

## TANZANIA AT A GLANCE

**POPULATION:** 53,950,935 (July 2017 est.)

**LANGUAGES:** Kiswahili, English, Arabic, other indigenous languages

**PREDOMINANT RELIGIONS:** Christian, Islamic, folk religion

**TIME ZONE:** Seven hours ahead of Eastern Daylight Time (New York City)

**TELEPHONE CODES:** 255, country code; 51, Dar es Salaam city code; 61, Dodoma city code; 68, Mwanza city code; 27, Arusha city code

Tanzania's wild places are still gloriously wild, with huge herds of elephants and wildebeests, flocks of flamingos, silent families of giraffes, and noisy packs of wild dogs.

The wild remains wild because it is protected. Nearly 25 percent of Tanzania is designated as national parks and game reserves — from the Serengeti in the north, which sweeps uninterrupted from neighboring Kenya's Masai Mara National Reserve, to Selous in the south, with its long distances and large variety of animals. No area is more protected, by geography as well as by permit, than the Ngorongoro Crater, whose steep walls create a separate ecosystem with its own representative collection of animals. The country also boasts Mount Kilimanjaro, the tallest mountain in Africa and the highest mountain in the world that can be simply walked up.

The Tanzanian people are friendly and interesting, with more than 130 tribes. Perhaps one of the most memorable sights is seeing a lone red-robed Masai warrior stalking the parched plains with his cattle or goats. Despite the many



different cultures, Tanzania has had a peaceful history and an enviable political stability compared to some of its neighboring countries.

### COMPASSION IN TANZANIA

Compassion's ministry in Tanzania began in 1999. Today, more than 72,100 children are served by more than 305 Compassion-assisted child development centers throughout the country. Compassion's church-based child development centers are places of hope for impoverished children in Tanzania. Under the guidance of caring Christian adults, children's pressing needs for nutrition and medical attention are met. Children also receive tutoring to help with their academics. Health and hygiene lessons teach them to care for their own physical well-being, and positive social skills are modeled and encouraged.

### WEATHER

Tanzania lies so close to the equator that seasonal variations in temperature are not extreme. The elevation in the north is such that it doesn't ever get too hot. The weather is

best June through September, and April and May are the rainiest months. Bring a heavy sweater and a windbreaker or jacket for evenings.

### CURRENCY

Tanzania's official currency is the Tanzanian *shilling* (TZS). Traveler's checks in U.S. dollars are easily exchangeable at banks, but private *forex bureaux* (currency exchange bureaus) exchange cash only. Local currency can be obtained at ATMs in major urban centers.

### FOOD

Most hot, freshly cooked food should be safe, but peel fresh fruit and raw vegetables before eating, choose meat that is cooked thoroughly, avoid local dairy products, and assume the water is unsafe (stick with prepackaged or boiled drinks).

### SHOPPING

Most major tourist centers offer local handicrafts (tribal art, paintings and carvings), pottery, colorful fabrics, inexpensive soapstone carvings and *kikois* (sarongs). *Tingatinga* paintings (brightly colored cartoon-like canvases with shiny enamel bicycle paint) are unique to Tanzania. Ebony, a dark hardwood used for carved art, will chip and crack. Make sure your purchases are well-wrapped. When you get home, oil the wood so it doesn't dry out.



### ELECTRICAL OUTLETS

The voltage used in Tanzania is 220V, and electrical outlets accommodate plug types D or G. (For up-to-date plug and outlet information, check [whatplug.info](http://whatplug.info) and click on your destination country.) You may wish to take a universal plug adaptor, available in the luggage/travel section of most big-box stores.

### DO'S AND DON'TS

- **Do** be aware that ebony, the hard, dark wood used for much of the carved art, will chip and crack. Make sure your purchases are well-wrapped. When you get home, oil them to ensure the wood does not dry out.
- **Do** ask permission before taking pictures of people, especially the nomadic Masai people of northern Tanzania. Also, be prepared to offer money or some item of barter in exchange for the privilege.
- **Don't** — under any circumstances — take photos of bridges, harbors, military installations, railway stations, airports, etc., or you may find yourself under arrest.
- **Don't** wear shorts in towns, though they have become acceptable in the wildlife parks. Women should dress modestly. Tanzanian women wear long dresses, saris or kangas, the traditional wrap dress. They rarely wear trousers.

### DRESS

People dress casually but conservatively in towns and cities, and women in particular are expected to dress modestly, which means high-cut tops that fully cover the shoulders and skirts that cover the knees. Local women seldom wear trousers, but it isn't a problem for tourists to do so. Adult men can wear shorts if they so choose, but locals tend to view it as a bit childish.

**Women:** Modest, loose-fitting tops (nothing form-fitting) are recommended; sleeveless tops are acceptable, but please cover your shoulders in places of worship; pants, capris, longer skirts and loose-fitting, casual dresses are recommended for women.

**Men:** Button shirts and polo shirts are recommended. T-shirts are allowed in casual settings. Long, non-denim pants are recommended for center visits and church services.

**Both:** Shorts are highly discouraged outside of beachside locations. A light jacket is recommended for cool evenings or rainy days.

**Shoes:** Closed-toe shoes are recommended during the day due to potential unsanitary or uneven terrain.

### **GENERAL SECURITY PRECAUTIONS**

Leave at home all unnecessary credit cards, Social Security card, library cards and similar items you may routinely carry in your wallet. Carry items in front pockets, not back pockets. Do not display large sums of money in public; make visible only the amount of money that approximates your purchase. Never leave items with cash in them (purse, wallet, backpack, etc.) on a bus, car or any other location. Stay alert and be cautious at all times. Don't take safety and security for granted.

### **U.S. EMBASSY INFORMATION**

**Website:** [tz.usembassy.gov](http://tz.usembassy.gov)

**Phone:** 255-22-229-4000

**Address:** 686 Old Bagamoyo Road, Msasani, Dar es Salaam, Tanzania

**We strongly advise you to contact the CDC ([www.cdc.gov](http://www.cdc.gov)) or check with your personal physician for more information about your specific health needs while traveling, including any recommendations for immunizations.**

*All information taken from the World Factbook and  
Compassion International.*

## USEFUL WORDS AND PHRASES

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The official language of Tanzania is Swahili. The country's secondary language is English. Some common Tanzanian greetings include:

Welcome	<b>Karibu</b>
Good morning	<b>Habari ya asubuhi</b>
How are you?	<b>Hujambo?</b>
I'm fine	<b>Nzuri</b>
What is your name?	<b>Jina lako nnani?</b>
My name is...	<b>Jina langu ni (name)</b>
Nice to meet you	<b>Nafurahi kukuona</b>
Friend	<b>Rafiki</b>
Do you speak English?	<b>Unasema kiingereza?</b>
I don't understand	<b>Sielewi</b>
How was the journey?	<b>Habari ya safari?</b>
Goodbye	<b>Kwaheri</b>
How much is this?	<b>Hii ni bei gani?</b>
I'm sorry	<b>Samahani</b>
Yes	<b>Ndiyo</b>
No	<b>Hapana</b>

OK

I'd like ...

Please

Thank you

You're welcome

I love you

Where is the bathroom?

May I take a picture?

**Sawa**

**Nataka**

**Tafadhali**

**Asante**

**Starehe**

**Ninakupenda**

**Ni wapi choo?**

**Naomba kupiga picha?**