

Country-Specific Fact Sheet: Tanzania

Travel Quick Facts:

Passport Validity: 6 Months after your departure from Tanzania

Blank Passport Pages: 1 page required for visa and entry stamp

Time Zone: 3 Hours ahead of Greenwich Mean Time

Currency: Tanzanian shilling; 1 USD= 2000 TZS

Voltage Requirements: 230 volts, Universal adaptor needed for US appliances



Calling Instructions:

To call a cell number from the USA: Dial 011 (USA exit code) +255 (Tanzania Country Code) and then number.

To call United States from Tanzania: Dial +1 + (area code) + phone number

Emergencies: Dial 212

Police: Dial 999

U.S. Embassy Dar es Salaam: +(255) 22-229-4122

Emergency After-Hours: +(255)-22-229-4000, Dial '1' for an emergency operator
686 Old Bagamoyo Rd., Msasani Dar es Salaam, Tanzania

Health Concerns:

Dengue fever, malaria, diarrheal disease, schistosomiasis, TB, HIV, African sleeping sickness, rabies

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania>

Vaccines:

Hepatitis A and typhoid are required vaccines in addition to all routinely recommended immunizations in the US. Measles, mumps, rubella, tetanus, pertussis, and chickenpox are much more common than in the US.

Cultural Facts:

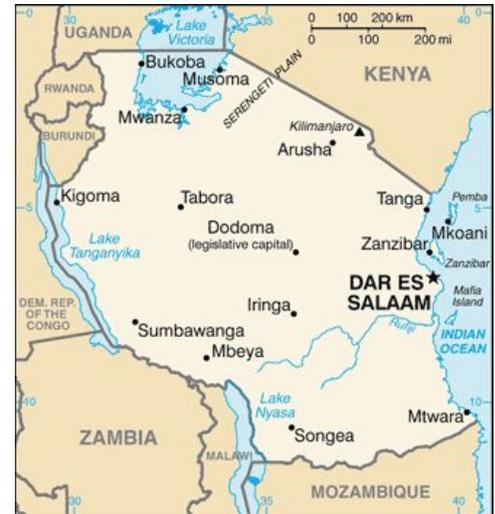
Capital: Dar es Salaam

Government: Republic: United Republic of Tanzania

Population: 49,639,138

Language: Swahili, English

Religion: Christianity- 30%, Islam-35%, Indigenous beliefs-35%; Zanzibar- more than 99% Muslim



Bugando Medical Centre:



Location: Mwanza, Tanzania

Telephone:

Local Contacts:

Airport Information: Mwanza International Airport is located about 20 minutes from Bugando Medical Centre and has approximately 6-8 departing flights per day to Dar es Salaam, Kilimanjaro, and Nairobi. You must arrive two hours before your flight because the airlines are known to leave early!

Taxi Information: Taxis from the airport cost Tsh 20,000. All licensed taxis in Tanzania have white license plates and can provide you with receipts. It's safest to keep the numbers of a few taxi drivers on hand and to call them when you need rides rather than taking taxis with unknown drivers.

Suggestions for Professional Dress:

For men: Dress shirts, pants, and dress shoes. Many of the faculty members wear ties.

For women: Skirts/dresses to the knee or below, or dressy slacks. Sleeveless tops must be modest and have wide straps. Avoid overly tight or revealing clothing. Closed-toed shoes.

Customs: One of the first things to learn is the importance of taking time to greet people, no matter how rushed you are. Spending the time to learn the basic Swahili greetings will make a big difference and show people that you are interested in their culture. People may "test" you to see if you know the correct answers to the greetings—and will be very pleased if you do!

Chai time is very important and typically happens after morning report, around 9:00 or 10:00am. People take a break to eat breakfast at this time, and then work hard through lunchtime, which is not until 1:00 or 2:00pm.

Safety Tips: Tanzania is a low income country, and you will most likely be regarded as extremely wealthy. Be wise; do not walk around after dark (take taxis) and try not to flash around electronics or jewelry. Keep purses and wallets close with your hand on them in crowded places.

Tips for Connecting to the Internet: Tanzania has several cellular network providers (Airtel, Vodacom, Zantel) and all of these offer Internet access packages. It's possible to purchase a router that can act as a WiFi hotspot or to purchase small internet access devices that plug into a computer's USB port and connect to the internet via the cellular network. Before you purchase one, ask around to find out which companies are currently offering the best and fastest Internet since these are always changing.