



Karibu Tanzania | Welcome to Tanzania

Formerly was a German (1885 - 1919) and then a British colony (1919 - 1961, respectively). The union between the Republic of Tanganyika and Zanzibar was founded in 1964 and renamed the United Republic of Tanzania, of which Zanzibar remains a semiautonomous region. It is a unitary republic in central East Africa composed of 26 mikoa (regions). Since 1996, the official capital of Tanzania has been Dodoma, where parliament and some government offices are located. Between independence and 1996, the major coastal city of Dar es Salaam had been the country's political capital. Today Dar es Salaam remains the principal commercial city of Tanzania and the de-facto seat of most government institutions.

Tanzania has dozens of beautiful national parks like the world-famous Serengeti and the Ngorongoro Conservation Area that generate income with a large tourism sector that plays a vital part in the economy. The economy is mostly based on agriculture, which accounts for more than half of the GDP; agriculture provides 85% (approximately) of exports and gives work to approximately 80% of the workforce. Growth from 1991 to 1999 featured a pickup in industrial production and a substantial increase in output of minerals, led by gold. Tanzania has vast amounts of natural resources including gold deposits and diamonds. It is also known for the Tanzanite gemstones.

Facts about Tanzania

- Population estimated by UN in July 2022 was 65,595,305
- 120 local tribes and each tribe has its own native language
- Swahili & English is the official language
- Religions: Christians, Muslims, and other religions from Asia
- Nearly 30 Percent of Tanzania is National Parks i.e. Serengeti National Park is one of the most famous parks in Africa and is synonymous with wildlife and classic African scenery
- Mount Kilimanjaro is the Tallest Mountain in Africa
- The Great Migration Sees Over 2 Million Animals Travel Across the Plains e.g Mara River crossing
- Ngorongoro Crater is one of the best places to see the Big Five
- Lake Tanganyika is the Second Largest Lake in the World
- Tanzania is home to distinctive and delicious cuisine
- Tarangire National Park is home to unique tree-climbing lions



TRANSPORT



Daladala (a min bus) is a famous public transport in Tanzania. Many Tanzanians use it from/to their workplace. It is very cheap compared to other means of transport. Normally, it cost 500/= TZS per trip depending on the distance.

Daladala is a very funny transport; in case you forget where to get off, there is a man/woman onto daladala (A conductor) who collect the money and shout by mentioned the bus stop. You can ask and he/she will help you.

In Dar es Salaam city, a part of daladala you can use a rapid bus (mwendokasi) that costs 650/= TZS per trip. This type of transport works different from daladala, you have to be sure with where to get off because there is no conductor who collects the money onto mwendokasi.

All passengers pay in advance before to enter into the bus station. The bus stops in each bus station, in case you forget where to get off you have to ask people around.



Also, there are boda-boda (motor-cycle) and bajaj (tuk-tuk) which are very popular for town trip and you don't want to spend more time on the way. This is resembled to taxi on its uses, it seems like more private. It's a little bit expensive compared to daladala and mwendokasi. The charges depending on the distance where you want to go, it can start with 1000/= TZS for boda-boda and 2000/= TZS for bajaj. Your host-family/Project Director can suggest a trusted driver for you or you can use an App i.e. Bolt works like ubber.



RESPECTING ELDERLY & GREETINGS

- Tanzanians are very age conscious. They try to respect their elders as much they can. Elders are considered to be wise. Also, Tanzanians believe that elders have the power to curse any young person who is disrespectful. For that reason Tanzanians try hard not to annoy their elders in any way. They tend to give first priority in various situations i.e. giving them their seats in public transport, greeting them, removing your hat when talking with them, seeing that they are served their food first, and not having their hands in their pockets when addressing elders.
- Greeting is one of the most important cultural aspects in Tanzania that a foreigner/volunteer should be aware of, since it can enhance or distort good relationships. If someone greets you, it means that he/she respects you and is ready to begin a conversation at any time. If you need any help from someone, it is very important to greet him/her first or else you might not get help.
- Elderly people are particularly respected. Greet them with 'SHIKAMOO' and they will answer you with a grateful 'MARAHABA'. For your age mate greet them with 'MAMBO' and they will answer you with 'POA' vice versa.



THE DRESS



Dressing code depends on the places i.e. at the project, host family, beach, and club or around the street. Be sure your clothes are clean and mended; your appearance is taken as a reflection of your respect for those whom you are with. Women and men should avoid clothing that is tight, transparent and low-cut or show the shoulder/thigh when they are in the project, regular fieldwork, or at the government offices.

Skin/boyfriend jeans and t-shirt or long pants and shirt can be recommended for women while they in the project.

EXTENDED FAMILY

Family is very important throughout Tanzania. Families, not individuals, are the building blocks of Tanzanian society. Most people live in households that include not only the nuclear family (mother, father, and children) but also members of their extended family (grandparents, aunts, uncles, cousins, and others). Family members act as both an economic and emotional network and provide individuals with a sense of who they are and where they belong.

PEOPLE & LIFESTYLE

- Over 35 percent of Tanzania's population lives in extreme poverty. A major cause of this is the country's low pace of urbanization. Around 34 percent of the population lacks basic amenities such as electricity, sanitation and education.
- Tanzania is a culturally heterogeneous society that is rich in ancient cultures and traditions, despite that fact Tanzania is one of the most unified countries in Africa. There is a strong sense of patriotism that reverberates throughout the country and its people.
- Mwalimu Julius Nyerere (The First President, Founder and Father of the Nation) helped to consolidate the multi-cultural country into one nation; Tanzania is one of the most peaceful countries with very little tribal friction. This evident in the language spoken in Tanzania.
- Kiswahili is spoken by over 90% of the people and was used as the language of communication amongst the locals who come from than 130 ethnic groups and various religious identities. Most of these are small, and as a result, no tribe has succeeded dominating politically or culturally. About 95 percent of Tanzanians are of Bantu origin.



The largest tribes include the Sukuma, Nyamwezi, Makonde, Haya and Chagga. The Maasai and several smaller groups are of Nilo-Hamitic or Nilotic origin. Average life expectancy is 57 years for men and 59 years for women.

If you are in Tanzania there is a need to learn Swahili so that you can communicate effectively with the locals. The locals have a well-known reputation for being friendly and polite to visitors and foreigners. This simply means you will not have a challenge in making new friends, asking for directions or getting a helping hand from a stranger in the streets.



The staple diet of Tanzania depends on the region in which you are in. In the north-west regions, the people prefer ugali (hardened mash of mealie meal) as the staple carbohydrate, whilst people in the south-western regions prefer plantains and rice along the coast.

This is for both people in the rural and urban areas. Usually, the staple is coupled with fish, beef, chicken, goat, or lamb stew with vegetables such as spinach pumpkins and sweet potatoes.

Also, chipsi mayai (French Fries in Eggs) is a very popular around the city and favorite food for many girls and women.





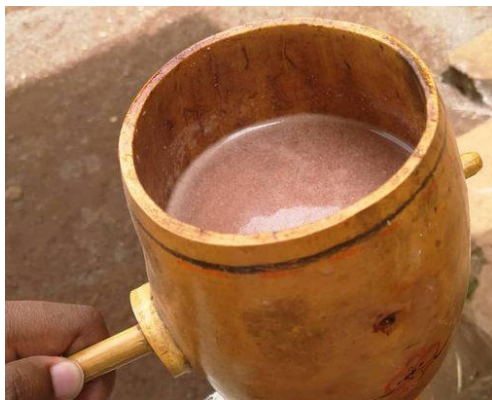
Asian food has become a common trend in Tanzania, widening the variety of palatal experience during your stay. With a wide array of fishing bays in the country, Tanzania is home of seafood as well.



Ceremonial occasions are usually riddled with platters of food such as the pilau (spiced rice, potato, and meat) and it is encouraged to feast as much as you can during such ceremonies as leaving hungry is considered an insult to the host according to tradition.



Local beer and spirits delivered from fermented bananas, corn, rice, honey, or sorghum is the common alcoholic beverages found in the country. Konyagi, a gin like spirit, is a more popular spirit brewed for commercial purpose in Tanzania as are a variety of beers and soft drinks.



Mbege, Chagga Traditional alcohol



RELIGIONS

- Freedom of religion has been a major factor in keeping the country peaceful since its independence in 1961. The country boasts of Christians, Muslims, African religions and other various religions, mainly from Asia.
- Islam is deeply rooted in Zanzibar and Coastal regions because of Arabic influence which is evidently in Swahili. Christians, who are the greater population, are found mostly on the mainland and throughout the country.
- African religion is alive and it is often practiced alone or alongside Christianity or Muslim. Tanzanians are highly religious people who respect and observe each other's religious beliefs.

THE BEAUTY OF TANZANIA



Ngorongoro Crater

Tanzania is gifted with the most majestic scenery and breath-taking wildlife. It housed both the highest and lowest points on the continent. Mount Kilimanjaro is the highest point in Africa while Lake Tanganyika is the deepest lake in Africa. Tanzania also boasts of the Serengeti plains that world to witness the epic journey of the wildebeests.



View of Mount Kilimanjaro



Stone Town – Zanzibar

Tanzania is a tourist beehive, with Zanzibar being one of the most visited places in the country because of its wonderful beaches. The country is nothing short of tourist heaven. Therefore expect to come across a multinational community.

Politics

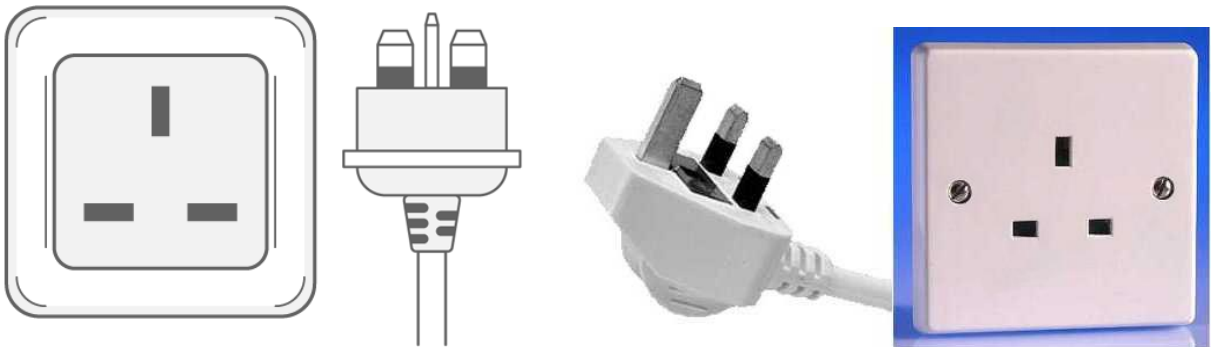


The United Republic of Tanzania is a young multiparty democracy. Executive power rests to the President of the United Republic of Tanzania (Hon. Samia Suluhu Hassan a First Female President, 2021 - 2025) and the ruling party Chama Cha Mapinduzi (CCM). The President and members of the National Assembly are elected by direct popular vote for five year terms. The Prime Minister, who functions as the head of the Cabinet, is appointed by the President. Cabinet members are selected by the President from among National Assembly members.

The 6th President of URT, Hon. Samia Suluhu Hassan

Electrical

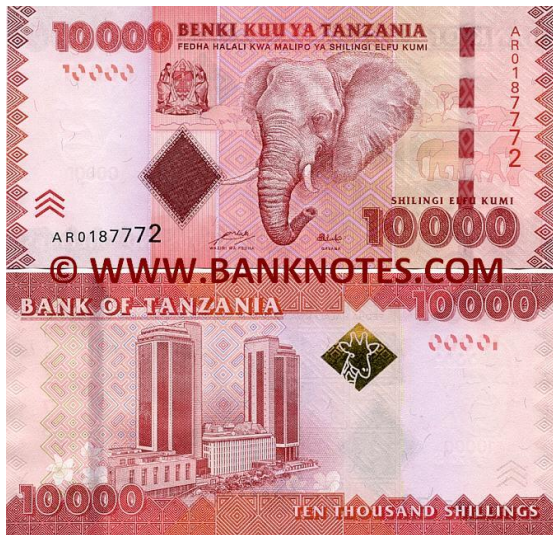
Electricity converter (Tanzania uses 220V, and UK sockets)



Money Tips

- The Tanzanian Shilling is the official currency of Tanzania. You can use the Tanzanian Shilling for smaller expenses like shopping at local markets, restaurants and super markets. The US dollar is in all places used too, especially at tourist areas they prefer dollars over local currency. So make sure you have shillings as well as dollars in your pocket. If bringing cash in US dollars, make sure bank notes are in good condition and not older than 2006. Money can only be exchanged in banks and Bureau De Change (don't forget to bring your passport). Please do not exchange money on the street.

The Tanzanian banknotes are in 1000, 2000, 5000 and 10000 Shilling.



The coins are available in 50, 100, 200 and 500 shilling.

1 US Dollar is about 2300, - Tanzanian Shillings. Check a currency calculator for the latest exchange rate.

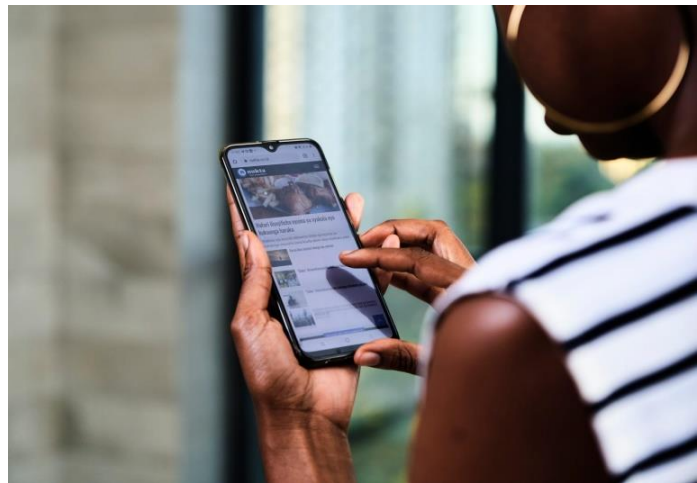
ATM and credit cards in Tanzania



ATM's are everywhere at the airports and around the big cities like Dar es Salaam, Arusha and Moshi, but in smaller villages ATM's are rare. If you visit the northern part of Tanzania, you can also find ATM's at the towns Karatu and Mto wa Mbu, on the way to the national parks. The withdrawal limit is normally 400.000 Tsh, but lower in rural areas. Since you probably do not want to have your pockets full of money, we also advise you to bring a credit card.

Mobile Phone & Internet

Whether you are traveling to Tanzania for a day, month, or decade, in this day and age you are going to want to be able to communicate with those in your network, near and far! The main mobile phone service providers in Tanzania include TTCL, Vodacom, Tigo, Airtel, Halotel and Zantel mainly in Zanzibar. Interestingly, about 82% of internet users in Tanzania access the internet via their mobile phones, and this number is growing.



Deciding which network to use depends on the location where you are. Usually, we recommend volunteers to use VODACOM because is available everywhere in Tanzania urban and rural areas. Also, it's reliable and affordable. A monthly internet package (unlimited) starting 50,000 – 120,000 Tshs.

ASANTE SANA KWA MUDA....!!!

(Thank you very much for your time)