

'Karibu'

Welcome

We are pleased that you have decided to join us at the Kilimanjaro Centre for Community Ophthalmology. We hope your stay will be comfortable, enjoyable, and insightful. We are located in Moshi, Tanzania at the base of Mount Kilimanjaro. The small city center is approximately 5km from the Kilimanjaro Christian Medical Centre (KCMC) campus, where we are based.

The Kilimanjaro Centre for Community Ophthalmology (KCCO) provides a wide range of programme, training and research services throughout eastern Africa. Collaboration and support on VISION 2020 activities reaches from Egypt to South Africa and from Madagascar to all sorts of places in central and western Africa. While KCCO activities cover a wide geographic and programmatic area, here in Kilimanjaro (the region of 1.4 million people, whose capital is Moshi) KCCO has field work covering comprehensive ophthalmology (the direct referral site [DRS] programme that reaches over 2 million people), childhood blindness, gender-specific initiatives to reduce inequity in blindness by women and girls, trachoma control and a variety of other activities. Review our quarterly and annual reports on our website (www.kcco.net) to learn more about our activities.

Accommodation in Moshi

KCMC compound

It may be possible to stay in a house on the KCMC doctors' compound. For more information about this possibility, please contact Genes at genes@kcco.net. The closest hotels to KCCO are Impala and Sal Salinero. Protea is about 20 minutes by car. Bristol, Leopard & the Kilimanjaro Crane are in town.

Hotels and Hostels in the area

Name	Price Range	Telephone (255 is country code)	Email
Lutheran Uhuru Hostel	\$ 45 - 70	27 2754084	Uhuru@elct.org
Impala Hotel	\$ 80 - 120	27 2753443	impala@kilinet.co.tz
Sal Salinero Hotel	\$ 80 - 150	27 2752240	
Protea Hotel (Machame)	\$115 - 150	27 2756941/48	proteaashireservations@satconet.net
Ameg Lodge	\$ 70 - 100	27 2750175	
Bristol Cottages	\$ 50 - 120	27 2750175	briscot@kilinet.co.tz
Leopard Hotel	\$ 40 - 50	27 2750884	leopardhotel@eoltz.com
Kilimanjaro Crane Hotel	\$ 40 - 70	27 2754876	kilicrane@eoltz.com

Arrival and local transportation

By plane

The closest airport to KCCO is the Kilimanjaro International Airport (JRO is the airport code), 34 km west of Moshi. It is approximately a half hour drive from Moshi. If you take a taxi the cost is about \$50. There is minimal and relatively unreliable bus service.

KLM flies non-stop to Kilimanjaro most every evening from Amsterdam, and is the most convenient starting point. Ethiopian Airlines (ET) has connections through Addis Ababa but they often change their schedules so be sure to stay on top of any changes. Precision Air (PW, a subsidiary of Kenya Airways) connects with Kenya Airways (KQ) flights that serve Nairobi as well as to most places in Tanzania. Air Tanzania flies to Dar es Salaam and Johannesburg however flights are often quite delayed.

By shuttle/bus from Nairobi

There is a shuttle from the Nairobi airport (Davanu Shuttle) which costs around \$25 and takes 5-6 hours to reach Moshi.

Local transportation

It is possible to take a local bus, called a 'dala dala' to get around town. They are very inexpensive, and invariably very full of people! Taxis are another option if you like your personal space, and are willing to pay more. Cars can be hired from Laka Tours and Car Hire. Their office is in the Communication Centre on the KCMC campus.

Visa for entry into Tanzania

All foreigners (except those from the East African Community) require a visa. Visas for many countries can be obtained at the airport. Visas can be issued at any Tanzanian mission abroad. However, a person coming from a country where there is no Tanzanian High Commission or where it is reasonably distant can often be issued a visa at the entry point in Tanzania. This should be confirmed in advance. The cost of a visa varies but is, at a minimum, \$50. Visa for US passport holders cost US \$ 100. Be sure to have **US \$ bills dated 2000** or more recent. Bills dated before the year 2000 will often be refused at the passport office or banks in the country.

You may be told that you need a Yellow Fever book indicating that you have been immunized. This is particularly true if you arrive via Nairobi.

Visa-issuing Stations and Authorities

Visas are issued by the following:

- The office of the Director of Immigration Services, Dar es Salaam, and the office of the Principal Immigration Officer, Zanzibar.
- Tanzanian representatives abroad.
- Entry points to the United Republic of Tanzania: principally Namanga, Tunduma, Sirari, Horohoro, Kigoma port, Dar es Salaam International Airport, Kilimanjaro International Airport, Zanzibar Harbour and Zanzibar Airport.

Changing money

The local currency is the Tanzania shilling and the exchange rate at the time of writing is approximately \$1 US = 1100 TZS. You can change money at the airport or at one of the many bureau de change in town. Banks are notoriously slow. Please note that credit cards are rarely accepted (even at hotels) in Tanzania. The exchange rate for travelers cheques can be considerably less than cash and, on occasion, are not accepted. There are ATMs in town. Most transactions are in cash (Tanzanian shillings, not foreign currencies), although there is acceptance of US dollars at larger venues such as hotels.

Communication

Telephone

It is ideal to bring your own cell phone, and use it from here. Purchasing a local SIM card allows you to use pre-paid calling cards easily. If you are coming from North America, check with your service provider regarding the possibility of service in Tanzania. Local operator 101. International operator 0100.

Post

The main post office is located at the Clock Tower Roundabout in the centre of Moshi. Stamps are also available from the small post office near the petrol station on the turn off up to KCMC.

Internet

KCCO has usable internet in the offices and resource centre. There are also internet cafes in town.

Language

Kiswahili is the official language of Tanzania. However, most people can, and are willing to speak English with you. Some Kiswahili words are useful, and appreciated by the people you will interact with here.

Hello	Jambo
Shikamoo	A greeting of respect (greeting someone older than you)
Marahaba	[The response to "Shikamoo"]
How are you?	Habari yako?
I'm fine	Nzuri
Thank you	Assante
Welcome	Karibu
Good bye	Kwa heri
What is your name?	Jina lako ni nani?
My name is...	Jina langu ni....
Yes	Ndiyo
No	Hapana

Short Kiswahili courses are available on weeknights in Moshi. Information about these courses can be found by calling 2755857 (Mama Lema), 2744074/5 (Moshi Technical College), 2750390 (Susan Julius), or 0744 300669 (Zacharia Massawe).

Things to know about the area

Culture

Tanzanians are warm, polite and friendly people who are brought to a smile and laugh easily. We're sure you will find it a pleasure to get to know people here. There are two main tribes represented in this region, Chagga and Maasai. Tanzanian women dress well. Dress is for visitors should be modest; skirts and dresses should be below the knee. Women should avoid shorts and, if possible, cover their shoulders. Sandals are very handy. Taking photographs of people without asking can be offensive.

Security

Moshi is a relatively safe city, so security precautions are as you would expect in most places. NOTE: Walking at night is **not** recommended. Leave valuables in secure places, as opposed to on your person is a good idea. Leave expensive jewelry at home.

Weather

Moshi town sits at around 900 meters and KCMC at about 1,000 meters so the climate can be described as upland temperate. It never gets very hot or very cold. During the dry season (June to February) temperatures can get up to 85 degrees F. It is not terribly hot, although it can get quite dusty. There is no air conditioning; fans are sometimes helpful. During the rainy season, it is considerably cooler, at 60 degrees F. During this time sporadic and heavy showers come regularly, typically in the afternoon and evening, making dirt roads quite muddy. Come prepared with extra shoes for walking, and a sweater or jacket for the evenings.

Malaria and other health issues

Well before you come to Tanzania, you should check with your local travel clinic or doctor to determine what inoculations you will need. You may need a series of injections with several weeks in between, so don't leave it to the last minute. Moshi is not a high endemic area for malaria but protection is still highly recommended. Most effective is using repellent after around 7pm in the evening and ALWAYS sleeping under an impregnated mosquito net. Antimalarials are available in the local pharmacies. In the rainy season (primarily) Puzi flies can lay eggs in clothes drying outside. If clothes are not ironed, they may hatch and a larva can burrow underneath the skin leading to a nasty boil. Thus, drying inside or ironing of ALL clothes is suggested. In most places you should avoid salad, ice and tap water. Lastly, remember the mantra: boil it, peel it or forget it. There are a number of reliable health clinics (e.g., Jaffrey Clinic in downtown Moshi) as well as KCMC.

International School Moshi

International School Moshi (ISM) is one kilometer from KCCO. It provides education for children in pre-school through the International Baccalaureate (grades 11 and 12 in North America). It has excellent academic standards. On campus there is a swimming pool and tennis courts which can be used (users fee applied). www.ismoshi.net

Things to do in the area

Restaurants

There are many restaurants on the campus and in the surrounding area. You can expect to pay the equivalent of \$2-4USD per meal at a campus restaurant (Tumaini Restaurant is the best), and \$7-15USD for international cuisine in nearby Shantytown or downtown.

Name	Type	Location	Contact
El Rancho	Indian	Shantytown	2755115

Indoitaliano Restaurant	Indian and Italian	Downtown	
Panda Chinese	Chinese	Shantytown	
The Coffee Shop	Café	Downtown	2752707
Big Bite	Local	Downtown	Police line
Chrisburger Snacks	Fast food	Downtown	

Shopping

Within Moshi there are a number of shops to purchase fabrics, clothes, household items, groceries, and souvenirs. Arusha is a much larger city approximately 90 km away in which there are more options for shopping, and the Cultural Museum has an impressive collection of artifacts collected from around the continent.

For groceries, there are limited resources near KCCO with Aleems and Highway Supermarket in Moshi town. The Central Market is a great place to go for fresh produce, groceries and household items.

If you are looking for gifts or souvenirs to take home, the region is well known for its coffee, cashews, carvings, baskets, carved gourds, colourful fabrics and some jewelry.

Touring companies

There are many tour companies in the area, most specializing in safaris, mountain climbing trips and beach vacations. Many offer eco- and cultural tourism options. All are wonderful activities in Tanzania, and if you have time and resources, they are highly recommended. At the high end is Dorobo Tours . Other companies include Laka Tours and Car Hire (lakasafaris@yahoo.com), Kili-Marangu Colobus Travel (colobus1_2000@yahoo.com, www.kimacolobus.com), Kushiland Expeditions and Tour Safaris LTD (kushiland@gmail.com, www.kushiland.com), Shalom PK Travel and Tours LTD (shalompktraveltours@yahoo.com). If you are particularly interested in cultural tourism, feel free to contact the Coordination Office of the Cultural Tourism Programme at info@tourismtanzania.org, or visit the website at www.tourismtanzania.org.

A hike up Mt. Kilimanjaro is a “once in a lifetime” activity, generally requiring 5-6 days (the longer the time, the higher the likelihood of summiting) but these hikes are quite expensive due to high park fees. You have to travel with a licensed tour guide. There are multiple routes, each offering different views.

All flight arrangements (international or domestic) can be made through Emslies Global, in the downtown area. (emslies@emsliesglobal.com)

Sports and exercise

Many visitors walk or jog in the Shantytown area (particularly up and down Lema Road). There are tennis courts at the international school and Moshi Club (at the base of Lema Road). Golf is also available at Moshi Club. There are many people interested in mountain biking and there are plenty of places uphill from KCCO that people enjoy biking.

Important Contacts

KCCO contact information

Genes Mng'anya, Courses Administrator
Kilimanjaro Centre for Community Ophthalmology
Good Samaritan Foundation
P. O. Box 2254
Moshi, Tanzania
Tel: +255 27 2753547
Web: www.kcco.net
Email: genes@kcco.net

Prepared by;

- **Lisa Hamm**
Email: sendlisaemail@hotmail.com

- **Genes Mng'anya**
Email: genes@kcco.net or genestz@yahoo.com