

The Fumba Times

FROM ZANZIBAR TO THE WORLD – THINK GLOBAL, ACT LOCAL

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A NEW TOWN COMING TO LIFE

Famous visitors, first residents and after-work Fridays - it's all happening in Zanzibar's Fumba Town



Fumba Town in Zanzibar, only 20 minutes away from Stone Town: Like a green oasis the eco community along the sea front of the Fumba peninsula is becoming reality

Sending a strong environmental message while at the same time offering modern living in Africa - and lots of fun: The Zanzibar experiment of Fumba Town is coming to life.

At sunset you may see people sitting at the tiny kiosk of "Kwetu Kwenu" - Swahili for "My-place-is-your-place" - sipping self-made lemongrass lemonade or, if you'd wish, a cold beer. A delivery boy peddles around on a bicycle to bring "green baskets" to households, a popular weekly courier service consisting of fresh veggies from a new nearby farm. Residents are returning from work, friendly security guys at the gate quickly opening the barriers for them. And as the equatorial night abruptly falls over the quiet scenery, the resident doctor may be seeing her last patients for the day.

This is a typical Fumba day. From a place under construction, Fumba Town, the first eco-friendly African town on the island of Zanzibar, is transforming into a breathing, living community. More than 500 houses and apartments of an expected total of 3000 units have been sold and built. Buyers from 50 nations have invested in the cosmopolitan oasis. The first hundred or so residents moved in.

Town dwellers come from all sorts of backgrounds, "exactly as we were hoping it", says chief developer Sebastian Dietzold. Among them are families from Oman returning home to Zanzibar; young couples who rent in Fumba and work in Stone Town, expats on a mission as well as African ladies looking to retire "in a peaceful environment", as Jane Nhamuro puts it. The 57-year-old Zimbabwean nurse relocated from Heathrow, UK, after her son discovered Zanzibar on a kitesurfing trip. "I just trusted him and bought here", says Nhamuro: "So far, I love it." In Fumba, for the first time in Zanzibar, foreigners are free to acquire property.

Ask people what is best in the green city created from the drawing board and answers are multiple: "Some advantages you only notice after you moved in", says CPS financial director Katrin Dietzold, "such as the big, low windows with unrestricted views out of your apartment, no bars and parapets necessary". This is because security is centralised in the state-of-the-art community. CPS is the German-led company developing Fumba Town.

"I love the serenity and cleanliness here", says a new resident from Italy. "Fumba Town is a place where everybody can afford a sea view", comments town manager Akif El Mauly. The development is sustainably master-planned across 150 acres of coastal land spreading out along

1.5 kilometres of Indian Ocean shore.

But yes, there have also been pitfalls since the ambitious project took off in 2015, some causing building delays: Difficulties with materials coming through the Zanzibar port, a problem-child which notoriously runs below capacity. Sand needed to produce concrete was also hard to come by, a worldwide shortage felt not only in Zanzibar. Nevertheless, after residential houses, the first Fumba apartments are to be handed over by the end of this year. Building phase II with six-storey "Mwangani" apartments and a cluster of luxury "Bustani"-villas is ready to start while the sale of these units is accelerating. "We usually start constructing when we have sold 60 per cent of a house", explains Katrin Dietzold. Buyers pay five instalments in two years enabling also new generations of prospective house owners to invest.

Other issues on the agenda are a bus shuttle between Zanzibar's capital and Fumba, the opening of supermarkets, a commercial centre and a first school. A kindergarten is already in place.

Meanwhile, not only new residents enjoy the Fumba bliss. When Jane Goodall came to Fumba Town recently for an open-air lecture (see story below), people from everywhere in Zanzibar came to meet and greet the world-famous chimpanzee researcher.



After-work Fridays: "Kwetu Kwenu" kiosk is the social centre of Fumba



Modern living in Fumba: interior of upcoming apartments now on sale

Global thinkers

ONE PERSON, ONE OPINION



Moritz Bielech, 22, permaculture teacher in Zanzibar and farmer-to-be from Erfurt, has this to say: "84% of people in rural Tanzania still suffer from food shortages. And food shortages mean hunger! But even with 8 to 11 billion people on the planet there can be enough food for everybody, according to the UN Global Nutrition report. Small-scale farming has to be better supported. Produce organically, distribute locally is the answer. No chemicals, no monocultures. Make soil from compost in just 18-40 days. Use water, worms and seeds and you can turn a desert into a vegetable garden in 9 months."

KANGA MANTRA

“Mvumilivu hula mbivu – A patient person eats ripe fruit”

All over East Africa women wear brightly coloured Kangas as a wrap-around cloth. From birth to marriage to grave, Kangas are indispensable. Each Kanga is printed with a proverb in Swahili, the female statement for the day. It may often have several meanings and translations.

Congratulations!

THE GREEN WEDDING



A marriage made in Fumba: On 14 September 2019, on Maasai land, the managers of the Fumba Town Service Center (FTSC) Bernadette "Miss B" Kirsch and Franko "Mister Green" Goehse were set to tie the knot. We can't wait to celebrate with our permaculture-landscaping VIP couple. We wish them all the best for their „perma“-times together in a happy and, of course, truly sustainable marriage!

ROLE MODEL JANE GOODALL

Chimpanzee heroine comes to Zanzibar for an evening with the Fumba community



Jane Goodall taking time to talk to youngsters in Fumba: New generation Zanzibari read every word from the famous researcher's lips

An ordinary traffic roundabout in Fumba Town was turned into a tented arena for a VIP visitor in August, when iconic chimpanzee protectionist Jane Goodall came calling. At 85 and not a tiny bit tired, wearing her silver hair in a pony tail, the world famous environmentalist bestowed a visit on the new eco-friendly residential settlement in Zanzibar to open a Tanzanian camp of her global youth program "Roots & shoots".

More than 250 people came out to sit on pillows and *mikeka* at Goodall's feet and enjoy an all-vegan African open-air buffet with delicacies such as fried cassava, veggie samosas, coconut curries and beetroot salad.

With full moon lighting up the magic occasion, money was raised for the Practical Permaculture Institute, and green sentiments were shared. "We gave Dr. Jane the message that Zanzibar is also her home", said Bernadette Kirsch of Fumba Town Service Centre (FTSC). Dr. Goodall herself, who made the groundbreaking discovery of chimpanzees using tools during her decades of research in Gombe National Park, had the message: "Plant trees." And: "Empower the youth." About Fumba the British activist said: "Green cities are the future." There was nobody to disagree during that special night of "excitement, motivation and kindness", as an observer put it.

ADVERTISEMENT



WELCOME NOTE WINDS OF CHANGE



Andrea Tapper Editor-in-chief, THE FUMBA TIMES

Zanzibar is changing. In the past five years maybe more than in 50 years before. Stone Town is no longer a village. Mlandege becoming a real urban shopping street with high-rise buildings. Michinzani getting a mall! The sea promenade, restored by the World Bank, looking fresh like a mediterranean breeze.

I could go on and on. The winds of change are blowing in Zanzibar. That leads to questions. Who benefits from half a million tourists and half a billion dollar revenue? Should megalomaniac projects be fostered? Do we want a Dubai-Zanzibar, a Muscat-Zanzibar? We at THE FUMBA TIMES believe in our own way. A modern Zanzibar still remaining Zanzibar. A sustainable island with chances for all.

GUEST COMMENT NO MUSEUM OF PEOPLE



Ashrak Mussa, 27, community photographer, recipient of UNESCO 2018 Heritage Award, founder of Ash Gallery

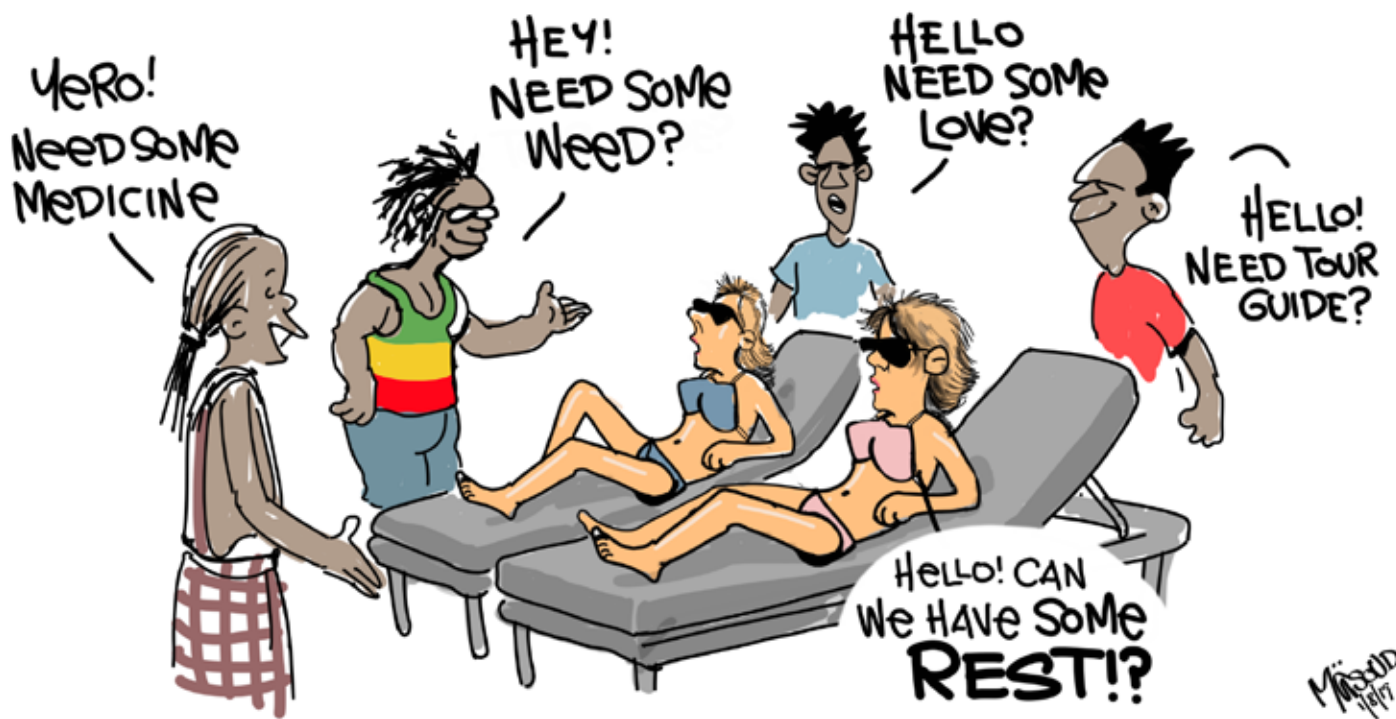
Amidst the global culture we can't set our culture in stone.

Welcome to Zanzibar. A place of myth and legend. A place of stories. If you are a visitor, you have probably been drawn here based on some of these stories. Zanzibar – romantic, mysterious, just beyond the horizon. Yes, Zanzibar and Stone Town are all of that, but also much more.

the depth and breadth of Swahili life and culture. We hope our photographs begin to suggest what it is to live here. To give you a window into our lives and to extend the conversation. Talk to us. We are not display items in a museum. This is a UNESCO 2018 Heritage Award, founder of Ash Gallery

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CARTOON



by Kipanya

NEW ON THE ISLAND



Zuma of Mr. Kahawa: "Safi sana"

Fresh from the printing press: Our first issue was printed in Stade, Germany



Stone Town Records: "Let it rock!"

READERS DISCOVER THE FUMBA TIMES

"This is what we have been waiting for." "Finally, an English paper in Zanzibar." "Fumba Town looks so lovely, where is it?" Such were the reactions of readers when a test issue of THE FUMBA TIMES was shown to them. We are very pleased, and proud about the overwhelming echo. Our promise to you, dear readers: Will keep you informed, entertained and inspired.



Hon. Minister Mahmoud Thabit Kombu: "Let's read it" - Publisher Sebastian Dietzold (right): "An important part of Fumba"



Simon & Lupita, Blue Oyster Hotel: "Good luck to FT"



READERS LETTERS

Dear reader, we at FUMBA TIMES welcome your opinion, story ideas, suggestions and feedback.

Mail us your comments. If published we reserve the right of editing and shortening.

E-mail to: readersletters@fumbatimes.com

REPORT ON SCHOOLS!

How nice to find an English language gazette on the island! Thank you for that. I read every article of your first edition and found it to be very interesting. Since I am working for the only Rudolf Steiner primary school on Zanzibar, I am wondering if an article about this way of teaching would be interesting for your gazette? Many people have an idea or opinion about Steiner education, but a lot of people do not know what Steiner education actually means.

Dear Blanche, we are planning a whole article on schooling possibilities in Zanzibar and will be happy to include your school. The Editor

WE LOVE SPORTS

Dear Editor, it would be nice if you could include more sport and fitness in your new newspaper. We are interested in personal training and all sorts of water sports. Also coverage of running events like marathons would be great. We want to know what is offered in Zanzibar and sports is good for you! Said and Lulu, by e-mail

CORRECTION

We misspelled the name of the owner of Inaya Zanzibar Ltd in FT issue No 1. The correct spelling is Cheherazade Cheikh. Our apologies.

THE UNLIKELY MR. ZANZIBAR

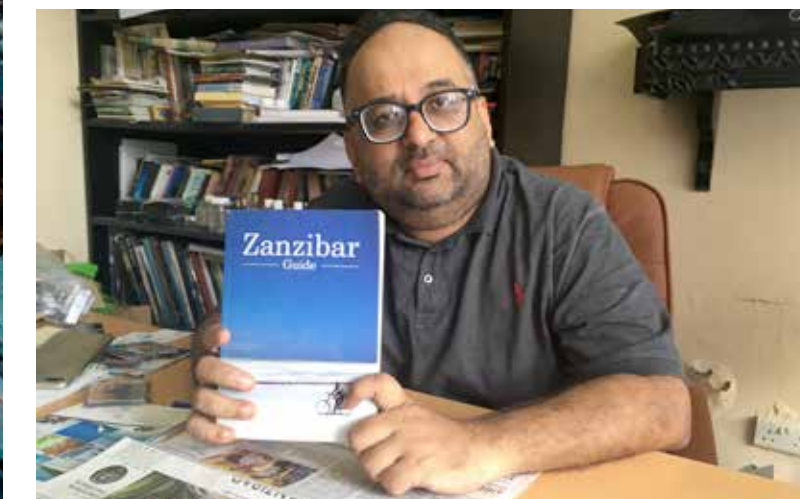
80 books on Zanzibar and counting: Javed Jafferji is the unrivalled king of print, photos and promotion on the spice island

By Andrea Tapper

In the lobby a woman is packing black pepper into small plastic bags. Like changing stage backdrops various boards for various activities are standing in the background: Gem Centre, Tourism Show, Gallery Tours. Surely, the owner of this two-storey residential office building in Mbweni plays the flute to many tunes.



The world of Javed Jafferji, photographer and tourism businessman in Zanzibar (clockwise from left): Blue is the new orange, a sea of rooftops in Stone Town captured by drone. The man himself with his very first "Zanzibar Guide" written and published 26 years ago. Below, his artsy beach beauty in black and white



And then he enters, in green khaki trousers, a black T-shirt, a shy smile. "Come in", Javed says and suddenly seems much more approachable than I'd thought he would be. Javed Jafferji, 50, photographer, writer, publisher, printer, hotelier, travel operator, tourism official, spa owner. His stage is Zanzibar. His roles are many. Fact is, he has written and produced about 70 to 80 books on Zanzibar (the precise number he can't recall himself), starting with the very first island guide and travel book, the blue-covered, 103-page "Zanzibar Guide", published in 1992/93. In those infant days of tourism, the "Lonely Planet" had not yet discovered Zanzibar, more than two decades of socialist rule had isolated the island from the world: "Nobody was ready to publish a travel guide on Zanzibar", Jafferji recalls, "therefore I had to do it myself".

Zanzibar 150 years ago as a merchant by ship, his father was already born here, all members of the Bohora community.

In 1975, with six-year-old Javed in tow, the family left Zanzibar for Pakistan. As a kid, somebody gave him a camera and little Javed made this first snapshots. "It was a very simple, small camera", he recalls. After studying in London and acquiring a master's in photography, he was drawn back to Zanzibar in 1995, "just when many

"Zanzibar is my destiny. There is no way of escaping"

others left, five days before the first multiparty elections", as he vividly remembers. "Zanzibar gave me everything", Jafferji says today. "I started my publishing career here. At the time the book market was great."

His latest endeavour – photography by drone – has produced the most amazing results, published regularly in his bi-monthly local A5-magazine "Swahili Coast". He is planning a new book entirely filled with drone images: "This makes me see Zanzibar in a new light", the photographer explains.

And indeed, how surprising are the patterns of tropical life from a bird's eye perspective! A sea of corrugated tin roofs (see above), a chessboard of trees. As a photographer Jafferji has shot more than 100,000 images of Zanzibar, Tanzania and Africa over the years. Are they all digitalised by now? "Oh no", he says, "I wish they'd were. I am not that organised."

The "Swahili Coast" has been the love of his life, apart from his wife of course who runs the "Cinnamon Spa", another

family business. "I am proud that for 18 years we almost never missed an issue of the Swahili Coast magazine", Jafferji says. Anybody in publishing in Africa will certainly appreciate that success, especially given the demise of print journalism in general. "Books are out", the book publisher himself sighs, "maybe not yet as badly as in Europe, but average tourists hardly buy books any more."

So, "out of necessity" once more, he diversified starting his own travel company "Gallery Tour & Safaris", then shifted his attention eight years ago to his own boutique hotel, not anywhere of course, but in the oldest authentic Indian property in town, on Gizenga Street. "Jafferji House & Spa" beams visitors into a world of wood carvings and colourful furniture. The museum-like lobby is decorated with the master's collection of star photos. A year ago, the "Jafferji Beach Retreat" with 14 suites in Matemwe followed. Meanwhile, a staff of 150 looks after the photographer's core businesses.

"He was one of the first believers in Zanzibari tourism", acquaintances of Jafferji say. Three years ago he was lifted to the ranks of commissioner of tourism. It was his idea to establish a "Tourism show" in Zanzibar. The first was held last year (see page 2), the second started this September. "We have started local, but it will grow", Jafferji is confident. Looking back, the father of three boys between 11 and 16 years says about his many activities: "Not everything in my life was successful. On average of four ideas only one or two work out, and nobody sees the struggle behind it." But by now he also knows how to let go. Latest by 16:30 he is out of the office, three times a week, carrying his beloved drone to a new spot. Javed Jafferji is ready to fly.



PHOTOS: JAVED JAFFERJI (2), TAPPER

LOCAL HEROES RICH OR POOR, FAMOUS OR UNKNOWN - THE FACES OF ZANZIBAR

FROM GREEN GIRL TO ECO-PRENEUR

It's been quite a drive to find her family house deep in the shamba of Mwera, a village area north-east of Stone Town. We pass banana plants. Lychees stretch their branches right through the car window. Abla's house has no electricity yet.

But Abla Mohammed Baraka is determined nevertheless. She is going to be among the top chutney and pickle sellers in her district, if not Zanzibar. She is a proud permaculture girl, one of the first young women to complete a green agriculture course in Zanzibar. It has been her stepping stone towards

a career, and even more so, towards an independent life. "Ndio", the 24-year-old says, preferring Swahili to English. "I can live off of what I learned." Abla lives with her mother and some of her six siblings.

The whole area is dotted with spice gardens, a rather fitting place for a young woman who wants to build her future on nature's abundance. Abla case is typical: She left secondary school after form 4, no job afterwards. Then she heard about the Practical Permaculture Institute of Zanzibar (PPIZ), in existence since 2015 as part of a bigger cluster of similar institutes in East Africa, Laura Maier, a North German who made her master's in global change management in New Zealand, became Abla's teacher. Maier herself started as an intern at the permaculture institute, now

she is heading it. The 30-year-old says of Abla: "She had her own opinion from the beginning." Laura Maier explains permaculture as a "regenerative system in harmony with people and nature". More than 250 students have participated in PPIZ workshops so far, more than hundred finished internships; the institute,

With chillies to independence

sponsored by several institutions, offers kids' camps and teachers' training. Abla took part in Fursa Kijani, a special course for out-of-school youngsters financed by the Zanzibari charity "Milele Foundation". Most of Fumba Town's gardeners

stem from the program. Bites are sizzling, the sweet smell of freshly cut flowers lingers in the air. The PPIZ educational site, located just 25 minutes away from Stone Town, is a green classroom. Five acres of land, an organic vegetable garden, grey water management system, rocket stoves and solar power. "I love it", says Abla, "and we learnt so much together." Making chillies. Creating compost. Identifying seeds.

Back on her own again, the young eco-preneur started experimenting with natural oils. Majuta ya nywele, her hair oil with ingredients from her shamba, quickly became one of her bestselling products. She set about designing her own labels and found a printer. For pickles and chillies she follows her mum's recipes and ideas from the training", she says. She sells



PHOTOS (2): ABILA TAPPER

up to 500 bottles of her pili-pili sauce per month at about one dollar each; her brand name "Marha" embraces the family initials.

Permaculture Course in English: Want to become a farmer? Or redo your garden? Join the 2-week permaculture course in English. Date: 15 - 28 November 2019. Costs: 650 US\$, incl. stay/full-board www.permaculture-eastafrica.com



Home-grown career: Abila runs a start-up, Laura was her teacher

EASY RENTALS, HAPPY LIVING

How property is rented and let in Fumba Town



Starting your new life: Monthly rent rates in Fumba begin at around 300 US dollars for apartments and houses with services like security included

Not everybody can buy a house or apartment. On the other hand many homeowners want to let. Fumba Town is turning given facts into a win-win situation.

There is a catch in renting flats in developing countries that a tenant in, say, Boston, Berlin or Brussels would hardly understand. Often, potential tenants are asked to pay the rent for a year or even two years in advance. "Who can do that?" asks Kevin Oxham, a young NGO-worker looking to settle in Zanzibar. "I get my salary monthly," Salome Yussuf who is also searching for a flat agrees: "I am an employed teacher. Paying rent in advance would be overburden me."

In Fumba things are easier. Homeowners as well as prospective tenants are supported to make a deal - most of the time without advance payments. Sebastian Dietzold, chief developer of Fumba, knows: "Renting living space is still a relatively new concept in Zanzibar. But with six percent population growth, severe lack of housing and not everybody in a position to acquire property, the rental market is bound to take off in the near future and we are paving the way."

In Fumba Town the playing cards for landlords and tenants are being shuffled right now. "We have developed a safe system to receive monthly payments", explains El Mauly, manager of the letting service in Fumba Town. The mechanical engineer is part of the

unique town management of the new eco-city under construction, a moderator between property owners and possible tenants.

"Our rental rates are very good value for money", Khamis says, "we did a comparison with other rates in Zanzibar." And the 27-year-old manager has no hesitation to promote Fumba Town: "I would certainly rent here myself, you can't get such an environment anywhere else in Zanzibar. 24/7 security, clean water, proper waste collection and sea view."

When the town management oversees the renting-out-process, landlords pay a fee of 7.5 % of the rent. "We advertise for tenants, do income screenings, draft

Rent is safely transferred anywhere



Town manager El Mauly: "I would rent here myself, it's perfect"

HOW MUCH IS THE RENT?

- Rent rates in Fumba Town range at the moment from 300 US dollars for an unfurnished 2-bedroom house to about 700 US dollars for a fully furnished 3-bedroom with AC.
- As usual in Zanzibar, electricity and water are pre-paid by the tenant.
- When newly built small apartments become available later this year, rental rates might become even lower.



Town manager El Mauly: "I would rent here myself, it's perfect"

INSIDE FUMBA TOWN TRUE STORIES OF NEW RESIDENTS



Lena Nzui and Emmanuel Robert: "Renting here is convenient for us"

"FUMBA PEOPLE ARE VERY CREATIVE"

Working in Zanzibar and abroad, Lena Nzui from Kenya and Emmanuel Robert from Nigeria are happy with their rental 2-bedroom house in Fumba Town.

How did you discover Fumba Town?
We were living in another, very good residential area in Zanzibar, in Chukwani, where we paid a lot of rent. When the landlord wanted to increase the rent again, we said enough is enough. Then we heard about Fumba.

How much did you pay before?
We paid 2,000 US dollars. It was a very big house. But actually we did not even need such a big house.

So money was your main concern?
Not really. Emmanuel runs a successful international travel agency called "African travel". We have many clients from eastern Europe. Lena works as a nurse. It's the community we love in Fumba. It's full of strategic thinkers. Everybody is creative and smart.

What do you mean exactly?
Look at the greenery and the ecological concept. Such a thing is not very common in Africa. It's fantastic, really like European standard. Lena eats power seeds from the morning tree in our backyard every day. It's healthy and we love it.

Are there more advantages?
We feel much safer here than before in Chukwani with all its individual properties. Since we moved to Fumba, if we have to travel for business, we just lock the door. The security in Fumba Town is one of its major advantages in our view, about Fumba.

Have you also faced any problems?
We seem to have a very high water bill. And a covered carport would be good, the car gets so heated up in the sun.

Do you consider buying?
We want to test Fumba as tenants and see how it develops. It all depends who is moving here. It's the neighbourhood which shapes an area.

Do you know your neighbours?
There is much progress of late, new people moving in all the time. Yes, you do meet. Fumba is still incomplete but we are already very proud of it.

LET'S TALK ABOUT TAKA-TAKA...

Fumba Town is setting new standards in waste collection and recycling

An incredible 94 per cent of Fumba's daily garbage is recycled. In fact, the waste collection is of higher standard than even in Europe.

If your work uniform does tell something meaningful about your job, the *taka-taka* collectors' outfits in Fumba say it all. Right on their bright yellow overalls and T-shirts stands the message: "No poverty. Jobs in waste collection and recycling." Or another one: "Zero hunger. Make use of organic food waste." Franko Goehse, head of the Fumba Town Service Centre (FTSC) and - together with Bernadette Kirsch - the brain behind most green ideas in Fumba, says: "We thought it would be quite fitting to put the development goals of the United Nations on the uniforms of our waste collection staff."

And so they did. One of the pleasant features of



Mr. Green alias Franko Goehse, the waste collector No.1 in Fumba

Fumba Town is the slow-cooking. Or slow beginning, one might say. The town is becoming a town not overnight but within a process. Whether it's building, landscaping or the - often-overlooked - waste collection, the development of East Africa's first eco city allows for learning curves.

Rule Number one has been established and working: "We collect organic waste and food left-overs daily and other garbage weekly", Franko explains before taking visitors through the A-Z of Fumba waste management. And visitors he does get plenty: "The landscaping and recycling unit is one of our greatest assets". Fumba Town chief developer and CEO Sebastian Dietzold proudly says: "Every visitor and prospective investor is totally speechless once they get there."

Indeed, the FTSC is like a fairy-tale of green ideas and realisations. Take this one, for instance: "We literally built the town on cardboard, worms and compost", remembers Franko Goehse. "We placed simple cardboard on the corals of our waste collection staff."

In 200 kilo of worms which doubled by reproduction every thirty days and created compost with them. That became the very foundation of Fumba, the soil of our town."

Waste separation is the magic word. Don't throw everything on one heap, but separate your waste. Every household gets three different ten-litre containers for the kitchen: a green one for food waste, a blue one for things which can be recycled such as plastic bottles, paper, cardboard and glass tins. And a black waste

bin for the bad and toxic items: cigarette butts, condoms (!), soft plastic, diapers.

"Half of the garbage of a normal household in Zanzibar is organic", knows Franko Goehse. And organic means: The waste processors of Fumba will compost it and make soil of it. "We are happy to be able to recycle 94 per cent of the waste of Fumba Town", says the green specialist. This includes also metal and fabrics which can be reused. Only four to five per cent of the things people throw away in Fumba will end up in Zanzibar's landfill in Kibele.

Waste separation is the magic word

While African households still produce far less garbage than an average family in the developed world, the situation in Zanzibar is shocking enough. In Europe every person creates an average of 500kg waste per year, according to a 2014 EU statistic. The goal of Europe is to recycle 55 per cent of that by 2025.

In Zanzibar, every day "the equivalent of the weight of a Boeing 747" gets dumped uncontrolled into the environment, states a study of Zanrec, a company dedicated to reforming the waste collection in Zanzibar. Zanrec already collects garbage from 70 hotels and recycles it properly. They also do a remarkable job in village and beach clean-ups.

Although people of Zanzibar can watch the hardworking municipal street cleaners and dump collectors in neighbourhoods of Stone Town every day, there remains a huge amount of uncollected waste. In 2014, a scientific study done by a Malaysian NGO revealed that not even half of the garbage dumped anywhere on the island gets collected. "Open dumping is the prevalent method for final disposal", concluded Biubwa Ailly, the researcher from Malaysia. "Trash blocks the drains and poisons the water" was the blunt verdict of a



Waste collectors in Fumba taking the stigma out of trash with bright yellow uniforms - and a smile

Deutsche Welle television documentary probing "Zanzibar's trash mountains" in 2017.

Fumba Town wants to do it differently. "We want to set a positive example", says Goehse. In fact, among many other virtues, the reliable waste collection is one of Fumba's main attractions.

So-called "green rooms", open garden spaces between plots, feature big garbage bins where house owners and tenants dispose of their individual garbage discreetly and out of sight. The idea is, that neighbours meet and chat in the neat-looking green rooms. "We hope to take the stigma out of trash by ensuring that it is safe, clean and well maintained", says Franko Goehse. To combat bad smells sawdust is provided for pouring over organic waste.

"Our system is actually more advanced than in most Western cities", says Goehse. If a house owner is unsure just what to do with a broken bulb or his old tires, he or she can call the Town



In "green rooms" between houses and apartments the household garbage gets collected almost invisibly

Management for advice and clearance. Because the message is easy: The better we all separate waste at household level, the more can be re-used, sold

and recycled - and the greater is the benefit to the environment. "It's not so difficult", says expert Goehse, "one just has to do it".

Happy & Healthy

ASK DR. JENNY BOURAIMA READER'S QUESTIONS ANSWERED BY OUR OWN MEDICAL EXPERT



Dr. Jenny Bouraima, Urban Care Clinic

FAN OR AC - WHAT IS BETTER FOR MY HEALTH?

Salome A, 53, secretary from Kikwajuni, asks:

Dear Dr. Jenny, I am a secretary and have recently been transferred to a new office. Everything is fine there and my colleagues are very nice and understanding - except for one little thing. They are used to cooling down the office like a fridge! The AC is constantly on high. I have a problem with this because I catch colds easily. I develop a sore throat, running nose and sometimes even a long-lasting flu due to this. In my own house we don't use AC, also for economical reasons, and just

have ceiling fans, plus one extra standing fan in the bedroom. My question to you as a doctor is: From a medical standpoint, what is better for your health in tropical conditions - a fan or air conditioning? And what sort of compromise can I find for the office? I also wonder how small children react to either fans or AC since I have my grandchildren visiting and sleeping over with us sometimes. Please give me your advice.

Dr. Jenny Bouraima answers:

Dear Salome, like in many health related questions - as in life generally - the answer is not always plain black or white, yes or no, but rather "it depends" and "all in moderation". While it is proven that cold air as such is not responsible for making someone sick (bacteria and viruses are!), the seemingly excessive air-conditioning in your office is contributing to you getting a respiratory tract infection more easily. Switching from the humid heat outdoors to the dry cold inside your office make your blood vessels constrict; that happens inside your nose and throat as well, which contributes to drying up of skin that usually



your clothes are damp, switching repeatedly between indoors and outdoors will keep your body cooler for longer which just amplifies the explained blood vessel reaction.

The economic factor you are mentioning is another important reason for responsible and moderate AC use. Fans are much cheaper to run than air conditioners. If you run both, experts say, you can at least turn your AC four degrees higher for the same cooling effect. But there are also environmental concerns. Air-conditioning contributes to global warming due to the energy consumption and as such the impact on the stratospheric ozone layer. This should make us choose very wisely when selecting an AC system.

At home in your bedroom or in the children's room, the temperature is directly related to the quality of your sleep. The optimal room temperature in a bedroom is between 18-21 degrees Celsius, temperatures that here in Zanzibar most of the times can only be obtained by air-conditioning. Sleeping in such a "cool" environment has proven to help your body maintain its temperature and prevent night sweats and related insomnia.

Fans are a valid and cost-efficient alternative. But you have to be aware of the risk of creating a draft, which especially in the hot and humid season in Zanzibar can lead to respiratory tract infections as well. Depending on the age of

your grandchildren you'd also want to make sure that your standing fan does not pose a security hazard by easily tipping over or due to unprotected blades.

However, the real problem we are facing in many houses in Zanzibar are not ACs or fans but poor indoor air quality. Polluted indoor air due to insufficient ventilation and harmful building materials poses a risk to respiratory health. Adequate ventilation, regular inspection and house



WRITE TO US!

Do you have any health or lifestyle questions? Dr. Jenny Bouraima at THE FUMBA TIMES (here with a young patient) will be happy to answer them. In her clinic in Fumba Town she provides automated in-house laboratory testing for reliable medical diagnostics as well as a loyalty program, emergency and after-hour consultation

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KITESURFING, COWS & CLUBBING

Fishing village Paje at Zanzibar's east coast now among world's Top Ten kitesurfing spots

There is a strange occurrence in Paje: cows and kites together at the beach. While local fishermen return with the catch of the day in their traditional wooden *ngalawa*-boats and Swahili women are harvesting seaweed, wind-seekers ride in the impossibly turquoise lagoon.

It strikes newcomers immediately: This may not be Maui on Hawaii nor Tarifa in Spain or Cabarete in the Dominican Republic. But the cultural blend of kiting and traditional life on Zanzibar's east coast is hard to beat. The sand, soft as powdered milk, framed by palms and casuarina trees. The turquoise, blue and green shimmering sea rarely under 24 degrees Celsius. The east coast around Paje with its quite big difference between high and low tide still is a haven of budget and boutique accommodation. Upmarket mass tourism like in the north of Zanzibar has not yet really arrived here.

And what about the cows? The skinny animals love to navigate all on their own at sunset time to the beach. Numbering around twenty or so, they are not the property of one individual but village cows and according to local belief ghost cows, *wanga*, carrying the spirits of deceased. "They love the blue hour just before sunset", the fishermen say, "strolling to the beach for fresh air before returning to the village to sleep".

The beach crowd follows another rhythm, kiting and swimming in the mornings and late afternoons, depending on tides, then settling at the sunrise beach for drinks, dinner and clubbing.

A well-loved newcomer is the techno-burger hangout B4 with its natural pool surrounded by dune grass, and its brand-new night-time mini-golf. The exotic trend-place, started by Tina Wurmus and husband Alex Goehse three years ago, has twelve state-of-the-art bungalows to rent and all sorts of popular night



The wow-effect of Paje: Turquoise waters perfect for swimming, sunbathing and kitesurfing. The pool of popular B4 beach club (left) is an eldorado for fans of electronic music. The club offers bungalows, burger and sushi. Mr. Kahawa (right) is a fashionable beach meeting point for health food fans

activities, from sushi on the packed beach to movie nights, and popular Saturday nights with electronic music.

Next door, Mr. Kahawa is known for healthy breakfasts, lucheons and dinners. Opened by Dutch owners as a tiny coffee shop in 2012, the casual beach villa under almond trees now serves 250 meals on an average day - all organic delicacies such as beetroot wraps or octopus with pumpkin puree. Mr. Kahawa recently opened a dining spot, too, called Mr Kahawa @night and rents out a handful of sea view lofts.

The kiting crave started in Paje, a spread-out fishing village literally built on sand, "about twelve years ago", recalls Kenyan-born Jan Neubert, a surfer by pas-

sion who runs one of the oldest surf establishments here. His "Airborne Kite Centre" caters to beginners as well as advanced kites; in his forest budget camp, three minutes off the beach, the 39-year-old offers safari tents, tree houses and bungalow suites. "We built the spot as a destination", says Neubert, who much to his mother's fright began surfing as a kid in the shark-infested creek in front of Mombasa's Fort Jesus. Together with "Kite Centre Zanzibar" and "Zanzibar Kite Paradise", also well-established kitesurfing schools, Neubert sensed the superb kiting qualities of Paje early (see interview on the right): "The knee-deep warm water at low tide is the perfect training ground."

The international pilgrimage of sport and party enthusiasts to Paje have no doubt changed the village. In its transformation from a formerly quiet Muslim community to a top young holiday spot, not all the changes have been viewed as positive. There are many stalls with African souvenir paintings, but there is also a garbage

problem and the village in general seems not to have prospered sufficiently. Notable exceptions are the much frequented "Supa-Duka", a local supermarket, and the adjacent "Kijiji" restaurant which shot to fame on Trip Advisor with its homemade curries and bryanis. A first local "Rooftop Restaurant" at the junction leading to Jambiani and Bwejuu has just opened. Well worth a visit is the Seaweed Centre in Paje where women make soaps from seaweed (fb/Seaweed Co. Zanzibar).

"The Soul" - first beach apartments for sale in Zanzibar

As the holiday spot develops, more accommodation for singles, couples and families is needed. "The Soul", a project of stylish beach apartments by the developers of Fumba Town, is intended to fill the void with a new concept of 1-3 bedroom apartments and duplexes for sale. Building is set to start this year. A showroom has been set up. The apartments are located 400

metres away from the beach and nestled around a lagoon. Selling prices start from 40,900 US dollars. It is the first time that foreigners can buy holiday property in Zanzibar. "We are pioneering", says Milan Heilmann, manager of "The Soul".

Will Paje keep its charme? "Paje is still not Bali", sums up Tina Wurmus, owner of B4, "it's lively but not yet overwrought with visitors." And the ghost cows still find their way unmolested to the beach.

Staying at Paje
b4beach.club
airbornekitecentre.com
mrkahawa.com
Luxury villas: kisiwaonthebeach.com

The Soul apartments & duplexes
www.thesoul.africa
Ph. +255 778 555550

Staying at nearby Jambiani
Chic: sharaadboutiquehotel.com
Family hotel: blueoysterhotel.com

3 questions to...

"IDEAL FOR ANY LEVEL"

Jan Neubert, 39, of "Airborne Kite Centre" about the magic of Paje.

Why is Paje such a hit with kitesurfers all over the world?

A warm, shallow lagoon, a reef two km away, steady side shore winds, no rocks - these are tropical waters for any level. We also do wave surfing beyond the reef.

When is the best season?

June - October and mid-December - mid-March. Average speed is around 16 knots.

Can everybody learn kitesurfing?

We have students from 8-80 years. A beginner's course takes 10 hours and costs about 330 dollars. Kitesurfing is not so much about force or strength but about feeling the wind. Nowadays, our equipment has an emergency button. That has made kitesurfing less dangerous.



Kite specials: Jan Neubert organises kite travels along the coast, sunrise surfs and whale watching

PARTY IN PAJE

Popular open-air venues dot the 20-kilometre stretch of Zanzibar's sandy coastline between the villages of Jambiani and Michamvi, with Paje and its traffic junction right in the centre. Luckily, owners have agreed on a party calendar:

- **Monday:** Red Monkey Lodge, THE spot to be, in Jambiani, jam sessions, often with prominent guest bands
- **Wednesday:** New Teddy's, barbecue and disco at Zanzibar's first ever dorm hotel
- **Thursday:** Demani, cosy inland garden club with live music on the main road
- **Friday:** Jambo, live music
- **Saturday:** B4, party at Zanzibar's only electronic club, often with top international DJs
- **Sunday:** Upendo in Michamwi, all-day chill-out brunch
Pls note, events subject to change



JUST DISCOVERED CAFÉ TURQUOISE IN STONE TOWN



Unusal and uplifting: Shabnam Salim styled her Cafe Turquoise in the colours of a tropical breeze. Staff waiter Abu Bakar gives guests a treat

PLEASE GIMME A BREAK ...

- ✓ **LOCATION:** top central between Park Hyatt and Hilton Doubletree
- ✓ **FOOD:** healthy delight
- ✓ **INTERIOR:** modern and stylish, seating capacity 18
- ✓ **THE BOTTOM LINE:** California goes Zanzibar

In times when "local & authentic" seem to be the non-plus-ultra, Shabnam Salim and her brother Nabeel had a different concept in mind for their Café Turquoise. No doubt, regional and fresh they wanted their products to be, but as for the setting of their intimate little restaurant they thought of something distinctively non-Zanzibari. "The idea was, to give locals and residents a break, feel a different vibe", explains Shabnam. And that's exactly what the former manageress of Kholle House boutique hotel managed.

Residents flock to the airy, bright, tastefully decorated daytime cafe-

cum-restaurant because it gives them a break from Swahili-style chests, curries and samosas. Instead: a variety of freshly made salads from Greek to garden salads (9,000 TZS) customised with chicken, tuna, avocado and the like. Main platters such as prawns with seasonal vegetables and mashed potatoes (20,000 TZS) await them. And as a main or dessert, crepes and waffles (12,000 TZS).

Everything was fresh and beautifully prepared, when we visited. Some of the portions, like the filled croissants and the berry compot, were a bit meagre though for our appetite. Then

again, you don't come to Café Turquoise with a big hunger, more for a light snack or ladies' city lunch. Service is extraordinarily attentive. And the freshly made juices and smoothies! We went for the Green Goddess with avocado, coconut milk and ginger - and that's as local as the Turquoise gets.

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