

I feel so humbled and privileged to give a speech in front of these honorable guests today.

I am truly happy to witness this start of the Master's program in Midwifery and Women's Health in MUHAS SON. The collaboration between MUHAS and St. Luke's officially started in 2009 as the MOU was signed by the both sides. We have been conducting the faculty and student exchange programs to develop the curriculum, have seminars, and conduct research together. We have been developing the trust and friendship between us. Yes, at times some problems arose, but we both worked hard to manage each of them, and those activities ended up very successful in the end. I wondered, "What made it so successful?" There could be many possible answers, but my current answer is that we have a supportive network of people in both Tanzania and Japan. Not only us from MUHAS and St. Luke's but also the Embassy of Japan and JICA, and those of you who are here. This time, I would like to show my sincere appreciation to all of you for using your precious time for attending this ceremony.

We have been waiting and waiting to start this Master's program. We were extremely happy to hear that the program started in October. And on the last Friday, I was given the whole day to teach the class. When I first came to MUHAS and met Dr. Sebalda in 2008, I was still a PhD student and was planning to conduct my dissertation study in Tanzania. Through my research observation, I have seen many struggles of midwives as well as birthing women and witnessed deaths of mothers and babies. I wanted to change the situation as a midwife but I didn't know how. And now I believe this collaboration is the answer.

The topic I was asked to teach on the last Friday was Humanized Childbirth, which was originally one of the JICA projects in Brazil. In the project, the midwife, Ms. Taeko Mori worked as an expert. This project was the export of Japanese midwifery practice to provide heartfelt care for women and support women's own decision-making and autonomy. When we invited the faculty from MUHAS to Japan, we asked Ms. Mori to give a lecture on the topic. All of the faculty loved the concept, and we decided to make Humanized Childbirth as the core concept of the curriculum. The MUHAS faculty also

asked to have a joint seminar on the topic. This seminar was held in 2012 and was also very successful, with the 123 Tanzanian midwives attending the seminar. When listening their passionate discussion at the seminar to improve the midwifery care in Tanzania, I realized that I was crying. I just could not stop my tears. One of the MUHAS faculty was surprised and asked me why I was crying. I was just happy to see the small change that was just starting at that moment.

Based on what I learned from Ms. Mori, professor Horiuchi, the faculty of MUHAS, Tanzanian midwives at the seminar, I gave a lecture and had a practice session on Humanized Childbirth for this program on the last Friday.

It felt like the dream came true to have very motivated students in front of me, asking questions and giving opinions based on their various experiences as a midwife.

I always keep this quote of Margaret Mead in my mind, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it’s the only thing that ever has.”

I strongly believe that we are the group of people who change the world.

From St. Luke’s International University, Tokyo, Japan, we would like to show our gratitude and celebration to our colleagues in Tanzania for your distinguished achievement to start Midwifery Master’s Programme in Muhimbili University of Health and Allied Sciences, Tanzania.
Congratulations.