very low by Canadian standards. The salary, and chances of getting a position, will be better if the position is sponsored by a foreign government or agency. Carleton University has, in theory, a teacher exchange programme with the University of Dar-es-Salaam. This could be one way to arrange a teaching position at the University in Dar. For information, contact the Director of the Paterson Centre, Carleton University. 2010

Medical personnel such as physiotherapists and nurses might find employment at the Muhimbili and Aga Khan Hospitals. Working conditions are difficult and the pay is low. Nurses might find openings at schools and with international organizations. The best person to consult for openings in the health care sector is the public health nurse at the Canadian High Commission.

Secretarial and clerical positions are occasionally available in embassies and international organizations. A second language is an asset. A knowledge of Swahili is usually required to work for one of the international companies. The salaries are very low.

Qualified librarians should check with the Chief Librarian at the Public Library, the International School, and the Gymnkhana Club.

Tanzanian self-reliance makes it difficult to do volunteer work in the sense in which it is usually understood in Canada although certain avenues can be explored. Teachers can check out the possibility of teaching English or crafts to handicapped children at the Mgulani Salvation Army School. Occasionally, helpers are needed for the private nursery schools which spring up in the homes of expatriate women.

Useful volunteer work can be done in health-related areas. One can work with handicapped children at the Muhimbili Rehabilitation Centre: at the moment, a small number of persons take the children swimming at the yacht club once a week. Other suggestions are: working for the Family Planning Clinic, the Red Cross Well Baby Clinic which can use non-medical as well as qualified personnel, and other clinics such as prenatal.

Many spouses do indirect volunteer work through participation in the many women's groups which raise money for needy causes.

For those spouses who might wish to study, the Adult Education Centre offers evening classes in various subjects such as Personnel Management, Production Management, Bookkeeping, Marketing Economics, Shorthand, English, Swahili, French, Arabic, Drawing and Painting, Reading and Writing, Music, Law, and Mathematics. These are open to anyone. The language of instruction is English.

The Alliance Francaise and the Goethe Institute also offer language courses and Swahili instruction is given both privately and in several institutions.