



TRAVEL GUIDELINES



Weather at a Glance

- August is part of Tanzania's dry season, bringing sunny days, low humidity, and comfortable temperatures.
- Expect daytime highs around 70 to 80°F (21 to 27°C) with cooler mornings and evenings near 50 to 60°F (10 to 16°C), especially in Arusha and other higher elevation areas.
- Rain is uncommon, but a light jacket or sweater is recommended for early mornings, evenings, and air-conditioned meeting spaces.
- The sun is strong year-round, so pack sunscreen, sunglasses, and a hat for outdoor activities. Electrolyte powders or hydration tablets are recommended to help you stay hydrated.

What to Pack

- Participants should dress professionally while remaining comfortable.
- Bishops are encouraged to wear purple shirt and collar.
- Pastors may wear collars but are not required to do so at all times.
- Women are not expected to wear dresses and may wear pants.
- Avoid shorts or skirts above the knee.
- Sleeveless attire is acceptable; low-cut clothing should be avoided.
- Comfortable walking shoes are recommended for off-site activities.

Health & Safety Essentials

- Drink bottled or filtered water throughout your stay. Bottled water is widely available.
- Avoid fresh vegetables and fruits that do not have a peel. Avoid street foods.
- Pack any personal medications in their original containers and carry a copy of your prescriptions.
- Consult with a travel doctor or your GP prior to traveling. Recommended travel vaccinations are listed on the next page.
- Bring a small first-aid kit, insect repellent, hand sanitizer, and sunscreen.
- Tanzania uses 230V electricity with Type D and Type G outlets, so bring a compatible travel adapter for your electronics.
- Carry a reusable water bottle to stay hydrated during excursions, use insect repellent and sunscreen daily, and limit direct sun exposure during the hottest part of the afternoon.
- Always explore with others and let someone in your group know where you are going.

VACCINATION GUIDELINES

Recommended Travel Vaccinations for Tanzania

VACCINE	HOW DISEASE SPREADS	DETAILS
Typhoid	Food & Water	Shot lasts 2 years. Oral vaccine lasts 5 years, must be able to swallow pills. Oral doses must be kept in refrigerator.
Hepatitis A	Food & Water	Recommended for most travelers.
Polio	Food & Water	Due to an increase in cases globally, an additional adult booster is recommended for most travelers to any destination.
Cholera	Food & Water	Widespread throughout Tanzania. Vaccination is recommended.
Yellow Fever	Mosquito	Required if traveling from a country with risk of yellow fever transmission.
Chikungunya	Mosquito	Limited cases in Tanzania since 2016. But, it is believed the virus is underreported in the region.
Rabies	Saliva of Infected Animals	High risk country. Vaccine recommended for long-term travelers and those who may come in contact with animals.
Hepatitis B	Blood & Body Fluids	Recommended for travelers to most regions.

Malaria in Tanzania

[Malaria](#) is present in all regions of Tanzania under 5,900 feet elevation. Travelers are advised to take antimalarials no matter their destination or itinerary in the country. Malaria in Tanzania is chloroquine resistant, be sure to speak with a travel health specialist on which antimalarial is best for your trip.

Routine Vaccinations for Tanzania

VACCINE	HOW DISEASE SPREADS	DETAILS
Influenza	Airborne	Vaccine components change annually.
COVID-19	Airborne	Recommended for travel to all regions, both foreign and domestic.
Pneumonia	Airborne	Two vaccines given separately. All 65+ or immunocompromised should receive both.
Meningitis	Direct Contact & Airborne	Given to anyone unvaccinated or at an increased risk, especially students.
Chickenpox	Direct Contact & Airborne	Given to those unvaccinated that did not have chickenpox.
Shingles	Direct Contact	Vaccine can still be given if you have had shingles.
TDAP (Tetanus, Diphtheria & Pertussis)	Wounds & Airborne	Only one adult booster of pertussis required.
Measles Mumps Rubella (MMR)	Various Vectors	Given to anyone unvaccinated and/or born after 1957. One time adult booster recommended.

Packing Checklist

Documents

- ☐ Passport
- ☐ Boarding pass
- ☐ Driver's license
- ☐ Health insurance
- ☐ Copies of documents
- ☐ Cards + Cash
- ☐
- ☐
- ☐
- ☐

Electronics and Tools

- ☐ Phone + Charger
- ☐ Type D or G adapter
- ☐ Power bank
- ☐ Travel adapter
- ☐ Headphones
- ☐ Flashlight
- ☐
- ☐
- ☐

Clothes

- ☐ Light jacket or sweater
- ☐ Comfortable walking shoes
- ☐ Attire for worship
- ☐
- ☐
- ☐
- ☐

Toiletries

- ☐ Toothbrush + paste
- ☐ Deodorant
- ☐ Shampoo + conditioner
- ☐ Shaving supplies
- ☐ Insect repellent
- ☐ Small first aid kit
- ☐
- ☐
- ☐
- ☐

Health and Self

- ☐ Hand sanitizer
- ☐ Sunscreen
- ☐ Moisturizer
- ☐ Medications
- ☐ Reusable water bottle
- ☐ Electrolyte powder/drops
- ☐
- ☐
- ☐

Others

- ☐ Snacks (plane and travel)
- ☐ Sunglasses
- ☐ Hat for outdoors
- ☐ Travel umbrella or poncho
- ☐
- ☐
- ☐
- ☐



LANGUAGE & CULTURE GUIDE



Speaking with Respect

- Tanzania has more than 120 ethnic languages, but Swahili (Kiswahili) is the national language and is spoken throughout the country. English is also widely used in education, government, tourism, and many church settings.
- Using even a few words in Swahili is a meaningful sign of respect and hospitality. Don't worry about perfect pronunciation. People generally appreciate the effort and the desire to connect.
- A warm greeting is one of the most important ways to begin building relationships.

Common Phrases

- Hello — Jambo (JAHM-boh) or Hujambo? (hoo-JAHM-boh)
- How are you? — Habari? (hah-BAH-ree)
 - or Habari yako? (hah-BAH-ree YAH-koh)
- I'm fine — Nzuri (n-ZOO-ree)
- Thank you — Asante (ah-SAHN-teh)
- Thank you very much — Asante sana (ah-SAHN-teh SAH-nah)
- Please — Tafadhali (tah-fah-DAH-lee)
- You are welcome — Karibu (kah-REE-boo)
- Goodbye — Kwa heri (kwah HEH-ree)

Cultural Etiquette

- Greetings are very important. Take time to greet people before beginning a conversation or asking a question.
- Handshakes are the customary greeting, especially when meeting someone for the first time. When greeting elders or respected leaders, a lighter handshake and showing patience are signs of respect.
- It is polite to address older adults and church leaders with titles such as Mama and Baba, followed by their name when appropriate.
- Modest dress is appreciated, particularly when visiting churches, rural communities, or religious sites.
- Hospitality is an important part of Tanzanian culture. When you are offered tea, coffee, or food, accepting, even if only a small amount, is considered courteous when possible.
- Public displays of frustration or confrontation are generally avoided. Speaking calmly and respectfully helps build trust and strong relationships.
- Tanzanian life is not centered around strict schedules. People take more time and do not rush from one thing to the next.



CURRENCY & COMMUNICATION



Currency

- Tanzania uses the Tanzanian Shilling (TZS), often written as TSh or TZS before or after the amount (for example, TSh 20,000).
- Credit and debit cards are accepted at many hotels, larger restaurants, and tourist destinations, but cash is still preferred in many local shops, markets, and smaller businesses.
- Carry cash for small purchases and tips. Small denominations are especially helpful. Tipping is appreciated but not required. Around TSh 2,000 to 5,000 is common for hotel staff or porters, while 5% to 10% is customary at restaurants when a service charge has not already been included.
- Currency can be exchanged at Julius Nyerere International Airport (Dar es Salaam), major banks, or licensed foreign exchange bureaus. ATMs are widely available in larger cities such as Dar es Salaam and Arusha but may be less common in rural areas.
- Avoid exchanging money with individuals outside of official exchange locations.

Communication

- Mobile coverage is reliable in most cities and towns, though service may be limited in some rural areas.
- Many U.S. mobile carriers offer international day passes or travel plans. Check with your provider before departure to understand coverage and costs.
- If your phone supports eSIMs, consider activating one for Tanzania through providers such as Airalo, Nomad, or Ubigi before your trip. This allows you to connect without purchasing a physical SIM card.
- You can also purchase a local SIM card upon arrival from providers such as Vodacom Tanzania, Airtel Tanzania, Halotel, or Yas. SIM cards are available at the airport and throughout major cities, though registration with your passport is required.
- [WhatsApp](#) is the most common way to communicate by text, voice, and photo with local contacts.
- Most hotels and conference centers offer free Wi-Fi, although speeds may vary. Don't plan on having consistent access to Wi-Fi, as electricity and network cuts are very common.
- Tanzania uses Type D and Type G electrical outlets with a 230V, 50Hz power supply. Bring a compatible travel adapter and consider packing a small power bank for travel days or longer excursions.
- Electricity cuts happen often and may last a few minutes or a few hours. Use electricity when you have it.