

Country Handbook: Tanzania

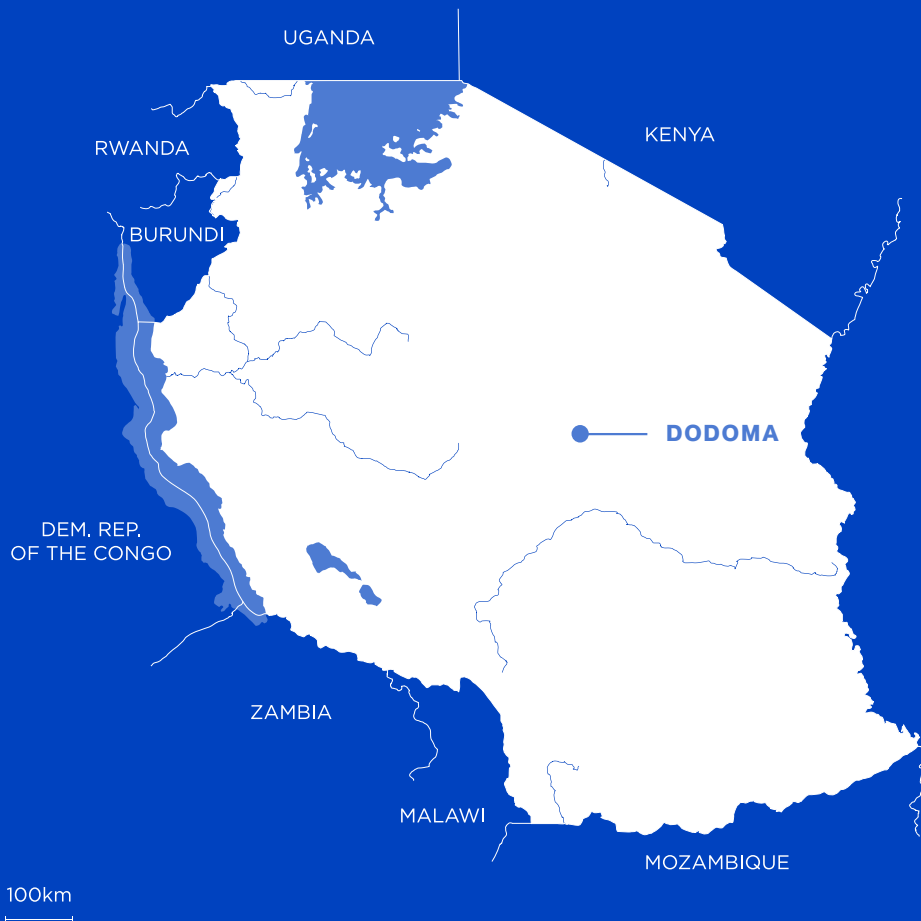


Introduction

Travelling to see the work of Compassion and our local church partners firsthand is an unforgettable experience. On this trip, you'll see for yourself how children are known, loved and protected by their church communities and are being released from poverty in Jesus' name.

This Country Handbook is designed to start preparing you for your trip to Tanzania. Please read it before you depart, and we'd also recommend that you keep it handy for easy reference.

We pray that God will bless your time in Tanzania!



Country Information



Tanzania is home to the famous Mount Kilimanjaro and the Serengeti National Park. In addition to its treasured wildlife, Tanzania is known for its diversity of culture. The surreal Tingatinga art and poetic taarab music have their roots in Tanzania.

Main languages:

Swahili, English

Climate:

Tropical (warm temperatures year-round)

Main religions:

Christian (63.1%), Muslim (34.1%), folk religion (1.1%)

Currency:

Tanzanian Shilling



Compassion in Tanzania

Compassion has been working to release children from poverty in Jesus' name in Tanzania since 1999. 26 per cent of people live below the poverty line.

Compassion's Child Sponsorship Program is tailored to be age-appropriate for each child.

Children **AGED 1 TO 3** receive home-based care.

Children and youth **AGED 3 AND OLDER** attend their local Compassion centre at different times throughout the week.



For more information on Tanzania, scan the QR code or visit: compassion.com.au/where-we-work/tanzania

Compassion assisted children in Tanzania typically attend program activities at their local child development centres. Here is an example of what a typical program day looks like:

8:00am - Breakfast and a time of devotion. When they arrive, children are served with a snack, usually an egg or bread.

9:00am - Spiritual lessons, in which children sing songs and learn Bible stories.

10:30am - Break time where children can play in a safe environment and develop friendships.

11:00am - Social-emotional lessons ranging from conflict resolution to developing healthy self-esteem and a godly character. Children often come from challenging home environments and are taught social and personal skills.

12:00pm - Lunch and social time. Children usually share in a meal that comprises rice and beef, beans, ugali (porridge) and fruit. Local staff aim to increase children's protein intake.

1:00pm - Health lessons, in which children learn practical health and hygiene tips. Example topics include how to prevent malaria and HIV transmission.

2:00pm - Letter writing and career planning. Older children work with local staff to identify their strengths and interests and set goals for their future.

Children are encouraged to join in activities such as sports, games, camping, tree planting and cleanliness activities in the community. They also participate in public celebrations such as AIDS Day, the Day of the African Child or Uhuru Day. Additionally, parents and caregivers are offered parenting classes.

Cultural Considerations



Clothing

- **Men:** It is best to wear shirts that cover your shoulders. Please wear long pants when visiting local church partners or attending services.
- **Women:** Please dress modestly with pants, skirts or dresses below the knee and shirts that cover your shoulders. It is recommended you wear long dresses or skirts when visiting local church partners or attending services.
- Layered clothing is recommended as temperatures can change significantly throughout the day.
- It is best to cover tattoos where possible.

Greetings

- Shaking hands is the most common greeting.
- It is polite to take the time to greet or acknowledge every person when you enter a room.
- Referring to someone by their title is considered polite. You may also hear people refer to those outside their family as brothers and sisters out of respect.

Outings

- Cash is the preferred payment method in Tanzania and not all vendors will accept credit cards.
- It is recommended you carry some toilet paper or tissues when you are out for the day in case you need to use a public toilet.
- For security reasons, please refrain from photographing bridges, harbours, military installations, railway stations, airports or government buildings.

Emergency contact information:

Local emergency number: 112

Compassion Tanzania office: 011-255-27-544409

Australian Embassy: +255 744 384 730

Body language

- It is common to be touched, for example, on your shoulder or arm, while speaking with someone of the same sex.
- Out of respect, it is best to look in the general direction of someone's face rather than maintain prolonged eye contact.
- Displays of affection between couples, including hand holding, should be avoided when in public. People of the same sex may hold hands as a sign of friendship.
- The left hand is considered unclean, therefore it's polite to pass items using your right hand.
- It is polite to nod or smile at people you pass in public.

Language

- Useful Swahili phrases:

Welcome: Karibu

Good morning: Habari ya asubuhi

Goodbye: Kwaheri

How are you? Hujambo?

My name is: Jina langu ni

Do you speak English? Unasema kiingereza?

I don't understand: Sielewi

Please: Tafadhali

Thank you: Asante

Yes: Ndiyo

No: Hapana

Eating and drinking

- Children are usually served first when sharing meals.
- It is common for people to pray before eating.
- Drinking alcohol is considered inappropriate for Christians. Please limit any consumption to your hotel.
- You may be offered food or a drink when visiting someone's home. If so, it is polite to accept.



Key Challenges and Prayer Points

Many children are suffering from malnutrition. According to the World Health Organisation, 30.6 per cent of children under 5 are experiencing stunted growth. Please pray for God's provision over families struggling to afford food and ask that our local church partners can continue to provide tailored care to help children recover.

Tanzania has a high infant mortality rate: 34 per 1,000 children die before they reach their first birthday. Ask God to comfort those who are mourning the loss of their children. Please also pray for Compassion's Mums and Babies program which provides critical support to children so they can flourish during their first year of life and beyond.

Three-quarters of Tanzania's workforce is involved in the agricultural sector, meaning household incomes are vulnerable to drought. Please pray over the work of our local church partners as they seek to equip families with sustainable sources of income.



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