



# Tanzania



US State Dept Travel Advisory	For the latest travel advisories for this country, please consult the U.S. State Department's website, available through the link below.  <a href="https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html">https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html</a>
Passport/Visa Requirements	For the latest passport and visa requirements for this country, please consult the U.S. State Department's "Learn About Your Destination" search tool, available through the link below.  <a href="https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html">https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html</a>
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; <a href="mailto:DRSACS@state.gov">DRSACS@state.gov</a> ;  <a href="https://tz.usembassy.gov/">https://tz.usembassy.gov/</a>
LGBTQIA+, Women, and Special Needs Travelers	Additional travel considerations can be found on the US State Department's International Travel page: <a href="https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html">https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html</a>
Telephone Code	255
Local Emergency Phone	112, 999
Vaccinations	For the latest information on required or recommended vaccines, please visit the CDC's website, available through the link below.  <a href="https://wwwnc.cdc.gov/travel/destinations/list">https://wwwnc.cdc.gov/travel/destinations/list</a>
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



Major Languages Kiswahili or Swahili, Kiunguja, English, Arabic  
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



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