama
Southern	Njombe	Njombe: Urban	Idundilanga and Kambarage
		Ludewa: Rural	Mangalanyene and Luvuyo
Western	Kigoma	Kibondo: Rural	Kibondo and Rusohoko
		Kigoma Ujiji: Urban	Rubuga and Kibirizi
Total	5	10	20

Appendix (ii)

Table 2: Number of peer groups convened and target population reached under each category

Category	Number of peer groups	Sex		Total number of people Reached
		M	F	
People in poverty				
i. Working age from 18 to 60	18 (9 of women)	44	55	99
ii. Elderly above 60 years old	7(3 of women)	26	21	47
iii. Young people/adolescents above 16 below 18	1 mixed group	4	4	8
iv. Children from 9 below 16	8 mixed group	32	30	62
Sub-Total	34	106	110	216
People not in poverty				
Practitioners	7 mixed group	23	19	42
Academics from four higher learning institutions	4 mixed groups	18	7	25
Sub-Total	11	41	26	67
Grand Total	45	147	136	283

Appendix (iii)

Table 3. DIMENSIONS OF POVERTY MEN AND WOMEN FROM RURAL AND URBAN SETTINGS

Women Rural	Men Rural	Women Urban	Men Urban
1. Chronic Hunger 2. Poor Agriculture Practices 3. Poor Health 4. Lack of Consultancy Services 5. Relative Poverty 6. Poor Education 7. Domestic Violence 8. Economic Exploitation 9. Water Scarcity 10. Social cohesion/solidarity/Mutual Support 11. Gender inequality/Domestic Violence 12. Children Forced Marriages 13. Peasant/Traditional Agriculture 14. Health Services very far 15. Solidarity of People Living in Poverty	1. Poor Agriculture 2. Lack of Good Leadership 3. Lack of Entrepreneurship skills 4. Abject Poverty 5. Lack of Consultancy Services 6. Moral Hazards	1. Poor Housing 2. Loneliness 3. Social Policies 4. Insecurity 5. Patriarch System 6. Poor Education 7. Income Poverty 8. Magic Beliefs/erroneous beliefs/superstition 9. Lack of Peace 10. Exploitation of the poor 11. Social Exclusion 12. Gender cruelty 13. Corruption 14. Hatred and jealous 15. Misleading norms and customs 16. Family conflicts 17. Miserable life 18. Lack of Self awareness 19. Lack of Industries 20. Psychological Effects Caused by Poverty 21. Exclusion 22. Laziness 23. Death of loved ones and dependence 24. Courage 25. Self-regret	1. Income Poverty 2. Humiliation 3. Violence 4. Oppression 5. Poor Education 6. Moral Disintegration 7. Income Poverty 8. Loneliness 9. Psychological Effects 10. Ill Health 11. Human Rights 12. Habits

Appendix (iv)

Table 4. DEFINED DIMENSIONS OF POVERTY FROM PEOPLE LIVING IN POVERTY FROM URBAN AND RURAL AREAS

Dimensions of Poverty for People living in poverty from Rural areas	Dimensions of Poverty for people living in poverty from Urban areas
<ol style="list-style-type: none"> 1. Insecurities 2. Low Level of Life Aspirations 3. Child Exploitation 4. Social Economic Exploitation 5. Weak Participation 6. Poor Health care services 7. Income Poverty 8. Lack of Clean Water 9. Women Oppression 10. Poor Quality of Education 11. Constraints of Smallholders Agriculture Live hood 12. Poor Leadership and Governance 13. Environmental Degradation 14. Harmful Social Practices 	<ol style="list-style-type: none"> 1. Income Poverty 2. Poor Health 3. Poverty Related Psychological Effects 4. Harmful Social Behavior Practices 5. Lack of Education 6. Violation of Human Rights 7. Harmful Beliefs 8. Insecurities 9. Poor Living Environments 10. Social Isolation 11. Low Level of Life Aspiration 12. Pro-Poor National Policies

Appendix (v)

Table 5. LIST OF POVERTY DIMENSIONS FROM SPECIAL GROUPS IN URBAN AREAS, PEER GROUP OF DISABLED, WOMEN (COMMERCIAL SEX WORKERS) AND YOUTHS BETWEEN 16 AND 18

PEER GROUP OF DISABLED	PEER GROUP OF DISABLED (SEX WORKERS)	PEER GROUP OFF YOUTHS BETWEEN 16 AND 18 AGE
<ol style="list-style-type: none"> 1. Maltreatment 2. Ill health 3. Loneliness 4. Low Income 5. Stigmatization 	<ol style="list-style-type: none"> 1. Poor Education 2. Norms and Customs 3. Poor Income 4. Marriage Breakage 5. Law Ignorance 6. Habit 	<ol style="list-style-type: none"> 1. Bad Ethics 2. Not Respected 3. Poor Income 4. Loneliness

Appendix (vi)

Table 6. LIST OF POVERTY DIMENSIONS OF ELDERLY WOMEN FROM RURAL AND URBAN

PEER GROUP OF ELDERLY WOMEN FROM RURAL	PEER GROUP OF ELDERLY WOMEN FROM URBAN
<ol style="list-style-type: none"> 1. Loneliness 2. Poor Education 3. Income Poverty 4. Women Oppression 5. Oppression and Injustice to widows 6. Application of Personal Knowledge and Effort 7. Relaying on tradition rules in solving problems 8. Exploitation 	<ol style="list-style-type: none"> 1. Low Income 2. Perseverance 3. Poor Education 4. Psychological Effects Poverty 5. Isolation 6. Women Oppression 7. Regret against Life in poverty 8. Applying Native Knowledge Against Poverty Challenges 9. Tolerance Against afflictions

Appendix (vii)

Table 7. LIST OF POVERTY DIMENSIONS OF ELDERLY MEN FROM RURAL AND URBAN

PEER GROUP OF ELDERLY MEN FROM URBAN	PEER GROUP OF ELDERLY MEN FROM RURAL
<ol style="list-style-type: none"> 1. Laziness 2. Stigmatization 3. Abject Poverty 4. Lack of Formal Education 5. Violence 6. Poor Health Services 7. Loneliness 8. Low Income 9. Poor Infrastructure 	<ol style="list-style-type: none"> 1. Psychological Effects of Poverty 2. Income Poverty 3. Poor Governance 4. Decaying Moral Ethics

Appendix (viii)

Table 8. LIST OF POVERTY DIMENSIONS FROM URBAN AND RURAL PRACTITIONERS

PEER GROUPS OF PRACTITIONERS URBAN	PEER GROUP OF PRACTITIONERS RURAL
<ol style="list-style-type: none"> 1. Human Rights 2. Ill Health 3. Poor Education 4. Habits 5. Poor Economy 6. Poor Income 7. Poor Resource Management 8. Environmental Degradation 9. Psychological Effects 10. Poor Environments 11. Poor Participation 12. Misleading Beliefs and Traditions 	<ol style="list-style-type: none"> 1. Poor Education 2. Lack of Self Awareness 3. Irresponsibility 4. Loss of Dignity 5. Poor Environments 6. Poor Income 7. Unsatisfactory Health Services 8. Weak Economy 9. Lack of Cooperation 10. Jobless 11. Poor Knowledge of Health Issues 12. Environmental Degradation

Appendix (ix)

Table 9. LIST OF POVERTY DIMENSIONS FROM ACADEMICS

POVERTY DIMENSIONS	POVERTY DIMENSIONS
<ol style="list-style-type: none"> 1. Economic Factors 2. Social Factors 3. Political Factors 4. Housing and Environmental Factors 5. Behavior Factors 6. Demographic Factors 7. Income Poverty 8. Environmental Degradation 9. Poor Participation 10. Poor Social Services 11. Social Insecure 12. Poor Leadership and Governance 13. Negative attitude and Perception 	<ol style="list-style-type: none"> 14. Poor Knowledge or Education 15. Negative Perception or Thinking 16. Lack of Necessities of Life 17. Resources Poverty 18. Ill Health

Appendix (x)

Table 10. LIST OF DIMENSIONS OF POVERTY FROM PEER GROUPS OF CHILDREN UNDER 16 (9-14) YEARS FROM URBAN AND RURAL CLUSTER

URBAN CLUSTER	RURAL CLUSTER
<ol style="list-style-type: none"> 1. Violence Against Children 2. Street Children 3. Poor Living Standards 4. Income and Capital Poverty 5. Poor Parental Care 6. Poor Living Standards 7. Forced Children Labor 8. Poor Education 	<ol style="list-style-type: none"> 1. Suffering and Hardship for Children 2. Unmet Needs of Children 3. Poverty Related Settlement Problems 4. Disrespected 5. Income Poverty 6. Poor Health Services 7. Voiceless and Unhappiness 8. Poor Protection and Parental Guidance 9. Bravery and Children Solidarity in Schools 10. Poor Living Standards 11. Poverty Related Psychological Conditions 12. Poor Living Environments 13. Discrimination



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