

2017-18



International School of Tanganyika
Challenge | Support | Inspire

Visitor's Guide

IST Visitor's Guide

We hope the following information will be helpful to you as you visit Tanzania and IST. You can find some interesting background information about Tanzania's history and society at <http://www.everyculture.com/Sa-Th/Tanzania.html>.

Hotel details

Your hotel during your visit will be the Coral Beach Hotel (<http://www.coralbeach-tz.com/hotel-dar-es-salaam.aspx>) on the Msasani Peninsula, just 5 minutes' drive from IST Secondary campus. The address is:

Best Western Coral Beach Hotel
Plot 956/1412
Coral Lane
Masaki
Msasani Peninsula
Dar es Salaam

Airport arrangements

Once you have made it through the airport bureaucracy, you will be met by one of our drivers, who will be wearing an IST T-shirt and carrying a sign with your name on it. Although your hotel is only c10km from the airport, the drive can take between 1 and 2 hours if it takes place during the day, due to Dar's congested roads. If you arrive late at night or in the early hours, it can be as quick as 20 minutes.

Changing money and Currency

ATMs are available, particularly near the Secondary Campus. Credit cards can generally be used in major hotels and tourist attractions but apart from that they are not widely used in Tanzania.

Tanzania's currency is the shilling (TSh). USD\$1 is approximately TSh 2240.

The main world currencies are convertible to TSh at Bureaux de Change and banks at the airport and near the school. Do use the official channels to change money and do not be swayed in case unofficial currency vendors approach you.

Visas

If possible, please obtain a tourist visa in advance of your trip to Tanzania. Although visas can be obtained at the airport, it can add up to an hour to the time it takes to make your way through the airport. Included near the end of this booklet is an invitation letter in case needed for the visa application. If you do end up needing to buy a visa at the airport on arrival, you will need USD\$ cash in hand. Visas cost between USD\$50 and \$100, depending on your nationality. A few countries (see list at the end of this booklet) require a referral letter in order for their citizens to receive a visa to Tanzania.

Inoculations

Some vaccinations are recommended for even short-term visitors to Tanzania. Advice on this can be found at <http://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania>. As a short-term visitor, we advise you to consult your doctor well in advance of your visit so that you have advice about what makes sense for you.

Climate

Dar es Salaam has a tropical climate and is usually hot and humid. February is particularly hot with the main rainy season beginning in February/March. Expect temperatures ranging from 30C to 35C during the day and perhaps occasional heavy rains. Visitors are recommended to bring long-sleeved clothes for the evenings for added protection against mosquitos.

Clothing (for comfort and cultural sensitivity) and School Dress Code

The challenge for candidates visiting IST is to maintain a professional appearance despite the heat and humidity which can work at odds with the candidates' goals. Please keep in mind that although the classrooms and meeting rooms are air conditioned and the campus walkways are paved, men may find a suit jacket stifling and women may find high heels impractical when touring the campuses.

For your interest, here is the guidance that our teachers receive concerning dress code.

Acceptable	Unacceptable
<p>Male</p> <ul style="list-style-type: none"> • Collared shirts (polo and button-down shirts) • Your IST badge with correct date • African shirts / Hawaiian Shirts / 'cultural' shirts • Trousers or slacks (plain front or pleated) • Shoes, sneakers, or dress sandals in good repair. <p>Female</p> <ul style="list-style-type: none"> • Sleeveless shirts/dresses where the straps are at least 3 finger widths wide. • Your IST badge with correct date • Collared shirt • Trousers or capris • Skirts and shorts provided that they are no more than 2 inches above the knee cap). • Shoes, pumps, heels, sneakers, or dress sandals in good repair. 	<p>Male</p> <ul style="list-style-type: none"> • Tee-shirts (unless you teach PE) • Tank tops • Cargo/Safari pants • Denim of any colour • Exposure of underwear due to low riding pants. • Beach sandals, flip flops or athletic sandals without backing. <p>Female</p> <ul style="list-style-type: none"> • Tee-shirts (unless you teach PE) • Skirts or shorts which are more than 2 inches above the top of the knee cap. • Informal tops: tank/tube/spaghetti straps • Any top or dress, or pants which reveals underwear, cleavage or midriff • Denim of any colour • Shorts (unless you teach PE) • Cargo/Safari pants • Beach sandals, flip flops, or athletic sandals without backing.

Caution on drinking water

Visitors are advised not to drink water or brush teeth using water from the tap. Bottled mineral water is widely available. IST provides water coolers throughout its campuses that can be used to fill up water bottles free of charge.

Staying safe: Sensible precautions when traveling on one's own

Dar es Salaam is generally safe for both residents and visitors. However, most residents have at least heard of someone who has been a victim of crime, usually low-level, crime of opportunity-type incidences.

The security office at the US Embassy in Dar es Salaam advises to:

- avoid walking around with a backpack or purse and do not walk anywhere at night,
- walk so you can see the traffic coming (assuming of course that it is safe to do so),
- not wear headphones,
- not walk alone, and
- be aware of your surroundings.

Tips when traveling by taxi:

Take legitimate taxis (white cars, white number plates, coloured stripe down the side of the vehicle) from a car service, hotel, or restaurant. In addition to the coloured stripe, legitimate taxis have a number inside a circle on both front doors.

As an added precaution, you can photograph the front or back of the taxi showing the license plate and ask for the driver's name and cell phone number. Check the doors and windows before you get in. Don't hail unknown taxis on the street and don't take taxis hailed by people you just met. Don't take taxis that have other passengers in them and if a taxi stops for other passengers it is recommended to get out of the taxi.

Electricity

Tanzania uses 230v 60Hz electricity. Most sockets are square three-pinned, British-style sockets, though adaptors for other types are quite freely available in shops. Tanzania suffers from power outages (our back-up generators see fairly frequent use) and power spikes that can damage sensitive electrical equipment. For your treasured laptop or phone, it is worthwhile bringing a circuit-breaker to keep it safe. IST will have adaptors available.

Medical facilities

IST is fortunate in having Dar es Salaam's finest primary health care provider right on its (Secondary) campus – the IST Clinic (www.istclinic.com/).

Other recommended medical facilities include:
[Aga Khan Hospital Emergency](#) on Ocean Road

Phone calls

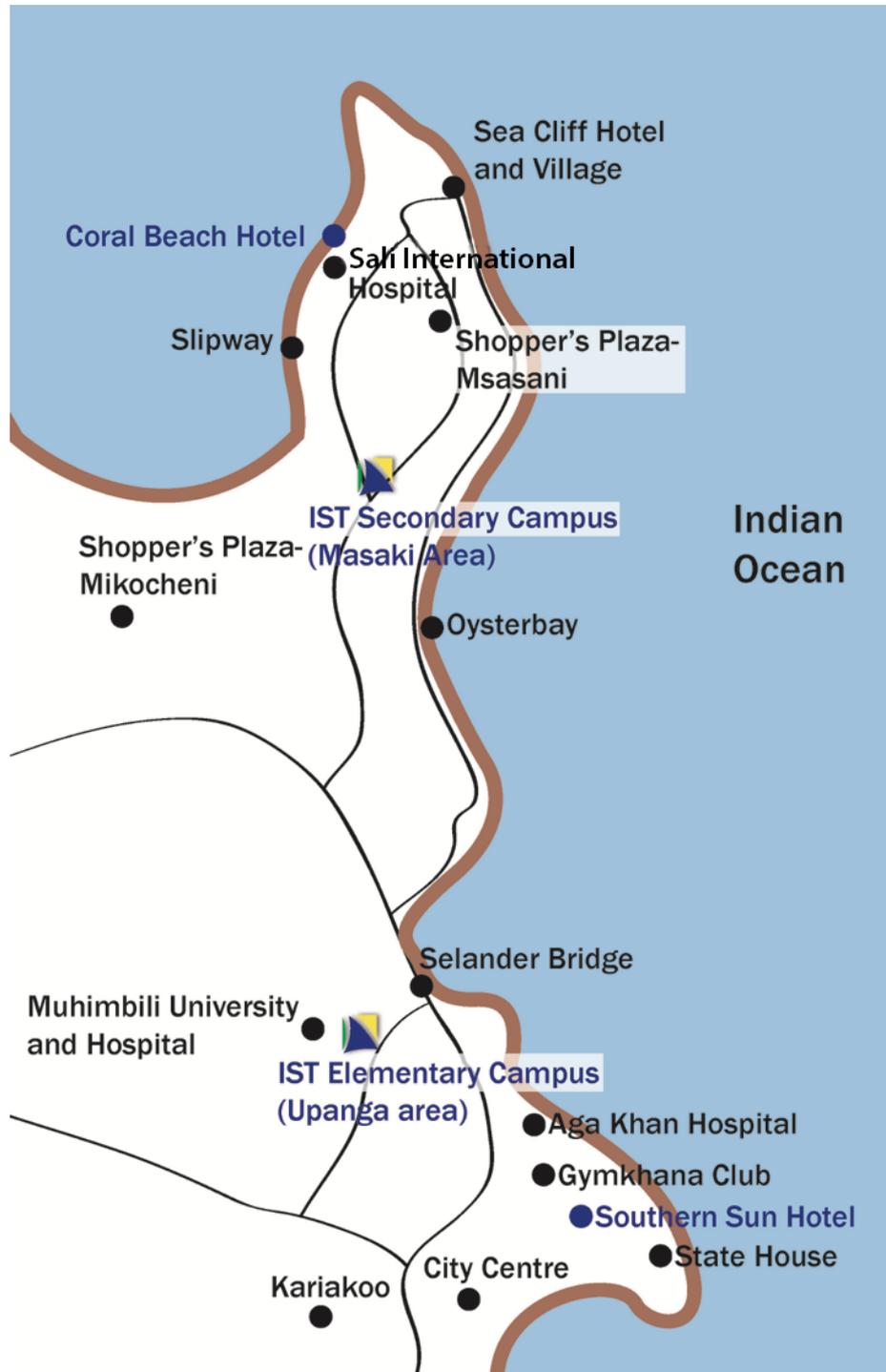
For your convenience and feelings of safety, we will supply you with a simple mobile phone for the duration of your stay, on which you can make local calls. A list of phone numbers will be provided as well for easy reference to contact key people at IST.

Internet availability

Internet access will be available when on campus as well as in the hotel.

Maps and plans

Dar es Salaam:

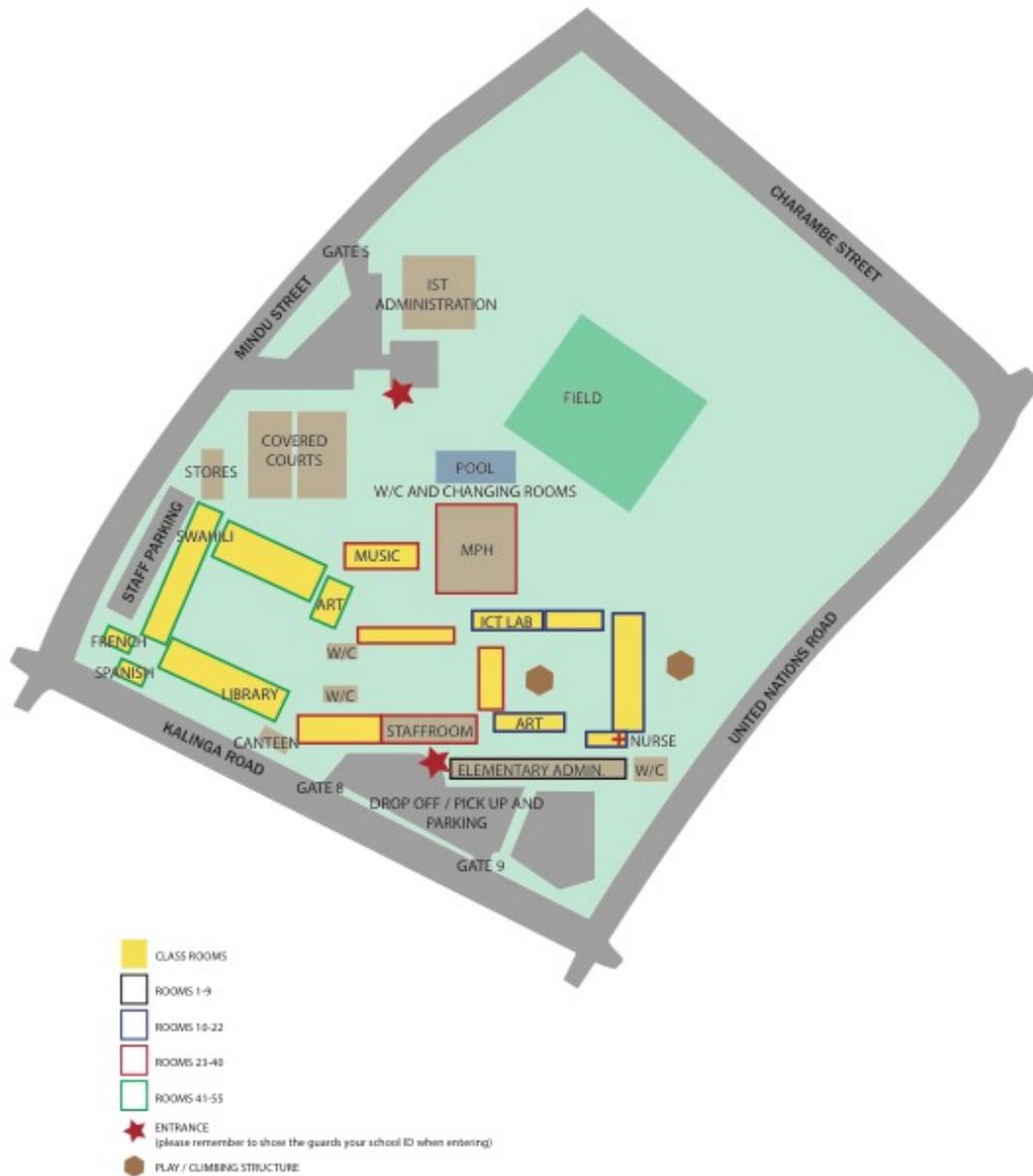


Secondary Campus:



Elementary Campus:

IST Elementary Campus



Language

Tanzania's national languages are Kiswahili and English. Although just about everyone at IST speaks at least some English (as do most other people you will likely meet on your visit), a few key phrases of Kiswahili will make your stay more enjoyable:

Karibu – welcome

Ahsante – thank you

Naomba maji – may I have some water?

Choo kiko wapi? – where is the toilet?

Habari? – how are things? Respond by saying “Nzuri” (good)

Mambo? – how's it going? (casual). Respond by saying “Poa!” (cool!)

Countries which require referral visa before coming to Tanzania.

Citizens of these countries require an invitation letter and documentation stating the purpose of their visit to Tanzania. Please contact Debra Backlund (dbacklund@istafrica.com) if you are a citizen of one of these countries.

Afghanistan

Azerbaijan

Bangladesh

Chad

Djibouti

Ethiopia

Eritrea

Equatorial guinea

Kazakhstan

Kyrgyzstan

Lebanon

Mali

Morocco

Mauritania

Niger

Palestine state

Senegal

Somalia

Srilanka

Somali land

Sierra leone

Tajikistan

Turkmenistan

Uzbekistan

Refugees

Stateless