

Tanzania: Basic Facts & Figures

- Tanzania is situated in Eastern Africa. It is home to Kilimanjaro, Africa's highest mountain & the highest free-standing mountain in the world
- Independence was declared in 1961 with Julius Nyerere as President
- The current President is Jakaya Kikwete
- Currency: Tanzanian Shillings (TZS)

If you are invited into someone's home, it is customary to take your shoes off before entering – follow your host's lead on this. It is also usually customary to take a gift; fruit is always a good option.

Be respectful when taking photographs: if you are obviously taking a photo of someone, always ask their permission first (in rural regions not doing so could cause genuine offence). Put yourself in their shoes: imagine if someone was taking a photo of you, your family or your home without asking your permission first!

Religion

Religion in Tanzania is multifaceted. 30% of Mainland Tanzanians are Christian, 35% Muslim, and around 35% have indigenous beliefs. On Zanzibar more than 99% are Muslim – if you visit Zanzibar please bear this in mind and ensure you dress appropriately & conservatively.

Recommended Reading, History and Culture

As well as taking care of practicalities such as vaccination & insurance, it's also important to prepare for the cultural aspect of your stay in Tanzania. We've put together a brief history of Tanzania and its culture, as well as some recommended reading. Whilst this reading list is not compulsory, we do recommend reading at least 1 or 2 as they will give you a more informed view of Africa, as well as helping you to better understand Anza's work with rural communities and the holistic approach we use.

Books on Africa

- *A Continent for the Taking: The Tragedy & Hope of Africa* by Howard French
- *The Village of Waiting* by George Packer.
- *White Man's Burden* by William Easterly
- *The Boy Who Harnessed the Wind* by William Kamkwamba & Bryan Mealer
- *The Trouble With Africa* by Robert Calderisi
- *In The Land Of The Magic Soldiers: a Story of White and Black in West Africa* by Daniel Bergner

Blogs

- Think Africa Press www.thinkafricapress.com
- Africa is a Country www.africasacountry.com
- The Africa Report www.theafricareport.com
- Guardian Africa @GuardianAfrica
- The Guardian Global Development @GdnDevelopment
- See Africa Differently www.seeafricadifferently.com

Introduction to Kiswahili

To help you prepare for your Charity Challenge in Tanzania we've put together a quick guide to basic Swahili. This is by no means compulsory, we know you're busy with other commitments but we'd like you to have the best possible experience whilst you're out here – and knowing Swahili is key to this. Swahili is the national language of Tanzania; having basic access to language skills will really benefit you in adapting and settling into your new environment. It's a beautiful and very simple language to learn, we'll have you fluent and ordering your favourite local dishes in no time.

If you'd like a more in-depth look at Swahili we highly recommend buying *Simplified Swahili*, by Peter M. Wilson. It's available to buy from Amazon or eBay and will really help you get to grips with Swahili; it's got lots of exercises to test you throughout, as well as handy guides to correct pronunciation. We also suggest buying a Swahili-English, English-Swahili dictionary, Nicholas Awde's edition is the most useful.

Basic Kiswahili Words & Phrases

Pronunciation

Words in Swahili are largely pronounced as they are written. Each letter is pronounced separately, even if that letter is repeated.

E.g.: **Saa** (meaning 'hour') is pronounced **Sa-a**

Vowel sounds

- A = ah
- E = eh
- I = ee
- O = oh
- U = uu

Greetings

a) To someone older than you: **Shikamoo** (shikamoh). They will respond with **Marhaba**

b) To everyone else, greetings are largely interchangeable and mean *what's up?*

- **Mambo** *what's up?* Response = **Poa** *cool*
- **Vipi** *what's up?* Response = **Safi** (saf-ee) *cool*
- **Habari?** *How are things?* Response = **Nzuri** (n-zur-ee) *good* or **Salama** *peaceful*
- **Hujambo?** *How are things, any problems?* Response = **Sijambo** *everything's fine*

Introductions

- **Unaitwa nani?** *What is your name?*
- **Ninaitwa** ..(your name) *My name is...*

- **Unatoka wapi?** *Where are you from?*
Ninatoka ... *I am from...(country where you're from)*

- **Unafanya nini?** *What are you doing?*
Nina fanya kazi = *I am working*

- **Nina furahi kukufahamu** = *I am happy to meet you*

Key phrases

- **Asante** = *thanks*
- **Pole (sana) (poleh)** = *(very) sorry*
- Karibu = *welcome*
- **Samahani** = *excuse me*
- Tafadhali = *please*
- **Kwa Heri** = *goodbye*
- Hamna shida = *no problem*
- **Sijui** (see-ju-ee) = *I don't know*
- Unaongea Kiingereza? = *do you speak English?*

Numbers

- | | |
|--------------|--------------------------------|
| - 0 = Sifuri | - 11 = Kumi na moja (10 and 1) |
| - 1 = Moja | - 12 = Kumi na mbili |
| - 2 = Mbili | - 20 = Ishirini |
| - 3 = Tatu | - 30 = Thelathini |
| - 4 = Nne | - 40 = Arobaini |
| - 5 = Tano | - 50 = Hamsini |
| - 6 = Sita | - 60 = Sitini |
| - 7 = Saba | - 70 = Sabini |
| - 8 = Nane | - 80 = Themanini |
| - 9 = Tisa | - 90 = Tisini |
| - 10 = Kumi | - 100 = Mia moja |

- 101 = Mia moja na moja
- 1000 = Elfu moja
- 1500 = Elfu mia tano
- 2000 = Elfu mbili
- 10,000 = Kumi elfu

Important words

- **Ndiyo** (n-diyo) = *yes*
- Labda = *maybe*
- **Hapana** = *no*
- Mzungu = *white person*
- Mtanzania = *Tanzanian*

Directions

- **Hapa** = *here*
- Kulia = *right*
- Kushoto = *left*
- Moja kwa moja = *Straight ahead*
- **Simama** = *stop*
- **nenda** = *go*

Questions

- Nani? = *who?*
- **Nini?** = *what?*
- **Wapi?** = *where?*
- Lini? = *when?*
- **Kwa nini?** = *why?*
- Vipi? = *how?*

People

- **Rafiki** = *friend*
- **Mama** = *mother and women older than you*
- Baba = *father and men older than you*
- **Dada** = *sister and girls your age or younger*
- **Kaka** = *brother and boys your age or younger*
- Bibi = *grandmother and very old women*
- Babu = *grandfather and very old men*

Food & Drink

- **Chakula** = *food*
- **Mkate** = *bread*
- Wali = *cooked rice*
- **Maji** (baridi) = *(cold) water*
- Maharage = *beans*
- Mboga = *green vegetables*
- **Mayai** = *eggs*
- Samaki = *fish*
- Mbuzi = *goat*
- **Kuku** = *chicken*
- Ndizi = *banana*
- Nyanya = *tomato*
- Chai = *tea*
- Kahawa = *coffee*
- **Milk** = *maziwa*

Pronouns

I = Ni

You (singular) = U

He/she = A

We = Tu
You (plural) = M
They = Wa

Tenses

NA= present tense
LI = past tense
TA = future tense

Verb Conjugation

In Swahili a verb in the infinitive begins with **KU**- just like the English form of 'To'
KU is not used in conjugations – *although there are some exceptions!*

A conjugation in Swahili is always PERSON+TENSE+VERB

Eg: *I am running* = Ni-na-kimbia, pronounced as one word: Ninakimbia

Eg: *She paid* = A-li-lipa: Alilipa

Eg: *They will want* = Wa-ta-taka: Watataka

Common verbs to learn

- Ku-fanya = to do
- Ku-la = to eat *exception, the **KU** is kept in conjugation, eg Ninakula – *I am eating*
- Ku-omba = to wish for (used when ordering food or asking for something)
- *Ku-wa = to be *exception, the **KU** is kept in conjugation, eg Nitakuwa – *I will be*
- Ku-ja = to come
- Ku-enda = to go
- Ku-nunua = to buy
- Ku-lipa = to pay
- Ku-weza = to be able to
- Ku-toka = to come from
- Ku-taka = to want
- Ku-jifunza = to learn

Ordering something

- **Naomba...** = *I want...*
- Ninataka kula = *I want to eat*
- **Shingapi?** = *How much is it?*
- **Nayomba bili** = *I'd like the bill*
- Ni ghali = *That's expensive!*
- Unaweza kupunguza bei kidogo? = *Could you reduce the price a little bit?*

Key places

Banki = *bank*

Duka = *shop / stall*

Nyumba (newmbani) = *home*

Mji = *town*

Soko = *market*

Kanisa = *church*