



**ORGANISATION
PROFILE**



***“Together, we can build healthier,
and stronger communities.”***

THE CONTENT

Organisation Information 01

Who We Are 02

Mission and Vision 03

Core Values 04

THO Programs 05

THO Social Impacts 09

Our Partner 10

Donation & Support 11

THO Event & Activities 12

Our Contacts 13

ORGANISATION INFORMATION

NAME	Tanzania Health Opportunities (THO)
ADDRESS	Mikocheni, Dar es Salaam
COUNTRY	Tanzania
LEGAL STATUS	Non-Government Organisation
REGISTRATION NUMBER	00NGO/R/1506
WEBSITE	www.thopportunities.org
OFFICE EMAIL ADDRESS	info@thopportunities.org



WHO WE ARE

Tanzania Health Opportunities (THO) is a leading Tanzanian non-profit, non-governmental organization dedicated to addressing public healthcare and education access in remote and underserved communities across Tanzania.

We bridge health gaps and promote well-being through free medical outreaches, research, health education, disease prevention, and support for vulnerable groups.

THO was founded in November 2020 during the second wave of the COVID-19 pandemic, after recognizing the acute shortage of healthcare access and health education in local communities.

By addressing critical gaps in healthcare and education, THO works to build resilient communities capable of preventing neglected tropical diseases, communicable diseases such as HIV, Malaria, TB, non-communicable diseases (NCDs), and sickle cell disease.

We believe that a healthy community is the foundation for both personal and national development.

MISSION & VISION

MISSION

Improve access to quality healthcare and health education for underserved communities in Tanzania and seek sustainable solutions through integrated medical outreaches, education, and research.

VISION

A healthier and more prosperous society in which every individual actively participates in personal and national development.



OUR CORE VALUES

Compassion

Serving with empathy, kindness, and respect for the dignity of every individual.



Volunteerism

Believing in the power of volunteers to drive change and foster a spirit of altruism.



Community Empowerment

Strengthening local capacity, knowledge, and resilience for sustainable impact.



Equity

Committed to reaching underserved communities and ensuring fair access to healthcare and education for all



Professionalism

Maintaining integrity, accountability, and excellence in all our work.



Collaboration & Partnership

Building partnerships with communities, organizations, and institutions to maximize reach and effectiveness



OUR PROGRAMS

1 Mobile Health Clinic

THO organizes medical missions and outreaches programs to deliver healthcare directly to underserved communities. These clinics, supported by local doctors, volunteers, and THO teams, improve access to essential medical services where they are needed most.



2

Educational and Disease Prevention

We conduct Community based health education sessions on Disease prevention, hygiene, mental health, nutrition, and maternal and child health. By empowering students in schools and communities, we help build a healthier tomorrow.



3

Support for Vulnerable Groups

We provide targeted healthcare and social support for orphans, elderly individuals, and people with disability, ensuring they are not left behind in accessing vital services.

In Vulnerable Groups, we also support women, children, and people with chronic illnesses.



4

Hospital Support & Partnerships

THO works with hospitals to strengthen capacity through training, clinical experience, education programs, and equipment support. Our volunteers and students assist hospitals while engaging in outreach, health promotion, and patient support.



SOCIAL IMPACT

“

I didn't know I had high blood pressure until THO screened me during their outreach. The doctors explained the risks and referred me for treatment early. Now I'm managing my health before complications arise.”

Salma, 52, Bagamoyo

“

I was afraid of cervical cancer screening, but THO's nurses encouraged me. They explained everything clearly, and I felt safe. Thankfully, my results were normal, and I now encourage other women to get checked early.”

Asha, 36, Dar es Salaam

“

For many years, my vision was blurred, and I couldn't read. THO's eye screening helped me get glasses, and now I can see clearly again. It feels like I have a new life.”

Omari, 60, Bagamoyo

“

At school, THO volunteers taught us about hygiene, nutrition, and mental health. Now I help my classmates understand how to stay healthy. I feel confident to be a leader in my community.”

Joseph, 15, Chamazi School Student, Temeke

“

After I was newly diagnosed with diabetes, I began using herbal medicine because I believed it would help. During THO's outreach in Bagamoyo, doctors explained the side effects and risks of relying only on herbs. They counseled me on proper treatment and diet, and now I'm on hospital medication with a healthier lifestyle.”

Hassan, 55, Bagamoyo



OUR PARTNER

At Tanzania Health Organization, we understand the importance of NGOs engaging in partnership with public and private companies, embassies, UN Agencies, Financial Institutions and other businesses. The following are some of our partners:



why Partner or Support THO?

- ✓ Support national priorities by aligning with government efforts to reduce preventable diseases
- ✓ Strengthen community health systems through early detection, treatment, and preventive services at the grassroots level
- ✓ Advance global goals by directly contributing to SDG3: Good Health and Well Being
- ✓ Need for sustainable solutions for vulnerable communities

If you are interested in partnering with THO please contact us at info@thopportunities.org

DONATIONS & SUPPORT

Our work is enabled by the generosity of donors and the dedication of local and international volunteers, ensuring that lifesaving programs reach underserved communities.

Currently, THO relies on volunteer-driven campaigns, individual contributions, and fundraising initiatives to fuel our mission. To expand our impact and strengthen healthcare access, we are actively seeking donor partnerships and long-term support.

With your support, we can turn the vision of accessible healthcare for all into reality.



Ways to support:

- Partner with THO
- Volunteer
- Donate

To support our mission and be part of the change, contact us at info@thopportunities.org

THO EVENTS & ACTIVITIES





Get In Touch

 +255 716 264 985

 73 Msikitini St, Dar es Salaam,
Tanzania

 info@thopportunities.org

 www.thopportunities.org