



Knowledge for Change

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Student Welcome Pack

Placement Location: Moshi, Tanzania

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Welcome to Knowledge for Change!

We are delighted that you are joining the team. This pack aims to provide you with some practical tips and guidance to prepare you for your placement. We work in an unpredictable environment where things change frequently so the most important things for you to bring are a flexible mindset and a sense of humour!

Please read this pack carefully and let James james@knowledge4change.org or Juliette juliette@knowledge4change.org know if you have any questions.

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Moshi

About Moshi

Tanzania is located on and around the equator. There is therefore not a huge range in temperature – with a slight rise between December and March, and coolest between June and July. The long rains begin in March and end in May, while the short rains begin in October and continues to early December.

Moshi is a town located in northern Tanzania; it is based near Mount Kilimanjaro the tallest mountain in Africa. It is slightly smaller and quieter than the famous Arusha.

Costs

You can live very cheaply if you shop at local markets and eat at local restaurants. The monthly living cost increases if you eat out at 'ex-pat' restaurants and do tourist activities.

A few example costs:

A beer (local) = £1.80 ~ (4000 TSH)

A beer ('western'/touristy) = £3.20 (8000 TSH)

A meal in a local restaurant = £4 (12000 TSH)

A meal in a 'fancy' ex-pat restaurant = £10 (30000 TSH)

Fruit and veg from the market = Around 30p/60p a piece (1000/2000 TSH)

Dala Dala (local bus) = 15p-60p depending on length of journey (500 TSH – 2000 TSH)

Game park Safari (Serengeti National Park Ngorongoro crater): 2 days/ 1 night = ~£350 - depending on the size of the group

Mountain Kilimanjaro Day Hikes = £30

Visit hot springs (Chemka) = £20

Water falls (Materuni) = £20

Visit Masai Villages = £30

Note: This fluctuates but £1 = 2900 TSH. The largest note is 10000 TSH = ~ £3

See Money for more information on how-to take-out cash.

Culture

What is now Tanzania used to be two autonomous nations called Tanganyika and Unguja (group of islands including Zanzibar). They joined in union in 1964 and is now known officially as 'The United Republic of Tanzania'. This does mean there are some differences between the 'mainland' and the 'islands. One of the largest differences is religion. Mainland Tanzania is majority Christian whilst the East coast of the country and Unguja are majority Muslim. However the country is overall very religious - you should consider this if you choose to visit. It is respectful when walking around town to wear shorts/dresses/skirts below the knee and to have shoulders/chest covered. Consider that it is very hot so light

materials such as cotton and linen are the best. This also means there is a loud call to prayer around sunrise – if you do not intend to practice prayer at this time good earplugs will help you sleep through it.

Health

Given the potential risks to health of working in a country such as Tanzania, we require each student to have a pre-visit health check and to take advice on their personal health status in terms of inoculations and anti-malarials. Health arrangements should be made as far in advance of travel as possible to prevent last-minute delays.

Your first port of call should be your GP. They will arrange any necessary vaccinations you may require or refer you on should you need further assistance. You may also wish to contact your local travel clinic which can be found at: - (<http://www.travelhealth.co.uk/travelclinics>).

As part of the Elective Placement agreement, you will need to confirm that you have undergone any necessary health checks, are up to date on all required inoculations and confirm that arrangements have been made to ensure you have a supply of anti-malarials for the duration of your placement.

Vaccinations

Most vaccines can be administered over a 4-week period but try to leave at least 8 weeks if possible. The final doses should be completed a little ahead of departure to allow immunity to develop. However, if the full course cannot be administered prior to travel then it's still usually worth having the maximum number of doses possible and completing the course on your return. If you work for the NHS, find out what support you can get from your NHS occupational health department. More information on the malaria risk and recommended prophylaxis can be found on the WHO website.

Malaria

Levels of malaria vary from place to place depending on location, altitude, and climate. Antimalarials should be taken as advised by your GP along with preventative measures such as insecticides, repellents and wearing long trousers and shirts after dusk. Insecticide treated mosquito nets are recommended and can be bought either in the UK or locally in Tanzania (usually for a fraction of the price). There are three main types of antimalarials taken by students: Malarone, Doxycycline and Lariam. There are advantages and disadvantages to each of these medications, and they have the potential to cause side effects for some people. If you start to experience any side effects, you should seek personal medical advice. Antimalarials can be bought relatively easily and cheaply in most large towns in Tanzania.

A common cause of malaria is failure to complete the recommended course of anti-malarials on return to the UK. Please ensure that you complete the prescribed course.

For more information, please visit - www.nathnac.org

Healthcare System & Placement

Although it is important you enjoy your time in Tanzania, and de-stress after your placement it is essential you remember that you're there to work and you should treat your placement as such. This includes turning up on time and leaving on time – if the ward is quiet there is always something to do (making gauze, tidying, looking at data). Additionally, you are not there to be a 'tourist' – moving around and trying to find interesting or unusual cases. You must stick to your assigned placement timetable and not wander off to other wards.

The K4C staff will be there to help you settle in and answer your questions, but you should remember that they will not supervise you full-time. Although you should always be supervised, this is not exclusively done by K4C staff; – this is also by the local staff (non-K4C).

You should prepare yourself for working in a very different environment to the one you are used to in the UK. Due to a lack of accessible healthcare/difference in attitudes people tend to seek care at a later point in illness (you will likely see more progressed illness). Unlike the UK, Tanzania has a very young population. More than half of the population are under 16 years old. This means that a lot of healthcare is focused on children and maternity services.

You will be working at government facilities. In theory this means that healthcare is free, but there is a lack of resources, basic medical equipment, and consumables. Often patients' families will have to buy the necessary drugs and supplies from the hospital pharmacy themselves. This problem has partly arisen because of 'donor' projects that provided supplies for short periods of time. When funding stopped, so did the supplies, but the government supply chains had also stopped. You should never give money or buy supplies for patients, as this feeds the problem.

You may notice that the staff you are working with have different attitudes towards providing care than you are used to in the UK. You may want to reflect on some of the reasons why with our team in the Friday debriefs. Attitudes to death, dying and pain are not always what we expect. Experiencing and understanding these differences is part of your learning – there is no right and wrong. Remember you are a student and here to experience, reflect and learn – it's not your role to solve all of the many complicated issues within the healthcare system!

In conjunction with this there is a difference in what a student can do in Tanzania compared to the UK. Tanzanian students start doing practical tasks with minimal supervision a lot earlier on in their academic practice. Therefore, the staff may expect you to do similar tasks (insert an IV or canulate without supervision).

YOU SHOULD NEVER DO THIS!

Just because somebody gives you the opportunity to do something you are not qualified to do does not mean you should do it. If you are being pressured or feel uncomfortable – calmly say no or leave the situation. The golden question you should ask yourself is:

WOULD I DO THIS IN THE UK?

If the answer is NO – don't do it. This could be from taking pictures to doing something outside your field (i.e if you are a Mental Health Nurse, you should not be involved in the birthing of a baby)

Packing Suggestions

As discussed, Tanzania is quite traditional, conservative, and patriarchal. Please consider following local dress as people will know you work for K4C and will reflect the charity.

Whilst on placement you will wear scrubs – however you may participate in some non-clinical placements. For this dress smart and suitable for the weather and NO SHORTS to or from work please.

General Clothing

Remember it is hot and humid so bring lots of light linen/cotton materials & NO SHORTS OR SHORT SKIRTS to or from work please.

- Raincoat
- Warm jumpers/fleece
- Jeans
- Normal clothes for a fairly urban environment in a tropical climate (wet and hot – but cold at night) – dresses (knee length or below), trousers, t-shirts, shirts etc.
- Shorts/beach clothes for safari/holiday/around the house (it's not considered acceptable to wear shorts or short skirts generally unless in 'tourist' settings)
- Some nice 'going-out' clothes for weekends (you may want to travel to Kampala for a weekend which has a large night life scene)
- Bikinis/swimming costumes
- Sandals/trainers/flip flops/waterproof shoes – suitable for rough ground
- Slippers for around the house
- Pyjamas
- Sports clothes if you like running etc – there is also a small gym at one of the hotels
- Sunglasses
- A hat for keeping off the sun

Work stuff

On the wards you wear scrubs (we may have some spares but please bring your own)

- Shoes for work e.g. crocs
- Small bum-bag to wear at work (to keep your valuables/phone with you)
- You may want to bring your own stethoscope with you
- Fob watch

Toiletries

You can get basic toiletries easily, but they may not be the brands you like. You can get all basics like toothpaste, body lotion, deodorant, shower gel, soap in Tanzania but most

students take their own supply of face cream, shampoo/hair products, make up and sun cream.

You should take your own suncream and mosquito spray (DEET 50%) as the quality is low and the price is high if you buy it in Moshi!

Periods – you can get sanitary towels easily, but tampons are hard to find so bring your own if you use them. A moon cup is also a good option.

Money

Most street vendors, shops restaurants etc do not take card and if they do there is a large transaction fee on top of it. Therefore, it is better to use cash.

You **cannot** get Tanzanian shillings outside Tanzania. The easiest way to get money is to get cash out of the ATMs when you are here. There is an ATM near the accommodation (CRDB Bank) and one at the airport.

The best thing to do is bring a card with a good foreign exchange charge. These are typically Monzo, Revolut or Starling as more traditional banks charge an additional fee on top of the transaction fee. Regardless, each time you take out money there is a 11,000TSH charge (~ £4) so it is better to take out larger amounts). This is better than changing money to dollars and then to shillings as you will then experience two exchange costs!

Simcard

Wi-Fi can be patchy and slightly unreliable. The best option is to get a local sim card. The local team will be able to sort you out with one and explain the process. A simcard is around £2-3 and 16.8G is around £10. You can then hotspot your other personal devices such as laptops and tablets. You can also have calls within country to other people with a Tanzanian sim-card.

Insurance

We do not provide insurance for our students. You may, however, have insurance cover (including Travel, Medical, Medical Malpractice and Professional indemnity) provided by your University and/or Regulatory body (e.g RCN). To receive cover from your regulatory body you will need to be a member – this is normally a small monthly fee. You should also check with your University directly that you are covered by their travel insurance and the contents of their policies. If you are not satisfied with the cover, you should take out your own personal insurance.

Technology

Tanzanian plug sockets are the same as the UK so you don't need an adapter. (The only time you may want an adapter is if you have a layover in a European country).

- Your mobile phone (unlocked so you can get a Tanzanian sim card) and a charger.
- Laptop (for work stuff and watching films)
- External hard drive with films/box sets downloaded onto it (even data is a bit slow so better to get it before)
- Bluetooth speaker
- Power bank (so you can charge your phone during power cuts)
- Kindle/Books
- Head torch
- Hairdryer

Other

- Bank card with good overseas rates for getting cash out
- Driving license
- Things to make you feel at home – photos for your room, scented candle, hot water bottle, fairy lights etc
- Earplugs
- Eye Mask
- Water bottle (to be filled with filtered water)
- Notebook
- Pen

Safety

Check the FCDO travel advice before you travel. This is the advice given by the British Government: [Tanzania travel advice - GOV.UK \(www.gov.uk\)](https://www.gov.uk/foreign-travel-advice/tanzania)

Tanzania is generally a safe and friendly country for Europeans. You should be conscious of your personal belongings, phone etc as you would anywhere. It is safe to walk alone in the daytime, but we wouldn't recommend walking alone at night. Many people use TukTuks and Boda-bodas to get around town, however the safest option is a Taxi or a Dala Dala. As they are larger and not as vulnerable to traffic accidents.

Road traffic accidents are very common in Tanzania so exercise caution, and ALWAYS wear a seatbelt. Obey all traffic laws and NEVER drink and drive.

You will be provided with emergency contact numbers on your arrival.

LGBTQIA + Attitudes

We welcome and value all students regardless of sexual orientation and gender identification. Unfortunately, the legislation and attitude towards the community within Tanzania is very negative with homosexuality being taboo and illegal. 'Same-sex sexual acts (even in private and consensual) are criminal offences, punishable with life imprisonment. The law also punishes heterosexuals who engage in oral sex and anal intercourse.'

To protect yourself and our staff, we recommend that you don't engage in any discussion of LGBTQ+ issues even in a social setting. The beliefs and attitudes are very deeply held and would unlikely lead to a positive resolution. We would be more than happy to discuss anything relating to this in more detail prior to your placement in absolute confidence, please contact any of the team in the Who's Who section if you would like to arrange this.

However, if you are from the LGBTQIA+ community, you are unlikely to experience problems whilst travelling/living in Tanzania. These laws are rarely implemented against foreigners. To keep yourself safe, don't engage in intimate relations (e.g kissing) in public (these are not acceptable for any couple) and be mindful of local attitudes.

Visa & Registrations

Visa

To enter Tanzania initially, **you will need to apply and pay for your own single-entry visa**, following the instructions below.

You cannot apply for your entry visa until your flights are booked.

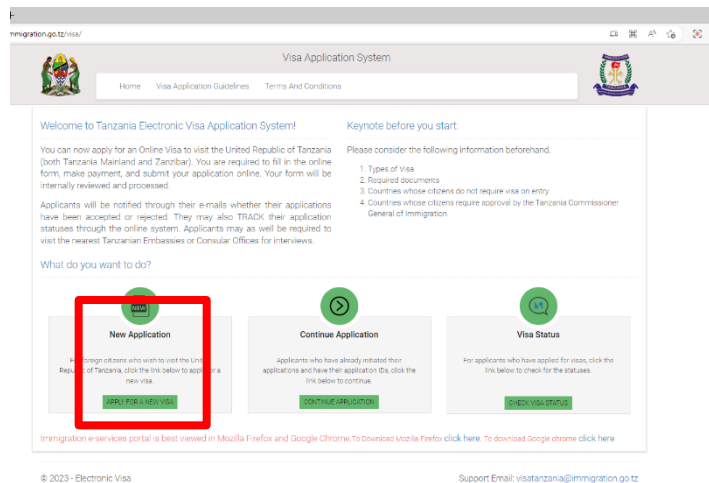
There are two ways to get your single-entry visa, you can apply online or buy on arrival. Regardless the cost is **\$50 (USD)**.

Online

Please be patient should the system be down the first time you try to use it; any problems are usually resolved within 24 hours. Once you have applied for a visa, you should receive a response from the Tanzanian Immigration Authority within 3 working days.

Please follow the instructions below carefully as any errors or omissions may lead to your eVisa application being rejected or delayed. You should complete this process as early as possible and no later than 2 weeks before your departure. The process should take around 10 or 15 minutes to complete.

1. Go to the website: [Tanzania eVisa - Welcome \(immigration.go.tz\)](http://Tanzania eVisa - Welcome (immigration.go.tz))
2. Click on [APPLY FOR A NEW VISA] under New Application



3. Fill out the basic information with your personal details. This creates an application ID.
4. Fill out Section 1 (Personal Information), 2 (Contact Information & Employment) & Passport (Information)
5. Travel Information: (Note: Port of Entry and Exit is the airport/boat port you arrive and exit at)
 - a. TYPE OF VISA: ORDAINARY
 - b. REASON FOR TRAVEL: TOURISM
6. Local Host:
 - a. HOST: COMPANY ORGANISATION

- b. FULL NAME: KNOWLEDGE FOR CHANGE
- c. MOBILE NO: +255 78 243 2648
- d. EMAIL: info@knowledge4change.org
- e. REALTIONSHIP: Trustee of Organisation
- f. PHYSICAL ADDERESS: Rau Ward, Moshi

Accommodation

- g. WHERE ARE YOU GOING TO STAY: MOTEL
- h. PHYSICAL ADDERESS: Backyard Hostel, Rau Ward, Moshi

7. Travel Companions:

- a. ARE YOU TRAVELLING AS PART OF A GROUP OR ORGANSATION: YES
- b. GROUP OF ORGANSATION NAME: KNOWLEDGE FOR CHANGE

8. Documents

- 9. The rest of the information is yours to complete. Proceed with the payment and declaration. Ensure you have a copy of the E-Visa on arrival.

In-Person

When you arrive in Tanzania you can fill out a form on arrival which allows you to gain a visa. Shown below are the forms.

Figure 1: Most of the details provided are personal details from your passport or your length of stay. Otherwise, the details are listed below.

Figure 1 - Tanzania Visa Form

Figure 2- Tanzania Visa Form

Q10: (purpose of journey): TOURISM. Don't write student on either form or they may assume you are coming to study at a local University which is a different type of visa.

Q12/13: (point of entry/departure): -

Q14: (address): Backyard Hostel, Rau Ward, Moshi

Q15a): Karim Ayub, +255 78 2432648

Figure 2: The same information is essentially replicated onto this other form.

Please note: You should also fill out a health form on arrival. This is rarely checked but technically enforced. This can be found here:

<https://healthtravelnz.mohz.go.tz/traveller/#/home>

Looking after your wellbeing

Working in a low-resource setting can be emotionally and physically demanding, and it is common for students to witness high levels of preventable morbidity and mortality and experience stress, which you may need emotional support for.

Take regular breaks and enjoy your weekends and time away from the clinical area.

If you are feeling down, stressed, or upset, **please tell someone!** Speak to your friends, other students, our volunteers or staff, or any member of the K4C team, in country or in the UK, so that we can support you and speak to friends and family at home regularly.

The Mind website has lots of good resources to support your mental health:
<https://www.mind.org.uk/>

You can also access emergency mental health telephone support using Skype to call:

The National Suicide Prevention Helpline / 0800 689 5652 /
<https://www.spuk.org.uk/national-suicide-prevention-helpline-uk/>

Samaritans / 116 123 / <https://www.samaritans.org/>

If you feel that a serious incident has occurred, either inside or outside the clinical area, that needs investigation by K4C, please complete a serious incident report. You can also contact Anya Ahmed, K4C Trustee with responsibility for safeguarding, in confidence on Anya.Ahmed@mmu.ac.uk.

Who's Who in K4C

K4C is a small team, and many of us are volunteers. Our UK office is housed within the University of Salford, Manchester. Please feel free to contact any member of the team with concerns or questions.

Predeparture, your first port of call should be James Ackers Johnson and Juliette Bowman in the UK. Once you are in Tanzania, Allan Ndawula is the person to contact in the first instance.

K4C International Team

Louise Ackers, K4C Chair (H.L.Ackers@salford.ac.uk)

James Ackers Johnson, International Project Manager (James@knowledge4change.org)

Juliette Bowman, International Project Officer (Juliette@knowledge4change.org)

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