



DESTINATION REPORT

TANZANIA

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GENERAL OVERVIEW

Tanzania was formed in 1964 with the union of Tanganyika and Zanzibar. Unlike its neighbors, Tanzania has experienced relative stability and has been spared major civil wars and other conflict. Despite this, Tanzania remains one of the poorest countries in the world. Tanzania experienced one-party rule from its independence to 1995, when democratic elections were first held.

Nearly all mainland Tanzanians belong to various Bantu tribes, with 35 percent practicing Islam, 35 percent observing an indigenous belief, and 30 percent adhering to Christianity. In Zanzibar, the majority practice Islam and the population includes both Arabs and Africans. Kiswahili (Swahili), also known as Kiunguja in Zanzibar, and English are the official languages of Tanzania.



Tanzania shares borders with Mozambique, Malawi, Zambia, the Democratic Republic of the Congo, Burundi, Rwanda, Uganda, and Kenya. It also has a coastline on the Indian Ocean, Lake Victoria, Lake Nyasa, and Lake Tanganyika. Most of Tanzania experiences a tropical climate due to its situation just south of the equator, with large amounts of rainfall, especially during the rainy season between November and May.

SECURITY ASSESSMENT

Security Risk Rating

Moderate

Security Risk Overview

Tanzania is plagued by high rates of theft and armed robbery in major cities and at tourist attractions. Violent crimes targeting foreigners have occurred on the popular tourist island of Zanzibar. Civil unrest and other demonstrations may become violent and have caused fatalities in the past. While terrorist attacks are not common, Tanzania borders countries that are known to harbor terrorists and extremist groups. Piracy is also an increasing threat off the coast of Tanzania.

Terrorism

There is a latent regional threat of Islamist terrorism in East Africa in connection with the ongoing conflict in Somalia. Tanzania's lack of participation in the African Union Mission in Somalia (AMISOM) has greatly insulated the country from the threat of al-Shabaab-related terrorist attacks. However, despite Tanzania's non-participation in AMISOM, there is believed to be a portion of Tanzanian society—including in Dar es Salaam—that sympathizes with transnational Islamist terrorist organizations like al-Shabaab, the Islamic State (IS), and al-Qaeda. As such, militants, supporters, and sympathizers are suspected of using Dar es Salaam as a regional safe haven, fundraising and recruitment base, and transit point.

In addition to transnational terrorism, there is a domestic terrorism threat in Tanzania, including in Dar es Salaam, from local affiliates and splinter organizations of larger groups. At least two Islamist militant groups were reportedly formed in Tanzania in early 2015. One of them, called al-Muhajiroun in East Africa, or the Emigrants in East Africa, was formed in January 2015 and immediately declared its allegiance to al-Qaeda and al-Shabaab. Later, in May 2015, the group issued a message threatening to carry out attacks against Western interests and assets in Tanzania and neighboring Kenya. Additionally, a Tanzanian offshoot of the Kenyan al-Shabaab affiliate group, al-Hijra, was also reportedly established in coastal Tanzania in early 2015. Since early 2015, Tanzanian authorities have not directly attributed any incidents to either organization.

Civil Unrest

Grenade attacks occur from time to time, and tend to be instigated by sectarian tensions between Christian and Muslim residents in the country. Such attacks have occurred in crowded places and public venues, such as restaurants and mosques, in Arusha, Kigoma, Mwanza, Stone Town, and Zanzibar.

Elections tend to cause civil unrest in Tanzania, especially in Zanzibar, Dar es Salaam, and the oil- and natural gas-rich city of Mtwara. While demonstrations are normally peaceful, those instigated by religious or political extremists could turn confrontational. These demonstrations have resulted in violence in the past with clashes between police and protesters, as well as the use of small explosive devices reported. Demonstrations and public gatherings that organized by students, religious groups, and low-income communities with localized grievances are most likely to deteriorate. While the number of political demonstrations has decreased following the October 2015 general elections, Jangwani Grounds in Dar es Salaam remains a common political rally site. Travelers should monitor local news coverage and avoid known protest sites.

An increasing number of attacks have taken place at police stations across the country in recent years, during which weapons such as sub-machine guns were seized. Three such incidents occurred in 2015. On 12 July 2015, unidentified gunmen killed at least seven people, including four police officers and three civilians, injured four others, and seized arms at a police station in the Ukonga Stakishari area of Dar es Salaam. In June 2015, one police officer was killed in an attack on a police station in the coastal Mkuranga area.

Personal Security

Petty theft and pick pocketing are serious concerns in Tanzania. Violent crimes have become more common in Zanzibar and urban areas such as in Dar es Salaam, Arusha, and Mwanza. Criminal activity is particularly common at the Ubungo bus station. Armed robbery is frequent at Coco Beach in Dar es Salaam and in Stone Town in Zanzibar. Additionally, vehicle hijackings do occur in both rural and urban areas. While foreign nationals are not specifically targeted, there have been reports of foreigners being affected.

Express kidnappings, in which the victim is forced to withdraw funds from a bank or ATM after being abducted, usually in a taxi, are common in Tanzania. The abductors are sometimes armed and threaten their victims with violence, though victims are typically released unharmed.

Criminals and bandits are rife in areas near the borders with Burundi, the Democratic Republic of the Congo, and Rwanda, as well as in national park areas including the Arusha and Serengeti National Parks, and Mount Kilimanjaro.

Invasions targeting the homes of US citizens in Arusha and Dar es Salaam have been reported and are steadily increasing. Some victims have been seriously injured in these incidents.

Crimes such as sexual assault are common in Tanzania and vastly underreported. Tourists have become the victims of these crimes in the past and some of these incidents have occurred during the daytime. Law enforcement is generally ineffective in investigating and prosecuting these crimes, and often handles these cases poorly. Social stigma also prevents the timely and effective provision of preventative measures and post-sexual assault care.

Same-sex relations are illegal in Tanzania and individuals deemed to be violating this law can incur heavy penalties. Public displays of affection between persons of the opposite gender are frowned upon, while those between the same gender could trigger violence. Additionally, there are high levels of discrimination, harassment, and violence against lesbian, gay, bisexual, and transgender (LGBT) individuals, including by police. On 19 October, 12 men, including two South Africans and a Ugandan, over allegations of promoting homosexuality in Dar es Salaam. In September, police arrested 20 people-12 women and 8 men-for alleged homosexuality in Zanzibar. The group was reportedly at a hotel where they were undergoing a training on HIV/AIDS when they were arrested. Authorities have said that HIV/AIDS services encourage homosexuality.

Many local customs are based on Islam and observing these conventions is particularly important during the holy month of Ramadan. During the holy month, eating, drinking, smoking, and chewing gum are prohibited in public. Women have been harassed for dressing immodestly in public areas, especially on the island of Zanzibar, which is approximately 98 percent Muslim.

Tanzania has been plagued by chronic power shortages over the past decade due its reliance on drought-prone hydro dams. Most recently, on 1 December, a technical fault at Tanzania's national electricity supply company set off a nationwide blackout. Tanzania Electric Supply Company (TANESCO), released a statement following the power outage indicating that it was working to normalize the situation, but could not confirm the timetable for a return to normalcy. Travelers are

advised that roads, hospitals, ATMS, and government buildings may be impacted by the outage, and service disruptions are anticipated.

Northern Tanzania is situated in East Africa's Great Rift Valley, which runs along a geological fault line, and is subject to seismic activity and tremors. Seismic activity can disrupt daily life and air travel with little warning, and emergency response capabilities can be limited or delayed in the event of an emergency. On 11 September 2015, 11 people were killed in a 5.7 magnitude earthquake that struck northwestern Tanzania.

Law Enforcement

Tanzanian police are poorly paid and lack sufficient resources and funding to effectively prevent, respond to, and investigate crime. Government forces have been known to arbitrarily arrest individuals and use excessive force. Corruption and impunity of police forces is a concern. Plainclothes police are common, as are police impersonators. As a result, citizens experience a general feeling of mistrust toward the Tanzanian police.

Prisons in Tanzania do not meet international standards. These facilities are characterized by life-threatening conditions including overcrowding, a lack of food and water, and poor infrastructure. Disease is also common, as mosquito nets are not provided and health care facilities are limited. The judiciary is not independent and bribes often determine the outcome of cases. Travelers are encouraged to make every attempt to notify their embassy or consulate in the event of arrest, as authorities may fail to report arrests.

Transportation

Air: Tanzania has not been rated by the International Aviation Safety Assessment (IASA) Program. Despite this, international flights on foreign-owned and -operated carriers may be compliant with IASA standards and provide an acceptable alternative to services based in Tanzania.

Bus: Buses are the most common means of travel in Tanzania. Both long- and short-distance buses, including *Dala-Dala* minibuses, are often involved in traffic accidents. This is due to poor maintenance as well as substandard road conditions and operation. The risk of an accident heightens during night hours. US citizens have reported being robbed on long-distance buses in Tanzania.

Car: All drivers must have a valid driver's license. Travelers staying in Tanzania for six months or less may use a valid US driver's license—those staying longer are required to obtain a Tanzanian driver's license.

Road travel can be dangerous due to the poor quality of road infrastructure, poor local driving practices, and the operation of unsafe vehicles, especially outside Dar es Salaam. Most national highways are in relatively good condition though road infrastructure in rural locations is often substandard. Some roads may be impassable during the rainy seasons.

Carjackings, often by armed robbers, are becoming increasingly common, especially at night. Be sure to lock all doors and hide valuables from sight when traveling in a car. Reports of crime on Touré Drive on Mwasani Peninsula are on the rise. Smash-and-grab robberies are common when vehicles are stopped.

Train: Rail services are available in larger cities, including Dar es Salaam, Dodoma, Kigoma, Mwanza, and Tabara. However, trains are poorly maintained and experience long and frequent delays or cancellations. Deadly train crashes have occurred regularly in the past.

Taxi : Taxis are widely available in urban areas of Tanzania. Taxis are not equipped with meters, so fares should be agreed upon before setting off. Only use properly marked taxis, and book through a hotel if possible. Do not get into a taxi if there is an unknown passenger sitting in the vehicle. If unhappy with the direction in which the taxi is traveling, speak calmly, yet firmly to the driver in conjunction with the hand gesture to stop in case there is a language barrier. If there is no positive response from the driver, exit the vehicle at the first opportunity.

Water: Ferries may not abide by precautionary safety measures and boats are often overcrowded. Ferry accidents are common between the mainland and Zanzibar and are often fatal due to limited emergency response. Many boats do not offer basic safety equipment, including life jackets, and are poorly-maintained. Tickets may only be purchased inside the ferry terminal, not from vendors outside. There have been reports of ticket scalpers for ferries that travel between Dar es Salaam and Zanzibar. Any ferry travel between the mainland and Zanzibar should be arranged through reputable companies.

Recent piracy attacks off the coast of Somalia and in the Gulf of Aden underscore the significant threat of armed robbery in the Western Indian Ocean. Attacks on local fishing vessels in the Gulf of Aden and off the Horn of Africa continue to be reported, although there have not been any recent piracy attacks affecting tourists in Tanzania. Further, the threat assessment of the International Naval Counter Piracy Forces remains that all personal sailing vessels should avoid the designated High Risk Area (Southern Red Sea, Gulf of Aden, and Indian Ocean) to reduce the risk of hijacking and kidnapping.

Scams, Fraud, Corruption, and Extortion

A common scam in Tanzania involves meeting a local, well-dressed Tanzanian who claims that his taxi-driver "friend" will be able to drive a traveler to their destination. Once in the taxi, the victim will be robbed of their cash and belongings, and perhaps force their victim to withdraw money. These individuals often wait at crowded areas such as bus stations or airports.

Travelers are often approached by "refugees" and other individuals "in distress" and asked for a donation. Be aware that common scams against foreigners, regardless of destination, include dating and marriage scams, false employment opportunities, and virtual kidnapping for ransom. Avoid giving out personal information at all costs, especially bank or credit card numbers.

ATM fraud is common in Tanzania, and foreigners are often targeted. Some ATMs may have a card reader in the machine.

Corruption of government employees is widespread and it has been reported that these officials may expect, request, or demand illegitimate payments from foreigners for real or imaginary violations of local law or for providing routine services.

Security Advice

Be prepared. Make an effort to understand your destination environment before you travel: identify the possible threats and prevailing situation, understand your own vulnerabilities and take action to mitigate the risks.

Maintain a low profile and good situational awareness. Ensure you travel with reliable communications equipment, test your mobile (cellular) telephone upon arrival at your destination and keep it fully charged. Make note of emergency telephone numbers, including the police, fire department, ambulance, and embassy or consulate.

Avoid all protests and demonstrations to minimize the risk of exposure to incidental violence. Travelers should walk away or wait inside a shop or restaurant if it is not possible to leave the area. Plan alternate routes to circumvent potential protest locations. Seek the assistance of a local host, or travel with a local driver, where possible.

To minimize the risk of becoming a victim of petty theft, travelers should maintain caution and exercise situational awareness at all times. Avoid overt displays of wealth. If confronted by a criminal, do nothing to antagonize the situation. Carry a "dummy" wallet if possible, and carry a passport photocopy at all times.

Carry handbags on the opposite side from passing traffic to reduce the risk of thieves on motorcycles trying to snatch them.

Avoid walking unless you are confident of the security situation. Do not walk by yourself at night in secluded or troublesome areas of the city. Do not take shortcuts away from main roads, which tend to be busy and provide a safer environment.

National holidays and public festivals tend to attract large crowds in some countries. Such public gatherings, despite a typically enhanced security presence, create a potential venue for disorder or violence. In addition, large crowds may well impede local transportation systems.

Do not buy counterfeit or any goods in violation of copyright laws. Doing so may be a violation of local laws and can carry hefty fines or even prison time. If seeking to purchase from a local vendor, travelers are advised to agree upon a price before accepting it and to walk away if the situation becomes uncomfortable.

Reduce risk of injury from car crashes by always wearing a seatbelt. Some countries have heavy fines for not wearing a seatbelt. Avoid drinking and driving. Be sure to travel with all appropriate documentation, including passport and visa photocopies. Individuals who intend on driving should be in possession of their International Driving Permit (IDP), vehicle registration, and proof of insurance at all times.

Travelers are subject to the laws of Tanzania, even if they are not a citizen of Tanzania. Travelers can also be prosecuted for violating their home country's laws while in a foreign country. Travelers should be aware of the laws and customs of the country they are traveling to in order to avoid prosecution.

HEALTH ASSESSMENT

Health Risk Rating

High

Travel Health Advice

Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.

Prevent against insect bites and insect-borne diseases, such as tick-borne encephalitis or malaria, by using insect repellent and wearing long pants, long sleeve shirts, boots, and hats if possible.

Prevent against foodborne illnesses by avoiding undercooked food and unpasteurized dairy products and washing hands, especially before eating.

Immunizations - Required for Entry

Immunization	Notes
Yellow Fever	Those traveling from, or living in, a yellow-fever endemic area are required to provide proof of vaccination. The yellow fever vaccine should be administered at least ten days before travel. While a booster shot is no longer recommended every 10 years, some countries do not allow certificates of vaccination older than 10 years.

Immunizations - General

The following immunizations are recommended for travel to all destinations.

Immunization	Recommendations
Routine	Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.
Hepatitis B Virus (HBV)	Hepatitis B Virus is spread through contact with blood, sexual relations, and contact with contaminated needles. There are several pre-exposure vaccination options available: PEDIARIX (pediatric formulation containing DTaP, HepA/B, and polio vaccines), TWINRIX (three dose HepA/HepB combination series), ENGERIX-B, and RECOMBIVAX HB. The full course of three injections is recommended prior to travel.
Influenza (flu)	Influenza is spread between humans through sneezing, coughing, and can be spread by touching objects contaminated with the virus. There are two types of pre-exposure vaccinations available: Trivalent Inactivated Influenza Vaccine (TIV), and Live Intranasal Influenza Vaccine (LAIV). TIV is injected into the upper arm or thigh, and LAIV is administered as a nasal spray. Common TIV vaccines include Afluria, Agriflu, FluLaval, Fluarix, Fluvirin, and Fluzone. Common LAIV vaccines include FluMist.

Vaccine Preventable Diseases Specific to Tanzania

The following are vaccine preventable diseases that are prevalent in Tanzania.

Immunization	Recommendations
Hepatitis A Virus (HAV)	Hepatitis A Virus is found in areas with poor sanitation and poor food and water safety, and can be spread through sexual relations, blood transfusions, and needles. Several pre-exposure vaccination options are available: PEDIARIX (pediatric formulation containing DTaP, HepB, and polio vaccines), HAVRIX, VAQTA, TWINRIX (three dose HepA/HepB combination series), AVAXIM, and EPAXAL. The first injection should be administered before departure and a booster after six months.
Meningococcal Disease	Meningococcal disease is spread through contact with the respiratory secretions of an infected person, as well as sharing food and drinks. Meningococcal disease is prevalent in the "sub-Saharan meningitis belt" which extends from Senegal to Ethiopia. Individuals travelling to this area during the dry season should receive the vaccination. Meningococcal conjugate vaccine (MCV4) is the preferred option for ages 2-55. Meningococcal polysaccharide vaccine (MPSV4) is the only vaccine licensed for those over 55 years of age, and is used when MCV4 is unavailable.
Rabies	Rabies is a significant health risk in Tanzania, and is spread by the bite of an infected animal. Rabies is spread through the bite or scratch of an infected animal. Vaccination against rabies does not make a person immune to rabies. Those who have been potentially exposed should still seek treatment. Left untreated, rabies can be fatal. A three-dose pre-exposure rabies vaccine is recommended for long-term travelers and those who would be in direct contact with animals. The first dose of the vaccine should be administered at least 21 days before travel.
Typhoid Fever	Typhoid fever is endemic to Tanzania. It is contagious and often leads to complications or death. It is spread through ingestion of contaminated food or water. Typhoid fever is spread through the ingestion of contaminated food or water. Individuals traveling to areas where typhoid fever is common should undergo vaccination at least one week before travel. Booster shots are necessary, as the vaccination loses effectiveness over the course of several years. Two forms of the vaccine are available: an inactivated shot, and a live weakened oral vaccine.

Health Risks in Tanzania

Health Risks	Details	Recommendations
Altitude Sickness	Altitude sickness can occur while climbing past 2,500m on Mt. Kilimanjaro. Symptoms include fatigue, rapid pulse, dizziness, headache, and nausea. Altitude sickness can be life threatening.	Foreigners should speak to a doctor before planning to climb Mt. Kilimanjaro to ensure that they are physically fit. To avoid altitude sickness individuals are advised to ascend slowly and stay hydrated. Acetazolamide can help reduce symptoms: 125 mg, twice a day for three days, beginning on the first day of ascent, or 12 hours prior to beginning ascent.
Cholera	Cholera is prevalent in several areas of Tanzania, including Zanzibar. The disease is most prevalent in areas with poor sanitation or overcrowding, and is spread through the ingestion of contaminated food or water. Cholera can become rapidly fatal. Cholera vaccines are recommended only for health care or relief workers working in unsanitary conditions, or long-term travelers with unreliable access to health care.	Travelers who opt for vaccination should be aware that there are two oral cholera vaccine options: Dukoral, and Shanchol and mORCVAX (made by different manufacturers). Two oral doses given at least seven days apart (but less than six weeks apart) with protection beginning approximately one week after the second dose. Booster doses are recommended after two years. Vaccination against cholera is not a substitute for basic precautions such as boiling drinking water, thoroughly cooking food, and washing and peeling fruits and vegetables. A one gram dose of azithromycin also can effectively treat cholera.
Dengue fever	Dengue fever is spread through the bite of an infected <i>aedes</i> mosquito. There is no vaccine to protect against dengue. Symptoms include headache, sudden-onset fever, rash, and joint pain.	There is no vaccine to prevent against dengue fever. Prevent against bites by using insect repellent (with 30-50% DEET, or 7-15% Picaridin) and wearing long pants, long sleeve shirts, boots, and hats if possible. Stay indoors in areas with screens and air conditioning, if possible. The risk of being bitten by a mosquito is highest in the early morning, several hours after daybreak, and in the late afternoons before sunset. The <i>aedes</i> mosquito, which carries dengue fever, typically lives indoors in dark, cool places like closets, under beds, bathrooms, and behind curtains, as well as around standing water.

<p>East African Trypanosomiasis (Sleeping sickness)</p>	<p>Sleeping sickness is endemic to northern Tanzania. The risk for this infection is highest between the Kigoma region at Lake Tanganyika to Arusha in the north. Cases have been reported in Arusha, Kigoma, Lindi, Mtwara, Rukwa, Tabora, and Ziwa Magharibi regions. It is spread through the bite of an infected tsetse fly. Symptoms include headache, fever, joint pain, swelling of the lymph nodes on the back of the neck. Advanced symptoms include sleep disturbances, kidney dysfunction, confusion, weakness, and irreversible neurological damage. Sleeping sickness can be fatal if untreated.</p>	<p>There is no vaccine to prevent against sleeping sickness. Insect repellants are not effective against tsetse flies. Wear long pants, long sleeve shirts, boots and hats if possible. Stay indoors in areas with screens and air conditioning, if possible. The tsetse fly is most active during the early morning and late afternoon.</p>
<p>Lymphatic Filariasis</p>	<p>Lymphatic filariasis is a parasitic disease spread through the bite of an infected mosquito. Lymphatic filariasis occupies the lymphatic system, causing a thickening of the skin known as elephantiasis. It occurs commonly in parts of east Africa, including Tanzania.</p>	<p>There is no vaccine to prevent against lymphatic filariasis. Prevent against bites by using insect repellent (with 30-50% DEET, or 7-15% Picaridin) and wearing long pants, long sleeve shirts, boots, and hats if possible. Stay indoors in areas with screens and air conditioning, if possible. The risk of being bitten by a mosquito is highest in hours between dusk and dawn. Most treatments against filariasis, while successful in killing microfilariae, are partially effective to ineffective in killing adult worms.</p>
<p>Hepatitis C Virus (HCV)</p>	<p>Hepatitis C Virus is endemic to Tanzania. Hepatitis C is spread through IV drug use, contaminated needles for tattoos and body piercings, or unsafe medical procedures such as unscreened blood transfusions. Hepatitis C can also be transferred sexually.</p>	<p>There is no vaccine to prevent against Hepatitis C. Travelers are advised to avoid IV drug use and sexual contact with high-risk individuals. Avoid receiving blood transfusions and other procedures that may bring you in contact with contaminated needles, such as tattoos and body piercings.</p>
<p>Hepatitis E Virus (HEV)</p>	<p>Hepatitis E Virus is typically contracted through exposure to raw or uncooked shellfish, or contaminated drinking water.</p>	<p>There is no vaccine to prevent against Hepatitis E. Hepatitis E can be avoided through overall care in sanitation, particularly of drinking water.</p>

<p>HIV/AIDS</p>	<p>Approximately 5 percent of the adult population of Tanzania lives with the disease. The adult prevalence rate of HIV/AIDS is nearly 6 percent. HIV is spread through contact with blood or secretions of an infected person, especially through IV drug use, unprotected sex, and blood transfusions.</p>	<p>There is no vaccine to prevent against HIV/AIDS. HIV/AIDS risk can be decreased by avoiding IV drug use and sexual contact with high-risk individuals.</p>
<p>Malaria</p>	<p>Malaria is common in Tanzania. Approximately 17 to 20 million cases of malaria are confirmed each year, causing close to 80,000 fatalities. Malaria is spread through the bite of an infected mosquito. Strains of malaria found in Tanzania are resistant to chloroquine.</p>	<p>There is no vaccine to prevent against malaria, but taking a prescription anti-malarial drug and taking proper precautions against mosquito bites may help prevent against transmission. Malaria prophylaxis is recommended if travelling to endemic areas outside major cities.</p>
<p>Onchocerciasis (River Blindness)</p>	<p>Onchocerciasis is a parasitic disease spread through the bite of an infected blackfly. The parasite causes a variety of skin problems that may spread to the eyes and cause blindness.</p>	<p>There is no vaccine to prevent against onchocerciasis. Since adult worms can live for many years inside the body, doses of the preferred treatment (Ivermectin) for River Blindness may be needed annually or semi-annually over the course of several years. Prevent against bites by using insect repellent (with 30-50% DEET, or 7-15% Picaridin) and wearing long pants, long sleeve shirts, boots and hats if possible. Stay indoors in areas with screens and air conditioning, if possible. Blackflies tend to bite during the day and are found near fast moving bodies of water like rivers and streams.</p>

<p>Plague</p>	<p>Regular outbreaks of the plague occur in Tanzania. Risk is present in the Shinyanga and Tabora provinces as well as the Kilimanjaro area near the border with Kenya. Other outbreaks have occurred in the Lushoto, Tanga, and Mbulu districts. The plague is typically spread through the bite of infected rodent fleas. It is sometimes spread through the inhalation of infected animal secretions, or by handling infected animal tissue.</p>	<p>There is no vaccine to prevent against the plague. Measures should be taken to prevent against contact with rodents and other potentially infected animals. Those who may have had contact with an infected person, rodent, or other animal should receive antibiotic prophylactic treatment. Infected persons need immediate treatment due to the high risk of death.</p>
<p>Relapsing Fever</p>	<p>Relapsing fever is transmitted through the bite of infected lice or ticks. Relapsing fever is characterized by several episodes of fever, each lasting 1-3 days. Left untreated, up to 70% of cases can be fatal.</p>	<p>There is no vaccine to prevent against relapsing fever. To avoid bites, apply a repellent containing DEET to skin and clothing when outdoors, particularly in rural areas. If sleeping outdoors, use a bed net treated with permethrin.</p>
<p>Rift Valley Fever</p>	<p>Rift Valley Fever is generally a disease of livestock that is transmitted through the bite of an infected mosquito. However, it has been transferred to humans in Tanzania and can have serious symptoms, including hemorrhagic fever and ocular diseases.</p>	<p>There is no vaccine to prevent against Rift Valley Fever. Humans contract RVF through bites from insects with contaminated mouthparts, as well as through exposure to the blood, fluids, or tissues of infected animals. Take all precautions against insect bites, and avoid coming into contact with the bodily fluids of animals.</p>
<p>Schistosomiasis</p>	<p>Schistosomiasis is spread via larvae that swim in fresh water, and through sexual contact with infected individuals. Symptoms include a rash, weakness, fever, bloody urine and diarrhea. Infected individuals may not exhibit symptoms for four to six weeks after contracting schistosomiasis. More than 85% of the world's cases occur in Africa.</p>	<p>There is no vaccine to prevent against schistosomiasis. Do not swim in bodies of freshwater. Schistosomiasis cannot be contracted in chlorinated swimming pools or in bodies of salt water. The use of insect repellent may be effective, but is unreliable. Travelers who come in contact with bodies of fresh water should clean their skin with rubbing alcohol and a clean, dry towel.</p>

<p>Tuberculosis (TB)</p>	<p>Tuberculosis is highly endemic in Tanzania. Hundreds of thousands of cases of tuberculosis are confirmed each year in Tanzania, making it one of the most pressing health problems in the country. Tuberculosis is spread through contact with the respiratory secretions of an infected person. Vaccination is available but only recommended for health care workers and those with prolonged exposure to infected populations.</p>	<p>The Bacillus Calmette-Guérin (BCG) vaccine has historically been used at birth in most developing countries to prevent against TB. Results in adults have varied with effectiveness of between 0 and 80 percent. The BCG vaccine is also reported to interfere with TB testing in some cases. Individuals who anticipate prolonged exposure to TB areas should undergo the tuberculin skin test (TST) or interferon-γ release assay (IGRA) both before departing and eight to ten weeks after returning from travel.</p>
<p>Zika Fever</p>	<p>Zika is a risk in Tanzania. Zika fever is an acute viral illness within the genus <i>Flavivirus</i> that is spread by the bite of an infected <i>Aedes</i> mosquito. Symptoms-including sudden-onset fever and rash, joint and body pain, headache, and conjunctivitis-are usually mild and last from several days to a week. Women infected with the Zika virus who are pregnant, or become pregnant, are at an increased risk of birth defects, including microcephaly.</p>	<p>There is no vaccine to prevent or specific medication available to treat Zika virus infection. Prevention is primarily accomplished by avoiding the bites of infected <i>Aedes</i> mosquitos. Protect against bites by using insect repellent (with 30-50% DEET, 7-15% Picaridin, or IR3535) and wearing long pants, long-sleeved shirts, boots, and hats. Stay indoors in areas with screens and air conditioning, if possible. The risk of being bitten by a mosquito is highest in the early morning, several hours after daybreak, and in the late afternoon before sunset. The <i>Aedes</i> mosquito, which carries the Zika virus, typically lives indoors in dark, cool places as well as around standing water. Travelers who are pregnant, or planning to become pregnant, should consult with health care provider and determine the level of risk for microcephaly or other birth defects before traveling to areas with confirmed Zika virus activity.</p>

Food and Water Safety

Tap water in Tanzania is not generally considered potable. Stick to bottled or otherwise purified water and avoid ice cubes. Thoroughly wash and peel fruits and vegetables and avoid undercooked or raw meat and seafood as these are often the source of foodborne illnesses. Consuming unpasteurized dairy products can lead to illness.

Medical Facilities and Services

Medical facilities and services in Tanzania are limited, especially outside of Dar es Salaam. Most medical care is of poor quality. Severe injury or illness may require evacuation to the nearest qualified medical facility. Bring adequate supplies of any prescription medications and preferred non-prescription medications, as similar drugs may not be available. Most medical professionals do not speak English. Doctors may require payment up front and/or in cash.

DESTINATION DETAILS

Time Zones

From 1 January to 31 December, Eastern Africa Time (EAT): GMT +3 hours
Tanzania does not observe Daylight Saving Time.

Currency

Tanzanian Shilling (TZS)

Credit Cards

Visa and MasterCard are accepted at most hotels, safari companies, and other tourist locations. American Express and Diners Club are accepted in few locations, though Discover is not recognized in Tanzania. Travelers should always notify their bank of their travel plans to avoid having their account frozen.

ATMs

ATMs can be found in most major cities with Visa being the most accepted card followed by MasterCard. Travelers should check with their bank before their trip about any fees that might be charged with ATM use.

Banking Hours

From Monday to Friday 08:30-15:30 and Saturday 08:30-13:00.
Hours may vary with bank and location.

Major Holidays

Services and transportation may be affected on/around the following holidays:

Date	Holiday
01 January 2018	New Year's Day
12 January 2018	Zanzibar Revolution Day
30 March 2018	Good Friday
02 April 2018	Easter Monday
07 April 2018	Karume Day
26 April 2018	Union Day
01 May 2018	Worker's Day
15 June 2018	Eid el-Fitri
07 July 2018	Saba Saba
08 August 2018	Peasants' Day
22 August 2018	Eid el Hajj

14 October 2018	Mwalimu Nyerere Day
21 November 2018	Prophet's Birthday
09 December 2018	Republic Day
25 December 2018	Christmas Day
26 December 2018	Boxing Day

NOTE: There are no upcoming elections scheduled to take place in 2018.

Voltage Information

230V/50HZ -- Plug Type D, G

International Airports

Airport Name	Airport Code	Airport Location
Julius Nyerere International Airport	DAR	Dar es Salaam
Kilimanjaro International Airport	JRO	Kilimanjaro, serving Arusha and Moshi
Abeid Amani Karume International Airport	ZNZ	Zanzibar

ENTRY & EXIT REQUIREMENTS

The following information is for citizens of the United States. If you are a citizen of a country other than the United States, contact an embassy or consulate for up-to-date requirements. For additional questions regarding entry/exit requirements, contact Global Rescue at (+1) (617) 459-4200.

A passport with at least one blank page valid for at least six months beyond the visa issuance (and/or date of entry), a valid visa, proof of sufficient funds, and an onward or return ticket is required for entry into Tanzania. The US Embassy recommends obtaining a visa ahead of travel from the Embassy of Tanzania in Washington, D.C.; however, visas are available at ports of entry upon arrival. The current fee for a 12-month multiple-entry tourist visa is USD 100. There are specific visas available for tourists, volunteers, and businessmen. Fines for having the wrong type of visa can be as high as USD 600. Proof of yellow fever inoculation is required for travelers arriving from a yellow fever-infected area. Those who are unable to provide the required documents may be refused entry.

As a member state of the Southern African Development Community (SADC), Tanzania has implemented travel restrictions on individuals arriving from Ebola-affected countries listed by the World Health Organization (WHO) due to concerns over the West African Ebola virus outbreak.

The following items are permitted: 200 cigarettes OR 50 cigars OR 250 grams of tobacco products, one liter of alcohol, foreign currency, gifts and items for personal use, and 250ml perfume.

The following restrictions apply: Live animals require a health certificate and proof of vaccinations. Plants, plant products, and foodstuff require a health certificate. Weaponry and ammunition require special permission. Medications require special permission. Radios, tape recorders, musical instruments, and video/filming equipment must be declared.

The following items are prohibited: Narcotics, pornography, counterfeit items, ivory, bones, horns, tortoise shells, coral, and arms and ammunition.

EXPORT RESTRICTIONS

The following items are permitted: Tobacco products and alcohol products for personal use.

The following restrictions apply: Proof of purchase of local artisanal items may be required. Live animals require a health certificate and proof of vaccinations.

The following items are prohibited: Narcotics, pornography, counterfeit items, ivory, bones, horns, tortoise shells, coral, natural sponges of animal origin, unwrought precious metals and precious stones, historical artefacts, as well as arms and ammunition.

IMPORTANT NUMBERS

Intl. Country Code	+255
Fire	112
Police	112
Ambulance	112

Contact Information for Select Embassies

US Embassy in Dar es Salaam

686 Old Bagamoyo Road, Msasani
Dar es Salaam
Telephone: (+255) 22-229-4000

UK High Commission in Dar es Salaam

Umoja House, Hamburg Avenue
P.O. Box 9200
Dar es Salaam
Telephone: (+255) (0) 22-229-0000

Australian High Commission in Kenya

NOTE: *The Australian Consulate in Tanzania provides limited consular assistance. For full consular services, contact the Australian High Commission in Kenya.*

Riverside Drive, (400 meters off Chiromo Road)
Nairobi, Kenya
Telephone: (+254) 20-427-7100

For other embassies, contact Global Rescue at (+1) (617) 459-4200.