

Tanzania

Travel Facts



US State Department Travel Advisory

The US State Department currently recommends US citizens exercise increased caution in Tanzania due to crime, terrorism, and targeting of LGBTI persons. Some areas have increased risk.

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

Passport/Visa Requirements

For the latest passport and visa requirements for this country, please consult the US State Department's "Learn About Your Destination" search tool, available through the link below.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

US Embassy/Consulate

(255) 22-229-4122; EMER: +(255) 22-229-4000, dial '1' for an emergency operator; US Embassy Dar Es Salaam, 686 Old Bagamoyo Road, Msasani, Dar es Salaam, Tanzania; DRSA@state.gov; <https://tz.usembassy.gov/>

LGBTQIA+, Women, and Special Needs Travelers

Additional travel considerations can be found on the US State Department's International Travel page.

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html>

Telephone Code

255

Local Emergency Phone

112, 999

Vaccinations

The CDC and WHO recommend the following vaccinations for Tanzania: hepatitis A, hepatitis B, typhoid, yellow fever, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia, COVID-19, and influenza.

<http://www.who.int/>

Climate

Varies from tropical along coast to temperate in highlands

Currency (Code)

Tanzanian shillings (TZS)

Electricity/Voltage/Plug Type(s)

230 V / 50 Hz / plug types(s): D, G



Type D



Type G

Major Languages

Kiswahili or Swahili, Kiunguja, English, Arabic

Major Religions

Christian, Muslim, folk religion, Buddhist, Hindu, Jewish

Time Difference

UTC+3 (8 hours ahead of Washington, DC, during Standard Time)

Potable Water

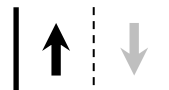
Opt for bottled water

International Driving Permit

Suggested

Road Driving Side

Left



Tourist Destinations

Mount Kilimanjaro; Serengeti National Park; Zanzibar beaches; Ngorongoro Conservation Area; Lake Manyara National Park; Mafia Island; Tarangire National Park; Olduvai Gorge; Arusha National Park; Old Arab Fort in Stone Town

Major Sports

Track and field, soccer, basketball, cricket

Cultural Practices

In Tanzanian culture, the right hand is considered clean and therefore used for eating, greeting people and giving and receiving objects.

Tipping Guidelines

Tipping 10% is conventional in restaurants. Hotel and airport porters should be tipped \$1-2 (USD) per bag.

Souvenirs

Kanga cloth; Masai tribal arts and crafts including basket-ware, wood-carved items, and African drums; tanzanite jewelry, spices, ceramic tile

Traditional Cuisine

Ugali na Maharage ya nazi — dough prepared with cornmeal (maize meal), cassava flour, sorghum, or millet served with beans and vegetables cooked in coconut milk

June 2024

