

tanzania fact file



tanzanian high commission in uk	Website: www.tanzaniahighcommission.co.uk Address: Tanzania House, 3 Stratford Place, London, W1C 1AS Telephone: +44 (0) 207 569 1470 Office Hours (GMT): Visa applications: 1000hrs – 1230hrs Monday to Friday Visa collection: 1400hrs – 1530hrs Monday to Friday Nb. Embassy is closed on UK & Tanzanian Bank/ Public Holidays
british high commission in tanzania	Address: Umoja House, Ground Floor, Garden Ave, PO Box 9200, Dar es Salaam. Telephone: +255 (0) 22 229 0000 Facsimile: +255 (22) 211 0102 Office Hours (local time): Mon-Thur: 07:30-15:30 Local Time, Fri: 07:30-13:30 Local Time
area	945,203 square kilometres
population	Estimated at over 36 million
capital	Dodoma, although Arusha is known as the Safari Capital of the North and Dar es Salaam is the administrative capital.
language	English and Swahili although there are over 100 tribal dialects
tipping	A good supply of \$1 bills helps with tipping. Also see Q&A notes for your challenge.
bank opening hours	In major towns - Monday to Friday 8.30am – 4 pm, Saturdays 8.30am – 1 pm Rural towns - Monday to Friday 8.30am - 12.30 pm, Saturday 8.30 am – 10.30 am
post office hours	Monday to Friday 8am – 1pm and 2pm – 4.30pm Saturday and Sunday from 9am – noon.
time (+/- GMT)	2 hours ahead in summer, 3 hours ahead of GMT in winter
electricity	Square three pin plugs on 220 –240 volts 230v 50AC, but surges of up to 310v and troughs of 150v are common. In Arusha, though this can vary from 160v to 240v and surges are common.
public holidays	1 st January – New Years Day, 12 th January – Zanzibar Revolution Day, 5 th February – CCM Foundation Day, 26 th April – Union Day, 1 st May – Labour Day, 7 th July – Peasants Day, 9 th day, 25 th , 26 th December – Independence/ Boxing Day, Christmas Day and Boxing Day. Variable holidays are Good Friday, Easter Sunday and Monday, Eid al-Fitr (end of Ramadan) and lid al-Hajj – Feb 12 th 2003 and Maulidi.
telephone	Telephones are available in most towns and hotels and there are mobile networks near the big cities however calls are expensive. Please check with your mobile phone provider if your network & contract enable you to have coverage in Tanzania. Charity Challenge also has an emergency Satellite Phone available for emergencies at a cost of £3 per minute.
fax/ email	Virtually all of the safari companies and most of the upper-middle and top-end hotels have fax machines, and sending a fax to them from outside the country is usually no problem. Use of internet and E-mail is rocketing and larger towns have fast internet connections.
photograph	Do not take photos of anything connected with the government or the military (government offices, post offices, bridges, railway stations etc). You may well be arrested and your film/ camera may be confiscated. Pictures should be taken of people.
postal	The postal service is good.
currency regulations	The Tanzania shilling is a soft currency and you cannot obtain shillings before leaving the UK. US dollars are accepted in most places and should be used in country. Tanzanian Shillings cannot be exported, therefore should be reconverted against your currency declaration form.
exchange	The Bank of Tanzania performs all currency transfers; all other offers of currency exchange are illegal. There are also foreign exchange bureaus in most towns and cities where you can change cash or travellers' cheques at the prevailing free market exchange rate. The best currency is the dollar (US). As of February 2011 £1 = 2,419 Tanzanian Shillings. For up to date currency exchange, go to: http://www.xe.com/
credit cards	Major credit cards are sometimes accepted at larger hotels. Other than that their use is limited and are not generally accepted in restaurants, shops etc. Bring enough money and do not carry all your cash on you. Cash point machines, which allow the use of Visa & MasterCard etc with a PIN, can be found in Dar es Salaam, Arusha and Marangu, but are rare in smaller towns.

travellers cheque passport/visa

Travellers' cheques are recommended; the US dollar is the most widely accepted currency.

Your full ten-year passport must have at least six months left to run from the end of the challenge. You will need a Single Entry Tourist Visa to enter Tanzania. 3 months prior to departure we will provide you with the necessary application form and details to apply. You will need to send the form *special delivery* along with 2 x passport photos & £38 by postal order from the Post Office made payable to the 'Tanzania High Commission' or deposit in cash to Barclays Bank – see notes enclosed with visa form. Allow two weeks to get the visa by post (it is strongly suggested that you also enclose a pre-paid special delivery envelope for the safe return of your passport with the visa). Alternatively you can obtain it, in person, at the Embassy. The visa is valid for three months and becomes valid from the date of issue so make sure you do not apply too early otherwise it will run out before you arrive in Tanzania. If you are travelling overland to/from Nairobi you will also need to pay for a transit visa on arrival in Kenya and when re-entering Kenya prior to departure. This you will need to obtain at the airport or when crossing the border and costs approx. US\$20 / £10 /€40. Nb. if you are just in transit in Nairobi and will not leave the airport you will not need a transit visa.

gifts and souvenirs vaccination and health

Carvings, ceramics and colourful materials are plentiful in Tanzania.

Nomad Travel Stores Medical Centre recommended the following vaccinations: diphtheria; tetanus; poliomyelitis; hepatitis A; typhoid; yellow fever. Please Note: You will be asked to show your Yellow Fever certificate on arrival in Tanzania. Vaccines sometimes advised: tuberculosis; meningococcal meningitis; hepatitis B; rabies; cholera. Malaria precautions are essential in all areas below 1800m, all year round. Avoid mosquito bites by covering up with clothing such as long sleeves and long trousers especially after sunset, using insect repellents on exposed skin and, when necessary, sleeping under a mosquito net. Also see Health notes. **Requirements change and these are recommendations only** For the latest information please see www.nomadtravel.co.uk/pages/travel-vaccination-country-guide or www.fitfortravel.scot.nhs.uk.

hospitals/pharmacies water

There are hospitals and pharmacies situated in most towns.

Water must be sterilised (boiled and filtered or bought in brand bottles). Avoid drinks containing ice. Do not to swim in rivers and lakes. Also see Health notes.

climate

Tanzania's widely varying geography accounts for its variety of climatic conditions. The climate is tropical or temperate rather than equatorial. There are minimal temperature changes throughout the year. Inland temperatures are around 25c. Coastal areas are hot and humid with an average day temperature of 30c. The monsoon winds bring most of the country's rain. The long rains are from March - May with occasional rain between October and December. Also see Q&A for your challenge for climatic conditions on Kilimanjaro.

geography

A land of plains, lakes and mountains with a narrow coastal belt, Tanzania is East Africa's largest country. The bulk of its 945,087 sq. km is a highland plateau, some of it desert or semi-desert and the rest savannah and scattered bush.

culture/customs

Variations are enormous because of the number of tribes, and the 50/50 Muslim/Christian divide does create basic religious differences.

do's & don'ts

- Do learn the local language. The Tanzanians are generally very welcoming, and learning a few basic words of Swahili will pay dividends.
- Do take care of your belongings. Leave spare cash, tickets and other valuables in a safe place when out and about such as a hotel safe. Keep a separate log of travellers' cheques, passport numbers with place and date of issue, emergency numbers etc. Leave a photocopy of your passport and itinerary with a contact in the UK. If possible, keep your passport and return airline tickets with you at all times.
- Do respect local customs and cultures especially in Zanzibar which is predominantly Muslim.
- Do wear long sleeves and trousers at dawn and at dusk. Insect repellent must also be carried with you at all times - do ensure you have adequate precautions against malaria.
- Do exercise particular caution about the general threat from terrorism. FCO advises that attacks could be indiscriminate, including in areas frequented by foreign travellers.
- Don't wear revealing clothes, particularly in Muslim areas, and ensure that you cover your legs and upper arms in urban areas.
- Don't take expensive jewellery or possessions. Theft in Tanzania is rare but on the increase.
- Don't get involved in drugs. You will be subject to the local law, which carries severe penalties for offenders.
- There is a high prevalence of AIDS/HIV.