



OTARG

NEWSLETTER

Connecting Occupational Therapists Across Africa

Vol 2026 | Issue 1 | Jan 2026 (Welcome Issue)

Quarterly Publication



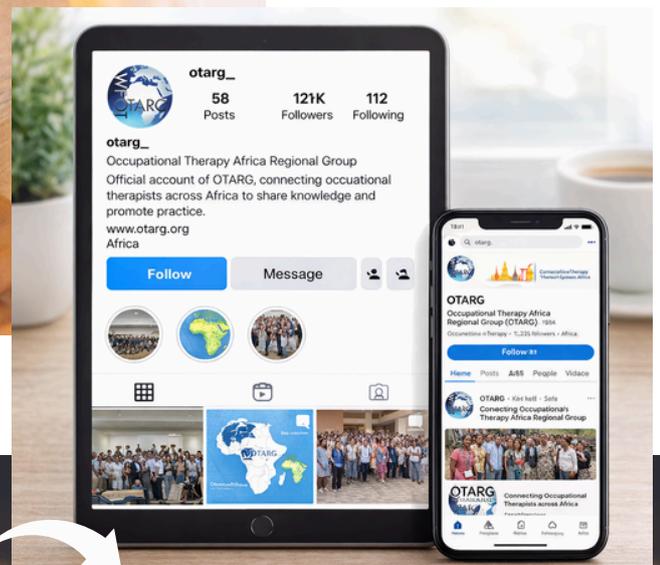
Advancing occupational therapy practice, leadership, and learning across Africa

ABOUT OTARG:

The **Occupational Therapy Africa Regional Group (OTARG)** is the regional body representing occupational therapists across Africa. OTARG works to advance occupational therapy practice, education, research, leadership, and advocacy within the African context. OTARG is a recognised regional group of the **World Federation of Occupational Therapists (WFOT)**.

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Wishing the OTARG Community a fulfilling 2026!

2026

HAPPY NEW YEAR

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OTARG – Occupational Africa Regional Group

MESSAGE

From

THE EDITOR

Welcome to the January 2026 Welcome Issue of the OTARG Newsletter.

As we begin a new year, this issue marks a moment of reflection and renewal for the Occupational Therapy Africa Regional Group. The OTARG Newsletter exists to connect occupational therapists across Africa, and to strengthen shared learning, visibility, and professional collaboration across diverse contexts.

I am honoured to take on the role of Newsletter Editor and to build on the strong foundation established by my predecessor. Her leadership shaped the newsletter into a valued platform, and this next phase focuses on consistency, inclusivity, and balanced regional representation.

The past year was significant for OTARG, highlighted by the 13th OTARG Scientific Congress held in Arusha, Tanzania. The congress brought together occupational therapists, educators, researchers, and students from across the continent and beyond, reinforcing the value of coming together to advance occupational therapy in African contexts. This issue reflects briefly on that milestone while looking ahead.

Moving into 2026, regional and global engagement remains a priority, including participation in the upcoming WFOT Congress in Bangkok.

The OTARG Newsletter will be published quarterly and will actively invite contributions from occupational therapists and students across Africa and the African diaspora.

I warmly invite you to engage with the newsletter—as a reader, contributor, and connector within your networks—as we continue building a shared professional community across Africa.

Warm regards,



“

Progress in any profession is strongest when knowledge, experience, and voices are shared.

Editor's Reflection, January 2026

Sudi Muli

Newsletter Editor, OTARG

MESSAGE

From

THE PRESIDENT

The Occupational Therapy Africa Regional Group continues to grow as a space for connection, collaboration, and shared professional leadership across the continent.

I extend warm 2026 greetings to occupational therapists, students, educators, researchers, and partners across Africa and the African diaspora.

OTARG exists to strengthen African occupational therapy by creating platforms where practitioners, educators, researchers, and students can learn from one another and advance practice that is responsive to our diverse contexts.

The 13th OTARG Scientific Congress held in Arusha, Tanzania, was a clear demonstration of what we can achieve when we come together. It highlighted the depth of expertise within Africa, strengthened regional partnerships, and reaffirmed the importance of African voices in shaping the profession locally and globally.

Looking ahead, OTARG remains committed to building inclusive programmes, supporting professional development, and amplifying African participation in regional and global spaces, including the upcoming WFOT Congress. Our collective engagement is essential to sustaining a strong, visible, and impactful occupational therapy community across Africa.

I encourage members to remain actively involved, to share knowledge generously, and to continue strengthening OTARG as a professional home for occupational therapists across the region.



When African occupational therapists connect, collaborate, and lead together, our collective impact reaches far beyond borders

Munyaradzi Chimara
President

Occupational Therapy Africa
Regional Group

MESSAGE

From

THE VICE PRESIDENT MARKETING/FUNDRAISING

As we begin 2026, I would like to extend warm greetings to all OTARG members across the African region. It is a privilege to serve as Vice President for Marketing and Fundraising at a time when occupational therapy in Africa continues to grow in visibility, relevance, and impact.

In the year ahead, a key priority will be strengthening how OTARG tells its story, showcasing the important work being done by occupational therapists across diverse contexts, and ensuring that African perspectives are visible both regionally and globally. Alongside this, we remain focused on developing sustainable fundraising strategies that will support capacity building, professional development initiatives, and opportunities for collaboration across countries.

Strong communication, partnerships, and resource mobilisation are essential to advancing OTARG's mission. I encourage members to actively engage with our platforms, share their work and successes, and support initiatives that strengthen our collective voice.

Together, through collaboration and shared purpose, we can continue to grow OTARG's impact and ensure a strong, sustainable future for occupational therapy in Africa.

Warm wishes for a productive and inspiring year ahead, THERE IS MORE!



“

Visibility and partnerships are essential to sustaining and strengthening occupational therapy across Africa

Itumeleng Tsatsi-Mosala
Vice President, Marketing and Fundraising

Occupational Therapy Africa
Regional Group

MESSAGE

From

THE VICE PRESIDENT PROGRAMMES

As we step into 2026, I am encouraged by the collective strength, creativity, and resilience that define the OTARG community across the continent. This year presents an important opportunity to deepen connection, shared learning, and purposeful collaboration as we continue building a regionally grounded and globally engaged occupational therapy movement.

A key milestone ahead is the selection of a host country for the 2028 OTARG Congress—an important process that reflects our commitment to shared leadership, representation, and collective visioning for the future of occupational therapy in Africa.

From a programmes perspective, our focus this year is on creating spaces where knowledge is exchanged, relationships are strengthened, and diverse regional voices are centred.

In 2026, OTARG will host two regional webinars responsive to practice and contextual priorities across Africa. We will also establish Special Interest Knowledge Groups to foster collaboration, mentorship, and community-led inquiry across practice, education, and research.

I encourage members to engage actively, contribute generously, and continue shaping OTARG as a community rooted in solidarity, shared wisdom, and forward movement.



“

Our programmes transform connection into action and shared knowledge into regional impact.

Nana Serwaa Akrofi
Vice President, Programmes

Occupational Therapy Africa
Regional Group

TAKING STOCK: THE 13TH OTARG SCIENTIFIC CONGRESS

"Tafakari ya kina: Mafanikio ya Tulikotoka, Tulipo na Tunakoeleka katika kutoa huduma za Tiba kwa Vitendo barani Afrika".



Dr. Matumo | Outgoing OTARG President

Arusha, Tanzania



Group Photo with Guests of Honor

Congress Highlights

- "Over 100 participants from 18 countries"
- "85+ oral presentations and 9 workshops"
- "Strong participation from students and early-career professionals"
- "Government representation from the Tanzania Ministry of Health"
- "OTARG Biennial General Meeting and election of new leadership"

Scientific & Professional Impact

The congress delivered a rich scientific programme, including keynote addresses from distinguished leaders in occupational therapy, notably the President of the World Federation of Occupational Therapists (WFOT). Workshops and presentations addressed critical themes such as occupational justice, Afrocentric occupational therapy frameworks, research writing, and community-based practice, reinforcing the relevance of African scholarship and practice.

Cultural Exchange & Community Building

Delegates engaged deeply with Tanzania's cultural and professional landscape through site visits to occupational therapy service providers and cultural centres. These experiences were widely described by participants as inspiring and grounding, offering meaningful insight into practice within local contexts and strengthening regional solidarity



Local Dance Group

LOOKING AHEAD



Anthony Ephraim
LOC Member

Key Lessons for Future OTARG Congresses

Plan early: Begin preparations 18–24 months ahead to support fundraising, speaker confirmation, and smooth delivery.

Use a shared planning framework: Apply a standard OTARG congress template to ensure continuity across host countries.

Design balanced programmes: Limit session overload, build in buffer time, and support effective session facilitation.

Improve affordability: Choose cost-effective venues, seek local sponsorship, and consider tiered registration fees.

Strengthen communication: Use a dedicated WhatsApp or Telegram channel for real-time updates during the congress.

Include and manage hybrid delivery: Include and assign clear responsibilities for virtual sessions to be successful.

Balance research and practice: Encourage scientific papers and posters alongside workshops and practice-based sessions.

Promote inclusion and networking: Use ice-breakers, country identification on badges, and space for national association updates.

Document and share learning: Archive congress materials on the OTARG website for ongoing access.

Build long-term partnerships: Engage ministries, universities, and partners early to strengthen sustainability.



Registration of Delegates



Delegates in sessions



WFOI President Samantha Shann - Keynote Address



Local Exhibitor with Guests of Honor



Appreciating the Guests of Honor



TOTA President and LOC Chairperson



OTARG President, OT's & students from Tanzania



Special Feature

WFOT CONGRESS 2026 BANGKOK, THAILAND

Congress Theme: "Inspiring Change, Innovating Futures"

About the Congress

The 19th World Federation of Occupational Therapists (WFOT) International Congress will be held in **Bangkok, Thailand from 9–12 February 2026**. It will take place at the **Bangkok International Trade & Exhibition Centre (BITEC)**, one of Southeast Asia's leading venues

Key Congress features

- **Education Day (8 February 2026):** Focused sessions on education and innovation
- **Scientific sessions and symposia:** Interactive discussions and knowledge exchange
- **WFOT Student Forum:** Dedicated space for student leadership and engagement with leading occupational therapists and converse with their peers around the topic *"Emerging Roles of OT, Beyond Boundaries"*
- **Professional site visits and cultural experiences**
- **Welcome Reception and Congress Party:** Networking and community building

Practical Information



Dates: Education Day: 8 February 2026
Main Congress: 9–12 February 2026



Venue: Bangkok International Trade & Exhibition Centre (BITEC), Bangkok, Thailand



Official hashtag: #WFOT2026

Registration is open via the official Congress website.
Abstract submissions are now closed and under review.

Register for the 19th WFOT Congress 2026

<http://wfotcongress2026.org/registration/>



"This information is shared by OTARG to support African occupational therapy professionals."



Why this matters for African occupational therapists

- Share African perspectives and research on the global stage
- Build strong international professional networks
- Learn about innovations in practice, education, and research
- Engage in symposia and sessions relevant to global and regional priorities
- Strengthen African representation in global occupational therapy leadership



OTARG PROGRAMMES & PROFESSIONAL DEVELOPMENT

Learning, connection, and capacity building across the region



CALL FOR PARTICIPATION

OTARG 2026 Programme Highlights

- Regional webinars addressing practice priorities in Africa
- Special Interest Knowledge Groups (practice, education, research)
- Mentorship and early-career support initiatives
- Collaboration with national associations and partners

Upcoming CPD & Learning Opportunities

- OTARG Regional Webinar – Q1 2026 (Topic TBC)
- OTARG Regional Webinar – Q3 2026 (Topic TBC)
- WFOT Congress 2026 (Bangkok, Thailand)
- Partner-led webinars and training opportunities

OTARG welcomes suggestions for webinar topics, facilitators, and collaborative learning opportunities. Members are encouraged to share upcoming CPD events, training programmes, and resources relevant to occupational therapy practice in Africa.

- **Deadline for inclusion in the next issue:**
31 March 2026
- **Submissions accepted:**
 - CPD and training opportunities
 - Calls (e.g., abstracts, research participation, leadership nominations)
- **Submit to:**
<https://forms.gle/JohDw8ByD2kG6UH37>



Member Updates

INTRODUCING THE OTARG EXECUTIVE COMMITTEE (2025-2028)



Munyaradzi Chimara
President | Namibia



Nana Serwaa Akrofi
VP Programmes | Ghana

Leadership in service of occupational therapy across Africa



Itumeleng Tsatsi-Mosala
VP Marketing | South Africa



Winnie Wamaitha
Secretary | Kenya



Dominique Jamie
Social Media | South Africa



Dr. Olindah Silaule
Treasurer | South Africa

Together We Achieve More



Zalalem Demeka
Webmaster | Ethiopia



Sudi Muli
Newsletter Editor | Tanzania

For more info.visit:
<https://www.otarg.org/executive-committee.html>

Special Feature

ABOUT THE OTARG NEWSLETTER



What it is!

The OTARG Newsletter is a quarterly publication of the Occupational Therapy Africa Regional Group (OTARG), connecting occupational therapists across Africa through shared learning, leadership, and professional exchange.

What we feature!

- OTARG leadership updates
- Congress and regional news
- Professional development and CPD opportunities
- Calls (abstracts, nominations, participation)
- Practice, education, research, and student reflections

Submissions

Open to occupational therapists and occupational therapy students across Africa and the African diaspora.

ABOUT OTARG:

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- Welcome to 2026: Editors
- Welcome Message - Wato
- President & Vice President
- Reflections from 15th OTARG Congress 2025 (Awards Ceremony)
- Leading Africa: WFOOT
- Coming 2026 - Troland
- O.T.A.O. Newsletter
- Call for SEPP
- OTARG Programme & Professional Development
- Inaugurating the OTARG Executive Committee

Connect with Us!

Follow us on social media:
 @otarg_ (Instagram)
 OTARG - Occupational Africa Regional Group (LinkedIn)

Wishing the OTARG Community a fulfilling 2026!

Publication schedule

Published four times a year:
 January | April | July | October

submit articles through a google form link

<https://forms.gle/8PycceKkKnRBDsLF8>

Deadlines

Submissions for each issue close on the **last day of the month preceding publication.**

NOTE:

The OTARG Newsletter has been published for many years, with archived editions on the OTARG website dating back to March 2005.

From 2026, the newsletter adopts a standard Volume and Issue numbering system to support continuity, archiving, and professional referencing, while maintaining its longstanding role as a platform for connection and knowledge-sharing across Africa.

Special Feature

ACKNOWLEDGEMENTS

Main Partners



Additional Partners



OTARG acknowledges with gratitude the individuals, institutions, and partners whose contributions supported the work highlighted in this issue about the **13th OTARG Scientific Congress held in Arusha, Tanzania.**

We particularly recognise the commitment of the OTARG Executive Committee members, the Local Organising Committee, the Tanzania Occupational Therapy Association (TOTA), volunteer occupational therapy students, exhibitors and sponsors who contributed to the success of the 13th OTARG Scientific Congress.

We also extend our appreciation to the Guests of Honour representing the Tanzania Ministry of Health (MoH), and to the institutions that generously opened their facilities to delegates during the congress for site visits. This enriched professional learning and cultural exchange. Their support affirms the growing role of occupational therapy in health systems across Africa.

Asante Sana

(Swahili for Thank you so much)

OTARG NEWSLETTER

Coming Up in the Next Issue (April 2026)

The next OTARG Newsletter will feature member reflections, practice insights from across Africa, updates on professional development opportunities, and emerging conversations shaping occupational therapy on the continent.

Contributions from practitioners, educators, researchers, and students are welcome.



With OTARG Community

Turn on post notifications & use #OTARG in your posts



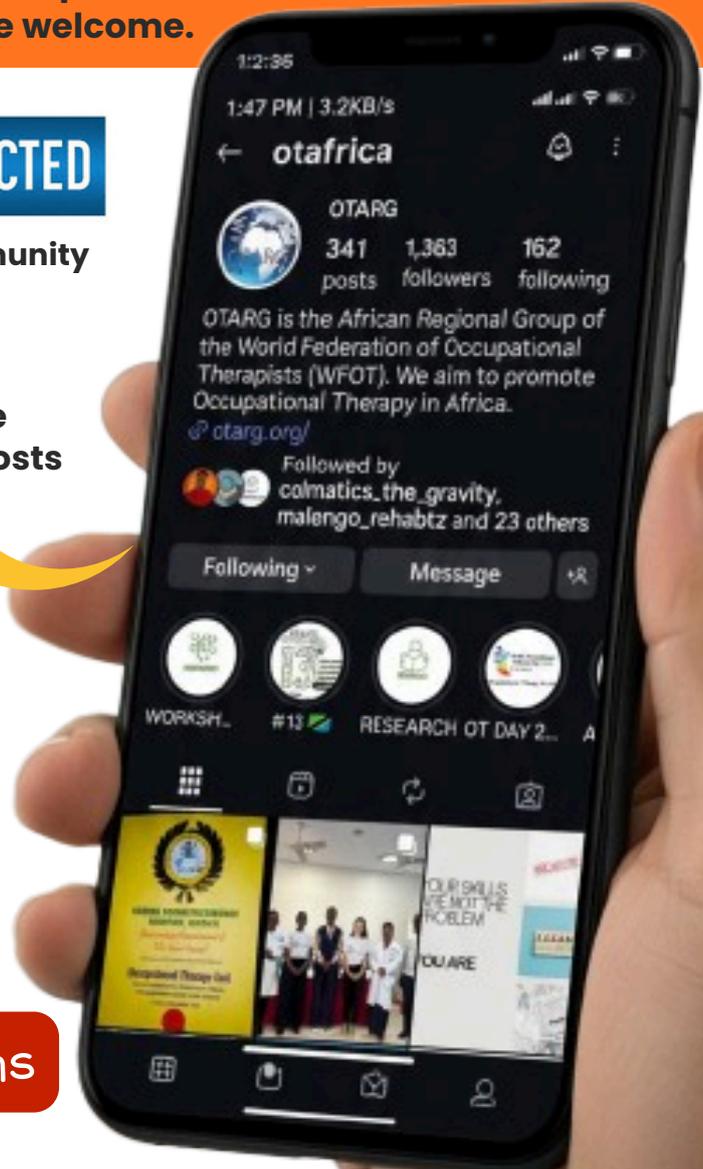
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@otaafrica



Click the Icons



Connect | Engage | Contribute

Contribute to the Next Issue

Share your work, reflections, research, country updates

Click this Link to submit: <https://forms.gle/8PyccEKKKnRBDsLF8>

Deadline: 31 March 2026 (April Issue)

Contact the Newsletter Team

[✉ newsletter@otarg.org](mailto:newsletter@otarg.org)

visit our website: <https://www.otarg.org/about-us.html>