



# NEW TEACHER INFO PACK 2018-19

Firstly, a very warm welcome to MIS! If you ask the teachers at MIS what the best thing about working at the school is, they usually answer our excellent pupils (and the Friday afternoons off!). However, there are many other reasons why Morogoro can be a rewarding and exciting place to live. The following guide is designed to help you in your first weeks and months in Morogoro and draw from the teachers' collective experience of what to do, where to eat, stay etc and equally usefully what not to do! Finally, we are a friendly bunch so never be afraid to ask for anything not included in the guide (you will also find a lot of information about school-based queries on our new, updated school website). Karibu sana MIS!

MIS Senior Management Team, February, 2018.

### **Sections:**

#### Life in Morogoro

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## **Accommodation**

Accommodation is provided by the school for staff on overseas contracts. The accommodation provided is either on the school site or in privately rented houses not far from the school. The following inventory details the items you can expect to find in school accommodation -

### **KITCHEN:**

1. Large bin.
2. Cutlery and crockery for 4 settings.
3. Frying pan.
4. Baking dish.
5. 4 different sized pans/pots.
6. Wooden spoon.
7. Two cutting knives (one large, one small).
8. Set of 4 basic cooking utensils.
9. Sieve.
10. Kettle.
11. Fridge with freezer.
12. Oven (including gas hobs).
13. Drying rack.
14. Cutting board.
15. Washing up bowl.
16. Dining table and four chairs.
17. Vase.
18. 2 Tea towels.
19. Casserole dish
20. Bottle/tin opener
21. Teapot

### **LIVING ROOM:**

1. Couch.
2. Two armchairs.
3. Coffee table.
4. Sideboard/drawers/cabinet.
5. Wastepaper basket.

### **EACH BEDROOM:**

1. Desk and chair with desk lamp.
2. Bed, two pillows and mattress.

3. Two sets of linen and one blanket.
4. Chest of drawers.
5. Wardrobe.
6. Bedside table
7. Mirror

#### BATHROOM:

1. Toilet brush.
2. Towel rack and towel.
3. Shower curtain.
4. Bathroom cabinet.
5. Mirror

#### GENERAL:

1. Mosquito nets and curtains throughout
2. Mop and bucket.
3. Iron and ironing board.
4. Padlocks for gate and external doors.
5. Large laundry bowl.
6. Washing line and pegs.
7. Broom.
8. Dustpan and brush.

Some houses/apartments may have more storage units, tables etc but the list above is the minimum that you should expect to find in your house. Heavy bedding is never necessary in Morogoro – even in winter the nights are warm. However, you might prefer to bring some of your own sheets from home as the cotton sheets in Tanzania are not quite as comfortable as better quality bedding brought from the UK.

When you arrive, you will also have some basic essentials such as drinking water, tea, coffee, milk, bread, butter, jam, toilet roll etc that will see you through until your first shopping trip in Morogoro.

Water and gas bills are currently paid for by the school (up to a maximum of TSH 120,000 per month). Some staff houses use a meter system for electricity called Luku. In instances where teachers buy their own electricity or receive water bills, they need to be brought to the accounts office to be kept and to allow reimbursement.

There are school fundis (people who fix everything!) who are always busy maintaining all the school buildings. Request forms are available in the staff room for any necessary maintenance to be done. Please allow a little time for the fundis to acquire necessary equipment to fix the problem as they always have

many jobs on the go! All school houses have an askari (guard) who is present at night for security and this service is paid for by the school.

Most members of staff employ a house girl. This may seem like a weird thing to do at first but you will soon realise during term time that you are very busy! Employing a housegirl also provides much needed employment and whilst you might choose not to employ someone full-time, it is strongly recommended to have at least part-time help. At present, a rate of TSH 120-150,000 per month would be a fair wage for a housegirl working full-time (more if they provide childcare). As there are no washing machines and Morogoro is either a very dusty place or muddy place to live, having an extra hand with the laundry and cleaning almost becomes essential. Some house girls also cook meals and all house girls iron any laundry as otherwise mango flies can lay eggs in clothes, so ironing all clothes is strongly advised. Advice on acquiring a house girl is available upon arrival as it will often be the case that previous teachers can recommend someone who worked with them who will be looking for new employment. Please note that whilst house girls will do almost any cleaning and cooking task, it is a matter of courtesy for people to wash their own underwear rather than leaving these to be washed.

### **Things to bring/hard to find things in Morogoro**

It is possible to make do with the things that are available in Morogoro but some luxury items can be hard to find and/or are relatively expensive.

Here is a list of items – in no particular order - that you may want to bring with you that the current staff have either brought out with them or wished they had!

- Raincoat/umbrella – rainy season can be tough without these!
- A decent first aid kit including flu/cold medicines, vitamin pills, anti-septic sprays, insect repellent, sun cream etc
- Decent clothing is hard to find so bring plenty that will tolerate vigorous hand-washing, sun and the fact that the water is not always clean (maybe avoid too many white items!). However the large weekend market at Sabasaba in town is a great place to pick up decent quality used clothes for very cheap prices!
- Good quality kitchen utensils are expensive in particular cheese graters, potato peelers, chopping boards, decent sharp knives and tin openers.
- Rechargeable batteries and a charger
- Decent torch

- Strong flip-flops/sandals
- It's worth having your own pencil case full of decent pens, glue stick, blu-tak, board markers etc as the quality of such items here is not great but the school does provide most stationery – it's just handy to have your own as well!
- For primary – reward stickers/stamps etc – the kids love them!
- Movies/series on disc or computer – we share them around a lot!
- A couple of good books – we have the beginnings of a book swap in the staff room
- Toiletries in particular for the ladies; hair conditioner is harder to find than shampoo here, tampons are harder to find than pads and make-up is expensive and often in the wrong tone!
- Certain foods are hard to find here so if you are a real addict to something, it's best to ask if it's available here
- Travel speaker
- Colour display work - currently the school has limited access to a colour printer so it's worth bringing out a few laminated resources to brighten up your classroom.

### **Where to eat/shop in Morogoro**

Morogoro is a relatively large town for Tanzania and is constantly being developed. One of the main ways that ex-pats tend to socialise is over food and drinks.

Here is a list of a few recommended restaurants in and around Morogoro. It has been separated into what we call 'local' places and 'more-expensive' places. The local places will always offer a decent price of food and drinks but their menus are often fairly limited and the toilet facilities tend to be fairly dirty squats. The more expensive places often have overwhelmingly long menus but you will soon work out which places you prefer! There are obviously many more places to try out in Morogoro and it is well worth spending some time to explore.

#### **Local Recommended Places**

Near school:

*The High-Life* is a short distance walk behind the school towards the bus station. It rarely has food but when it does it is always of a good quality. The bar staff are friendly and welcoming and will always find you a chair. MIS recommends...a cold (if you're lucky) drink – food is unlikely!

*Mambo Club* is a bar which also serves food and is located a few minutes' walk from the entrance of the school – you will probably see the large model gorilla holding the Mambo sign as you arrive at school. Food service can be very, very slow but the atmosphere tends to be good which helps with the wait! MIS recommends...peeking in and watching a proper Tanzanian wedding take place inside their event hall!

*Judy's* is a bar on the road between *The High-Life* bar and the bus stand and whilst the *The High Life* is still popular, there has been some defection to *Judy's* where you can also order good beef kebabs and chip omelettes as well as having a better chance of getting a cold drink than in *The High Life*! MIS recommends...the chips mayai (chip omelette) and beef mishkaki (kebabs)

*The Dodoma Stand* is a long line of shops and food stands opposite the turn into school off the main Dodoma Road. You can buy basic essentials in the shops and there is always food and fruit on sale. Just behind the main row of shops to the right is a decent bar and food place called *Frontview* which has a good atmosphere during football games. MIS recommends...the ugali and half a kilo of goat for the proper local experience!

In town:

*Coco Beach* is a very popular lunch spot with locals just behind the Abood Bus office. The traffic of customers ensures that the food always tastes fresh and the food is cheap and decent too. MIS recommends...chicken kebabs, rice and the homemade carrot and passion fruit juice.

*Chacha's Chicken* is next door to the Red Chilli Restaurant near Posta and is a Morogoro institution. The chicken and chips here are supposed to be some of the best in Africa and Chacha and his wife are real characters too! MIS recommends...the chicken and chips – what else?

*Jan's Chicken* is newly opened around the corner from Chacha's and is a pretty decent rival for our much-loved Chacha's. They have a slightly wider menu and good juice although the chicken in Chacha's still edges it for tastiness. MIS recommends...lemon chicken with butter naan and homemade lemon juice.

*Rock Gardens* are up the mountain beyond the golf club and serves decent local food as well as having a good bar and incredible views of the river. You may also get to see the Vervet monkeys that live in the trees around there. If you decided to take a walk up the rocks there's a small charge and don't take any valuables with you. MIS recommends...an ice cold bottle of tangawizi (ginger beer) after a hard walk to the waterfalls.

### **More Expensive Recommended Places**

*The Arc Hotel* is situated just off the main Dar road a few km out of town. They mainly serve pizzas, Indian food and some local variations. The view towards the mountain is great as is the service and the much

improved waiting time. They also do a home delivery service for the price of the taxi journey. MIS recommends...the Afghan chicken

*Dragonnaires* is a popular restaurant/bar just off the old Morogoro road. Friday nights are pizza nights and incredibly popular with expats and families – get there early if you don't want to have to wait a long time! Friday is karaoke night (better than it sounds!) and there is also a big screen showing sporting events as well as a couple of much used pool tables and play area for the children. MIS recommends...the vegetarian pizza (large of course)

*Morogoro Hotel* is up towards the golf club (Gymkana Club – does a great BBQ on Wednesday nights) and offers a wide range of dishes from India, China and the West. There is a swimming pool and a great bar area on the opposite side of the main restaurant. The service is usually very good. MIS recommends...the crispy noodles with the sauce on the side.

*The Hilux Hotel* is a slightly cheaper place to get a wide range of food with good service, a pool table, large screen and a relaxed atmosphere. MIS recommends...the Gentleman's Chicken and mash potato

*The Acropol Hotel* is right next to the Hilux on the Old Morogoro Road. This unique venue is known for its strong cocktails and great food as well as the many dogs and cats and other animals that live there! MIS recommends...the club sandwich or the pork honey and mustard snitzel

*Ricky's Café* is on the side of The Oryx petrol station near Posta. This is a lunchtime only café which serves great dishes and milkshakes. You are almost bound to find other teachers willing to pop there for lunch on Fridays. MIS recommends...the Thai curry or the steak roll.

*Red Chilli Restaurant* has a wide range of tasty Indian food at decent prices. It is fast becoming a rival to Oasis as the most popular food spot in town. MIS recommends...the Chicken Makanwala with roti bread and the best carrot juice in town. The biryanis are also great.

*The Oasis Hotel* has an extensive menu of Chinese, Indian and Western food. The service is good and there is a pool table, swimming pool and TV. Oasis remains probably the most popular restaurant in town for teachers. MIS recommends...the sizzlers or the excellent mutton biryani.

*Nashera Hotel* is up Boma Road and is probably the smartest hotel in town. The owners are working hard to offer meals not available elsewhere in town and you can find good fresh fish here including tuna steaks and seafood. *Nashera* also has a pool which makes it popular among families at weekends. MIS recommends...grilled kingfish and a glass of South African white with the sun going down behind the Uluguru mountains.



## **Shops**

There are 3 main supermarkets in town – Pira's, Masooma's and Murad's. Pira's sells most things including meat and alcohol whereas the other two do not always have meat in and don't sell alcohol. Foods in all the stores can vary so don't expect to always find certain things in the supermarkets as they may just be selling it whilst stocks last. They all, however, do cover your basic needs and it's worth regularly checking out all three to see what they have in. If you want to buy alcohol and crates of beers and soda then you should go to the bottle shop next to Barclay's Bank as they have everything you need for an excellent price, cheaper than other places.

For fruit and vegetables there are many street vendors who sell basic goods but the market has a seasonal range on offer. Prices will be hiked up for the mzungu (white person – you'll hear this word a lot but not too much in Morogoro) so it's worth asking your house girl to do the market shop or at least getting a good grasp of how much things should cost before you go in. The market is the place for fruit and veg you can't buy elsewhere in town and you can often pick up more western items there such as beetroot, lettuce, radishes, grapefruit, coriander and mint.

There are many other shops around town and at the Dodoma stand and beyond that sell basic requirements and goods can often be found cheaper in these places. It's about weighing up convenience and time!

## **How to get a Sim Card/Internet**

One of the first things people like to do when they arrive is to get their phones and computers set up to let everyone know back home that they are safe so here are a few tips on doing this.

### **Getting a Sim Card**

1. Make sure that your phone is unlocked before you come out – it is possible to get it unlocked here for a charge but some phones may need to get sent to Dar to be unlocked
2. There are many different phone networks in Tanzania which all operate on a pay as you go basis.
3. It's worth spending a little time working out which network will suit you best by taking into consideration who/where you will mostly be calling/texting and if you'll be using the internet on your phone.
4. Most networks have special deals such as sending a text to a certain number will get you 100 free texts or cheaper international calls – ask the person you're getting your Sim from.
5. You'll need a photocopy of your passport or driving license to register your Sim card – this is worth doing straight away otherwise if it's not registered, you can be cut off after a month.
6. There are many places to get a Sim card not only by going into the network shops but also from the tables with the big umbrellas or gazebos that advertise that network.

Here are a list of the main different networks in Tanzania – Tigo, Vodacom, Airtel, Zantel. All have their slight advantages and disadvantages although the prices do not differ greatly. Most teachers at present use Airtel or Voda and these are the best options for internet connectivity.

#### Getting the Internet

1. The Internet providers are the same as the phone network providers.
2. Historically you needed to buy a special dongle for the internet and Vodacom is the most popular one available. However a lot of teachers now rely on their smartphones which can be used as a Wifi Hotspot which is often more reliable than a dongle and can be used to make the most of your pay as you go packages.

### **Transport**

There are several different modes of transport in Tanzania. Some are good for short trips whereas others are recommended for longer trips. Here are a few suggestions:

1. Daladala – this is a minibus which travels a variety of distances but only really recommended for shorter journeys as they get very full – don't be surprised if there are chickens/children etc put on your lap! Short journeys cost 400 shillings. Daladalas can be regularly caught at the top of the school road into town. The Dodoma Stand stop is called Tanesco where you will need to ask to get off. When you become more confident with your Kiswahili ask to get off at Matofali (bricks) which will drop you on the road just opposite Mambo Club.
2. Pikipikis – this is a motorbike which travels short distances. They are cheap and convenient but not always the safest mode of transport due to a severe lack of helmets and some dodgy driving but if you find a good driver, it's easy enough to call on them in a similar way to a taxi. The traffic in Morogoro is always increasing however and it is strongly advised that you try and find a pikipiki driver you trust to drive sensibly as you can be taking a risk with your safety otherwise.
3. Taxis – these tend to be white cars and legal ones have white number plates. Always negotiate a price before getting in the taxi – from school to town should be around 4 to 5 thousand.
4. Coaches – these run regularly to other main cities and towns and most leave from Msamvu bus station near the school. BM is the best company to go with although a lot of people use the more abundant Abood buses; 6 to 7 thousand to Dar is the going rate at present.
5. The train – only recommended for the truly adventurous! You may well hear the horn sounding as the trains run through Morogoro often at night. The trains in Tanzania are absurdly slow, not comfortable and their safety record is questionable. However, to someone with enough time they are more relaxing than the bus. The train to Mwanza or Kigoma will take over 35 hours and is also available at a snail's pace to Dar (the station is in the west of the city) and to Mbeya and Kipiri Mposhi in Zambia for the truly committed.

6. Flights – A small 14-seater plane runs roughly once a day from Morogoro to Dar and back with Auric air. It costs roughly \$100-150 per flight but can be useful for onward travel as it takes you straight to JK Nyerere, thus avoiding Dar traffic. From Dar, a new airline Fastjet is opening lots of new routes in Tanzania and East and Southern Africa and is worth investigating for holiday travel.

## **Banking**

The school banks with Exim Bank Tanzania Ltd. This is where you will need to maintain an account to receive your salary. The school can pay your wage in Tanzanian Shillings, GBP, USD or a combination of TZS & GBP or TZS & USD. If you choose to be paid in a combination of currencies you will need to maintain two separate accounts with Exim Bank. Bank charges apply for transfers to foreign accounts. On arrival, the Head of Administration will assist you in opening a bank account/s.

## **Health Cover**

A provision in your contract is health cover with AAR medical insurance (Silver Package). Your most likely port of call for medical matters will be Doctor Henk Van Der Gugten (+255784691949), a GP and school governor. For everyday issues with a GP we use Henk whose clinic is based 10 minutes from school at the Tanzania Tobacco Headquarters. Other services are available through AAR including dental/dental hygiene and optician treatment which teachers generally use in Dar. There is a small hospital near Posta in Dar where these services are available.

## **Malaria Prophylaxis**

Advice on anti-malarial medication should be sought from your GP. There are plenty of mosquitoes in Morogoro and malaria is present. However, the majority of teachers do not use prophylactics, preferring to take sensible precautions against being bitten such as long clothing and healthy doses of ‘Jungle Fever’ spray in the evenings. Nonetheless, you might be more comfortable taking medication at first. Doxycycline is readily available at chemists in Morogoro and is cheaper than in the UK.

## **Climate**

Due to its altitude and proximity to the Uluguru Mountains, Morogoro is not as stuffy and humid as Dar. However it can still be very, very hot and dry. Rains tend to arrive around March and April and in October. Christmas through to February is usually the hottest time but even in winter Morogoro can be hot. The most pleasant time for weather comes after the rains between April and August where the evenings at least tend to be cooler.

## **Language**

A legacy of independent Tanzania's first president, the revered Julius K Nyerere is that Kiswahili is the prevalent language of all areas, including areas where tribal languages had previously prevailed. Most people nowadays can speak some English in towns and cities but it is very useful to pick up some Kiswahili. It is greatly appreciated that you take the time to invest in the local culture and it will also save you a lot of money when haggling! A fascinating aspect of Tanzanian culture is its various regional differences and the main tribal language in Morogoro is Kiluguru, although it is more commonly spoken in the mountains than in town. There are a few essential pieces of Kiswahili below which you will hear regularly –

Asante (sana) – Thank you (very much)

Karibu – Welcome

Pole – Sorry (expression of sympathy)

Habari yako – How are you?

Nzuri – Good (also the expected response to 'habari yako')

Habari za asubuhi – Good Morning

Ndiyo – Yes

Hapana – No

Naomba chai/bia/kahawa/bili – I would like (tea/beer/coffee/the bill) N.B. Please is not commonly used in Kiswahili; using 'naomba' is sufficient as it is a polite form of enquiry.

Usiku mwema – Good night

Teacher Zawadi who works in primary often tutors teachers in beginner Kiswahili. Our Kiswahili teacher Miss Jane may also be willing to offer private lessons or answer your questions.

## **Other Entertainment**

The following are a few things available in Morogoro that are popular with teachers at MIS.

Gym – located at the Simba Oil Petrol Station on the way to town. Offers gym facilities and also aerobics classes.

Golf Club – The Morogoro Gymkhana has a picturesque 9 hole golf course, offers club hire and also has a tennis court and good breakfasts at the weekend.

DSTV – sports fans might want to invest in the African equivalent of Sky, called DSTV (subscriptions available from the Simba Oil Petrol Station). The full package is pricey at around TSH180,000 per month but includes a good range of sport including International Rugby, Cricket, Premiership, Tennis etc. Cheaper packages are also available, as are cheaper providers such as Azam TV which costs about TSH12,000 and shows (lamentably bad) Tanzanian Premier League football and repeats of European games.

Jamhuri Stadium – there are often Tanzanian Premier League games on in town on Saturday afternoons (usually 4pm). Watching a game with one of the big Dar es Salaam teams is an interesting, if slightly intimidating experience.

Sabasaba – a gigantic Sunday afternoon market, 15 minutes' walk from the main daladala stand. Worth at least one visit to suck up the ambience. Some teachers are regular visitors!

Chilunga Cultural Tourism – can arrange guides for mountain hikes and other cultural tourism trips in and around the town.

Mikumi National Park – roughly two hours from town – our nearest option for safari trips.

And, of course, the bustling commercial capital of Tanzania, Dar-es-Salaam is just 190 kms away (although, with virtually no dual carriageway and severe speed controls, the journey rarely takes less than 4 hours by road). It can make a pleasant weekend break, though to visit a city with a huge selection of bars, clubs, restaurants and a full range of hotels to suit all budgets. And from there, it is just a 20 minute flight to the paradise island of Zanzibar!