

Tanzania

Information for applicants

Tanzania

Around 50 million people live in Tanzania, making it one of the most populous countries in sub-Saharan Africa. With a total area of 945,000 km², Tanzania is a good two and a half times the size of Germany. The East African country lies below the equator on the Indian Ocean. Since its independence in 1964 the country has developed peacefully and largely enjoyed political stability. The economy has grown by an average of 7 % over the last five years. Since the relocation of the government institutions to Dodoma was completed in 2018, political life has largely taken place in the capital city. However, Dar es Salaam, with its 4.5 million inhabitants, remains the economic centre of Tanzania.

Climate and sights

Tanzania lies in the tropics of East Africa. However, only the narrow coastal strip along the Indian Ocean, which also includes Dar es Salaam, is hot and humid. A large part of the mainland is characterised by a high plateau (approx. 1,100 m) with a temperate climate. Tanzania is part of the Great Rift Valley, whose East African Rift runs through the middle of the country, impressively cutting through the plateau. The Central African Rift marks the western border of the country. Volcanic mountains – including Kilimanjaro (5,895 m, Africa's highest peak) – and lakes – such as Lake Tanganyika (depths of 1,470 m, making it the second deepest lake on earth) – formed along these tectonic rift zones.

Medical care

Medical care in the country is not European standard and in rural areas, it faces difficulties in the areas of technology, equipment and/or hygiene. In large cities, medical care is sufficient. Practicing physicians, some of them with an international background, who can provide urgent care are available in both public and private hospitals. In case of serious illnesses and life-threatening accidents, it is absolutely advisable to fly to Kenya, South Africa or even to Germany for further treatment.

Accommodation and quality of life

In most cases, housing is not provided by the project or partner, but has to be rented on the private housing market.

Rent varies considerably depending on the city, residential area and size. In Dar es Salaam, the monthly rent for apartments/houses currently ranges between USD 2,000 and 5,000. It is usually necessary to pay the rent for one year in advance and, in most cities, in foreign currency. Rent is lower in Dodoma, but the housing market is also limited.

Apartments can often be rented furnished, while houses do not usually come with furniture or electrical appliances; however, both can be purchased locally. Cinemas and sports clubs can be found in larger towns.

In Dar es Salaam and the entire coastal region, water sports can be enjoyed; in Arusha and the surrounding areas, there are many opportunities for safaris and other outdoor activities, such as hiking.

Shops and services

Shopping facilities vary from place to place and from region to region. Staple foods are generally available in both urban and rural areas. The supply of fresh vegetables and fruit is guaranteed all year round, and the offer varies according to season. In big cities like Dar es Salaam and Arusha, there are several large supermarkets where you can buy imported food products, but they are expensive. For those travelling with babies and toddlers, you should be aware that there is hardly any ready-to-eat baby food available except for powdered milk. Imported household items for babies are available on the market. Personal care products and cosmetics are produced locally and imported. Clothes and household linens should be brought from Germany, as there is not much selection on the market, where the prices tend to be higher and the products of lower quality.

Accompanying partners and children

For school-age children of field staff there are international schools in Dar es Salaam, Arusha (day schools) and in Moshi and Iringa (boarding schools).

The International School of Tanganyika (IST, <http://www.istafrica.com/index.cfm>) in Dar es Salaam has pre-school classes (kindergarten) for children aged 3 and up. The highest school leaving certificate is the International Baccalaureate (IB). IST school fees range from USD 10,000 to 20,000 per school year, depending on the class level. Parents are responsible for organising their children's transportation to school.

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