Tanzania

Overview

Overview

- AIG Travel Security rates Tanzania as a MODERATE threat location due to political, crime, civil unrest and some infrastructure concerns.

Tanzania is located in eastern Africa and is bordered by Kenya, Uganda, Rwanda, Burundi, Democratic Republic of Congo, Zambia, Malawi, Mozambique and the Indian Ocean. The country’s approximately 54 million inhabitants practice a variety of religions, including Christianity, Islam and animism. The country also maintains the semi-autonomous archipelago of Zanzibar, which is predominately Muslim. The two areas, while officially unified under the central Tanzanian government, are distinct in their cultural, security and political environments. The economy of Tanzania is largely centered on the relatively expansive tourism sector. The northern mainland area includes several safari areas and Mount Kilimanjaro, while Zanzibar is known for its beaches. Other primary locations and major population centers in Tanzania include the capital Dodoma and the commercial capital Dar es Salaam.

Tanzania has a stable governing structure led by the Chama Cha Mapinduzi (CCM) political party, which dominates Tanzanian politics, but faces MODERATE concerns due to increasing allegations that the ruling party is cracking down on the opposition and dissenters. As an autonomous region, political affairs in Zanzibar are largely determined by the archipelago’s government and president. Political tensions, particularly on mainland Tanzania, have risen since the October 2015 election of President John Magufuli. Critics allege that Magufuli’s government has eroded democratic freedoms; at the same time, there have been an increased number of attacks that appear to be political in nature. The potential for civil unrest – typically confined to election periods – is MODERATE.

Tanzania’s security climate is largely stable, but crime is a persistent, HIGH threat. Despite this relative stability, there are concerns that the country is facing a growing threat from both international and domestic extremist groups, which are believed to be behind sporadic bombings and attacks in northern Tanzania and on Zanzibar; as a result the country faces a MODERATE threat of terrorism. Corruption and poor infrastructure are HIGH concerns in Tanzania.

Travel advisories and areas of concern

AIG Travel recommends heightened security awareness during travel to Zanzibar amid periodic incidents of religiously-motivated violence in popular areas of the archipelago. In addition, travel to the western border regions with Rwanda, Burundi and the Democratic Republic of Congo should be carefully considered due to the threat of cross-border violence and banditry.
Political conditions

Political

- **Political concerns are MODERATE.** Although Tanzania and Zanzibar have relatively stable governments, increased civil unrest by the political opposition has indicated a growing political rift.

Mainland Tanzania has a stable governing structure characterized as a presidential republic, and includes a president, prime minister and a unicameral legislature. President John Magufuli serves as both head of state and government, while Prime Minister Kassim Majaliwa controls the day-to-day functions of the government. The next elections are due to be held in 2020.

The government has long been dominated by the ruling Chama Cha Mapinduzi (CCM) political party, but there are indications that their influence is beginning to wane. A contributing factor to the CCM’s diminishing popularity is the emergence of the opposition Chama cha Demokrasia na Maendeleo party (CHADEMA). CHADEMA has gained popularity via their anti-corruption, smaller government platform. Nevertheless, the opposition did not garner enough public support to wrest control from the CCM in the October 2015 general elections, though opposition candidates in parliamentary elections did unseat a number of ruling party members, marking the most pluralistic results in recent history. CCM candidate John Magufuli claimed victory in the presidential election and appointed Kassim Majaliwa as prime minister. Political conditions in Tanzania are typically calm, though during election periods tensions can become significantly heightened, resulting in protests, unrest and occasional violence.

Magufuli, nicknamed “The Bulldozer,” has undertaken a number of reforms to end widespread government corruption and end excessive government expenditures. His straightforward policies earned him a significant degree of support from Tanzanians and respect among regional governments. However, Magufuli’s administration has come under increasing domestic and international criticism from the opposition for alleged repression, human rights abuses and authoritarian leadership. These include measures that have decreased governmental transparency and increased censorship. A number of anti-government publications have been suspended in recent years. In early 2018 several politicians and private citizens were arrested for inciting protests or using social media to foment unrest or criticize the government. This includes the March 2018 arrest of several high-level CHADEMA politicians, who are facing charges of sedition and inciting violence. Opponents have argued that these measures represent an erosion of democracy in Tanzania, while Magufuli has said that he is only delivering on campaign promises of targeting government corruption. Increased tensions over these issues manifested in unrest and protests throughout 2017, resulting in a ban on political rallies; despite the ban, further rallies and demonstrations remain possible. It is possible that these tensions are a driving factor for an increasing number of attacks on political figures in 2017 and 2018. These include the murders of local CHADEMA politicians in Dodoma and Dar es Salaam in February 2018. Multiple civil society organizations have spoken out against political violence, alleging that torture and enforced disappearances have also taken place.

Zanzibar’s political structure is largely autonomous from the central Tanzanian government, although Zanzibar does recognize the national supremacy of the Tanzanian president, especially in matters of international relations. Zanzibar’s resident Ali Mohamed Shein of the CCM is the head of government as well as the region’s legislature. During election periods, political tensions on Zanzibar are generally elevated compared to the mainland. Concerns were particularly heightened in the wake of the October 2015 general election, which was held on the same day as the mainland vote. The vote was invalidated by the electoral commission on accusations of widespread fraud. In the allegedly fraudulent poll, the opposition Civic United Front (CUF) was poised to defeat the CCM, raising opposition concerns that the electoral commission nullified the election results in order to keep the CCM in power. The CUF refused to recognize the annulment, and the CUF and CHADEMA parties boycotted the election rerun held in March 2016. As a
result, incumbent President Shein won more than 91 percent of the votes. Multiple international bodies condemned the rerun, and various organizations and donors ended hundreds of millions of U.S. dollars’ worth of aid assistance to Tanzania in protest, some of which has since been restored. Though tensions have cooled, cooperation between the ruling and opposition parties is diminished and this incident will likely overshadow future elections.

**Corruption**

- **Corruption levels are HIGH in Tanzania; police corruption is particularly elevated throughout the country.**

Corruption is an ongoing problem in Tanzania, particularly regarding the police force. The government is actively working to combat these issues and has seen some success. Nonetheless, the relatively low salaries of police officials along with poor training has incubated a culture in which many officials stop civilians for minor or fabricated offenses in order to solicit bribes. Requesting a formal ticket to be paid at a designated police station will often alleviate such a situation. Bribery in general is a pervasive type of corruption and is prevalent in many public and private interactions. Government officials and public sector employees have been known to attempt to solicit bribes from business entities and personnel for routine duties and bureaucratic services.

Non-governmental corruption watchdog Transparency International’s 2017 Corruption Perceptions Index gave Tanzania a score of 36 out of 100, indicating that the country has high levels of corruption. The CPI rates countries by perceived levels of corruption in the public sector, with the least corrupt country receiving a maximum score of 100.

**Security issues**

**General crime**

- **Crime is a HIGH concern in Tanzania, with petty crime being the most prevalent issue. Crime rates are elevated in urban areas.**

Crime is a continuing concern throughout much of Tanzania, although these incidents are typically petty and opportunistic in nature. Pick-pocketing, bag-snatching, residential burglaries and the theft of unattended objects are the most commonly reported crimes. There are higher rates of petty crime in major urban areas such as Dar es Salaam, Arusha and the capital Dodoma. The areas of Toure Drive, Coco Beach, Ubungo Bus Station and South Beach Ferry in Dar es Salaam should be avoided due to increased crime rates. Additionally, areas surrounding Mount Kilimanjaro, Lushoto and Stone Town experience elevated crime rates against tourists and foreign nationals due to their perceived affluence; however, such locations often have a larger police presence to mitigate risks.

The threat of violent crime is also present and is an increasing concern in low-income, densely populated areas of Dar es Salaam, Arusha and Mwanza. These crimes include home invasions and armed robberies, several of which have ended in the deaths of the resisting victims. Increased levels of sexual assault and homicide have also been reported throughout the country. Some instances of petty crime have escalated to violence by criminals. One such example includes armed assailants on motorbikes targeting female pedestrians carrying purses, deliberately dragging victims until they release control of their possessions. These crimes generally affect locals, but expatriates may also be targeted. Additionally, carjackings are a small but lingering concern in rural portions of the country during night travel, where some local gangs are known to erect roadblocks in order to execute these offenses.

Credit card and ATM fraud are also a potential threat, and the use of these services should be limited as much
Police officers in Tanzania are not always properly trained, and corruption, as well as a lack of resources, can hinder response efforts and abilities.

**Terrorism**

- The threat of terrorism is a MODERATE concern in Tanzania, highlighted by several incidents provoked by religious tensions.

Tanzania has experienced multiple terror-related attacks in recent years, though none have been on the scale of the 1998 bombing of the U.S. Embassy in Dar es Salaam by the Islamist terrorist group al-Qaeda. No large-scale attacks have taken place in the country in recent years, and recent targets have shifted to security forces, rather than government buildings or embassies. This targeting shift was demonstrated in April 2017, when unknown assailants attacked and killed multiple police officers and local officials in the eastern area of Pwani. Officials have since increased security measures in the region. Additionally, in August 2016 multiple police officers were killed in an attack on a bank in Dar es Salaam, also by unknown assailants.

Religiously motivated acts of violence have occurred on the island of Zanzibar in the past. Competing Islamic-based organizations contend over how the island should be governed. The divide stems from conservative Islamic groups running counter to mainline Islamic groups. The former are largely in favor of full autonomy and the establishment of a Sharia legal system and constitution in Zanzibar, while the latter favor continued integration with the mainland government and Christian minority groups. Rogue elements within the conservative Islamic sector have on occasion targeted rival Islamic and Christian places of worship as well as areas frequented by tourists. It is believed that elements of the conservative Islamic group Uamsho are behind these incidents of violence, as the group has previously condemned religious institutions that have worked with the government. These events normally manifest themselves in the form of crude, homemade explosives being thrown at mosques or churches that have espoused rhetoric in favor of continued integration with the mainland. It is likely that attacks of this nature will continue to occur sporadically on Zanzibar, as authorities have shown little inclination for thoroughly investigating these crimes due to the underlying sectarian tensions. Similar attacks against religious facilities have occurred in Arusha, Mwanza and other parts of northern Tanzania – such events appear to stem from both political and religious tensions and have not been tied to a singular ideology or organization.

Additionally, there are growing concerns that the Somali Islamist militant group al-Shabaab may expand their operations to Tanzania. Al-Shabaab has previously launched attacks at several East African nations who support the ongoing international military mission in southern Somalia. Although Tanzania does not have physical troops within Somalia, the Tanzanian military does provide logistical support and training to Somali soldiers, which has drawn condemnation from al-Shabaab. Unconfirmed reports have indicated that al-Shabaab camps may be present in northern Tanzania as the group seeks to expand operations in East Africa. The potential for al-Shabaab expansion into Tanzania remains a significant threat as the group has shown a strong capability of expanding operations across borders.

**Conflicts**

- Overall conflict risks in Tanzania are LOW; however, sectarian tensions on the island of Zanzibar periodically result in clashes, and the potential for communal conflicts in rural portions of the country exists.

Religious and political divisions continue to inspire sectarian violence and protests throughout the island of Zanzibar. The issue stems from conservative Islamic elements within Zanzibar, largely represented by the group Uamsho, which wants full autonomy from the mainland government as well as the establishment of a
Sharia-based legal system. Uamsho and its supporters have openly opposed the Tanzanian government as well as other Islamic and Christian groups who favor continued integration with the government. These tensions are believed to have influenced several attacks within Zanzibar that targeted religious places of worship as well as areas frequented by tourists. The mainland government has shown little desire to investigate these incidents to avoid fomenting sectarian tensions on Zanzibar.

The largest threat of an internal conflict in Tanzania stems from disputes over land ownership and livestock ownership between rival ethnic and tribal groups. These clashes generally occur in rural portions of the country near border areas, and while they have the potential to turn violent, these skirmishes are generally less frequent and less violent than in neighboring countries.

Civil unrest

- Civil unrest poses a MODERATE concern, as demonstrations occur sporadically but are generally peaceful. However, violent political protests increase during politically tense periods.

Protest actions in Tanzania are generally labor-related or linked to ethnic and communal disagreements over official government policy regarding land and resources. These events occur in both rural and urban areas. However, the areas with the highest likelihood of such events are Dodoma and Dar es Salaam, where the majority of government buildings and interests are located. Most protest actions end peacefully and police personnel generally refrain from using force to disperse gatherings, though security forces have been known to occasionally employ heightened crowd control measures during particularly large or tense gatherings; such measures have previously included tear gas and live ammunition.

Politically-motivated demonstrations and associated violence tend to increase before and during elections or other politically sensitive periods. Several of these demonstrations have led to violent incidents both before and after elections. These events generally attract several thousand participants, and police have been known to use minor security incidents, such as a small argument within the crowd or organizers violating minor permit laws, as an excuse to use force. Violent police reaction typically involves the use of tear gas and batons, although live ammunition has been used on occasion. Amid rising tensions between the ruling and opposition parties, the potential for political unrest and protests has persisted well beyond the 2015 election period. The death of a bystander at a February 2018 election in Dar es Salaam highlights the risks associated with such demonstrations. A stray bullet struck the bus the victim was riding in when police discharged live rounds to disperse an opposition protest related to local by-elections.

Kidnapping

- The kidnapping threat in Tanzania is MODERATE and includes sporadic incidents of express kidnappings.

The threat of abduction in Tanzania, both on the mainland and Zanzibar, is moderate. In recent years there have been few reports of kidnap for ransom incidents perpetrated by criminal elements. The majority of abductions are linked to family and personal disputes rather than criminal or terror organizations. Sporadic express kidnappings, however, do occur. During such incidents, armed assailants target and abduct foreign nationals and affluent locals, then force them to withdraw money at various ATMs before freeing the individuals. A number of these attacks have occurred as victims leave banking institutions or ATMs. Unlicensed taxi drivers operating unmarked and unofficial taxis sometimes participate in these schemes. These incidents generally end quickly and without significant harm to the victim; incidents of assault have occurred when victims resisted their attackers.

Piracy
Piracy is a concern in the Gulf of Aden and the Indian Ocean, although risks off the Tanzanian coast are lower.

Piracy emanating from Somalia and the larger Horn of Africa has in the past posed a significant threat in the Gulf of Aden and Indian Ocean. There have been no reported incidents off Tanzania’s coast in recent years, nor has a recent uptick in Somali piracy affected areas near the Tanzanian coast. However, the risk of future piracy incidents cannot be completely discounted. The Tanzanian government is working with regional and international groups and countries in an effort to improve overall maritime security in the region.

Travel logistics

Entering the country

Entry Requirements

- A visa and passport that will be valid for at least six months beyond the date of the visa application are required for all trips to Tanzania and Zanzibar.
- Travelers may acquire a single-entry visa at most major Tanzanian airports and border crossings; however, it is advisable to secure a visa before arriving in the country as the issuance of a visa upon arrival is not guaranteed.
- Proof of a yellow fever vaccination is required to enter the country if arriving from certain locations.
- Some travelers may be required to present a return ticket and prove that they have sufficient funds to complete their intended itinerary.
- Although a Tanzanian visa will allow entry to Zanzibar, officials there may ask additional questions about the nature of the traveler’s itinerary upon arriving on Zanzibar regardless of whether they faced similar questioning when arriving on mainland Tanzania.
- As entry requirements are subject to change, travelers are advised to consult their nearest Tanzanian diplomatic representation for the most up-to-date requirements.

Political/Security Risks

AIG Travel rates Tanzania as a MODERATE threat location due to political risks, elevated levels of corruption, crime, terrorism concerns and civil unrest.

AIG Travel recommends heightened security awareness during travel to Zanzibar amid periodic incidents of religiously-motivated violence in popular areas of the archipelago. In addition, travel to the western border regions with Rwanda, Burundi and the Democratic Republic of Congo should be carefully considered due to the threat of cross-border violence and banditry.

- Political concerns are MODERATE. Although Tanzania and Zanzibar have relatively stable governments, increased civil unrest by the political opposition has indicated a growing political rift.
- Corruption levels are HIGH in Tanzania; police corruption is particularly elevated throughout the country.
- Crime is a HIGH concern in Tanzania, with petty crime being the most prevalent issue. Crime rates are elevated in urban areas.
- The threat of terrorism is a MODERATE concern in Tanzania, highlighted by several incidents provoked by religious tensions.
- Overall conflict risks in Tanzania are LOW; however, sectarian tensions on the island of Zanzibar periodically result in clashes, and the potential for communal conflicts in rural portions of the country exists.
- Civil unrest poses a MODERATE concern, as demonstrations occur sporadically but are generally peaceful. However, violent political protests increase during politically tense periods.
• The kidnapping threat in Tanzania is MODERATE and includes sporadic incidents of express kidnappings.
• Piracy is a concern in the Gulf of Aden and the Indian Ocean, although risks off the Tanzanian coast are lower.

**Infrastructure**

Infrastructure concerns in Tanzania are HIGH, particularly outside urban areas. Although roads are of an acceptable quality in major cities, power, water and fuel shortages are common.

• Almost all major urban areas have decently-maintained roads, and major roadways throughout the country are generally paved and in good condition. These standards begin to decline in rural areas of the country, particularly in the south, where roads are often unpaved and can prove difficult to navigate during periods of extended rain.
• Absent or unreliable utilities – including running water, electricity and internet – are common in the country, particularly in rural areas. Cellular service is available in most parts of the country but can be underdeveloped in isolated regions.
• Rolling electrical shortages are the most common issue facing civilians in Tanzania, but periodic shortages of fuel and water also occur.
• Access to clean drinking water is a larger problem in rural areas of the country where it must be imported. Water access is prone to disruptions during periods of rain.

**Air travel**

Julius Nyerere International Airport (HTDA/DAR) in Dar es Salaam is the primary airport used for travel to Tanzania, and a wide variety of international airlines operate at the facility. The airport is located approximately 8 mi (12 km) southwest of Dar es Salaam and offers restaurants, a VIP lounge and duty-free shops. Additionally, no security incidents have been recently reported.

Another primary airport is Arusha’s Kilimanjaro International Airport (HTKJ/JRO), which is located approximately 31 mi (50 km) outside of Arusha’s city center. The airport has multiple shops and restaurants available to passengers. Additionally, Zanzibar is served by Abeid Amani Karume International Airport (HTZA/ZNZ), which is located approximately 3 mi (5 km) south of Zanzibar City. The airport has several amenities and transportation options.

Tanzania has several domestic airlines that offer service to many areas throughout the country, such as Arusha, Mwanza, Mbeya and the country’s national parks. Although these airlines have not recently experienced reported safety incidents, their services are prone to periodic disruptions and schedule delays.

**Getting around**

Road accidents are common in Tanzania due to poor road and vehicle conditions and erratic local driving practices. Road conditions may deteriorate during the rainy seasons from March – May and November – December. Additionally, police roadblocks may be present when traveling between cities. Most methods of public transportation – including buses, taxis, rail and ferries – are overcrowded, unreliable and have persistent safety concerns. Due to these concerns, public transportation should be avoided. Individuals should utilize private transportation with an experienced local driver arranged through a trusted provider.

• **Road** – Although paved roadways link most major towns, these roads can be difficult to traverse due to poor maintenance. Roads are particularly difficult to navigate during the country’s rainy seasons from March – June and November – December. Traffic operates on the left side of the road. Beyond the poor quality of some roads, driving standards and the maintenance of road signs and lights are relatively poor, which exacerbates the hazards of traveling by road. Finally, carjackers and bandits are
known to operate on Tanzanian roadways, particularly in rural areas during evening hours and pose a potential hazard to civilians.

- **Self-Driving** - Vehicle rental services are available in Tanzania; however, self-driving is not recommended for safety reasons. As such, individuals should utilize an experienced local driver arranged through a trusted provider.

- **Bus** - Public and unlicensed bus companies in Tanzania generally have a poor reputation, especially the popular daladala minibuses that are present throughout the country and are routinely overcrowded. These buses are well-known for their high rates of criminal activity and deadly accidents. There are several private companies that run shuttle bus services between major areas in Tanzania, including the northern region of the country, that generally have a better safety record. Nevertheless, this form of transportation should be avoided.

- **Taxi** - Taxi services are available in most urban areas, including the popular bajaj three-wheeled taxis. These vehicles normally have poor safety standards and vehicles are often improperly maintained. Travelers are advised to avoid these and instead utilize pre-arranged transportation secured through a trusted provider.

- **Rail** – Tanzania has a fairly extensive rail system that connects many of its major cities and several other countries. Tanzania’s state-owned rail operator implemented safety reforms following a major incident in 2002 that killed more than 280 people. Trains frequently experience delays and are not generally recommended for travel due to increased crime risks.

- **Water** – There are multiple ferry companies operating between Dar es Salaam and Zanzibar. However, several deadly accidents have called into question the safety standards of these vendors, and many foreign governments warn their civilians of the risks of embarking on these vessels. Travel by ferry is not recommended.

### Health concerns

Medical facilities in Tanzania are limited, although Dar es Salaam has adequate medical facilities that provide a basic level of medical care. Pharmacies are also available in the city. However, outside of major urban areas, as well as on the islands of Zanzibar and Pemba, medical facilities are extremely limited, and serious medical emergencies may require medical evacuation to a nearby country with better facilities. Although travel health insurance is recommended when traveling to Tanzania, doctors and hospitals may require patients to pay cash for services. Doctors at medical establishments in Dar es Salaam often speak English; however, a Swahil translator may be required in more rural areas.

Recommended vaccinations for Tanzania include those against hepatitis A and B, rabies, typhoid and yellow fever. It is also important to ensure that routine vaccinations are up to date for diseases including influenza, chickenpox (or varicella), polio, measles, mumps, rubella, diphtheria, pertussis and tetanus. Travelers are advised to visit a doctor or clinic that specializes in travel-related medicine at least four to six weeks prior to their intended departure. This should allow the necessary time for any vaccinations prescribed by the doctor to take effect. If travel is to be undertaken in less than four weeks, a visit to a medical professional is still recommended.

The most prominent health concerns in Tanzania are the lack of potable tap water and poor sanitation. Additionally, the country struggles with containing outbreaks of cholera, malaria and dengue fever, particularly in rural portions of the country. Tap water in Tanzania is generally not safe to drink; travelers are advised to consume only sterilized or bottled water. This applies to water used for brushing teeth, making ice or washing foods. In addition, it is not recommended to bathe or swim in rivers. Pasteurized milk can normally be found in major cities, hotels and resorts. Unpasteurized milk should be boiled before consumption, or powdered or tinned milk should be used as an alternative. Fruits and vegetables should only be consumed if they have been peeled or cooked. Undercooked meat and fish should not be consumed. Food from street vendors should be avoided as this carries a higher risk of causing infection.

### Natural hazards
Tanzania lies in an active seismic region and the country experiences periodic earthquakes of moderate intensity whose impact can be exacerbated by poor infrastructure. The majority of these seismic events occur in western and central portions of the country, although other locations have also been affected.

Most low-lying areas of Tanzania experience flooding during the rainy seasons, which run from March – May and November – December.

**Money**

- **Currency** - The official currency of Tanzania is the Tanzanian shilling (TZS), whose notes and coins are called shilingi. Coins are issued in denominations of 50, 100 and 200, while bank notes are issued in the denominations of 500, 1,000, 2,000, 5,000 and 10,000. Additionally, U.S. and British currency are commonly accepted, particularly in tourist-centric areas.

- **Foreign exchange** - Currency exchange centers can be found at nearly all airports and most major banks in Dar es Salaam, Dodoma, Arusha and Zanzibar. It should be noted, however, that in some tourist areas such as Zanzibar, many hospitality services and guides prefer American and British currency.

- **ATMs / Credit Cards** - ATMs are ubiquitous in Tanzania, but the security precautions implemented at these machines are often lax and can expose civilians to the threat of identity theft. Many criminal gangs in the area have utilized tracking software that records the banking information of the unsuspecting victim. Additionally, criminal elements are known to congregate around these areas looking for potential targets for armed robberies and pick-pocketing. Venues that cater to tourists often accept international credit cards but tack on additional fees and surcharges to use these cards. Outside of these areas, the use of international credit cards is often restricted.

- **Tipping** - 10 percent is the common tipping standard for upscale hospitality services in Tanzania. More local or rural facilities typically do not expect tips.

- **Business hours** - Businesses generally operate between Monday and Saturday from 09:00 - 12:00 local time and 14:00 - 17:00. In Zanzibar, these hours are generally restricted on Friday due to Islamic prayers. Banks operate from Monday to Friday between 08:30 - 12:30 and 13:00 - 16:00. On Saturdays, banks generally operate from 08:30 - 11:30. Some larger banks in Dar es Salaam also maintain Sunday hours.

**Contact Information**

- International dialing code: +255
- International dialing prefix: 000
- Police: 112
- Ambulance: 112
- Fire: 112

**Cultural factors**

**General**

The ethnic population of both mainland Tanzania and Zanzibar is largely descended from the Bantu ethnic group. Although within this Bantu group there are several ethnic deviations and differences, tensions are largely nonexistent. The two dominant religions in Tanzania are Christian – accounting for approximately 61 percent of the population – and Islam – comprising 35 percent of the population. The most commonly spoken languages in Tanzania are English and Swahili. Religious tensions do occasionally arise, particularly during election periods, but they are not an overwhelming concern.

Ramadan, the Islamic month of fasting, begins at varying times of the year. The exact start and end dates
depend on the sighting of the new moon; this varies from country to country. During Ramadan, Muslims are required to abstain from food, drink, tobacco and sexual activity from dawn to dusk for the duration of the month. Non-Muslim travelers are advised to respect the religious traditions and customs during Ramadan. This includes not drinking, eating or smoking in public during the day and not frequenting venues deemed to be against the principles of the holy month.

Homosexual activity is illegal in Tanzania. In 2017 authorities began increasingly cracking down against organizations and activities seen as promoting LGBTQ interests. Foreign nationals implicated in these crackdowns against the LGBTQ community have been arrested and deported from Tanzania.

Useful information

Useful information

- [Public holidays](#)
- [Weather forecast](#)
- [Maps](#)
- [Tanzania Tourist Board](#)
- [Electricity: 230 volts, 50 Hz; for the most commonly used plug types, please [click here](#)]

Contact details

Important contact details

_Australia does not maintain an embassy in Tanzania. Citizens are advised to contact the Australian High Commission in Nairobi, Kenya._

**Australian High Commission in Kenya**
Riverside Drive (400m off Chiromo Road)
Nairobi, Kenya
Tel: +254-20 4277 100
Fax: +254-20 4277 139
Email: australian hc.kenya@dfat.gov.au

**British High Commission**
Umoja House
Hamburg Avenue
PO Box 9200
Dar es Salaam
Tel: +255 (0)22 229 0000
Fax: +255 (0)22 211 0102
Email: bhc.dar@fco.gov.uk

**French Embassy**
7 Ali Hassan Mwinyi Road
PO Box 2349
Dar es Salaam
Tel: +255 (0)22 219 8800
Fax: +255 (0)22 219 8815
Email: admin-francais.dar-es-salam-amba@diplomatie.gouv.fr

**German Embassy**
Mexico does not maintain a diplomatic presence in Tanzania. Citizens should contact the Mexican Embassy in Kenya for diplomatic assistance.

**Mexican Embassy Nairobi in Kenya**
Kibagare Way, Loresho
Nairobi, Kenya
Tel: +254 728 389 813
Email: embkenia@sre.gob.mx

**United States Embassy**
686 Old Bagamoyo Road
Msasani
PO Box 9123
Dar es Salaam
Tel: +255 (0)22 229 4122
Fax: +255 (0)22 229 4721
Email: drsacs@state.gov

**Emergency numbers**
Police/Fire/Ambulance: 112

**Embassies**
International Dialing Code: +255
International Dialing Prefix: 000

**Health advisory**

**Health infrastructure**

Dar es Salaam has adequate medical facilities that provide a basic level of medical care. Pharmacies are also available in the city. However, outside major urban areas, as well as on the islands of Zanzibar and Pemba, medical facilities are extremely limited, and serious medical emergencies may require medical evacuation to a nearby country with better facilities. Although travel health insurance is recommended when traveling to Tanzania, doctors and hospitals may require patients to pay cash for services. Doctors at medical establishments in Dar es Salaam often speak English; however, a Swahili translator may be required in more rural areas.

**Pre-travel recommendations**

The following vaccinations are recommended or required if traveling to Tanzania:

- Hepatitis A (recommended)
- Hepatitis B (recommended)
- Rabies (recommended)
• Typhoid (recommended)
• Yellow fever (required for travelers arriving from a country where yellow fever is present)

It is also important to ensure that routine vaccinations are up to date for diseases including influenza, chickenpox (or varicella), polio, measles, mumps, rubella, diphtheria, pertussis and tetanus. As malaria is prevalent in Tanzania, travelers are also advised to consult their doctor regarding malaria prophylaxis.

Travelers are advised to visit a doctor or clinic that specializes in travel-related medicine at least four to six weeks prior to their intended departure. This should allow the necessary time for any vaccinations prescribed by the doctor to take effect. If travel is to be undertaken in less than four weeks, a visit to a medical professional is still recommended.

Comprehensive medical insurance, which includes the provision of medical repatriation or evacuation, is strongly recommended. Travelers are also advised to take an appropriate supply of any prescription medication; this should be accompanied by a written doctor's instruction, explaining the need for the medication and justifying the quantities required.

Significant diseases

The following are some of the more significant diseases that might affect travelers to the country:

• Malaria is a life-threatening parasitic disease transmitted by mosquitoes. The malaria risk is high throughout most of Tanzania, as well as on Zanzibar and Pemba, although the risk in Dar es Salaam is considered to be lower.
• Cholera is an infection contracted through drinking water or eating food contaminated by the cholera bacterium. The disease is prevalent throughout most of Tanzania, particularly during the rainy seasons (March – May and November – December).
• African sleeping sickness, also known as trypanosomiasis, is transmitted through the bite of the tsetse fly. Cases of the disease have been reported in game parks, specifically the Serengeti and Tarangire National Parks.
• Chikungunya is a disease transmitted through mosquito bites. Mosquitoes often live around buildings and can bite both during the day and at night.

Recent outbreaks

• Since August 2015 cholera outbreaks have been reported across all 26 regions of the country. Outbreaks of the disease have been reported as recently as early 2018. Cholera is a bacterial disease often transmitted through contaminated water or food sources. Periods of high rainfall may accelerate the spread of the disease, as stagnant water enables the viability of the cholera-causing bacterium.

Food and water safety

Tap water in Tanzania is generally not safe to drink; travelers are advised to consume only sterilized or bottled water. This applies to water used for brushing teeth, making ice or washing foods. In addition, it is not recommended to bathe or swim in rivers. Pasteurized milk can normally be found in major cities, hotels and resorts. Unpasteurized milk should be boiled before consumption and powdered or tinned milk should be used as an alternative. Fruits and vegetables should only be consumed if they have been peeled or cooked. Undercooked meat and fish should not be consumed. Food from street vendors should be avoided as this carries a higher risk of causing infection.

Emergency response
Although the emergency services across Tanzania can be contacted through the central 112 or 999 numbers, ambulance services are not available in rural areas and medical equipment may not be of an adequate standard.