

Tanzania

Tanzania : [/ˌtænzəˈniːə/, \[1\]](#) officially the **United Republic of Tanzania** ([Swahili](#): *Jamhuri ya Muungano wa Tanzania*), is a country in [East Africa](#) bordered by [Kenya](#) and [Uganda](#) on the north, [Rwanda](#), [Burundi](#) and the [Democratic Republic of the Congo](#) on the west, and [Zambia](#), [Malawi](#) and [Mozambique](#) on the south. To the east it borders the [Indian Ocean](#).

The country's name is a formed of [Tanganyika](#), the large mainland territory, and [Zanzibar](#), the offshore island. The two former [British colonies](#) united in 1964, forming the United Republic of Tanganyika and Zanzibar, which later the same year was renamed the United Republic of Tanzania.

In 1996 government offices were transferred from [Dar es Salaam](#) to [Dodoma](#), making Dodoma the country's political capital. Dar es Salaam remains the principal commercial city.

History

What is now Tanzania was a colony and part of Germany from the 1880s to 1919. Under the League of Nations, the area became a British Mandate from 1919 to 1961. It served as a military outpost during World War II and provided financial help as well as munitions. Julius Nyerere became Minister of British-administered Tanganyika in 1960 and continued as Prime Minister when Tanganyika became independent in 1961. Tanganyika and neighbouring Zanzibar, which had become independent in 1963, merged to form the nation of Tanzania on April 26, 1964. One-party rule came to an end in 1995 with the first democratic elections held in the country since the 1970s. Having been essentially a socialist state soon after independence, Tanzanian economic aid went hand in hand with structural adjustment conditionalities that deteriorated the nation's economy. This deterioration was due to a sudden shift to capitalism when the societal and economic framework of the nation was a socialist one. During the 80s Tanzanian GDP growth increased (due to SAPs) yet Human Development Indexes lowered. Tanzania still struggles with economic development yet its outlook is positive due to increasing natural resource exports.

Geography



Map of Tanzania, shown with the old capital.

At 364,875 [mi²](#) (945,087 [km²](#)[\[4\]](#)), Tanzania is the world's 31st-largest country (it comes after [Egypt](#)).

It is comparable in size to [Nigeria](#), and is slightly more than twice the size of the U.S. state of [California](#).

Tanzania is mountainous in the north-east, where [Mount Kilimanjaro](#) , Africa's highest peak, is situated. To the north and west are the [Great Lakes](#) of [Lake Victoria](#) (Africa's largest lake) and [Lake Tanganyika](#) (Africa's deepest lake, known for its unique species of fish). Central Tanzania comprises a large plateau, with plains and arable land. The eastern shore is hot and humid, with the island of Zanzibar lying just offshore.

Tanzania contains many large and ecologically significant wildlife parks , including the famous [Ngorongoro Crater](#), [Serengeti National Park](#) in the north, and Selous Game Reserve and Mikumi National Park in the south. [Gombe National Park](#) in the west is known as the site of Dr. [Jane Goodall](#)'s studies of chimpanzee behavior.

Environment



Summit of [Mount Kilimanjaro](#).

Tanzania has considerable land area of [wildlife](#) habitat, including much of the [Serengeti](#) plain, where the white-bearded [wildebeest](#) (*Connochaetes taurinus mearnsi*) and other [bovids](#) participate in a large scale annual migration. Up to 250,000 wildebeest perish each year in the long and arduous movement to find forage in the dry season. Tanzania is also home to 130 amphibian and over 275 reptile species, many of them strictly endemic and included in the [IUCN](#) Red lists of different countries, Tanzania has developed a [Biodiversity Action Plan](#) to address species conservation.

Economy

The economy is mostly based on [agriculture](#), which accounts for more than half of [GDP](#), provides 85% (approximately) of exports, and employs 80% (approximately) of the workforce. [Topography](#) and climatic conditions, however, limit cultivated crops to only 4% of the land area. [Industry](#) is mainly limited to processing agricultural products and light consumer goods. Tanzania has vast amounts of natural resources including gold deposits and diamonds. Tanzania is also known for the Tanzanite gemstones. Tanzania has dozens of beautiful national parks like the world famous [Serengeti](#) and the [Ngorongoro Conservation Area](#), that generate income with a large tourism sector

that plays a vital part in the economy.

Tanzanian Kitchen.

Tanzanian kitchen is mostly influenced with the Arabian and Indian eating habits. In Tanzania the mostly eaten food is kidney beans and maize stiff porridge called in Kiswahili Ugali and rice. there are also Bananas, yams, cassava, irish and sweet potatoes and a lot of vegetables

Sambusa

Ingredients:

Mashed Meat, onions, peas, white flour, white flower bags, spices especially Curry powder and pepper, Salt, cooking oil.

How to do:

you cook meat first, when is ready you mix it with onions, you add spices, peas and salt.

you put meat in the white flour bags, then you deep fry them.

Pilau

Ingredients:

Basmati Rice, pilau masala, cooking oil, onions, (meat), garlic and salt.

How to do:

first you fry onions, then you put garlic, pilau masala then (meat) Rice and salt, fry the mixture for one minute then add hot water. Check if the rice is ready, then save.

Chapati

Ingredients:

White flower, salt and cooking oil.

How to do:

Mix salt and flour, add water and mix together till when the dough is stiff . Then cut into small balls, then roll the small balls to get a flat round pancake, then light fry the pancake.

Ng'ombe mchuzi

Ingredients: Beef ,carrots, tomatoes, onions and Biringanya (couldn't find a German or English word for it), garlic, salt and pepper.

How to do: You cook meat first, when ready then you fry onions you add tomatoes, when tomatoes are soft enough you add Biringanya and carrots which are supposed to be cooked before.

Samaki nazi

Ingredients: Fish, coconut milk, salt, curry powder, onions and tomatoes (though not so necessary)

How to do: you first fry fish, then you put in fried onions and tomatoes. You add coconut milk and salt and pepper.

Ugali

Ingredients: Grieß (instead of maize flour)

How to do: You cook water then you add Grieß, you mix the contents.

Kachumbari

Ingredients: Tomatoes, salt, lemon, onions

How to do: You cut tomatoes and onions you mix together ,then add salt and the lemon juice.

Presented by

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