

ART IN TANZANIA

Volunteer & Intern Programme

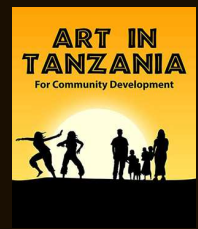
KARIBU TANZANIA!

Welcome to Tanzania!

This guide covers everything you need to know about your stay — your first days, the compound, local culture, what to pack, and how to make the most of your time in this incredible country.

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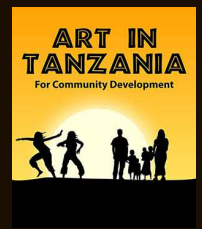
Art in Tanzania — Intern & Volunteer Welcome Guide



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CONTACT INFORMATION

Get in touch — we're here to help



LOCATION

Art in Tanzania

Umoja Road, Madale Village

23333 Dar es Salaam

Tanzania

CONTACT DETAILS

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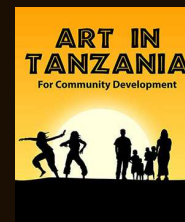
www.volunteerafrica.fi

INTERNSHIP ENQUIRIES

If you would like more information about your internship in advance, please contact Kari — he will direct you to the right team leader for your programme.

BACKGROUND INFORMATION

Tanzania — Country Overview



BASIC FACTS

Capital & Population

- Capital: Dodoma (Dar es Salaam is the largest & main economic city)
- Population: Over 66 million (2025 est.)
- Currency: Tanzanian Shilling (TZS)

Official Languages

- Swahili (Kiswahili) — spoken by almost everyone across the country
- English — used in education, law, business, NGOs, schools and hospitals

Religion

- Christianity and Islam are the two main religions
- Traditional beliefs and practices also have a strong presence

WEATHER & SEASONS

Main Seasons

- Dry Season: June to October — less rain, cooler evenings
- Long Rainy Season: March to May — heavy rainfall, especially April
- Short Rains: November to December — lighter showers

Temperature

- Coastal (Dar es Salaam): 25°C to 33°C year-round — hot and humid
- Inland/highland areas like Arusha or Mbeya are notably cooler
- Pack layers — evenings can be cool even in warm seasons

CULTURE & SOCIAL LIFE

What to Expect in Tanzania

- Very community- and family-oriented society — people look after each other
- Elders are deeply respected — greetings are very important
- Modesty in clothing is appreciated, especially in rural or religious areas
- Hospitality is central — expect to be offered food, tea, or a seat often
- "Tanzanian time" — schedules are more relaxed than in Europe or North America

BACKGROUND INFORMATION

Language, Money & Food



LANGUAGE & COMMUNICATION

Swahili — the national language

- Swahili (Kiswahili) is widely spoken in daily life across Tanzania
- Even a few words are greatly appreciated and build connections fast!
 - Karibu = Welcome · Asante = Thank you · Pole = Sorry / Compassion
 - Habari? = How are you? · Nzuri! = I'm good! · Tafadhali = Please
- English is spoken in NGOs, schools and hospitals — less so in markets and villages

MONEY & COST OF LIVING

Currency & Banking

- Currency: Tanzanian Shilling (TZS)
- EUR, GBP and USD have the best exchange rates
- ATMs are widely available — most international cards accepted
- Cash is king — credit cards are not widely accepted outside cities
- NALA, WorldRemit, or Remitly work well for transferring money

Cost of Living

- Tanzania is very affordable for students and volunteers
- Local food is cheap: chapati, rice, beans, ugali
- Transport: boda-boda, bajaji (tuk-tuks), and dala-dalas (minibuses)
- Avoid traveller's cheques — poor rates and limited acceptance

FOOD IN TANZANIA

Common Dishes & Street Food

- Ugali — maize porridge, the national staple eaten with almost everything
- Chipsi mayai — omelette with fries, a very popular street food
- Rice & beans, pilau, chapati, mandazi (fried dough), samosas
- Fresh tropical fruits: mango, pineapple, banana, avocado, papaya
- Street food is affordable — be cautious about hygiene at unknown stalls

BACKGROUND INFORMATION

Health, Technology & Tips



HEALTH & SAFETY

Stay Safe & Healthy

- Vaccines: Hepatitis A & B, Typhoid, Tetanus recommended
- Yellow Fever certificate needed if arriving from another African country
- Malaria: use mosquito nets, repellent, consider anti-malarial medication
- Tap water is NOT safe to drink — always drink bottled or boiled water
- Crime is generally low — be cautious with valuables, avoid walking alone at night

FUN THINGS TO EXPLORE

Tanzania Highlights

- Safari parks: Serengeti, Mikumi, Ngorongoro Crater
- Zanzibar — white beaches, Swahili culture, Stone Town
- Mount Kilimanjaro — Africa's highest mountain
- Local markets, traditional dances and vibrant Swahili music

TECHNOLOGY & CONNECTIVITY

Staying Connected

- SIM cards: Vodacom, Airtel, Halotel — cheap with good data coverage
- Wi-Fi may be slow in rural areas but is good in cities
- Mobile money: M-Pesa and Tigo Pesa are widely used for payments
- NALA app is great for moving money from home to your phone

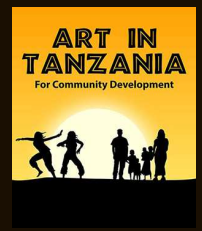
INTERNSHIP TIPS

Make the Most of Your Time

- Be open-minded and flexible — things work differently here!
- Ask questions, observe and listen before jumping into action
- Show respect to cultural norms, even if they differ from home
- Learn Swahili words — even a few make a huge difference!
- Stay humble — relationships matter more than rushing tasks

YOUR FIRST DAY

Arriving at the compound — what to expect



Arrival at the Compound

When you arrive at the compound, one of the local team members will guide you to your room. You will have time to unpack and rest after a long journey. Feel free to meet the other students and explore the compound by yourself or ask a local or another student to show you around.

Three types of orientation:

1. WORK ORIENTATION

A team member takes you to Kibo to withdraw money and get a local SIM card for mobile data.

2. SPEAKING ORIENTATION

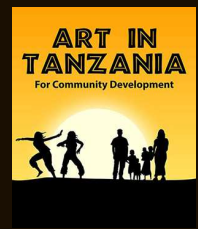
A team leader explains daily life in Tanzania — background information and history about the country.

3. PROJECT ORIENTATION

A team leader explains your internship in detail. Together you create a weekly schedule for your duties.

INTERNSHIP INFO

Getting started — contact us before you arrive



Need more information before you arrive?

Contact Kari — he will direct you to the right team leader for your internship. Do not hesitate to reach out with any questions before or during your stay.

GET IN TOUCH

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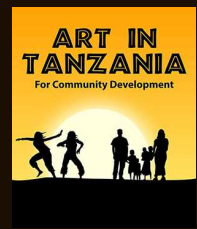
BEFORE YOU ARRIVE — CHECKLIST

Quick preparation tips

- Check your passport is valid for at least 6 months after your arrival date
- Apply for your visa online once you receive your NGO invitation letter
- Purchase comprehensive travel insurance before departure
- Consult your doctor about malaria prevention — start medication as directed
- Download offline maps of Dar es Salaam and the Madale area
- Save our contact numbers and email before you board your flight!

MEET THE LOCAL TEAM

The people who will guide and support you



Kari

CEO & Program Development



Ruth

Director & Social Sector Team Leader



Yuster

Director & Art Sector



Kimi

Digital Marketing & Director



Huston

Digital Marketing & Director



Baraka

Environmental Programs Team Leader



Hadija

Field Instructor



Francis

Tourism Program Team Leader



Samwell

Film & Digital Media



Sandra

International Relations & Media



Eva

Canteen Team

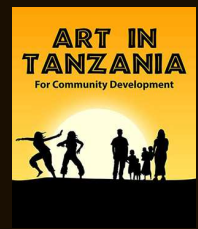


Devota

Canteen Team

GENERAL INFORMATION

Life at the compound and in Tanzania



SPECIAL OCCASIONS

Weekly Events at the Compound

- Tuesdays (after dinner) — Meeting with the whole group
- Wednesdays — Samaki Samaki evening: sing karaoke together!
- Fridays — Bed sheets will be washed by the mamas

LAUNDRY & CLEANING

Keeping Clean

- Laundry station at the compound — wash clothes by hand
- No showers — you clean yourself with a bucket shower
- Soap and basic cleaning supplies are available at the compound

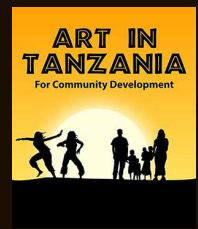
CLOTHING

What to Wear

- At the compound: wear whatever you like
- Outside: cover shoulders and knees — culturally important
- Long clothing protects from mosquitoes in the evenings
- Conservative dress especially important in Zanzibar & religious areas

FOOD AT THE COMPOUND

Breakfast, lunch & dinner



MEALS

Breakfast and dinner are provided by the mamas. Lunch is your own arrangement.

BREAKFAST

8:00am – 10:00am

- Bread (jam, peanut butter, sometimes Nutella)
- Eggs (boiled or fried)
- Cassava
- Pancakes (once or twice a week)
- Oranges

LUNCH

Midday (your own arrangement)

- Order from local restaurant — delivered to compound
- Chips mayai
- Rice with beans and meat
- Ugali
- Beef / Chicken skewers

DINNER

7:00pm – 8:00pm

- Rice with beans and meat
- Chapati
- Mashed potatoes
- Pilau
- Chips and chicken
- Pasta

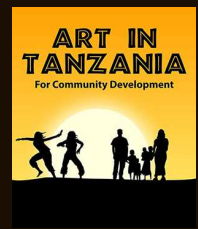
TRANSPORT

Getting Around Dar es Salaam

- Pikipiki (motorbike) drivers are available outside the compound for short trips
- Use the Bolt app to order a tuk-tuk or car for longer distances in the city
- Dala-dalas (minibuses) are the cheapest way to travel longer city routes

THE COMPOUND & VILLAGE

Your home base in Madale



THE COMPOUND

Facilities:

- Two living rooms
- An office with Wi-Fi
- Outside kitchen
- Outside dining room
- Laundry station

Facilities:

- Girls dormitory
- Boys dormitory
- Private rooms
- 2 dogs (may be taken for a walk!)

MADALE VILLAGE

About Our Village

- Madale is situated approximately 1 hour from the city centre of Dar es Salaam
- Close by you can find shops and supermarkets for everyday items
- The road to the compound is a dirt road — can get muddy during rainy season
- Dala-dalas connect Madale to the city centre regularly

FREE TIME — QUICK OVERVIEW

- Beaches: Barra, Bahari, Coco Mas, Dynasty, Mahaba
- Markets: Woodmarket (souvenirs), Kariakoo (local market)
- Gym: Nassah Fitness, Azura, Infinity, AM Fitness
- Mlimani City Mall & cinema · The Slipway · Kaole Snake Park (Bagamoyo)

FREE TIME ACTIVITIES

Explore Dar es Salaam and beyond



BEACHES & NATURE

Beach Spots near Dar es Salaam

- Barra Beach
- Bahari Beach
- Coco Mas Beach
- Dynasty Beach
- Mahaba Beach

Nature Activities

- Pugu Kazimzumbwi Nature Forest Reserve — go kayaking!
- Kaole Snake Park in Bagamoyo (about 1 hour from Dar)

MARKETS & SHOPPING

Where to Shop

- Woodmarket — great for souvenirs and crafts
- Kariakoo — the main local market, very authentic
- Mlimani City — modern mall with cinema
- The Slipway — waterfront shopping and dining

GYM & FITNESS

Stay Active

- Nassah Fitness
- Azura
- Infinity
- AM Fitness

INTERNATIONAL RESTAURANTS IN DAR ES SALAAM

Recommended Dining

- Amalfi — Italian, excellent pizza and pasta
- Kalypso — Asian fusion
- Orchid Cafe — great for lunch, relaxed atmosphere
- Danau Toba — Indonesian restaurant

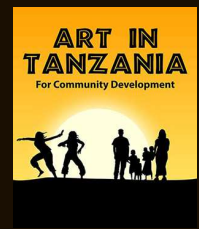
DAY TRIPS & ADVENTURES

Explore Further Afield

- Safari parks: Serengeti, Mikumi, and Ngorongoro Crater
- Zanzibar — white beaches, Stone Town, Swahili culture (great weekend trip!)
- Mount Kilimanjaro — Africa's highest peak (requires advance planning)
- Bagamoyo — historic coastal town, about 1 hour from Dar es Salaam

PACKING LIST

Clothing & Toiletries



CLOTHING

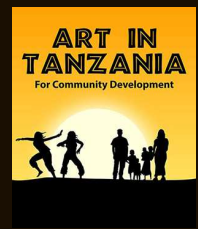
- Lightweight, breathable clothes — cotton/linen (it's hot and humid!)
- T-shirts and blouses (shoulders covered in public)
- Long, loose trousers or skirts (cover knees — culturally appropriate)
- Comfortable outfits for work (modest but casual)
- 1–2 outfits for church or formal visits
- Sweater / light jacket (cooler evenings, especially inland)
- Rain jacket or poncho (essential in rainy season)
- Pajamas and underwear (minimum 7 days' worth)
- Swimwear (modest for public places)
- Hat or cap for sun protection

TOILETRIES & HYGIENE

- Sunscreen (high SPF)
- Mosquito repellent with DEET
- Hand sanitiser
- Wet wipes / tissues
- Basic toiletries (toothbrush, toothpaste, soap, shampoo)
- Feminine hygiene products
- Small microfiber towel (compact & quick-dry)
- Nail clippers & small mirror
- Lip balm with SPF
- Quick-dry travel towel (optional)

PACKING LIST

Shoes, Health & Documents



SHOES

Footwear for Every Occasion

- Comfortable walking shoes or sandals for daily use
- Closed shoes for work placements — especially in clinics or hospitals
- Flip-flops for indoors and shower use
- Sport shoes for activities, hikes, or outreach days

HEALTH & MEDICATIONS

- Personal medications (bring enough for your full stay)
- Painkillers (paracetamol, ibuprofen)
- Anti-diarrhea tablets (e.g. loperamide)
- Oral rehydration salts
- Malaria prevention medication (as advised by your doctor)
- Small first aid kit (plasters, antiseptic, tweezers)
- Prescriptions — keep in original packaging
- Contact lenses and solution (if required)
- Antihistamine / anti-itch cream for insect bites
- Earplugs

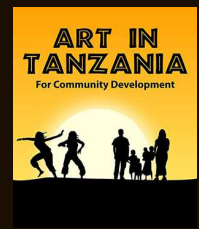
DOCUMENTS & ESSENTIALS

Keep These Safe at All Times

- Passport + photocopy (keep copy in a separate bag)
- Visa or entry letter from Art in Tanzania
- Yellow fever certificate (if arriving from another African country)
- Travel insurance information and emergency contact numbers
- Vaccination card
- Driver's license — international permit if planning to drive

PACKING LIST

Tech, Electronics & Extras



TECH & ELECTRONICS

- Laptop or tablet
- Unlocked phone (for local SIM — Airtel, Vodacom, Halotel)
- Power bank
- Plug adapter — Tanzania uses UK-style Type G (3-pin) sockets
- Headphones
- Camera or smartphone with a good camera
- USB flash drive (for sharing documents or media)
- Portable speaker (optional)

EXTRAS & HELPFUL ITEMS

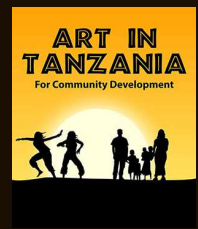
Nice to Have

- Backpack or daypack for daily work or outings
- Notebook and pens for journaling or work notes
- Swahili phrasebook or app — download Google Translate offline before you leave!
- Binoculars if you are planning a safari
- Books, cards, or small games for quiet evenings at the compound
- Sewing kit for small clothing repairs

Tip: most items are also available in Dar es Salaam at reasonable prices — if you forget something, there's a good chance you can find it locally!

SWAHILI WORDS

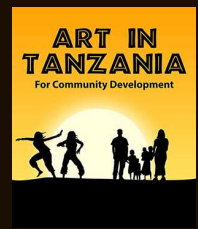
Essential greetings and courtesy phrases



ENGLISH	SWAHILI	PRONUNCIATION
Hello	Jambo / Habari	<i>JAHM-bo / ha-BA-ree</i>
Good morning	Habari ya asubuhi	<i>ha-BA-ree ya a-su-BOO-hi</i>
Good afternoon	Habari ya mchana	<i>ha-BA-ree ya m-cha-na</i>
Good evening	Habari ya jioni	<i>ha-BA-ree ya JEE-oh-nee</i>
Goodbye	Kwaheri	<i>kwa-HEH-ree</i>
Welcome	Karibu	<i>ka-REE-boo</i>
Thank you	Asante	<i>a-SAN-te</i>
Thank you very much	Asante sana	<i>a-SAN-te SA-na</i>
You're welcome	Karibu	<i>ka-REE-boo</i>
Sorry / Compassion	Pole	<i>PO-le</i>
No problem	Hakuna shida	<i>ha-KOO-na SHEE-da</i>
Please	Tafadhali	<i>ta-fa-DHA-li</i>
Excuse me / Sorry	Samahani	<i>sa-ma-HA-ni</i>
Yes	Ndiyo	<i>n-DEE-yo</i>
No	Hapana	<i>ha-PA-na</i>

SWAHILI WORDS

Useful phrases for daily life



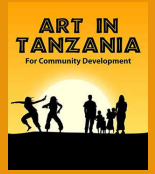
SITUATIONAL PHRASES

ENGLISH	SWAHILI
How are you?	Habari gani?
I'm fine, thank you	Nzuri, asante
What is your name?	Jina lako nani?
My name is...	Jina langu ni...
Nice to meet you	Nafurahi kukutana nawe
I don't understand	Sielewi
I need help	Nahitaji msaada
How much is this?	Hii ni bei gani?
It's expensive	Ni ghali
Can I get a discount?	Naweza kupata punguzo?
I'm hungry	Ninasikia njaa
I'm thirsty	Ninasikia kiu

ENGLISH	SWAHILI
Water	Maji
Food	Chakula
Hospital	Hospitali
Market	Soko
House	Nyumba
School	Shule
Work	Kazi
Road	Barabara
Children	Watoto
Parent	Mzazi (s.) / Wazazi (pl.)
Bus	Basi
Motorbike taxi	Bodaboda

GETTING AROUND

ENGLISH	SWAHILI
Where is...?	... iko wapi?
Straight ahead	Nenda moja kwa moja
Turn left / right	Geuka kushoto / kulia
Stop here	Simama hapa
I'm going to...	Naenda ...
Do you speak English?	Unazungumza Kiingereza?



ASANTE SANA!

Thank you for joining us in Tanzania!

Thank you for reading this guide. We hope it leaves you feeling prepared and excited for your time here. Please do not hesitate to contact us with any questions — we are always happy to help!

Visit our website for photos and more information: www.volunteerafrica.fi

We wish you an incredible stay in Tanzania!