T: 1-800-985-4852
E: info@realgap.com
P: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Tanzania Community Volunteers

Adventure Relaxation Culture

Trip Name: Tanzania Community Volunteers **Trip Code:** TACV **Duration:** From 2 weeks

Trip Highlights

- Volunteer in childcare centres, schools and nurseries
- Stay within a few minutes walk of the Indian Ocean
- Help to make a difference
- Fantastic optional weekend excursions available
- Give much needed support to local staff at care centres and schools
- Experience local life in Tanzania

Overview

Becoming a community volunteer in Tanzania is a fantastic opportunity to give something back to the local communities near Dar Es Salaam and get involved in some amazing community projects. On top of all this, Tanzania is a rich and diverse country with an abundance of fascinating places to visit during your free time... all in all making it a must visit gap travel destination!

Tanzania Community Volunteers offers a wide and diverse range of projects for you to become involved in including helping out in nurseries and local schools in the mornings and sports coaching, adult english classes and HIV/AIDS awareness projects in the afternoon, so there is sure to be something for everyone. You'll also be able to split your time between morning and afternoon projects, giving you the opportunity to help at more than one project during the stay and make the most of your time as a volunteer in Tanzania.

In addition to getting involved in some fantastic community volunteering projects, you'll also be staying just a few minutes walk from the beach and the stunning Indian Ocean - a great place to chill out during your free time. Furthermore there are some fantastic optional weekend travel oppportunities that you may wish to treat yourself too as well (these are note included in the programme and will be at your own additional cost) - head out on an exciting safari to some of Tanzania's famous national parks such as the Serengeti and Ngorongoro Crater, take the ferry over to the tropical spice island of Zanzibar or simply head off to the colourful local markets or explore

the picturesque coral islands off the coast of Dar Es Salaam.

Destination Info

Being a volunteer in Tanzania is rewarding as Tanzania is beautiful and it's the place for some of the very best big game watching in Africa. So it's a great choice if wildlife's your thing.

But it's also a country with many problems and much disadvantage. It's not the poorest country in Africa, but life expectancy is low – on average people don't live much beyond their late forties – and there are more than a million HIV and AIDS sufferers. The majority of Tanzanians are subsistence farmers and there is a great deal of poverty in the urban areas. So it's a country where you have the opportunity to do something meaningful and help local people build better lives for the future. Being a Tanzania volunteer is one way of really doing something rather than just talking about it.

You will be near Dar-es-Salaam – the largest and most cosmopolitan city in Tanzania and one of the fastest growing cities in Africa. As you'd imagine, it's noisy, bustling and diverse, with great wealth alongside grinding poverty and it's also on the gorgeous ocean coast – an enticing prospect for your time off. So quite apart from the impact you can make, it's a lively and interesting place to spend gap year time.

Itinerary

Our fantastic Tanzania Community Volunteers programme supports the local communities of Kunduchi, Bahari Beach and other nearby villages north of Dar Es Salaam. As well as helping out at some fantastic community projects you'll be staying within just a few minutes walk of the beach and stunning Indian Ocean – what more could you ask for!

There's a wide and diverse range of projects to get involved in during your placement and you'll be able to split your time between your morning and afternoon projects as the working hours at each project do vary – giving a great opportunity to help out at more than one specific project. You'll be able to bring your own expertise, creativity and interests to the project you choose and our fantastic in-country team will also be on hand for any help and advice that you may need along the way. Some of the projects that need your help and you could get involved in include:

- Nursery schools and day-care centres
- Primary and secondary Schools
- HIV awareness programmes

- Adult English classes
- Women's groups
- Sports and football coaching and running competitions
- Music – producing, teaching, arranging shows, making music videos
- Craft projects; batik, making clothes and jewellery
- Building projects
- Magazine production – journalism, graphic design, photography
- Fundraising – promoting and marketing what the music groups produce; getting funds in for the school construction projects
- Childcare centres

Your role as a volunteer on the Tanzania Community Volunteers programme will vary depending on the projects that you are placed at and involved in. It is important to be aware that all of these projects require volunteers to use their own initiative – you should also keep in mind that the more time, effort and enthusiasm that you can put in to your volunteer project the more you will get out of it. Past volunteers in Tanzania have organised football competitions for the local children during their free time – this is fantastic way to help children get involved in some extra-curricular activities and learn some new skills.

If you decide to help out in the care centres, or schools (nursery, primary, secondary), you'll be giving much needed support and assistance to the local teachers who are often over-worked and stretched with large class sizes and limited resources, so your time, support and ideas will no doubt be hugely appreciated. For those volunteering in a school you may also be asked to take your own classes – this may sound daunting but it is hugely worthwhile experience.

Here is how a typical day in the life of a Tanzania volunteer might take shape. Please note that your project may

differ from this, depending on your own experience, project choice and the number of other volunteers on the placement at the same time, so this is simply to give an example:

7am: Get up and start getting ready for your project. Eat breakfast.

8am: Begin walking to your project to teach. Most projects are within walking distance; if not, you will catch public transport or both. You will be working at your volunteer project from arrival until about 1pm.

1pm: Lunch break to eat and relax, (please note that Lunch can end up being later in the day - you'll need to get used to living on "Africa Time"!)

2pm: Afternoon session working on your projects, approx two hours. Project times vary depending on activity. Projects may include orphanage work, HIV awareness, music, sports, journalism, arts and crafts and the project co-ordinators welcome volunteers to share their interests and talents.

5pm: End of your working day and time to relax.

7pm: Dinnertime with the other volunteers at the house.

Please note: Lunch is not included. Also, please keep in mind that the times and durations of activities and breaks throughout the day may vary.

Your weekends on this programme will be your free time to relax and enjoy your new surroundings. Our in-country team have a huge array of optional excursions available (at your own cost), that you can enjoy during your free time.

It goes without saying that Tanzania has some amazing safari destinations, including the famous Serengeti, Ngorongoro Crater and Lake Manyara and some of the lesser known reserves of Selous and Mikumi – all of which make for an exciting safari and weekend excursion.

In addition to safaris there are also a wide range of other excursions available – our in-country team will be able to help you in arranging these during your placement.

Accommodation

There is a large volunteer house located in a former hotel building in the Bahari Beach area, approximately 25km from Dar es Salaam city centre.

The house is only a 5 minute walk from the beach. The house is safe and comfortable but is basic, compared to what you are used to at home. Compared to how some of the local communities live though, this is luxury.

The house has around 19 bedrooms and you will be sharing a room with up to five other volunteers. There is also a lounge area for you to relax in the evenings, as well as a bar area with a pool table, the bar is open most days for you to enjoy in the evenings. There are often live music events and parties for the volunteers in the social area. Internet is not available at the volunteer house however there is an internet café nearby which you can visit during your free time, at your own expense.

Most of the volunteer projects are within walking or cycling distance or a bus ride away from the volunteer house. There are several members of staff at this house who are there for your safety. However, you will be expected to assist in keeping the volunteer house clean and tidy and to the standards that you require.

Departures from February onwards:

For some departures in February onwards and then for all departures after June 2014 you will be in brand new volunteer accommodation. The new accommodation in located about 3km away from the old Bahari Beach volunteer house. It is an eco compound whereby the building is built from recycled and natural materials. There is even the luxury of a swimming pool and a sauna!

Programme Services and Facilities

Internet

An internet café is located nearby to the volunteer house which you can visit during your free time to catch up on emails etc. This will be at your own cost. However, please be aware that this can be quite slow and there are regular power cuts.

There are also Internet cafes in Tegeta (25 minutes walk from the house) and in Mwenge (30 minutes - 1 hour with dala dala) and in Dar es Salaam (45 minutes – 2 hours by dala dala).

Post

Mail is collected once a week at the post office in Dar es Salaam. You can have mail sent to the following address:

Your name
c/o Yuster Nyakachara
P.O. Box 23333
Dar es Salaam
Tanzania

If you would like letters posting you can do so in Dar es Salaam or you can give them to one of the team leaders to post when they go to the post office. The postal service is relatively reliable and reasonably priced. Letters will arrive from Europe in approximately one week and parcels between one and two weeks.

Telephone

The international dialling code for Tanzania is +255. To place an outgoing, direct dialled international call, dial +44 for the UK followed by the telephone number. For example to call Real Gap dial +44 1892 516164.

It is best advised to take an unlocked mobile phone with you to Tanzania and buy a pay-as-you-go SIM card when you arrive, so that you can call and text home cheaply. There are several local providers and SIM cards are very cheap at US$0.25cents each. There is good phone signal available.

Laundry

You will be able to get laundry done whilst at the house, you can either hand-wash items (remember to bring travel wash), or the staff may wash items for you for a small fee of around £2.50 per bag.

Electricity

Tanzania uses 230V electricity, and 120V devices will burn out if used without a power converter, so please do not bring things like hairdryers and straighteners without a transformer.

The plug sockets used are the same as in the UK: 3 square pins. However, many places in Tanzania also use 3 round pins, so it may be a good idea to bring an adapter for this type of plug.

There is electricity at the house so you will be able to charge electrical items, however, there are regular power cuts so charge items when you can.

Medical

Please ensure that you have visited your doctor regarding any immunisations and medications that you need. Malaria is present in this area, please ensure you have your necessary medication. Mosquito nets are provided for you to sleep under. Long shirts and trousers are advisable in the evenings to help prevent getting bitten.

Money

It's not possible to bring Tanzanian shillings into the country, you will have to exchange or withdraw them when you arrive in Tanzania.

You can withdraw Tsh from most ATMs using a Visa or a Visa plus card. If you have Mastercard, Maestro and Cirrius you are considerably more limited in where you can withdraw cash.

Travellers cheques are difficult to exchange and you will usually pay a lot of commission on exchanging them so we don't recommend that you bring them as your main source of obtaining money.

There are banks and ATM machines at Mwenge (approximately 10km from Bahari) where you can exchange cash or withdraw money using Visa, Mastercard, Maestro, Cirrus, Visa Plus. (the Mastercard, Maestro, Cirrus, machine is often out of service however!)

For exchanging travellers cheques you will need to go to Dar es Salaam. There are also money exchange bureau and ATM's in Dar.

Transport

Most of the other projects are within walking or cycling distance from the volunteer house. Any transport costs to and from your project location are not included in the project price, but will not amount to much.

If you would like to hire bicycles during your programme you are welcome to do so. This is a very good way of getting around. However, please be aware that this is at your own risk and cost, so please look after these bikes and keep them safe as, if they are stolen, you will be required to pay to replace them.

In the event that you require additional journeys, such as trips to the doctor, the extra transport costs incurred are not included. The cost of this transport can be paid directly to the project coordinator and should be around $20-40 USD.

Culture

Compared to what you are used to, things in Africa can sometimes seem slow, disorganised and illogical. This is part of the culture and you will soon get used to being patient when you want something done!

The food served at the house is great, however it is just different from home and the variety of food that you are used to is not always available. Most of the volunteer placements you will need to walk to, so please ensure you have a reasonable level of fitness and do bear in mind the hot and often humid weather can make all activities a little tougher than normal. Power cuts and water shortages are not unheard of in Tanzania! Just be patient and except it as part of living in Tanzania!

Meals

All meals are served at the house. You will be provided with two meals each day; breakfast (consisting of bread, jam, fruit, tea and coffee) and dinner (either rice, pasta, potatoes or chapati with meat, vegetables and salad), prepared for you by the cook.

What's Included

- Your airport transfer on arrival on start date
- Project orientation
- Breakfast & dinner, as described
- Accommodation during your programme
- Permit for volunteering

What's Not Included

- All flights
- Travel insurance
- Return airport transfer
- Additional tourist visa
- Lunches and drinks
- Transport to and from the project sites
- Excursions during free time

What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and therefore, you may not need all of the listed items on your travels nor is it exhaustive.

Also, please be aware that the weather can change considerably from winter to summer and you should pack according to when you are travelling to ensure that you have the appropriate clothing. Please see our Climate Chart in your Country Guide to Tanzania for further details.

Personal Admin

- Passport, insurance certificates and personal documentation
- Photocopies of all the above to be left at home with your next of kin
- Spending money
- Proof of inoculations (please speak to your GP about necessary immunisations)
- Yellow Fever Vaccination Certificate (requirement of Tanzania Government to be shown at the port of entry to Tanzania and Zanzibar)
- Secure, waterproof bag for documents and money: sealable plastic bags will do

General

- Personal hygiene kit, toiletries and towel
- Sleeping bag is recommended for weekend excursions or travelling after your project
- Silk or cotton liner: Ideal for hot nights or as an extra layer to your sleeping bag
- Sunglasses (high UV protection)
- Sun cream (high factor needed)
- Small torch (head torch is preferable)
- Diary and writing pens
- Camera/batteries or memory card
- Water bottle – at least 75cl
- Day pack/rucksack for everyday use
- Mobile phone - unlocked so you can purchase a local sim card
- I-pod/MP3 etc
- Plug adaptor
- Alarm clock/watch
- Sewing kit and pocket knife for general use
- Travel wash for clothes (biodegradable recommended)
- Money belt
- Travel guide, such as Lonely Planet or Rough Guide
- The evenings can be quiet so bring books, cards, board games etc to play
- Any items that you may want to bring to help you in your volunteering, e.g. story books, photocopiable worksheets etc

Clothing

- Sets of outdoor loose fitting cotton clothes with full arm and leg cover for cooler mornings and evenings
- A pair of boots or sturdy trainers
- Respectable clothing for your project: T-shirts, longer shorts or trousers
- Casual clothes for the weekends
- Flip flops / sandals
- Swimwear
- Sun hat/bandana
- Underwear – enough for at least 7 days, possibly more
- Pyjamas/nightwear
- Lightweight fleece or jumper
- Waterproof jacket
- Warm clothes for winter and early mornings.
- Shorts, trousers / skirts, t shirts and vests in light or bright colours or patterns in thin natural materials (these are good for wearing in the heat, won’t show the dirt and will be easy to wash)
- Tanzania is a conservative and modest country, as such you will need to dress respectfully during your programme. Keep in mind that shorts and skirts should be to the knee or below and tops and shirts should cover shoulders and midriff. Bikinis, short skirts, short shorts and strappy tops should be left for the

beaches!

Medical Kit

- Hand sanitizer and wet wipes
- Anti-malarial tablets
- Personal first aid kit
- Personal medication e.g. anti malarial tablets/prescription drugs/inhalers/antihistamine/re-hydration sachets etc.
- Painkillers
- Contact lenses and solution if necessary
- Plasters
- Lip balm with SP
- Tweezers (not in hand luggage!)
- Scissors (not in hand luggage!)
- Sanitary products for women if necessary
- Mosquito repellent (ensure it contains DEET or equivalent)
- Ear plugs – in case you sleep next to a snorer!

Please Note: We recommend you take some shirts/blouses, trousers/long skirts and a good pair of shoes or sandals if you are working within a school placement. This is to show respect of African culture and also gain respect from the children you will be working with. You can wear casual clothing in your spare time, though these must be appropriate.

Minimum Age

Minimum 17 years with written parental consent, maximum decided on potential participants' health.

Flights

Your flight to Tanzania should arrive at Dar Es Salaam airport on your programme start date. Your return flight or onward travel should be arranged on your programme end date.

To book your flights, please contact your sales advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

It is important that once you have booked your flights you add these details to your online account or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

FAQs

1. **Does it matter that I do not speak Swahili?**
   No, during your time you will have some language lessons to help introduce yourself, however most people on your project will speak English.

2. **How old are those that take part?**
   Most of those on the programme are between 17-25.

3. **Can I Climb Kilimanjaro?**
   Yes it's really easy to add on an option as an extra week, please speak to us for further information on dates and prices.

4. **Do I need to take a sleeping bag?**
   No, in all of the houses bedding is provided for you. However if you choose to climb Kilimanjaro then yes, you will need one.

5. **Are mosquito nets provided?**
   Yes, all mosquito nets are provided for you, however if you wish to take your own then you are more than welcome.

6. **Is there a safety deposit box/safe?**
   Yes, in all of the houses there is somewhere to keep your valuables.

Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

In Tanzania the local currency is the Tanzanian Shilling (TZS). There are bills of 500, 1000, 2000, 5000, 10000 shilling. Coins are come in denomination of 1, 5, 10, 20, 50 senti (100 senti is equal to one Tanzanian Shilling) and 1, 5, 10, 20, 50, 100, 200 shilling.

US dollars are the best other currency and offer the best rate of exchange. Tanzanian Shillings are not available internationally so travellers are recommended to bring US Dollars to exchange at banks or Bureaux de Change. Some credit cards are accepted at some larger establishments though Visa pre-paid cards are recommended for wider use. ATMs can be found in cities such as Arusha and Dar es Salaam.

Meal, Inexpensive Restaurant $5.00
Domestic Beer (0.5 litre draught) $1.25
Coke/Pepsi (0.33 litre bottle) $0.60
Water (0.33 litre bottle) $0.35

(Prices quoted in US Dollar)

Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

All visitors to Tanzania require a Tourist Visa, which must be used within 3 months from the date of issue. The most common visas allow for single or double entry and can be used for stays of up to 30 days. Single entry visas can be purchased on arrival or via an authorised Tanzania embassy or High Commission where you can also apply for multiple entry visas.

In addition to the tourist visa, most participants joining our programmes in Tanzania will be required to obtain a permit for volunteering. For further details on this please refer to the specific visa information for you programme.

Cultural Considerations

Religion

About 50% of the population are Christians. The next largest religion is Muslim, with about 40%. The remainder of the population still follows traditional religions.

Clothing

Please be aware of local customs, traditions and religions. Much of the population is Muslim and therefore it is important that your appearance respects this, especially when on project work or in public places, particularly in major towns. Please cover your upper legs, shoulders and midriff, otherwise you are likely to get hassled and attract a lot of unwanted attention, which can feel extremely uncomfortable. On the beach and within the confines of hotels, bikinis and normal swimwear are acceptable. Sunbathing topless causes offence and is therefore unacceptable. ‘Going out’ clothes are fine in the evenings in the local bars and restaurants. Shoes should be

removed when entering a visitor's house or religious building.

Please also try to dress appropriately for the weather. If you are on project work, chances are you will be exposed to sun, heat and dust. Wear a cool, loose fitting t-shirt and shorts, and change them daily. You should also wear closed shoes to protect your feet and prevent any accidents while doing project work. On the beach bikinis, kikoi's (traditionally men's sarong) or kanga's (traditionally women's sarongs) are suitable. If you don't have one, they are for sale on the beach relatively cheaply. In the evening long trousers are normally worn, if only to reduce the risk of mosquito bites. We also recommend bringing a waterproof jacket in case it rains.

Behaviour
Tanzanians are quite reserved but when approached they will talk freely about their families and life in general. They are happy and friendly people who live for today and hope for tomorrow. Due to the past policies of the government, tribalism has been replaced with tolerance and equality.

Remember to greet people before launching into your question/request.

It is usual to shake hands when greeting someone you know. Don't be surprised or feel uncomfortable if they hold onto your hand for longer than usual, this is simply part of their culture.

If you are female, don't feel threatened by unwanted stares, they are mostly just staring out of curiosity. If you do feel threatened or uncomfortable, go to the nearest safe place; a cafe, shop etc. until you feel more comfortable.

Friendliness can, and often is, interpreted as romantic interest. Try to be clear in your intentions.

Drugs
Drug usage in any shape or form will not be tolerated from volunteers and camp residents. Any offence of this nature will be dealt with severely. The mandatory penalty for someone found with 'cannabis sativa' in Tanzania is possibly longer than TEN years imprisonment. Quite often, the person actually selling drugs is a policeman or is at least affiliated to the police, who will then immediately arrest you. Basically, don't use drugs in Tanzania, it's not worth the risk.

Alcohol
Although the coastal strip of East Africa is predominantly Muslim, alcohol is readily available and this is reflected in the number of bars and 'drinking holes' established locally. You will find that you can buy beer, spirits and imported cigarettes cheaply in bars and shops. Some of the more popular beer brands are Tusker, Whitecap and Pilsner. You may also be offered illegal brews called 'Changa' and 'Mnazi' that are knocked up in local backyards with a couple of jerry cans! The former brew is highly toxic, potentially lethal and definitely illegal. Stick to branded drinks with a bottle top or secure cap. Do not accept drinks out of plastic cups, jerry cans, coconuts (unless closed) etc. Incidents of blindness, unconsciousness and even death, are common with people who drink this homebrew. Whilst alcohol consumption is not banned, it is not encouraged during normal working days (Monday to Friday). As with everything, moderation and self-discipline are key, a couple of beers after work in the evening can be a nice way to unwind, getting totally drunk is not - it will not only affect your work performance but

also your general well-being.

Volunteers under the age of 18 years are strictly prohibited from consuming alcohol unless they have permission of in-country Directors and under the supervision of management. Disciplinary procedures for abuse of alcohol and drunkenness are as follows:

1. Two written warnings
2. Exclusion from programme and premises at your expense

Poverty
As part of your overall cultural experience you will meet people every day who are less fortunate than yourself. Although the areas in which you will be staying are outstandingly beautiful, they remain some of the poorest areas in East Africa, and that's one of the reasons you are here. And although you come from a very different culture please try to 'blend in' with your environment.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:-

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your day sack without your permission.
- Stick with the escorted trips. If you do go out in the evening unescorted, you do so at your own risk. Please tell the co-ordinators where you are going and what time you will be back.
- When walking in busy areas and travelling on public transport, please be extra cautious with your personal belongings and valuables. Bus stations can be particularly unruly and overcrowded.
- Once you have spent some time in the country, you may feel confident of your environment but it is important to be very aware of your surroundings as personal awareness and caution is the best form of self-protection. Stay in a group, never walk on roads after dark, and always take a taxi regardless of cost.
- Do not get involved in any local disputes. Local Tanzanians get into heated arguments but can be the best of friends afterwards. If you witness any local disputes just walk away as they may turn on you if you get involved.
- Be aware of your surroundings (this includes landmarks in case you need to backtrack) and also people so that you can avoid any potential problems
- Never look lost, if you want to look at a map, go into the nearest shop, cafe or hotel
- Never ask strangers to look after your valuables or to watch your bags

- Observe what the locals are doing and try to blend into the environment
- Stay focused and stay calm, even if you feel uncomfortable or under pressure
- Important - If you suspect somebody of stealing something from you, NEVER shout "thief", it could cost them their lives.

This information is not intended to scare you. Unfortunately, bad things can happen, as they can do in any country and we want you to be prepared. We want you to stay safe and have a good time.

Tanzanians are generally very friendly, warm and hospitable people. Please be friendly, respectful and stay aware and you will have a great time.

Personal Property
Carrying large sums of money around and producing high value notes in public should be avoided at all times. Similarly, do not wear expensive or expensive looking jewellery or watches. If you leave property (even if it is of minimal value) lying around unattended, it will be stolen.

Traffic
Road traffic accidents can pose a substantial threat in Africa due to poor quality driving and badly maintained roads. Dala-dalas are local buses and are the most common form of transport for local people. However, reckless driving, severe overcrowding on board and badly maintained vehicles make them a very risky way of getting around. For this reason, we strongly advise that you do not use them. Failure to respect these transport guidelines may invalidate your travel insurance.

ATM Theft
It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing ‘traps’ in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Language Guide

The national language of Tanzania is Swahili. English is the primary language for commerce and another official language of the country, it is also used to teach in many schools however many people have only a very basic grasp of the language, if at all. Arabic is also spoken widely in Zanzibar.

Don't worry if you can't speak many words in Swahili as it breaks down cultural barriers and will bring laughter, which is the shortest distance between two people.

Below are some useful Swahili phrases to remember when you get to Tanzania. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

English - *Swahili*
Hello - *Jambo*
How are you? - *Hujambo?*
I'm fine - *Sijambo*
Thank you (very much) - *Asante*
Please - *Tafadhali*
Yes / No - *Ndiyo / Hapana*
Goodbye –stay well - *Kwa heri*

Food & Drink

Traditional food is fun to try and easy to enjoy. The staple diet for many Tanzanians is 'ugali', a maize and cassava flour dish that resembles solid semolina, it's an acquired taste but you can get accustomed to it! Another local dish to try is 'mishikaki', which are very tasty and tender marinated meat kebabs - very popular with tourists. Most local places will sell, rice or ugali with either beans, meat or fish for lunch or dinner. Along the coast and especially on Zanzibar, you will be able to try many varieties of fresh local fish and seafood.

Buying food at the roadside/market stalls is a good way to experience some more traditional food, and can be very tasty. You can often find pieces of grilled meat and ugali available. Please be sensible in choosing where you try out the local delicacies.

The traditional staple diet in Africa is meat and carbohydrates. If you are a vegetarian you will be catered for with lots of fresh root vegetables such as yams and potatoes and fruits. However, please be aware that your meals towards the end of your programme may become a little repetitive so perhaps it may be worth buying a few of your favourite snacks whilst you are in Africa.

There is a lot of fresh fruit in Africa, which is extremely tasty and cheap to buy for a quick snack or nutritional lunch so it may be worth picking some up from the local market for your daily vitamin fix. However, please be aware that fresh items for salads etc are hard to come by in Africa, although the project leaders will try to get this as often as possible for you.

Water from the tap is not safe to drink, so choices include plastic bottled water, boiled or filtered tap water, and "pure water" sachets. The sachets are filtered and come in 500ml plastic bag portions. Bottled water is cheap and available everywhere, ten litres can cost as little as TZS2000 (88p or 1.20€). Water in sealed plastic sachets is also safe, easily accessible, and extremely cheap.

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops

are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Tanzanians who use long weekends to get away from the big cities.

To view a list of the public holidays for Tanzania, please see the link below:
http://www.worldtravelguide.net/tanzania/public-holidays

Weather

Due its position below the equator, Tanzania's seasons are opposite to the northern hemisphere. The climate is generally warm throughout the year with two main rainy seasons; the long rains falling between March and May and the short rains that are intermittent in November and December. The best months to visit are between June and October when days are sunny and nights are refreshingly breezy!

Time

Tanzania is two hours ahead of GMT.

In Africa, time is not a priority like it is in much of the western world – there is a saying that Africa works to 'Africa Time', which basically means you must exercise a lot of patience! If a boat is due to leave at 12pm, don't be surprised if it still hasn't left a couple of hours later. Everything in Tanzania is "pole pole" (slowly, slowly) and you may feel frustrated at the lack of progress. Fighting against it will only make you feel frustrated and it won't actually gain you anything. The best way to deal with it is to accept it, enjoy it and make the most of it, it's all part of the experience; keep an open mind, and arrive 'expecting the unexpected'.

Electricity

Electricity in Tanzania has a voltage of 250 and frequency 50 Hertz. Plugs normally have 3 flat-pinned prongs (see image below) if your device does not accept such a voltage or plug style you will need an adapter.

Outlets in Tanzania generally accept 2 types of plug:

Three round pins arranged in a triangle

Two parallel flat pins with ground pin

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith.

Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of reommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

Phone: 1-800-985-4852
Email: info@realgap.com
Post: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960
Web: www.realgap.com