

1. Medical information

- a. Traveling to a foreign country brings with it the possibility of exposure to all kinds of new and not-so-nice germs and diseases. It is wise to make yourself aware of the dangers that are present, but maintain a healthy attitude towards health and hygiene so that you do not become paranoid of disease. Paranoia can severely affect your experience of Tanzania and her people. Below is some basic information about some of the common diseases in Tanzania.
 - i. **HIV/AIDS** - carry a first-aid kit containing needles/syringes, scalpels, and dressings for injury, injections or lab work.
 - ii. **Malaria** - carried by the mosquito. Symptoms include high fever, chills, headaches, general body aches, joint pains, and malaise. In children symptoms may also include drowsiness and decrease in appetite and thirst. Preventative drugs are needed for one week before arrival, during the duration of your stay in Africa, and for four weeks after returning home. Other preventative measures include: treated mosquito nets, [repellant](#) (bring some), window screens, coils, sprays, fans, and making sure doors and windows without screens are closed at dusk. Malaria is easily treated and serious illness occurs only if treatment is delayed. Nevertheless, preventative measures are extremely important.
 - iii. **Cholera** - Cholera is transmitted through food, water, or milk, so it is recommended to avoid unhygienic eating establishments. Vaccination -- check with your doctor.
 - iv. **Bilharzia/Schistosomiasis** - It is contracted from swimming in snail-infested waters, which include the majority of lakes and rivers in Tanzania. Swim only in clean swimming pools, or in lakes definitely known to be snail-free. Some cases may be mild, but complications can occur.

b. Vaccinations

The type and number of vaccinations depends on the length of your stay. It is recommended to visit your family doctor and/or travel clinic, explain your situation, and get their advice. Proof of vaccination against cholera and yellow fever may be required upon entry into Tanzania. All inoculations should be recorded in an International Certificate of Vaccination booklet obtainable from your doctor or local Health and Welfare office. Carry this booklet at all times when traveling.

2. Passport and Visa information

Visa - obtained upon entry into the country. Normally issued for 3 months @ a cost of US\$50 per person. After this, it becomes necessary to depart the country and re-enter.

3. Additional things to know

- a. **Time zone**
 - i. GMT +3
- b. **Electricity format**

- i. British Standard BS 1363
- ii. Its availability depends solely on where you are in the country. In big towns like Dar and Mwanza, there are only a few blackouts. For all electrical appliances/equipment, remember it is 220V/240V. If you have U.S. voltage, you will need converters/transformers.

c. Postal Services:

i. Outgoing Mail

- 1. There are several post offices in all the cities and towns. The cost of mail per 10 grams is about 80 cents of US\$. It's advisable to buy stamps and use them whenever necessary. CRWRC's country office in Dar-es-salaam and the zone office in Mwanza have rented post office box numbers.

ii. Incoming Mail

- 1. All mail will come through the post office box, EMS or DHL. Your post office address will be: Depending on when your assignment will be, the addresses for CRWRC are as follows:

(your name here)
CRWRC Tanzania Field office
P O Box 7615
Dar-es-Salaam, Tanzania

And
(your name here)
CRWRC Mwanza
P.O. Box 2960
Mwanza, Tanzania

- d. **Email:** Internet service is available in most parts of the country. In the cities, internet cafes are available at about US\$.50 cents per hour.

e. Telephone details:

- i. Country code = 255. Mwanza code is 028, Dar-es-Salaam is 022. There are 4 main cell phone companies in Tanzania: Mobitel (Tigo); Vodacom; Celtel and Zantel. If you call a landline from a cell phone, you have to dial the regional codes first, regardless of where you are calling from, for example "if you call Margaret's phone from anywhere in Dar using cell phone, you dial 022-278-0428. If you call the same number from a landline in Dar you only dial 278 0428.

4. Other items to take to the field with you:

- a. Your check book(s)/debit cards
- b. International driver's license (if desired)
- c. Several extra passport size pictures (for visas, etc.)
- d. A flashlight
- e. Water purification supplies
- f. Binoculars

- g. Bible
- h. A good quality pocket knife
- i. Light clothing
- j. Comfortable shoes for walking

5. Weather

The seasons are opposite North America. Hottest time of the year is October to February. Rains are usually from October to December and again March to May. Coldest time of the year is July/Aug. During the hot time, days will be in the upper 80's to mid-90's F. (30-35 degrees C.) and the nights in the mid- to upper-70's (around 24 degrees C.) During the cold time, days will be in the mid-70's (24-26 degrees C.) and nights hover around 50 degrees F. (8-12 degrees C.). During the rainy season, it is not monsoons like India, but it is just the time of year when we are more likely to get rain. It'll cloud up and rain maybe 2-3 days in a row (not solid, but mixed rain and sun and partly cloudy) then clear off and be sunny for a few days.

6. Cultural Notes

Don't:

- ✓ Appear in a hurry all the time
- ✓ Display marital affection in public
- ✓ Use extremes in make-up or wear short skirts (only loose women do that)
- ✓ Keep visitors outside your door while talking to them
- ✓ Bid your visitors farewell from the inside of your house - go outside with them
- ✓ Regularly refuse hospitality from others, or friendly gifts
- ✓ Turn down an offer to help carry your load
- ✓ Get in the habit of paying for every service that's offered - although generosity is always appreciated too
- ✓ Be goal-oriented at the expense of your relationships with people
- ✓ Hide your feelings of irritation or anger all the time (people want to know that you have shortcomings just like they)
- ✓ Regard all new or strange behavior as primitive
- ✓ Use abusive words like "stupid," "idiot," or "foolish."

Do:

- ✓ Greet people willingly and regularly
- ✓ Have your home open to visitors (see note below on security caution)
- ✓ Offer hospitality at meal times
- ✓ Shake hands with people
- ✓ Make the acquaintance of the important people in the village, even if they are not Christians
- ✓ Learn the local language
- ✓ Get the local leadership involved in treating such problems as petty theft and family concerns

7. SOCIAL ETIQUETTE:

Etiquette is the acceptable behavior in a given society. As development workers expected to work with nationals mainly at a grassroots level, it is important to abide by the norms of the area we work in. To go against them is to alienate ourselves, which in turn renders work efforts ineffective. So in order to be accepted, we not only are expected to try to learn people's language, but also to value and observe some of the most outstanding and indispensable behaviors. So let us live by the saying, "When in Rome, do as the Romans do."

African hospitality is famous. Tanzanians are proud of being known as 'a polite people'. In traditional Tanzania societies, life was lived communally with mutual care, concern, sharing, and support. An individual existed for others and the community took care of the individual in the community. The good of the individuals and that of the community was a concern for everyone. This traditional upbringing is still reflected through Tanzanians' friendliness.

Greetings:

Women and children bend their knees to some degree when greeting men and elders. You do not have to do this as a foreigner. When conversant with Kiswahili, use the respected form of greeting the elders or senior Church leaders like the Bishop. Kiswahili uses the old slave-master greetings of "shikamoo" – literary meaning "I clasp your feet" and anyone older than you expect to be greeted this way. Greeting is an art form in Tanzania. Greeting a person before saying any news or information breaks the ice between strangers. In Tanzania, it is proper to greet all persons whether known or unknown to us upon meeting. Not responding to a greeting just because you are in a hurry or emotionally low, may not be understood by Tanzanians. This may result in your being treated in a "cool" manner. Greetings are of two kinds - formal and informal. Have the patience to go through the formal greetings. The whole process shows the concern they have for your well-being. Greetings can also be a means of telling what is happening around you. Greetings are not complete without shaking hands when you meet people. Just remember to wash your hands as often as possible.

Hugging, and holding hands:

Hugging is limited to members of friendly groups – mostly women. If they hug you (they never hug men), accept the hug. Often friends of same sex hold hands, brothers or sisters or colleagues who are just friends.

Hospitality:

In Tanzania, all guests/visitors whether invited or uninvited should be well received. One does not make an appointment to visit and whether the visitor is invited or not, s/he should be given hospitality. But the kind of relationship between the visitor and host determines the kind of hospitality. Give every visitor something to eat or drink - it could be a glass of water, a cup of tea, or juice etc. But don't ask if they would like something! It's OK to ask what they may want to drink, but not if they want something to drink. The implication of asking is understood that you don't really have anything to give, so you hope they'll politely refuse. Courtesy is one of the most-valued practices among Tanzanians. If you invite somebody for a drink or meal in a restaurant, they expect that you will pay for their bills.

For security reasons, it is recommended that one lets in only well known guests in their homes. It is also recommended that visitors/guests be allowed into the compound when there is more than one person around e.g. guard or spouse.

Eating Manners:

Most Tanzanians have breakfast and two main meals (lunch and supper). Lunch is always eaten between 12:30 - 2:00pm and always a heavy meal. Supper is also heavy and is taken between 7:00-9:00pm. During the hungry time of year (December through February) these meals may be cut back or eliminated altogether depending upon the availability of food.

Food is often eaten inside the house or outside under the shade of a tree when it is hot. Men use the table if it is available and women and children use mats. It is unbecoming for one to stand or walk while eating or to eat while others around you are not eating. Usually, whether cutlery is available or not, if water is provided, wash your hands. If you are using your fingers to eat, observe others and try to imitate them. When you are invited for a meal, do not refuse. Likewise, do not refuse to invite one to eat with you just because you have very little left. Lasting friendships may begin over the meal. It is polite and one of the norms to compliment the cook and those who present the food on the table.

Giving Presents:

Giving presents is something that is done in Tanzania. The gifts/presents are given in the form of foodstuffs, poultry, especially during harvesting season. This is done so that others can share in God's blessing of their sweat and share their happiness through this type of giving. When a gift is presented in a container - basket, bag, sack, etc. - the container never returns to the owner empty.

Display of Emotions:

Stress affects everyone at one point or another and so may contribute to the emotions that we display which later those around us may misconstrue. Each one of us is different and the way we react to situations also differs.

Some foreigners, when they lose their tempers, may find themselves shouting or screaming at people to let out their frustrations. In Tanzania, this is not acceptable and may precipitate a fight or something unpleasant. If you are a person who displays your frustration by shouting, find another outlet or means to vent it.

Displaying the kind of affection wives and husbands or lovers display (that is, kissing, embracing, caressing, and fondling) in public is not a socially acceptable behavior and is considered a private matter. Avoid doing so in public places.

Crying is a good thing since it helps one to relax from tension, but in Tanzania, men are not expected to cry. They are expected to be brave and to comfort and encourage the women. So, men who are very emotional and cry easily should when they feel the urge, find a private place to cry. Seeing a grown man cry just because he feels emotional confuses Tanzanians and leaves them with negative thoughts about such a man. In fact, he may quickly become a laughing stock.

Tanzanians, as courteous people, may not openly display their emotions, especially frustrations, boredom, etc. With all those emotions, they may only display an attentive face so a foreigner may not know whether the ideas s/he has brought forward are well perceived or not. For a Tanzanian to display his/her emotions may depend largely on whether you have bothered to get to know him/her/them. So, it is important that you use

your observation skills to note communication amongst them, particularly the subtle non-verbal communication. When people do not want to be accountable or to take responsibility, they will deny what you have verbally agreed. Tip is to document any serious discussions, especially anything needing follow-up.

Dressing:

Tanzanians like to dress well and look smart. It is vitally important to them when they go out in public to be in their best clothes. In general, it is wise to observe and learn from the Tanzanians so as not to overdress and feel out of place or under-dress and snub the host.

Privacy:

In Tanzania, personal space does not exist. When you sit quietly alone, it is assumed that you are bored or troubled, so a Tanzanian will invade that "privacy" in order to alleviate the boredom or worries. If you are overly friendly and outgoing, you will have problems keeping visitors away. However, there are many places and many ways to get a quiet time for yourself.

SECURITY INFORMATION FOR VISITORS TO TANZANIA

When passing through checkpoints:

- ✓ Drive extremely slowly as you come toward the checkpoint
- ✓ Know what is a "normal" looking checkpoint, and what might be a bogus one
- ✓ Do not proceed through a military or police checkpoint without stopping unless you are clearly waved through
- ✓ Take off sunglasses, turn off music, turn headlights down to low
- ✓ Roll down window a small amount
- ✓ Do not fidget – keep hands visible on the steering wheel
- ✓ Be pleasant and conversational
- ✓ Greet the cops as they approach you. They appreciate this.

If your vehicle is searched:

- ✓ Be courteous and allow the search if needed
- ✓ Get out of the car and lock the door
- ✓ Stay with your goods while they do the search in order to prevent robbery. Be firm but polite about this
- ✓ Report any thefts immediately

Good practices for vehicle safety and security include:

- ✓ As much as possible, have only CRWRC staff drive CRWRC vehicles
- ✓ Take time to reach your destination. Reduce speed and enjoy a relaxed journey.
- ✓ Before driving, check your car, tires, fluid levels etc.
- ✓ Do not offer lifts to strangers
- ✓ Keep others informed of your travel plans at all times including your departure and traveling time. When you arrive at your destination, communicate that you have arrived.
- ✓ As much as possible, keep your fuel tank full

- ✓ Travel only in daylight. You don't want to be the first on the road in the morning or the last in the evening.
- ✓ Keep your doors locked
- ✓ Do not pick up people you do not know
- ✓ Do not stop at the scene of an accident; it may be a trick
- ✓ Avoid traveling alone where possible
- ✓ Stop for a break or switch drivers when you are tired.
- ✓ Drive defensively
- ✓ Always use a seatbelt
- ✓ Do not exceed the capacity of your vehicle for passengers or loads
- ✓ As much as possible, avoid putting people in the back of a pick-up where there are no seatbelts. When this is unavoidable (i.e. during village visits), drive with extra caution
- ✓ Do not talk on a mobile phone while driving. Pull over and stop the vehicle.
- ✓ Keep essential tools and a first aid kit in the vehicle at all times
- ✓ Park in a get-away position.
- ✓ Do not put loose tires inside the back of vehicle. These may be lethal when you must stop suddenly.

Communications Security

CRWRC/Tanzania currently uses mobile phones, fixed line phones, and computers (i.e. email) for communication.

Guidelines for communications security include:

- ✓ Make sure your computer has good virus software. Update it regularly (i.e. minimum once a month; once a week is preferable).
- ✓ Consider installing a "firewall" program to enhance computer security.
- ✓ Realize that your phone communication may be monitored.
- ✓ Think of your emails as postcards that may be read by others, rather than sealed letters.
- ✓ Be cautious of writing anything critical about political aspects or leadership in your host country.

How to handle cash

No matter how long your stay in Tanzania will be, you will need money. ATM's are available in all cities. Likewise, your expenses will be administered through CRWRC and charged to your account. Good practices for handling cash include:

- ✓ Don't publicize how much cash you have on hand
- ✓ Carry your cash in a secure place on your body
- ✓ Don't store all of your cash in one place – spread the risk
- ✓ Vary the times and dates of your trips to the bank
- ✓ Have a secret place for storing cash
- ✓ Do not tell your house staff or partner staff that you are going to the bank
- ✓ Don't hesitate to give up cash if it's a matter of personal safety.