

December 23, 2008 **Branch Office in Tanzania under registration**

SHEMWETA INVEST AB - Tanzania Branch Office is currently under registration process. This lays a necessary ground work for our business undertakings in the country.

November 22, 2008 **Inbjudan till några av tänkbara utställare/samarbetspartners**

Under vecka 48 kommer inbjudan till några av er tänkbara utställare och samarbetspartners. Tveka inte att höra av dig för mer information! Tipsa gärna någon annan som du tror kan vara intresserad.

November 4, 2008 **MOH:s inbjudan är tillgänglig på RUNNERS STORE**

MOH:s första inbjudan finns nu tillgänglig bl.a. på **RUNNERS STORE** butiken - Vasagatan 16 i centrala Stockholm. Kom gärna förbi när du har tid och lust.

October 31, 2008 **MOH:s första inbjudan ute**

MOH:S första inbjudan är nu ute vilket innebär att marknadsföringen inför arrangemanget trappas upp. Är ni intresserad av samarbete? Självklart är ni välkomna. Vi vill gärna ha med er på vår kommande inbjudan!



September 29, 2008 **En ny bok bearbetas**

I samband med **MOH** lanserar Alfred Shemweta sin nya bok med titeln "*Löpningens oändliga horisonter - 10 år efter guldåren*". Ett intensivt arbete med boken pågår.

August 29, 2008 **Motionens oändliga horisonter - vårt nya projekt**

Välkommen till Motionens oändliga horisonter (MOH), en mässa om motion och hälsa på GIH i Stockholm **den 4 april 2009 från kl. 10.00 - 16.00**. Arrangemanget ska vara en inspirationskälla för människor att hålla sig i form. Mer information hittar du på MOH:s officiella hemsida: www.oändligahorisonter.se.

July 28, 2008 **Medverkande i Ecco- Östersund Marathon**

Vi är glada att ha fått medverka i ett av Sveriges trevligaste maratonlopp.



June 30, 2008 **Svenska Marathonsällskapets Diplom**



Årets hittills bästa present! TACK SKA NI HA! - Alfred Shemweta

May 28, 2008 **Bilderna är nu tillgängliga!**

Bilderna från träningsläger i Portugal (Vecka 11 - Vecka 14 2007 och Vecka 11 - Vecka 13 2008) är nu tillgängliga. Enklast beställer du via vår [webbutik](#).

OBS! Vi hjälps åt att ta hänsyn till vår personliga integritet. Bilderna är därför ENBART för privat bruk. Hör av dig om du önskar använda någon eller några bilder till annat än privat bruk. Med bästa löparhälsningar - Alfred Shemweta

May 25, 2008 **The final day for me at Team Stockholm Marathon**

Yesterday was exactly one year since the first practical jot downs of the *Team Stockholm Marathon* were noted! It has been great honour training with you over the last few months. Now that you've passed the crucial period of hard training to base your performance and the big day is approaching pretty fast, I would like to take this opportunity to say good bye. When I glance at you (the participants and my fellow TSM leaders), I see sun shine! - just like today's bright weather as depicted by today's snapshot below. Simply go and keep shining all the way to the finishing line. I wish you the best of lucks prior to the work ahead of you and in the future! - Best regards, [Alfred Shemweta](#).



April 27, 2008 **Lecturing at the Team Stockholm Marathon**

Today was [Alfred Shemweta's](#) turn to discourse few - but very important things to remember prior to Marathon racing. About a month to go now, final preparations are vital in order to optimize the general performance. Subjects like visualization, nutrition, racing gear, enough sleep, sex prior to racing, harmony & focus during the race and recovery were talked about. So It's time to begin final touch and get ready for the big day! - Thank you all for paying attention to the lecture and most of all **THANK YOU VERY MUCH FOR YOUR EXCELENT COMMENTS you granted me afterwards. I'll keep them in my heart.** Good luck!



March 15, 2008 **Greetings from Monte Gordo - Portugal**

A variety of training activities is what keeps us going and the social aspect is as high as it could be. What's missing here is you! We miss you!



February 28, 2008 **Drop in on our slide show**

From now onwards we'll be displaying some of the photos taken in different activities that are connected to our occupation. To begin with, various snapshots from recent journey to Tanzania do give evidence of beauty in nature. Welcome to our [slide show](#) , take a look and get inspired!

February 22, 2008 **Alfred's voice as a Narrator in the YMEP -film**

Shemweta Invest AB language service wing took a step forward this week through its involvement in a short documentary film about [YMEP](#) . YMEP stands for Young Men as Equal Partners and is carried out by [The Swedish Association for Sexuality Education - RFSU](#). We are proud to be part of such a fantastic initiative.

January 28, 2008 **Farasi Safari's and Tour - our new collaborating partner in tourism industry.**

Following a recent journey to Tanzania, we are proud to reveal that [Farasi Safari's and Tour](#) is our new collaborating partner in tourism industry. If you plan to visit Tanzania next time, either for sport tourism purposes, business or leisure - please contact us for further consultancy. Reliability is what counts!

December 28, 2007 **A quick visit at the Winning Spirit Secondary School - Tanzania**



Operating under an organization known as Tanzania Sports Academy, the Winning Spirit Secondary School took us far beyond our expectations. The progress made so far and the work being done is commendable. Knowing the importance of education the school enrolls, among others, running talents to train and develop their talents while acquiring secondary school education. One of the best yields of this school is Fabiano Joseph Naasi - a top class athlete and World Half Marathon Champion for year 2005. The school founder, Maximillian Iranghe is a former elite athlete. Well done!

November 21, 2007 **Books for leisure but suitable for educational puporses**

Alfred Shemweta's books SAUTI YA KEVIN (ISBN: 978-91-977231-1-4), MICHEZO, ELIMU NA MAENDELEO (ISBN: 978-91-977231-0-7) and FUMBO LA HAYAWANI NA HADITHI NYINGINE (ISBN: 978-91-977231-2-1) are now available directly through us as well. Apart from *Michezo, Elimu na Maendeleo* which touches or rather encourages Sports education in Tanzania, these books are suitable for educational purposes such as literatures for kiswahili-language course etc.



PERFECT AS PRESENTS TO FRIENDS, DEAR ONES OR AN EDUCATIONAL INSTITUTION/ORGANISATION!

November 10, 2007 [Shemweta's Webshop](#)

Our [online store](#) is now officially launched and it is here to stay! To begin with, we've displayed our own books which are also found through your favourite bookseller as well as through www.liberans.se. Note that there won't be any delivery between December 8, 2007 and January 19, 2008. However YOU MAY PLACE YOUR ORDER. Contact us for a bulk supply!

October 24, 2007 [Our Webshop soon on Air](#)

Our [online Webshop](#) will be active very soon. Articles to be available including training gears, Shemweta's books and other items. These products are perfect as presents or souvenirs to friends and dear ones. For a bulk order please contact us in advance so as we can arrange an attractive offer.

September 9, 2007



SHEMWETA INVEST AB is the news of the month. The company takes over all the business operations of the earlier firm known as *Shemweta Sports & Health Consultancy* with its auxiliary firm *Shemweta Språkservice*. The Company invests in the sports industry, sports tourism and cultural fields. Aktiebolag (AB) is a Swedish term for Limited Company which means **SHEMWETA INVEST AB** is its own legal entity.

[|Home|](#) [|About Us|](#) [|Project Catalogue|](#) [|Webshop|](#) [|Contact Us|](#) [|News & Events|](#) [|Links/Ref.|](#) [|Downloads|](#) [|På svenska|](#)

Copyright: Shemweta Invest AB - Sweden