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Zanzibar Teaching Volunteers

Adventure Relaxation Culture

Trip Name: Zanzibar Teaching Volunteers **Trip Code:** TAZE **Duration:** From 2 weeks

Trip Highlights

- A fabulous opportunity for you to volunteer in Zanzibar – to do something rather than just talk about it.
- Make a real difference to the lives of young children.
- Nursery to secondary school opportunities available
- Explore the fantastically unique culture and intriguing history of Zanzibar

Overview

As a volunteer in Zanzibar you will focus your lessons on teaching English, Science and IT however you are more than welcome to assist in any of the other subjects or activities.

We ask that you bring a creative, enthusiastic and flexible attitude to Stone Town. This not only enables you to become a respected and dedicated volunteer, it also allows you to get as much as you would like from the experience. Many of the schools are very under-funded and lack the resources you would usually find in Western schools. It is interesting to see just how much the children benefit from having an English speaking teacher helping with their studies.

Destination Info

Zanzibar – the Spice Islands – is a large island just off the East African coast and a semi-autonomous part of The Republic of Tanzania. As a volunteer in Zanzibar – you will be in the main town – Stonetown, the 'old city' and the cultural heart of Zanzibar. Its intriguing history is full of brave sea traders, explorers, sultans and the fragrance of exotic spices – think cloves, nutmeg, cinnamon and pepper. Little has changed in the last 200 years. With its winding alleys, bustling bazaars, mosques and grand Arab houses, it's a beautiful and idyllic place, while its great beaches are a favourite post-safari hangout. You will love to explore the city on this unique volunteering

experience.

Itinerary

Your day as a volunteer in Zanzibar obviously revolves around the school day. Your hostel will be located in Stonetown and typically you will be up and about around 7, having breakfast and getting ready for the day ahead. The schools are within walking distance – best to walk with another Zanzibar volunteer if you can – and you will leave around 8. Relax over some lunch around midday before the afternoon sessions start around 1. The evenings are yours.

If you choose to volunteer in Zanzibar, you will find that your effort and your contribution is really needed and really valued. The role given to you will really improve the lives of the children through education.

As a volunteer in Zanzibar, you will be working with two schools.

- Sun City School – nursery, primary and secondary
- Hurumzi Secondary School

The subjects that you will be teaching are English, science and IT. There's a need for intelligent and focused volunteers in all areas of the schools' activities and if you want to get involved in teaching other subjects or in the extra-curricular life of the two institutions, your help will be warmly welcomed. Volunteering in Zanzibar is a chance for you to use your own knowledge, skills and passion to improve the lives of disadvantaged children.

During school holidays, educational holiday classes will take place, so that the children continue to learn.

Accommodation

Your accommodation in Stone Town is in a renovated colonial hostel right in the centre of the action, and is for the use of the volunteers only. You'll be woken each the morning by the sounds of the Muesin calling people to prayer! You'll be sharing a room and bathroom with up to six other volunteers. There is a large area where there are chairs and tables for you to eat your meals, read, chat and relax.

Each room has its own bathroom although one bedroom has a separate bathroom - rooms are basic but do have a western style toilet, sink and a shower, water is based on cold water but we are sure that you will enjoy this due to the hot weather! There is a cupboard or a closet in your bedroom where you can store your belongings. The hostel can sleep up to approximately 25 volunteers.

Your bed will have its own mosquito net and bedding is provided. You'll get an under and over sheet and a small pillow, however if it does get chilly then you can always ask for an extra sheet! If you are going travelling further north in Tanzania then we would suggest that you bring a sleeping bag.

There is a lock on your bedroom door and there is always a security guard on duty. However if you want to keep your valuables in a more secure place we'd suggest bringing along a portable safe such as a PacSafe or something similar.

Programme Services and Facilities

Internet

Internet cafes are all within easy walking distance from the volunteer hostel and will cost around £1 an hour.

Laundry

You can either hand wash your clothes or pay a small fee for someone to do it for you at the hostel.

Meals

Breakfast will be made for you and is great opportunity to try the weird and wonderful local fruits that are in season. Lunch and dinner are for you to arrange for yourself. We'd suggest eating out as there is such fantastic food at dirt cheap prices, it's silly to resist! However, if you fancy preparing something for yourself you can certainly use the good kitchen at the hostel.

Zanzibar Teaching Volunteers

What's Included

- Pick up on arrival
- Full support and assistance in Zanzibar
- All accommodation
- Breakfast
- Class C Visa

What's Not Included

- Travel insurance
- All flights
- Additional tourist visa
- Lunch and Dinner
- Return transfer

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.

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 in USD
- Proof of inoculations (please speak to your Doctor 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
- International drivers licence - if you plan to rent a car

General

- Easy access backpack for all your kit
- Personal hygiene kit, toiletries and towel
- Alarm clock and watch
- Books & playing cards
- MP3 player
- Swimming costume & beach towel
- Sunglasses (high UV protection)
- Sun cream (high factor needed)
- Sun hat/bandana
- Small torch (head torch is preferable)
- Diary and writing pens
- Camera/batteries/film or memory card
- Water bottle – at least 75cl
- Day pack/rucksack for everyday use
- Mobile phone – set for roaming
- Sewing kit and pocket knife for general use
- Travel guide, such as Lonely Planet or Rough Guide
- The evening can be quiet so bring books, cards, board games etc. to play
- Swahili phrase book and dictionary
- Snorkelling gear

Clothing

- Sets of outdoor, loose fitting cotton clothes with full arm and leg cover for cooler mornings and evenings
- Long shirts/ trousers/ skirts (well over knee length) for project work
- Casual clothes for weekends
- Flip flops/sandal
- Shoes suitable for project work, visiting churches etc.
- Comfy trainers
- Underwear: enough for at least 7 days, possibly more
- Pyjamas/nightwear
- Lightweight fleece or jumper
- Waterproof jacket
- Warm clothes for winter and early mornings
- 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 sanitiser and wet wipes
- Anti-malarial tablets
- Personal First Aid Kit
- Personal medication e.g anti malarial tablets/prescription drugs/inhalers
- Painkillers
- Contact lenses & solution if necessary
- Plasters
- Lip Balm with SPF
- 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: The children that attend the schools are generally either Christian or Muslim. We ask volunteers to respect a more professional dress code in Zanzibar due to the large Muslim population. We recommend you take some shirts/blouses, trousers/long skirts and a good pair of shoes or sandals for your work placement and other social gatherings. This is to show respect for African culture and also gain respect form the children you will be working with. You can wear casual clothing in your spare time, though these must be appropriate.

Minimum Age

Minimum 18 years, maximum decided on potential participants' health. Please be prepared that you may be working with volunteers of all ages.

Flights

Your flight to Tanzania should arrive at Zanzibar airport (airport code: ZNZ) 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 18-30.

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

4. **Can I visit the beach?**
   You are ten minutes from the white sands and blue waters!

5. **Can I extend my duration when I get there?**
   Due to the set start dates it is difficult to extend, try to pick your ideal length of trip at the start.

6. **Do I need to bring a sleeping bag?**
   No, all bedding is provided for you however if you choose to do the Kilimanjaro climb then yes, you will need one.

7. **Are mosquito nets provided?**
   Yes, mosquito nets are provided in all of the houses, however if you want to bring your own then you are

more than welcome.

8. **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

Tanzania

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)

Zanzibar

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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. Credit cards are accepted at some larger establishments though all cards are subject to around a 5% exchange rate. ATMs can be found in Stone Town.

The cost of living is less than in the UK and other western countries with a meal out costing between £5 and £8 (GBP).

Passports and Visas

Tanzania

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.

Zanzibar

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

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All visitors to Tanzania and Zanzibar 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. Visas can be purchased on arrival or via an authorised Tanzania embassy or High Commission.

In addition to the tourist visa, most participants joining our programmes in Tanzania and Zanzibar 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

Tanzania

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.

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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

Tanzania

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.

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Language Guide

Tanzania

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*

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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

Tanzania

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.

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Public Holidays

Tanzania

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

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Weather

Tanzania

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!

Zanzibar

Thanks to welcome breezes, particularly on the North and East coasts, Zanzibar's climate is warm and pleasant rather than too hot and sticky! Its close proximity to the equator means that islands are warm all year round, though officially, summer and winter peak in December and June respectively. The ocean that surrounds Zanzibar is perfect for a swim, averaging about 27° Celsius/ 80° F. The rainy season falls between March and May, though visitors will be pleased to know that it rarely rains every day during this time.

Time

Tanzania

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'.

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Electricity

Tanzania

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

Zanzibar

Electricity in Zanzibar has a voltage of 230 and frequency 50 Hertz. Plugs have 3 flat-pinned prongs (see image below) and are available to buy in Stone Town.

Outlets in Zanzibar 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.

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