



KARIBU TANZANIA

“Hakuna Matata”

Background profile

- Tanzania was formed in 1964, April 26 between the union of Tanganyika and Zanzibar
- It was a German colony from 1885 – 1919, British 1919–1961
- It became independent in 1961, December 9
- The country composed by 31 administrative regions
- The population is about 65 millions
- 120 ethnic groups and each group has its own native language
- Swahili & English are the official languages of Tanzania
- In Tanzania you can find Christians (45%), Muslims (35%), and other religions (20%)
- Dar es Salaam is the business hub of Tanzania, and its population is about 10 millions
- Dodoma is the Capital city, the population of the city estimated 1 million
- The currency is Tanzania shilling (TZS). The exchange rate **1 USD = 2350 - 2550 TZS**
1 EUR = 2650 - 2950 TZS
- Agriculture provides work to approximately 75% of the workforce
- Nearly 30% of Tanzania is National Parks





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- Serengeti National Park is one of the most famous parks in Africa
- Ngorongoro Crater is one of the best places to see the Big Five
- Mount Kilimanjaro is the tallest Mountain in Africa
- Lake Tanganyika is the first deepest lake in Africa and second in the world
- Lake Victoria is the largest tropical lake and the largest lake in Africa
- Tanzania located in the east of Africa and south of Sub-Sahara
- Borders Uganda to the north; Kenya to the northeast; the Indian Ocean to the east; Mozambique and Malawi to the south; Zambia to the southwest; and Rwanda, Burundi, and the Democratic Republic of Congo to the west



Weather & Climate



Tanzania is located in the tropics, so it has a tropical climate

The temperature ranges from about 18°C to 29°C year-round sometimes temperature increase up to 33°C

The heaviest rains (called MASIKA) occurs from mid-March to May

- Shorter period of rain (called VULI) occurs from October to December
- The dry season, with cooler temperatures, lasts from June to September
- Summer usually lasts from January to March,



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Culture & Lifestyle

- It is one of the most culturally diverse countries in the world with over 120 ethnic groups
- From the tall graceful Maasai warriors, the ancient ways of the Hadza bushmen, the resourceful agricultural practices of the Wameru, the artistic talents of the Makonde to the Chaga farmers and traders.



Maasai ceremonial

- Each of the 120 ethnic groups in Tanzania has their own distinct ways of life and mother language but together, they gracefully unite to form Tanzania.



Makonde ceremonial

Swahili and English are official language

Taarab is the popular music in the coastal region i.e. Zanzibar, Dar es Salaam and Tanga

Bongo flavor is the popular music for new generation, the sound mixed of hip hop, R&B, Taarab and Jazz

- Ugali is a staple food of maize flour, is often massaged into the ball shape before eating
- Breakfast taken from 8:00 am – 10:00 am, lunch from 1:00 pm – 3:00 pm while the dinner taken from 8:00 pm – 10:00 pm
- For the breakfast people drink tea (Chai) taken with chapati, maadazi, mkate (breads), mayai (eggs). Also, Kahawa (Coffee) though commonly taken in the evenings
- The menu for the lunch and dinner almost the same i.e. Ugali, wali (rice), pilau (brown rice), makande (beans and maize), with vegetable, salad, beans, meat or fish.



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Social interaction

- Greeting is one of the most important cultural aspects in Tanzania
- Elderly people are particularly respected. Greet them with 'SHIKAMOO' and they will answer you with a grateful 'MARAHABA'.
- For age mate greet them with 'MAMBO' and they will answer you with 'POA' vice versa.
- Greetings by shaking hands very common in Tanzania
- Tanzanians are famous for being generous and helping each other
- People gather in weddings and other social ceremonies or at a disaster.
- Kissing and hugging in public for male and female is not common although you can experience this mainly in the big city like Dar es Salaam and Arusha.
- Males walking while holding hands not common in Tanzania
- Time management for many Tanzanians is a challenge so be aware of it.
- Don't expose your sexual orientation whether you're gay or not
- Under section 154(1) of the Tanzania Penal Code 2002, same sex sexual activity is illegal and carries a maximum penalty of life imprisonment.



Dress

- Dressing code depends on the places i.e. at the project, beach, or in the street.
- Your appearance is taken as a reflection of your respect for those whom you are with
- Make sure your clothes are clean and tidy
- Avoid clothing that is tight and thin, transparent, show the shoulder/thigh while they at the project





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Means of transport

- Transport system is well conducted especially in the big cities
- Dala-dala (a city min bus), mwendokasi (rapid transport) in Dar es Salaam, boda-boda (motor-cycle) and bajaj (tuk-tuk) are very common
- Dala-dala is a famous public transport in Tanzania.
- The fare for dala-dala is 600 – 900 Tanzania shillings (0.24 – 0.35 USD) per route depend on the distance
- Usually, you pay while you are onto dala-dala. No pre-paid service and you have to pay cash to conductor (a guy who collect the bus fare)
- It is important to know where you are going, this will help you to identify which dala-dala you should take
- Each dala-dala has its own route, don't feel shy to ask your host family, friends, or staff at your project in case you plan to go somewhere.
- In case you don't know where to get off, you can ask the guy who collect the money onto dala-dala and you will be supported fully.
- It is a very funny transport, a conductor shout (mention the bus stop and where it is going)
- When you're at the bus stop and waiting a dala-dala you have to listen careful to conductor mention the route and some of the main bus stop
- Sometimes it over crowded





Alternative for transport



1. Mwendokasi

Mwendokasi is an emergent and popular means of transport in Dar es Salaam

Its fare range from 700 – 2100 Tanzania shillings (0.29 – 0.82 USD) depend on the distance

It is very unique compare dala-dala, you have to pay before entering the bus station because conductor

2. Boda-boda

- It is a very popular in the all big cities and the villages
- Boda-boda is the fastest transport if you don't want to spend more time on the way
- It seems like a very dangerous because some of the boda-boda are careless, do not wear helmet
- Its fare is depending on the distance though the minimum charges is 1000/= Tanzania shillings



3. Bajaj



It is very common and safe transport in the big cities

Bajaj is resembled to taxi on its uses, it seems like more private.

Its fare depends on the distance but the minimum charges is 2000/= Tanzania shillings



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Food & Beverage

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



Ugali with vegetable

- The staple is coupled with fish, beef, chicken, goat, or lamb stew with vegetables such as spinach pumpkins and sweet potatoes.



Chips Mayai

Chips 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)

***Biryani kuku
(Biryani chicken)***





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- Local beer and spirits delivered from fermented bananas, corn, rice, honey, or sorghum is the common alcoholic beverages found in Tanzania
- Konyagi, a gin like spirit, is a more popular spirit brewed for commercial purpose



Local beers



Traditional Alcohol (Mbege)

Religions

- Tanzania is a very peaceful with freedom of faith since 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
- 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.



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The beauty of Tanzania



Ngorongoro Crater

- Tanzania also boasts of the Serengeti plains that world to witness the epic journey of the wildebeests.



Stone Town – Zanzibar

Nungwi Beach in north Zanzibar

Tanzania is gifted with the most majestic scenery and breath-taking wildlife.

Mount Kilimanjaro is the highest point in Africa found in north of Tanzania (Kilimanjaro)

Lake Tanganyika is the deepest lake in Africa found in west of Tanzania (Kigoma).



View of Mount Kilimanjaro

Tanzania is a tourist beehive, and 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





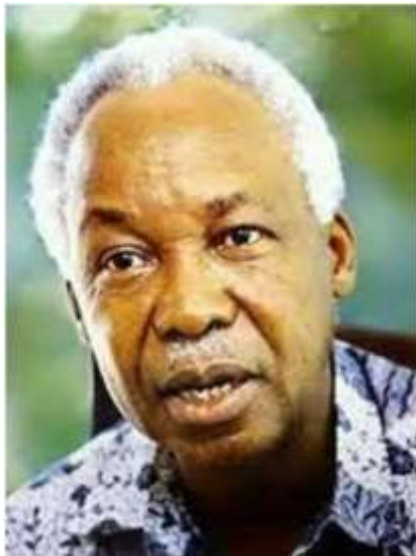
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Politics

- Tanzania is a young multiparty democracy with 20 permanent political parties.
- Chama Cha Mapinduzi (CCM) is the ruling party since independence in 1961
- CHADEMA is the big opposition party
- Executive power rests to the President
- The President and Members of the National Assembly are elected by direct popular vote after every five years
- The President has a mandate to appoint the Prime Minister (Head of the Cabinet) and the Cabinet from the members of the national assembly.



***The Sixth President of Tanzania
(Hon. Samia Suluhu Hassan)***



Mwalimu Julius Kambarage Nyerere was the first black in British Colonial Legislative Council in East Africa

He is a Father of the Nation (Baba wa Taifa)

He became the First President of Tanzania 1964 – 1985

He died in 1999 when he was 77 years old

You cannot talk about Tanzania without Nyerere's legacy. He was a freedom fighter and founder of the United Republic of Tanzania.



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Electrical

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



Money Tips

- The currency is Tanzania Shillings (TZS)
- Banknotes currently in circulation have 1000, 2000, 5000 and 10,000 shilling
- Coins have denominations of 50, 100, 200, and 500 shilling
- Tanzania shillings is acceptable by cash in hand, bank deposit, bank transfer, cheques and mobile transfer via M-Pesa, Tigo-Pesa or Airtel Money
- US dollar can be acceptable in tourist place and hotels
- Money can only be exchanged in the banks and authorized Bureau De Change
- Bring your passport or residence permit ID card while you are going to change the money



Behind view

Front view



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ATM and credit cards in Tanzania



ATM's are everywhere at the airports and around the big cities and some villages

We strongly advise you to bring your credit card also advise your credit card.



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Mobile Phone & Internet

- The main mobile phone service providers in Tanzania include TTCL, Vodacom, Tigo, Airtel, Halotel and Zantel
- Interestingly, about 82% of internet users in Tanzania access the internet via their mobile phones, and this number is growing.
- Mobile service and internet depend on the location
- Vodacom, Tigo and Airtel are most recommended and available almost everywhere
- For the volunteers, we recommend to use VODACOM for the internet and mobile service i.e. phone call and money transfer (M-Pesa).
- A monthly internet package (unlimited) starts with 50,000 – 120,000 Tanzania shillings for VODACOM



Profile of your host

1. **Janeth Filbert:** She started to work with ICYE Tanzania as an in-charge for short-term program (STePs) since 2023. She holds a Bachelor Degree of Arts in Project Planning and Management from University of Dodoma.
2. **Pukey Hassan:** He has a vast experience in international volunteer service and global intercultural learning. Pukey started to work with ICYE Tanzania as an in-charge of the STePs and Long-term volunteer since 2018.

ASANTE SANA