

# Pre-departure Profile Tanzania



Presented by  
AMANI HOSTEL  
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## Tanzania Pre Departure Guide

### 1. Introduction

# Welcome to Tanzania

This pre-departure booklet serves as a brief introduction to the Tanzanian way of life. You should read it before you travel to get an idea of what to expect during your stay. Living and working in Tanzania is a challenge and you will need to adapt. It may seem overwhelming in the beginning to adapt to a completely different way of life and another language. Nothing is familiar and people do not react as they do in your home country. During work you will confront a harsh social reality and experience things that most tourists cannot even imagine. When you arrive, do not expect to find a finished program with clear Instructions waiting for you. If you have decided to work with children in an orphanage or in a nursery home, you should already know how to occupy children with handicrafts, sports, games, art or music. Use your imagination and be creative. We hope that this Guidebook will give you some idea of what to expect and also reduce the culture shock Most people experience.

This booklet also serves as a reference guide for daily life in Tanzania. Simple actions like making a long-distance call, going to the bank or mailing a letter to your friends and Family can be a challenge at the start. Adjustment to the local culture and environment will be your biggest challenge and greatest experience. We have tried to make the information in this booklet as accurate as possible, but it is provided 'as is' and we cannot be responsible for any inconvenience, loss or injury sustained by anyone because of this information. We welcome all suggestions for improvement and adjustments from our volunteers.

When we receive your flight information, we make the necessary arrangements for your airport pick-up. We will do our best to make you feel comfortable from the very first day, but you will sometimes have experiences that will seem strange, frustrating, bizarre, or Even downright irrational. When this happens try to RELAX. Try to reflect about it and see Through the eyes of the population of a third world country, and possibly things will begin to make more sense. (For example: if you miss your flight or the airport Representative doesn't show up, please don't panic. Relax! We have below listed the name of the contact person in case of emergencies. Call immediately and let him/her Know where you are).

## What you should do now

**Check your passport.** It must be valid for at least 6 months after your stay ends. Apply for a **tourist** visa only.

**Book your flights.** The sooner you book the better the price, especially in high season. Remember to notify us of your flight details once you have booked! Please mail your arrival date, time and flight number to [info@amanihostel.net](mailto:info@amanihostel.net)

**Get all your vaccinations:** Visit your doctor for your vaccinations, tell your doctor where you will be going and that you will be in contact with children. Some vaccines take a long time to be active, so don't wait.

**Arrange your travel insurance** – Contact [info@amanihostel.net](mailto:info@amanihostel.net) for more information.

## 1 month or few weeks before departure

Make a check list and buy what you need to take with you.

Photocopie important documents : passeport, insu rance documents, etc.

## Visa requirements

In Tanzania, visas are required for most foreign citizens, whether they come for business or holiday. Tanzania allows European nationals to visit the country for up to three months.

After arrival in Tanzania AMANI HOSTEL will help you to get a volunteer visa, Class C, which will allow you to volunteer legally in Tanzania. The C permit fee is 250 USD and must be paid to the local coordinator. So even if it seems strange to travel into the country as a tourist first, this is the right procedure that avoids complications.

### **Tanzanian Tourist visa:**

Tourist visas are issued as single or multiple entry permits and are valid for a maximum period of three or six months at the airport. If you enter the country without a tourist visa, you can expect to queue for 2 hours or more at the airport. We therefore advise all volunteers to apply for a tourist visa before travelling.

### **HOW TO APPLY FOR A TOURIST VISA**

Your passport and visa are your own responsibility.

Tanzanian authorities do not always have a positive attitude toward foreign workers and volunteers! It is imperative that you do NOT write volunteer or work anywhere on your tourist visa application formula.

On the Tourist application form:

Under: Address while in Tanzania, and: References in Tanzania you can write your accommodation address:

AMANI HOSTEL

PO box 14950

Arusha

Tel: +255 655 707 352 or +255 784 707 352

Or just write that you will find a tourist hotel or youth hostel upon arrival.

State only TOURIST visa, as if your whole stay in Tanzania is about sightseeing, going on Safari and shopping. Tourist money coming into a country's economy is welcome everywhere, but developing countries are especially prone to thinking only about economics. Ask AMANI HOSTEL for the tourist visa application by e-mail ([info@amanihostel.net](mailto:info@amanihostel.net))

For Danes, see <http://www.tanzania-consulate.dk/visa.htm>. You can download the application form from the homepage.

### **Tanzanian Volunteer Permit Class C:**

People who do any kind of unpaid work within any community in Tanzania will have to apply for the volunteer permit class C, 2-3 days after their arrival. Any Regional Immigration Office can issue this permit.

Your coordinator in Tanzania will take care of the C-Permit application at immigration service after your arrival.

### **Requirements for this C permit are**

1. A valid passport from the applicant's country of origin. Passports must be valid for a minimum of six months after the end of the visa
2. Passport photos (we will need **5** to submit with your Class C Residence Permit application and you should have a few extra in case of lost passport, etc.)
3. 3 copies of your passport
4. 3 copies of your tourist visa
5. 3 copies of your insurance cards
6. \$250 USD.

### **Clothing and Footwear**

Depending on the weather, laundry can take 4-5 days to dry outside, so take this into account when choosing the amount of clothes you would like to bring. Keep in mind that your clothes will get very dirty here and you will have to wash by hand. You may consider bringing clothes that you would not mind leaving here for some of the adult staff at your work place or to others at the end of your stay. Particularly during the rainy season, you will want clothes that dry fast.

If you participate in a Safari we recommend that you bring light casual clothes, khaki clothing, sunglasses, sunscreen, hat and insect repellent. In the evenings it can get rather chilly (especially in the desert areas and in the months of May-August) so bring a sweater and a windbreaker.

### **Important note:**

Please be respectful of the Tanzanian culture. Adults should always wear long sleeves, long pants and/or traditional Tanzanian dress. Please do not bring shorts or low-cut tank tops. On our property, volunteers can wear shorts and sleeveless shirts when playing with the children, but when you leave the property, please dress respectfully, both men and women. We would appreciate that you keep this in mind when packing.

### **Tanzanian Culture**

In Tanzania there is an almost equal distribution of Christian, Muslim, and indigenous beliefs, while Zanzibar is almost exclusively Muslim. Muslims are concentrated along the coast and in Zanzibar and dominate the culture in these areas.

### **Basic Cultural Information of Tanzania**

You come with curiosity and a wish to meet a new culture, different ways of thinking, speaking and interacting with the local people and their customs and cultures. There are some principles which help volunteers to enjoy a positive experience in Tanzania and avoid misunderstandings which can occur in cross-cultural settings.

### **The school and social system**

Although there are many orphans in Tanzania there are not as many orphanages as you would expect. This is due to the fact that the government tries to keep orphans within the community so they are usually cared for by grandparents, aunts, uncles or other members of the community. Although these children have shelter, due to financial strain they are often neglected and are lacking essential food, attention and affection.

There is a severe shortage of government subsidized schools in Tanzania, especially for preschool children (aged 3 to 6). Nurseries are often set up and run by teachers dedicated to providing underprivileged children with a basic education. A minimal attendance fee is charged to cover rent, wages and resources but the majority of the children attending these schools cannot afford the fee. As a result many of these teachers go without pay and the schools are lacking the most basic resources.

Children attend Primary School in Tanzania from the age of 7 to 14. There are some government subsidized schools but even at these schools children have to pay a contribution; other schools are privately run. Many children in Tanzania are unable to attend Primary school, due to lack of income and sponsorship is desperately needed to give these children a chance of basic education.

A large number of children finish their formal education after Primary School. There are very few government Secondary Schools and only those finishing Primary School with the highest grades are able to attend. Those attending Secondary School do so formally from the age of 14 to 18 but many students are older due to various circumstances.

Most of the schools, especially the nursery schools have no electricity and no running water, please bear this in mind when contemplating what resources to bring and when planning your lessons. E.g. using tapes/cd's to teach is difficult when there is no electricity and some painting activities are difficult when there is no water. There are however solutions to every problem, it just takes some inventive thinking. Many of the schools, especially Primary and Secondary schools have a syllabus that you can follow to give you ideas but they lack in teaching aids and materials, these you will need to bring yourself.

Due to their backgrounds many of the children have behavioral issues and discipline methods are very different to what we are accustomed to; 'the stick' is used liberally. Many volunteers try to encourage positive reinforcement as opposed to corporal punishment and new ideas and techniques are very welcome. It may be useful before you

arrive to research effective methods behavior management.

Finally, teaching in Tanzania is a well respected profession. It is the culture to dress appropriately. Do not wear revealing clothing at work.

### **Dedication and Commitment**

Before you arrive think carefully about your reasons for volunteering and your expectations. Volunteering is hard work and you may find yourself in challenging situations that may take you out of your comfort zone. By volunteering you have made a decision to give to a community and although this may prove difficult at times the community is relying on your commitment and dedication.

Volunteering is a character building experience...if you let it.

It may happen that you want or need to change project, this can only be done in cooperation with the local team staff so that we can ensure that all of our projects are provided with the help that we promise them.

### **Initiative**

You should be prepared to use you own initiative while you are working on your project. Extracurricular activities for the children such as games, sports, music lessons etc or renovation projects such as painting a school are always appreciated by the community and will prove rewarding for yourself. If you need assistance in initiating these activities, the local staff will be more than happy to advise and assist you.

### **Fundraising**

Previous volunteers have done some incredible work building classrooms, toilets, providing desks, benches, blackboards, school uniforms, food, and school fees. Although this is not the purpose of volunteering, the fact that previous volunteers have done this has created certain expectations within the community. Don't be surprised or offended if your project approaches you for money or sponsorship, you have to understand that their perception of Westerners is of wealth and in comparison to them we are wealthy, simply the fact that we can afford to fly there Makes us wealthy beyond their dreams. They have nothing to loose by asking you but will understand completely if you explain that you are not in a position to give them money and explain that you are there to give your time and knowledge.

Many volunteers express an interest in fundraising before they arrive. Below you will find a guideline for the type of subjects that you can sponsor.

- A desk seat - USD 50 per child
- A blackboard - USD 120
- Porridge for one month for 50 children - USD 50
- School uniforms - USD 50 per child
- School fees for 1 year for 1 child - USD 200 to USD 600
- Paint to renovate a classroom - USD 150 to USD 300

Materials and labor to build a classroom for 40 children costs - USD 400 open roofed, USD 1,000 full classroom.

## **Culture and Culture Shock**

When you enter a new environment where very little is familiar, you will probably be disoriented at the start. This is “culture shock”. Experts suggest that there are four stages of culture shock:

- ❖ Initial euphoria
- ❖ Irritability and hostility
- ❖ Gradual adjustment
- ❖ Adaptation

Almost everyone experiences culture shock to some degree. It can be frustrating and confusing. But you can take some positive steps to minimize the impact:

- ❖ Realize that this is normal and that you will live through it.
- ❖ Be open-minded and ready to learn. You will come to realize that there are different ways to do things.
- ❖ Research your new culture. You can begin today by reading about Tanzanian culture.
- ❖ Look for the reason behind behaviors in the new culture that you find strange. With a little analysis, you may find that these different behaviors don't seem so strange after all.
- ❖ Above all, flexibility, humility and open-mindedness will be your most valuable assets. These are probably exactly the qualities that led you to volunteer in the first place, so it should not be difficult for you.

## **Some Basic Rules of Tanzanian Culture**

- ❖ Affection between men and women is seldom expressed in public. Public kissing, hugging, and hand-holding are offensive to most Tanzanians and a sign of low morals. But it is acceptable for two men or two women to walk hand in hand. This has nothing to do with sexual orientation; it is basically male (female) bonding and is not considered odd.
- ❖ Maintaining eye contact during conversations is not expected in an African context and many people become uncomfortable when you look them in the eye for a long time.
- ❖ East Africans love to formally greet each other, so be ready to shake a million hands!
- ❖ In most rural areas, punctuality is not too common, so be prepared to wait.
- ❖ Clothing is somewhat conservative. Men should not go bare-chested and shorts should be conservative. Women should avoid bare shoulders, halter-tops, and shorts. Ties and suits are not necessary except for special occasions.
- ❖ The dress codes can vary, depending on your area of placement. In many places, summer clothes are worn most of the year. Semi-formal wear or what is known as “business casual” (slacks and a shirt with a collar) will be acceptable in most places and for most purposes including volunteer work.
- ❖ You can wear jeans and t-shirts but we recommend clothes that are easy to wash - since most washing is done by hand, - jeans will be a bother to you in this regard.
- ❖ In some countries fashion is to wear shorts that are very worn or look worn and old. Khaki or walking shorts will be generally more acceptable.
- ❖ For official occasions, a shirt and tie, long trousers or a dress will do. Men should wear socks and both sexes should wear shoes during meetings and public events.
- ❖ The East African coast including the area around Dar es Salaam has a large Muslim population. Here, courtesy demands that women, outside their hotels, should dress modestly.

## **Legal Issues**

- ❖ It is regarded as an offence to photograph heads of state, airports or strategic buildings, including military and power installations and police officers in uniform. Photographs should not be taken of people without their consent.
- ❖ Destruction of local currency, even in small amounts, is illegal, and will result in arrest and penalty.
- ❖ Nudity is illegal under East African law; if you sunbathe topless you may be arrested.

- ❖ The penalty for possession of illegal drugs, including marijuana, is ten years imprisonment, with no option of a fine.
- ❖ Tanzanian law defines any sexual relations between men as a criminal act; the penalty is 5 to 14 years imprisonment.

### **Language and Orientation Program**

You will follow some days of orientation before your volunteer work starts. The program includes some lessons in the local language (mainly Swahili) and immerses participants in the culture of East Africa.

Don't expect formal teaching.

### **Accommodation**

Volunteers will stay at the house for volunteers in Arusha, a safe place with a cook, cleaning lady and guards:

AMANI HOSTEL

PO box 14950

Arusha, Tanzania

Tel: +255 655 707 352 or +255 784 707 352

Volunteers who extend their work stay pay 12 USD for food and accommodation per night.

Please advise your coordinator in advance.

Non volunteers, like friends or family members visiting you, can only be accommodated at a "tourist rate", 35 USD per night. The possibility of guests staying over is of course subject to space, as new volunteers may need the room.

### **Living Conditions**

A cook provides local Tanzanian food three times a day. Tanzanian foods include ugali - a porridge-like mash made from corn meal; chapatti - bread similar to a tortilla made from wheat flour; irio - a mash of corn, beans, greens and potatoes; and rice. Meat will be on the menu only once in a while. All-vegetarian meals will be easy to arrange for vegetarian volunteers.

### **Things to Consider**

Moral values, religion and cultural issues in Tanzania can be very different from your home country. Sometimes you might think roles are outdated and nonsensical, but please try not to judge their way of life. You are here to learn and to be active as a volunteer. Women especially should be aware that their accepted position in Tanzanian society is not exactly equal to their position in western countries. Although the differences are



sometimes minor and often blurred, especially in the cities, they do exist and are more noticeable in the coastal areas of East Africa. They should be taken note of to avoid unnecessary friction.

### **Rules for Volunteers**

Please do not use alcohol or drugs.

Much of Tanzanian society is somewhat conservative by western standards; please dress modestly..

Please do not use facilities (TV, radio, VCR, bike etc) without permission.

Always keep your door and your room window closed when you go out.

Please clean your clothes and dishes yourself.

## **Important addresses and phone numbers**

### **Contacts**

Contact information in Tanzania:

AMANI HOSTEL

PO Box 14,950 Arusha

+255 655707352 or +255 784 707 352

E-mail: [info@amanihostel.net](mailto:info@amanihostel.net)

A member of the local staff will meet you at the airport, holding a card with your name. Should you be missed at the airport, you can call the local contact number from the airport.

Office hours are from 08.30 to 16.30. For contact after office hours use: 00 255 (784) 707 352

Volunteers arriving by bus from Nairobi can be picked up from the Mezaluna hotel, where all buses from Nairobi stop in Arusha. Call the coordinator or send an e-mail to; [info@amanihostel.net](mailto:info@amanihostel.net) when you know what time your bus arrives.

If you should miss our representative at the airport, due to delayed flights or tight airport security, please call the pickup person, mentioned in your placement letter. If you cannot reach him/her, then call the coordinator at any of the numbers listed above.

**Please write down all important numbers and keep them safe.**

### **3. Location**

Arusha-Tanzania.

Tanzania is home to some of the most incredible tribal diversity in Africa. The country includes all of the major ethnic and linguistic groups on the continent – an amazingly varied population to inhabit a single country.

Home to approximately 120 tribal groups, most of these comprise small communities that are gradually being assimilated into the larger population due to changes in the use of land and the economic attraction of city life.

Tribal diversity is prized and far from being a source of division, Tanzanians place a high value on their country's multicultural heritage.

Over the past few years, cultural tourism has become an increasing attraction for visitors from around the world and visits to tribal villages are often a highlight of safari itineraries. The Masaai are perhaps the most well known of Tanzania's tribes and inhabit the northern regions of the country. Pastoralists who fiercely guard their culture and traditions, Masaai tribal life revolves around protecting and caring for their herds of cattle and finding ample grazing land in their region.

The tribes live in circular enclosures called manyatas, where small mud huts surround a secure open circle where their cattle and other herd animals sleep protected during the night. Woven thorn bushes form a thick fence around the enclosure to protect the herds from attacks by lions and other predators. Because good grazing land fluctuates according to the seasons and yearly rains, Masaai settlements are temporary and easily relocated to where grazing and water access is best. Tribal tradition separates men and women into different age groups: the youngest herd sheep and goats while the young male warriors, or moran's job is to protect and care for their family's cattle.

Male elders hold a position of respect in Masaai society and once a warrior becomes an elder, he may marry to begin a family of his own.

The 'Spice Islands' of the [Zanzibar Archipelago](#), [Pemba](#), [Mafia](#), and the entire Tanzanian coast is home to the Swahili people, a vibrant mix of Arab, Indian and Bantu origins who historically based their livelihoods around Indian Ocean trade. The Swahili Coast, as the region is called, is a predominantly Islamic region with old mosques and coral palaces found throughout the area. Swahili culture centre around the dhow, a wooden sailing boat powered by the seasonal wind.

Historically, boats connecting the Swahili Coast with the Arab world and India made trade flourish between the regions. Fishing remains a mainstay of coastal income in small villages throughout the area, and coconut and spice plantations continue to form an important source of export. These days, life on the Swahili coast is tranquil and even-paced.

Women cloaked in long robes called bui bui walk through meandering streets to the local market, stopping to chat outside tall houses hewn from coral and limestone rock. In the villages, the call to prayer rings out clearly over the palm trees and once they have finished their religious duties, the men gather in the square to drink spiced coffee from brass braziers.

From the warrior moran of the fierce Maasai to the tranquil rhythms of Swahili town, Tanzania offers a unique glimpse into African life as it has remained for centuries.

## Language

The Tanzanian National language is Swahili or Kiswahili. English is the third language after the mother tongue language which differs from one tribe to another.

### Official holidays in 2022:

1 Jan	New Year's Day.
12 Jan	Zanzibar Revolution Day.
26 Feb	Birth of the Prophet.
2 Apr	Good Friday.
5 Apr	Easter Monday.
26 Apr	Union Day.

1 May	International Labour Day.
7 Jul	Saba Saba (Industry's Day).
8 Aug	Nane Nane (Farmer's Day).
11 Aug	Eid al-Fitr (Ramadan).
14 Oct	Nyerere Day.
16 -17 Nov	Eid al-Adha.
9 Dec	Independence and Republic Day.
25 Dec	Christmas Day.
26 Dec	Boxing Day.

**Official holidays in 2023:**

1 Jan	New Year's Day.
12 Jan	Zanzibar Revolution Day.
15 Feb	Birth of the Prophet.
22 Apr	Good Friday.
25 Apr	Easter Monday.
26 Apr	Union Day.
1 May	International Labour Day.
7 Jul	Saba Saba (Industry's Day).
8 Aug	Nane Nane (Farmer's Day).
30 Aug	Eid al-Fitr (Ramadan).
14 Oct	Nyerere Day.
6 and 7 Nov	Eid al-Adha.
9 Dec	Independence and Republic Day.
25 Dec	Christmas Day.
26 Dec	Boxing Day.

**Note**

Muslim festivals are timed according to local sightings of various phases of the moon and the dates given above are approximations. During the lunar month of Ramadan that precedes Eid al-Fitr, Muslims fast during the day and feast at night and normal business patterns may be disrupted slightly, especially along the coast and on the islands. Zanzibar and Pemba are fairly conservative and during this time it is considered highly impolite to eat, drink or smoke in public during daylight hours. Some disruption may continue into Eid al-Fitr itself. Eid al-Fitr and Eid al-Kebir (Eid al-Adha) may last anything from two to 10 days, depending on the region.

**4. Volunteering in Tanzania**

**Upon Arrival**

**Please look for a person with a sign with The AMANI HOSTEL and or your name on it.**

**The first day after arrival you will follow an orientation.**

**Absences**

As a volunteer, you are responsible for showing up on time when scheduled. In the event you are ill or unable to cover your assigned shift, you must notify the volunteer coordinator so your shift might be covered.

If you are planning to travel around in Tanzania, it is strongly preferred that you do so after you finish your volunteer commitment. You are responsible for notifying your volunteer coordinator in case of absence.

Under any circumstances please don't just not show up, as you may be reported missing and your emergency contact may be notified?

## 5. Living in Tanzania

### Language

According to the official linguistic policy of Tanzania, as announced in 1984, Swahili is the official National language of the social and political sphere as well as primary and adult education, whereas English is the language of secondary education, universities, technology and higher courts. Though the British government financially supports the use of English in Tanzania, its usage in the Tanzanian society has diminished over the past decades: In the seventies Tanzanian university students used to speak English with each other, whereas now they almost exclusively use Swahili outside the classroom. Even in secondary school and university classes, where officially only English should be used, it is now quite common to use a mix of Swahili and English.

### Religion

Christianity and Islam are the predominant religions of Tanzania. About 40-45% of the population practice Christianity, about 35-40% practice Islam. The rest of the populations adhere to traditional beliefs, most of which centre around ancestor worship and nature-based animism. Most Christians live on the mainland, where missionary stations and schools reach deep into the continent. Islam is the major religion of the coastal areas but is also practiced further inland along the old caravan routes.

Religion plays a large part in the daily life of Tanzanians. In Christian areas, families attend church together dressed in their Sunday best. Church services always involve singing and the hymns – often sung in complex harmonies – spill out to the streets outside. Easter and Christmas are major events in Tanzania, with services and celebrations often extending far into the day and night. The lunar month of Ramadan is an important time for Muslims around the country, who fast from food and drink from sunrise to sunset. After Ramadan comes the Eid, a time of feasting and festivity for the whole community. Tanzania's Asian religious minority includes Hindus, Sikhs, and Ishmaels.

### Currency/Money

Tanzanian currency is called the Tanzanian shilling, which has 100 Tanzanian cents (not to be confused with British shillings or American cents!). Major tourist areas and hotels will take many different kinds of credit cards, but you will probably avoid expensive places that cater to tourists. Visa is usually accepted, but volunteers have reported problems when they tried to use MasterCard. Travelers' checks are safer, but may be difficult to change outside of the cities. Cash can be changed easily at the airport and in banks. Avoid street vendors who offer to change your cash; many will not give you a decent exchange rate. You probably won't be able to buy local Tanzanian money in Europe. Take some USD with you for the first days and use your VISA card upon arrival. You will need approximately 60 USD pocket money per week.

### Weather

Because Tanzania lies below the equator, the coolest months occur during the northern hemisphere's summer, and all-year round the weather remains pleasant and comfortable. Between June and October, temperatures range from around 10°C in the northern highlands to about 23°C on the coast. On the plains and the lower-altitude game reserves, the temperatures from June to October are warm and mild. On the coast, these months are some of the most pleasant to visit, with balmy, sunny weather much of the day and cooling ocean breezes at night.

From December to March, the days are hot and sunny without a cloud in the sky. Temperatures range from the mid-twenties to the low thirties throughout the country while visitors flock to the parks and beaches to escape the dreariness of late winter in colder climes. Clear sunny days are the norm in the northern highlands and the heat of

mid-day is tempered by the golden light in late afternoon and the especially striking sunsets. In the game parks and central plains, the beautiful weather provides perfect opportunities for game viewing, and clear night skies offer perfect opportunities for star-gazing evenings in the bush. On the shores of the Swahili Coast, the Indian Ocean reaches its highest temperatures and is ideal for swimming at any time of day or night.

Tanzania's equatorial climate brings two seasons of rain each year: the masika, or long rains that fall from mid-March to the end of May, and the Vuli, or short rains, that come intermittently throughout November and parts of December, and sometimes stretch into early January.

During the long rainy period, heavy showers fall in the early mornings but usually clear up by mid-day, with the weather often remaining clear and sunny until late afternoon. In the evening, clouds start appearing and break sometime after dark. The rain often continues throughout the night. During the short rains, light showers in the mornings and late afternoons are punctuated by stretches of clear weather and beautiful rays of sunlight. The beginning of both rainy seasons is marked by a change in the winds which historically, marked the time for trading boats to set off on expeditions across the Indian Ocean or return to their native lands.

Tanzania has a tropical climate. It is hot and humid on the coast, temperate in the highlands. There is plenty of sunshine all the year round and summer clothes are worn throughout the year. However, it is usually cool at night and early in the morning.

### **Responsibilities: Code of Conduct**

- Be Professional
- Be punctual, follow through, dress suitably.
- Keep a log of your teaching lessons/work.
- Inform your host & project manager if you are unable to attend work.
- Respect Cultural Differences e.g the difference in work style such as space and shifting agendas.
- As a volunteer you have a profound impact on the community. Use of drugs and excessive alcohol will not be tolerated and will result in your removal from the project.

### **You're Security**

Personal Security is also an individual responsibility.

Tanzania is one of the most secure and stable countries in East Africa. Advice:

- It is generally not safe to walk around after dark. So it's advised to take a taxi.
- Keep money in a belt or visible secure bag.
- Keep a small – change purse for everyday; conceal larger sums in a money belt/cross – the – chest-bag.
- Mobile phone theft is rampant.
- Although most people are genuine in their friendliness, in some areas such as central Arusha, you can be hassled. A confident air and a “Asante, hapana’ (‘no thank you’) helps!.

- Trust your instinct.

## **Hygienic Precautions**

Hygienic conditions in Tanzania are not what you are used to. You should therefore be aware of the following:

- ❖ Don't drink water from the tap.
- ❖ Don't use ice cubes made from tap water.
- ❖ Don't use water from the tap to brush your teeth.
- ❖ Only drink/use water that comes in sealed bottles or has been boiled previously.
- ❖ Don't eat/drink dairy products that have not been pasteurized.
- ❖ Don't eat anything that has not been cooked, fried or peeled.

Even if you follow these rules you may still get diarrhea at some point. It generally lasts for 2 – 3 days and is not serious. You should, however, drink lots of water (from sealed bottles) during these days and avoid spicy foods.

## **Packing List:**

### **Passport and Documents**

Volunteers must have a valid passport and necessary documents while traveling in Tanzania. You should carry some passport size photos if you wish to obtain a visa extension or a multiple-entry visa (to travel to nearby Kenya and return).

### **Medicine**

If you are under medication, please do not forget to pack enough medicine for your entire trip; your brands of medicines may not be available in Tanzania.

### **Footwear**

Most rural roads in Tanzania are not paved and may become muddy. Normal leather shoes or tennis shoes, which can be brushed off or wiped off, are appropriate for working in the placements. You will want light comfortable footwear for evening walks and other leisure activities. Please bring sturdy hiking shoes or boots if you are going on safari.

### **Clothes**

Clothing and dress in Tanzania varies from region to region. In many tourist areas, western dress is very common and acceptable. Along the coast Tanzanians are more conservative and western fashion is not acceptable. Therefore, we advise volunteers to be aware of appropriate dress if they travel to the coastal areas. See the earlier section above on acceptable clothing.

No matter how hot it is, volunteers are advised not to wear sleeveless shirts, halter tops or tiny shorts in public areas and even while staying among community people. Rural Tanzanians feel comfortable with long pants. Women are always encouraged to wear bras and refrain from dressing in a way to reveal cleavage. Topless sunbathing among women is illegal in Tanzania.

### **Mosquito net**

Malaria is a problem in many parts of Africa, including Tanzania. Therefore, to reduce the problem of mosquito bites, volunteers are requested to come with a mosquito net or buy one locally, even if they are taking anti-malarial medication.

### **Insect repellent**

Do not forget to bring insect repellent, and use it often to reduce the possibility of mosquito-borne illness.

### **Other**

Please do not forget to pack a torch (flashlight), camera, film and other necessities. If you want to keep a diary, it is wise to bring your own pens and pencils. Bring a raincoat during the rainy season.

### **Safari**

If you choose to go on safari while you are in Tanzania you should bring, hiking shoes and a light rain coat/jacket besides the other items mentioned above.

### **Recommended Reading**

Globetrotter Travel Guide: Tanzania by Graham Mercer  
Spectrum Guide to Tanzania

The Safari Companion by Richard Estes

The Rough Guide to Tanzania by Jens Finke

Insight Guides: Tanzania & Zanzibar by Melissa Shales

Lonely Planet Tanzania by Mary Fitzpatrick

### **Keeping in touch with home**

There is an Internet connection at the house for volunteers. If the connection is out of order, you can find an internet café close by.

### **Time Off**

Evening/Weekends: How much time off?

Places to Visit: our Tanzania national parks if you're looking forward to volunteer in Tanzania then you can also go for a safaris, i.e Lake Manyara, Ngorongoro and Serengeti national parks, the coordinator can arrange excursions for you.

### **What about My Health?**

#### **Mosquitoes**

Mosquitoes are more visible in the evening, where they can become a real nuisance, but it is really important to note that they are there in the day time as well as the evening, it is important to have insect repellent on at all times of the day and night.

Insect repellent containing over 10% DEET should repel mosquitoes effectively. Impregnating cotton garments with 30ml of DEET in 250ml of water makes them repellent. This is something you can do if you wish to, for example, a cotton sleeping bag liner.

Before you leave:

- Dental checkup
  - Finding a good dentist during travel can be difficult at times, dental techniques may not be up to US standards, and the sterility of instruments in some areas is questionable. Having a dental checkup before you go can avoid these problems.
- Medical checkup
  - If you have any chronic health issues you should have a medical evaluation before you go. It would be reasonable to get an exam if you will be gone for more than several months.
- Eye Care
  - Bring along an extra pair of sunglasses, prescription lenses, contacts, etc. as well as contact car supplies. If you have a copy of your prescription, bring along a photocopy.
- Insurance
  - Usually you will have to pay cash for medical care during travel. Few places will bill your insurance directly. Some insurance plans will not cover medical care outside Europe. Keep your receipts for refunds.
  - Given the additional health risks, lower quality healthcare. Volunteers are obliged to purchase a travel insurance that includes emergency medical evacuation services. Contact [info@amanihostel.net](mailto:info@amanihostel.net) for information about insurances.
- Immunizations
- Arrange to get these started **6 weeks before** you leave so that there will be adequate time to get them in. Check with the travel clinic at a local hospital about what vaccinations are recommended for travel to Tanzania.  
This information can also be obtained from the Centers for Disease Control ([www.cdc.gov](http://www.cdc.gov) ).  
At the very least, make sure your tetanus is up to date, and that no other vaccinations are being required for entry into Tanzania.  
For Danish citizens see: [www.vaccinationer.dk](http://www.vaccinationer.dk)

#### Anti-malarial Medicine

At this altitude malaria is fairly rare but we do occasionally see cases of it. Recently, as we have been experiencing a change in weather patterns, it seems to be becoming more frequent.

To be on the safe side, get a prescription for an anti-malaria drug.

**Malarone** seems to be the preferred anti-malarial due to its limited side effects, however a generic brand of Doxycycline can be purchased cheaply in Arusha (about \$3 for 10 days).

The choice of anti-malarial is based on: effectiveness, cost, convenience, side effects, and medical contraindications.

Here's a table with more details to help you choose (as with any medication or health related questions – talk to your doctor to make an informed decision):

#### Water

All volunteers in Tanzania MUST only drink bottled water, Volunteers buy their own enough bottled water in town before getting to work - plan on at least 2-3 liters a day. Regardless of how careful you are there are simply things that get into your stomach here that you will not find back home.



**Medicine:** Here are a few of the medicines we recommend you to bring that you should talk to your doctor about. Just in case your luggage does not arrive with you, be sure to pack any prescription medications you need in your handbag..

Additional “just in case” prescriptions: Over the counter tummy care like Pepto-Bismol or Imodium usually do the trick for traveler’s diarrhea and cold medicines will often work on mild cough and cold symptoms. However, it is recommended you also get a prescription for a series or two of antibiotics (such as Cipro), just in case.

- Pepto-Bismol (chewable tablets are handy for traveling)
- TUMS
- Immodium
- Antibiotics – ciproxin, amoxicillin
- Malaria prophylactics
- Saline nose spray (if you are coming in the dry season)
- Tylenol or Advil
- Multi-symptom cold/flu medicine (with all these kids you can count on at least one cold)
- Hand sanitizers (Purel and/or handi-wipes)
- Saline solution for contact lens users
- For women:  
Feminine hygiene (enough for your stay)

Note: Although you will be able to buy toothpaste, toothbrush, shampoo/conditioner, and other essentials here, they most likely will NOT be the brands that you use at home. Be sure to bring a supply of those items which you do not wish or cannot switch brands (for example, face wash or face lotion, tampons).

## **5. Cultural Observances / Responsible Travel**

### **Cultural Awareness**

As a volunteer you have privileged access to a local community.

Don’t underestimate the impact you can have.....

Dress: Women especially should take care to dress modestly.

Smoking and drinking: be careful and moderate.

### **Right and Responsibilities**

You have a right to:

- A designated project for the length of your stay
- Meals, transport, help and advice as promised.
- A meaningful role within your project.

If ever you have questions during your stay, we prefer you immediately contact your coordinator. We are committed to make sure that all our volunteers have a great experience but please **remember you are in a**

**foreign country and have to respect local rules and customs.**

Tanzanians are very friendly and a smile will go a long way!

### **Dress code basics**

**HIV and Aids:** How it isn't transmitted

The virus survives outside the human body for just a few hours.

- It cannot be transmitted thru saliva, tears, vomit, faeces, urine.
- It cannot pass through unbroken skin & is not spread through casual contact, e.g touch, sharing cutlery, toilet seats, or washing water.
- Caring for someone with HIV is not risky as long as sensible precautions are taken, e.g keeping cuts covered, disposing of sharp needles safely.
- It is not transmitted by mosquitoes.

**What is High – Risk Behavior?**

- Using cutting instruments, or unsterilized needles or syringes, on yourself or someone else, who might be contaminated by someone else's blood.
- Receiving an infected blood transfusion. The Blood Care Foundation, ([www.bloodcare.org.uk](http://www.bloodcare.org.uk)) is a good source of safe blood, which can be transported worldwide within 24 hours.
- Having penetrative vaginal or anal sex without using a condom.

**Relationships:**

Be careful around having relationships as communities can be quite fragile in terms of stability – emotional and economic. The financial unbalance may create a certain agenda. On the other hand a local Tanzanian may take a relationship more seriously than a Western traveler.

On a more serious note, the highest rising group of HIV carriers is now travelers returning from overseas.

**HIV AND Aids**

As a volunteer working in the poorest communities you are likely to come into contact with children and adults who have HIV. So a little knowledge is key.

HIV is found in an infected person's blood (incl. menstrual blood), breast milk, semen and vaginal fluids.

It can be transmitted by HIV – infected blood transmitted by HIV-infected blood transfusions, contaminated injecting equipment or cutting instruments.

## 5. Kit List

This is not an exhaustive list, just some helpful suggestions. If you have any questions about whether it is advisable to bring something or not, just ask!

### Clothing

1. Sandals or flip flops
2. Walking shoes or trainers
3. Raincoat
4. Clothing for warm weather like shorts, skirts, t-shirts etc
5. Long sleeved shirt / t- shirts and long trousers to protect you from mosquitoes at night
6. Some warm cloths
7. A hat
8. Sunglasses

### Accessories

- Mosquito Net
- Camera you'll want tons of memories and we'd like to see your photos too (if you think you might need it - bring an extra memory card as they can be expensive in Tanzania)
- Torch
- Batteries
- A travel adapter plug

### Small First Aid Kit

1. Small selection of plasters
2. Antihistamine cream (handy for mosquito bites)
3. Painkillers
4. Re-hydration salts (these can be bought locally)
5. Antiseptic wipes
6. Any personal medical prescriptions and medicine.

### Important Documents

1. Photocopy of your passport
2. Passport photos
3. A copy of any prescriptions / your spectacle prescription
4. Medical card
5. Copy of your insurance
6. Your project details / co-ordinator contact information

## 7. Personal Health

### Immunisations

Immunisations needed for travel in Tanzania:

**Courses or boosters usually advised:** diphtheria; tetanus; hepatitis A; typhoid; yellow fever.

See: [www.vaccinationer.dk](http://www.vaccinationer.dk)

Notes on the diseases mentioned above:

- **Tetanus** is contracted through dirty cuts and scratches. This is a serious infection of the nervous system.
- **Typhoid** and **hepatitis A** are spread through contaminated food and water. Typhoid causes septicemia and hepatitis A causes liver inflammation and jaundice. In risk areas you should be immunized if good hygiene is impossible.
- **Cholera** is spread through contaminated water and food. More common during floods and rainy seasons. Those unable to take effective precautions, for example, during wars and when working in refugee camps or slums may consider vaccination.
- **Tuberculosis** is most commonly transmitted via droplet infection. BCG vaccination is recommended for travelers under 16 years of age who will be living or working with local people for a prolonged period of time (three months or more). Following individual risk assessment, vaccination may also be considered for travelers under the age of 35 years who may be at high risk through their occupation abroad i.e. healthcare workers.
- **Meningococcal meningitis** and **diphtheria** are also spread by droplet infection through close personal contact. Vaccination is advised if close contact with locals in risk areas is likely.
- **Hepatitis B** is spread through infected blood, contaminated needles and sexual intercourse; It affects the liver, causes jaundice and occasionally liver failure. Vaccination is recommended for those at occupational risk (e.g. health care workers), for long stays or frequent travel to medium and high risk areas, for those more likely to be exposed such as children (from cuts and scratches) and those who may need surgical procedures.
- **Rabies** is spread through bites or licks on broken skin from an infected animal. It is always fatal. Vaccination is advised for those going to risk areas that will be remote from a reliable source of vaccine. Even when pre-exposure vaccines have been received urgent medical advice should be sought after any animal bite.

**Disclaimer:** We have tried to make the information in this booklet as accurate as possible, but it is provided 'as is' and we accept no responsibility for any inconvenience, loss or injury sustained by anyone resulting from this information.

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