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PARTNERS ENHANCING RESILIENCE
FOR PEOPLE EXPOSED TO RISKS

RISK METHODS SCHOOL

10 – 22 SEPTEMBER 2018

ARDHI UNIVERSITY - DAR ES SALAAM,
TANZANIA

LOGISTICS NOTE FOR PARTICIPANTS



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<http://www.riskreductionafrica.org/events/periperi-u-risk-methods-school.html>



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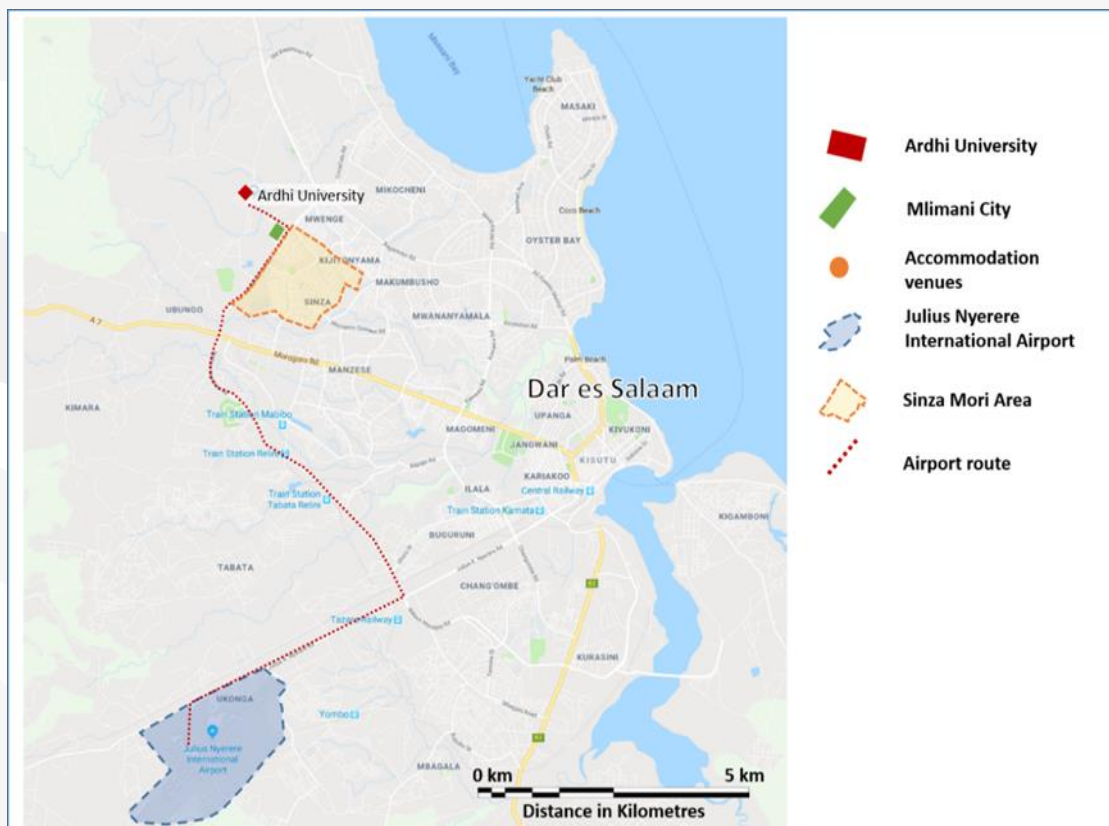
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ARDHI UNIVERSITY - DAR ES SALAAM

- ARDHI UNIVERSITY, DAR ES SALAAM -

The 2018 Risk Methods School will be hosted at Ardhi University based in the city of Dar es Salaam, Tanzania. Dar es Salaam, or "the house of peace" in Arabic, is a major port city situated on the Indian Ocean of East Africa. While no longer the capital, Dar es Salaam is the country's largest city and its main economic, political and cultural hub. Dar es Salaam is considered a highly diverse and multicultural city, home to people from across the continent as well as Europe, the Middle East and South Asia.

Figure 1: Direction from Julius Kambarage Nyerere International Airport to Ardhi University



Ardhi University was originally a college associated with the University of Dar es Salaam. The institution was elevated to university status through the University Act No 7 of 2005, and signing of Ardhi University Charter by the President Jakaya Kikwete of the Tanzania on 28 March 2007. The University has a smaller student body of just over 2500. Despite its size, Ardhi Univeristy offers 39 undergraduate and postgraduate programmes ranging from standard diplomas to doctorates.



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The Disaster Management Training Centre (DMTC) at Ardhi University was first established in May 2002, as one outcome of the country's "Strengthening Tanzania Disaster Response Project" (STDRP). STDRP was an initiative of the Disaster Management Department (DMD) of the Prime Minister's Office in response to major disaster incidents in Tanzania in the late 1990s, and was financially supported by USAID. The DMTC has been involved in a number of initiatives and projects to advance disaster risk reduction (DRR) within the country. This includes hosting Postgraduate disaster risk related academic programmes and short course training, consulting for disaster risk assessments, emergency planning and environmental management as well as partnering with the government DMD on numerous disaster risk related research projects across the country.

Figure 2: Ardhi University and surrounding areas



Registration venue and classrooms

Registration of participants will take place in front of the DMTC Lecture Theatre based at the centre of Ardhi University Campus. Class sessions will take place in the adjacent lecture venues: DMTC Lecture Theatre, GF4 Computer Lab and CICT Computer Lab.

Morning and evening tea will be served at the front of DMTC Lecture Theatre while lunch will be served at Playtime Cafeteria which is about 5 minutes walking distance from the training venue.



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Figure 2: DMTC Lecture Theatre, CICT Computer Lab and GFM4, the venues for the courses





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- ACCOMMODATION OPTIONS -

Dar es Salaam offers a variety of accommodation options including Hotels, BnBs and Hostels. Participants of the risk methods school are required to arrange their own accommodation for the duration of their stay in Tanzania. It is recommended that participants find accommodation near Ardhi University, the Sinza Mori area, for ease of access. There are a number of good accommodation venue options that can be found online in the Sinza Mori area.

There are three accommodation recommendations made by Ardhi University for participants; A recommendation by Ardhi University for participants arriving in groups of twos or threes are the 'Delina Apartments'. Each apartment has three independent self-contained bedrooms and a common kitchen and dining room. The apartments also feature a 24/7 security system. The apartments are situated within a kilometre of restaurants, shops, banks and other services. Each apartment costs USD300 per week to rent. Other accommodation options are the Wanyama Hotel and Double View Hotel. The two hotels offer bed and breakfast and participants can obtain dinner in the hotel upon ordering.

Contact details for the apartments are as follows:

Delina Apartments

Sinza Mori Area

Dar es Salaam

Tel: +255757800001/+255717903440

Email: apartments@delinagroup.com

Website: www.delinagroup.com

Wanyama Hotel

Sinza Mori Area

Dar es Salaam

Tel: +255 655 746 321

Double View Hotel

Sinza Mori Area

Dar es Salaam

Tel: +255 655 261 250

Participants wishing for assistance for securing accommodation during their stay should contact the organizing team at Ardhi University via the contact details provided at the end of this document, immediately after their applications are accepted.

PLEASE NOTE, that this service is merely to assist and advise on reservations for accommodation, participants will be expected to book and organize payment with the venue upon arrival.



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- TRANSPORTATION OPTIONS -

Airport Transfers

Taxis are readily available between Julius Kambarage Nyerere International Airport. The average cost of a taxi between the airport and the Sinza Mori area is TZS 40,000 (approx. USD20). Several hotels, such as GM Elegance Hotel, may offer their own airport taxi service, which are usually charged at TZS 35,000 (approx. USD15) per trip.

PLEASE NOTE: between 7am to 9am in the morning and 4pm to 6pm in the evening, traffic between the airport and Sinza Mori area is very bad. Please take this into consideration whether you are being picked up from or dropped off at the airport.

Ardhi University - Accommodation Transport

There will be a daily Risk Method School shuttle within Sinza Mori with pick up sites including accommodation listed in this document. Those within close vicinity will need to be at the allocated pick up points to utilize this service. A final route and schedule will be circulated to participants closer to the time. Participants wanting to use the shuttle service, should send their name, details of their accommodation and the duration of their participant (week 1 and/or week 2) to info@radar.org.za by no later than 3 September 2018.

Other transport

There are several other options of public transport available in Dar es Salaam. Commuter City Buses known locally as 'Dalla-dalla' (informal minibuses and 30-seater buses) operate from 4am to mid night. These buses typically charge TZS400 (USD 0.2) for shorter routes and TZS750 for longer routes (USD 0.33). The majority of bus stops in Dar es Salaam can be found on google maps. Dar has developed a new Bus Rapid transport systems known as Dar Rapid Transit – DART, however they operate in closer to the coast and CBD.

Uber taxis are also available and they are considered reliable, safe and cheap if one wishes to make a city tour as compared to the ordinary taxis. Taxis charges will depend on the distance travelled.



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- MEALS -

For the week of the Risk Method School (Monday-Friday) lunchtime meals will be supplied at the Playtime Cafeteria (about 5 minutes walk from the training venues). The lunchtime meal, served at 1pm, will consist of a buffet lunch. Morning and evening tea (including tea, coffee and a small snack) will be served at the front of DMTC Lecture Theatre. All food served during the courses will be Halaal.

Participants will be responsible for organizing any other meals (such as Breakfast and Dinner). The nearby Mlimani city shopping centre has a number of restaurants or shops where participants can purchase their own food. Some accommodation will have dining facilities (either restaurants or kitchens) but please check this before securing the booking.

Dar es Salaam has a fine selection of restaurants catering to the city's cosmopolitan population. Most of the cheaper Tanzanian and Indian restaurants are located in the city centre, with Euro-centric and upmarket seafood restaurants in Msasani area. Many of the high-end hotels offer Sunday lunch buffets and/or brunch. Note that many city-centre restaurants are closed on Sunday

PLEASE NOTE: Participants are encouraged to use bottled water for drinking and avoid having ice in drinks.

- HEALTH ISSUES -

Information on health related matters while travelling to Tanzania can be found on the Centre for Disease Control and Prevention website:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania>

PLEASE NOTE: It is recommended participants see a health professional to advise on appropriate treatments. Participants are also responsible for their own health insurance and healthcare (i.e. medication) before, during and after the Risk Method School.

Malaria

The risk of malaria is high in Dar es Salaam because it is located along the coast and an estuary. Participants are encouraged to use anti-mosquito repellents such as cream or spray to avoid being bitten. Participants must take necessary medication to prevent malaria. All major accommodation venues such as the recommended Hotels in Dar es Salaam should be equipped with mosquito nets over their beds, course participants are advised to use them throughout the night. Please check when you book your accommodation that mosquito nets are provided.



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- HEALTH ISSUES -

Hepatitis A & Tyhoid

Hepatitis A is spread through contaminated food (particularly shellfish) and water. Established sources are more reliable than less regulated places. As such, participants should be careful where they choose to eat. It is recommended (but not necessary) for participants to be vaccinated against Hepatitis A.

Yellow-Fever

According to the CDC, Tanzania is a low risk region for Yellow-Fever, however Tanzania requires you to carry a certificate of yellow-fever vaccination only if you are arriving from an area where Yellow-fever is prevalent such as (Ethiopia and Kenya. Please check when planning to travel whether you need certification of yellow fever vaccination in order to enter the country.

Clinics and Medical Facilities

There are several small clinics and a hospital within the vicinity of Ardhi University and recommended accommodation venues. This includes:

- Edward M. Memorial Health Centre (operated by Roman Catholic Sisters), is within walking distance from Delina Apartments and opposite the Mlimani City shopping centre.
- JD Pharmacy situated within the Mlimani City shopping centre that is well stocked and can provide advice to participants where to go if they are looking for specific services or treatment

Other hospitals that can be visited for more serious cases such as food poisoning, physical injuries or contraction of Malaria

- Agha Khani Hospital, A multi-speciality hospital with internationally qualified doctors offering general medical services and specialist clinics. situated in the centre of Dar es Salaam
- IST Clinic Fully equipped Western-run clinic, with a doctor on call 24 hours.
- Mikocheni Mission Hospital
- TMJ Hospital
- Muhimbili National Hospital

Please Note: For the period that course participants will stay in Tanzania, they need to ensure that they are covered by international health insurance, as all participants are liable for all of their own medical expenses before, during and after the Risk Method School. In the event you need to go to a hospital, please ensure you take along proof of your health insurance and passport for certification.



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- MONEY AND BANKING -

The official Tanzanian currency is Tanzanian Shillings (referred to as TZS or as TShs). Exchange rates currently stand at 1USD to TZS 2250 - 2260. Several hotels and accommodation venues such as the GM Elegance Hotel and Delina Apartments accept payment in USD for accommodation.

Participants are advised to change their money in TZS to be able to meet their daily expenses. The Banks and Bureau De Change are available at Mlimani City Shopping Centre where they can exchange currencies. It should be noted that Bureau De Change currency exchange rates are often higher than those at banks.

The use of bank cards for payment is accepted at selected business centres. Participants are therefore advised to carry some cash in their pockets when they go for shopping or intend to buy for some services.

PLEASE NOTE: if you are travelling into Tanzania and you plan to use your bank card for transactions, please you inform your bank to avoid them potentially blocking your card and access to banking (this is a preventative measure a bank may employ if they think your card/banking details have been stolen).

- INTERNET AND MOBILE CONNECTIONS -

Participants will have access to internet through Ardhi University's WiFi network upon registration before the commencement of classes.

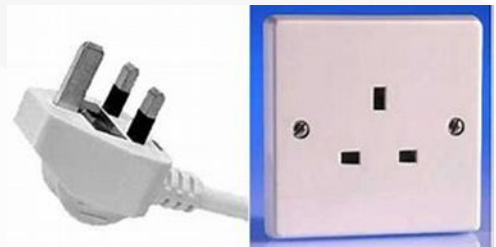
If participants wish to acquire a local simcard in Tanzania through a number of local service providers; Vodacom, Airtel, Tigo, Zantel, and Halotel. Vodacom has the widest coverage in the country, and Zantel has the best coverage for Zanzibar. Simcards can be purchased upon arrival at the international terminal at Dar es Salaam airport. Participants will need to present their Passports in order to register and purchase a simcard. Prepaid airtime and data can be purchased at retail stores across the city.

- ELECTRICITY, PLUGS AND APPLIANCES -

The residential voltage of Tanzania is 230V at a frequency of 50 Hz. The majority of power sockets are type G, which only work with a type G plug.

Following improvements of the power supply in Dar es Salaam city, electricity supply is stable and power cuts are quite rare. In the event of a power cut,

Ardhi University have backup generators on standby to ensure courses are not disrupted.





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- PLACES OF WORSHIP -

There are several places of worship, specifically Churches and Mosques, across the Sinza Mori area as well as close to the vicinity of Ardhi University.

To locate such places of worship, it is advised to use google maps

- CLOTHING ETIQUETTE –

Though Dar es Salaam is a diverse and cosmopolitan city, Tanzanians are fairly conservative when it comes to clothing and dressing. One can typically wear any clothing they wish if they go to the tourist / beach going areas, but in areas like Sinza Mori and more inland parts of the city, such clothing may be deemed inappropriate.

Participants should refrain from wearing clothing that is too 'flashy', revealing or suggestive. Loose clothing such as dresses or button shirts will help you keep cool. Therefore it is advised you dress decently, as if you are at work or attending a meeting with colleagues.

- WEATHER & CLIMATE -

During September, the weather is expected to be quite hot and dry, with little chance of rain. Daily temperatures are expected to range between 26c and 30c. It is recommended that participants dress in light clothing that will be suitable for hot dry conditions. All classrooms will be air-conditioned to provide relief from the heat.

- SAFETY AND EMERGENCIES -

Generally, Dar es Salaam is considered a safe and secure city, however participants are still advised to be careful of yourself and your belongings.

In case of an emergency course participants are advised to contact the following numbers:

- **Fire:** 114
- **Police or Ambulance:** 111 / 112
- **Ardhi University security:** +255 715095955 / +255786095955



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- Risk Methods School Contact Details-

Ardhi University Team

In case of any queries or something which requires the attention of the course organizers and hosts (particularly with regards to accommodation, transportation and offer logistical issues) participants are advised to contact the following persons.

Dr. Benedict Malele

Email: benedicmalele@gmail.com

Tel. +255754375277/+255754980872

Dr. Sarah Phoya

Email: sarahphoya@gmail.com

Tel: +255754373321/+255655373321

Prof. Gabriel Kassenga

Email: kassengagr@gmail.com

Tel: +255713599181

Applications and Course Information for Risk Methods School

In case of any queries or something which requires the attention of the course organizers regarding information of the courses on offer as well as application procedure, participants can contact the Admin team through the following details;

Email: info@radar.org.za