

The Fumba Times

FROM ZANZIBAR TO THE WORLD - THINK GLOBAL, ACT LOCAL

June - August 2020

International Edition 04

ISSN: 2683-6572 / Complimentary edition

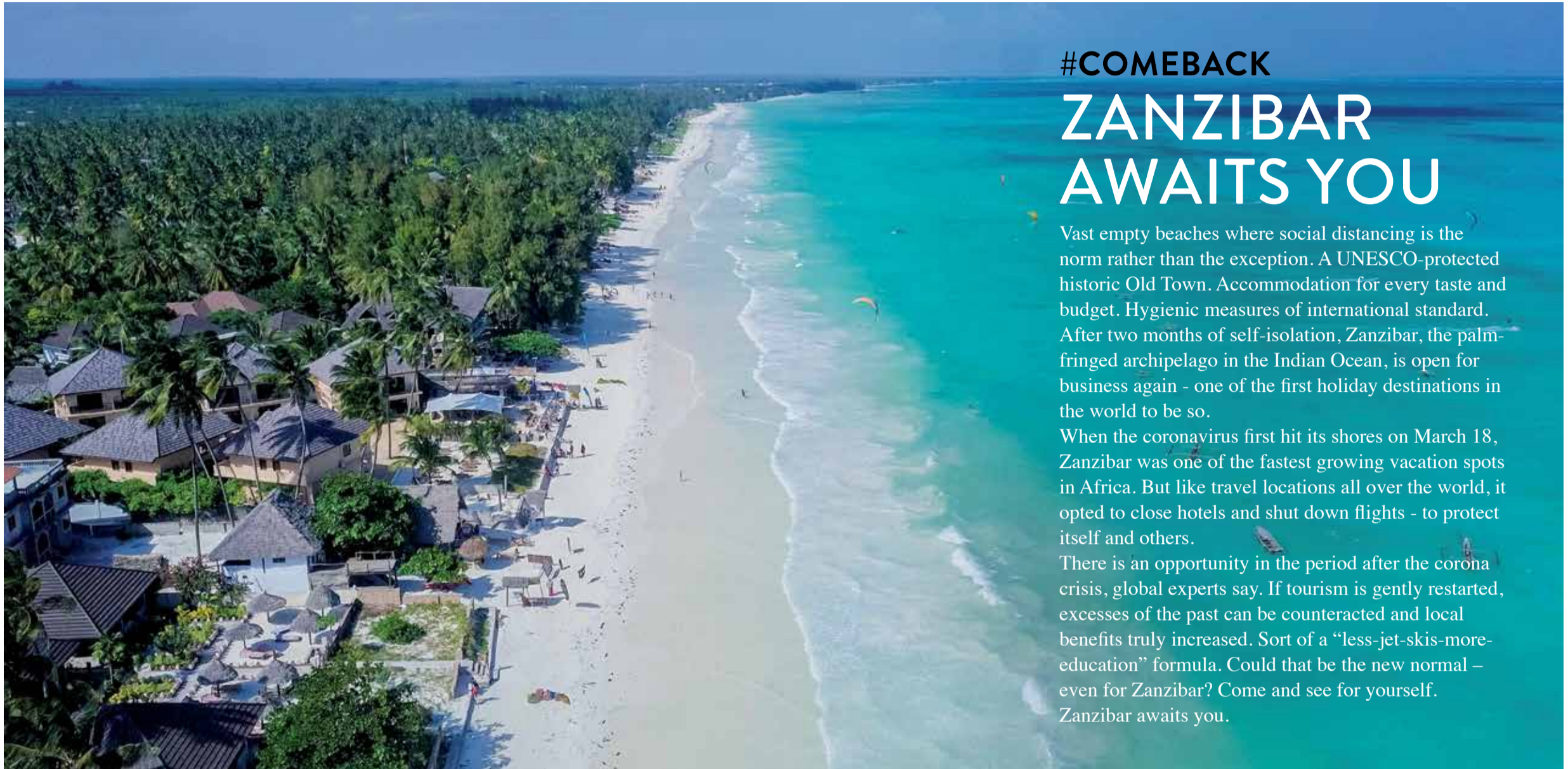
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#COMEBACK ZANZIBAR AWAITS YOU

Vast empty beaches where social distancing is the norm rather than the exception. A UNESCO-protected historic Old Town. Accommodation for every taste and budget. Hygienic measures of international standard. After two months of self-isolation, Zanzibar, the palm-fringed archipelago in the Indian Ocean, is open for business again - one of the first holiday destinations in the world to be so.

When the coronavirus first hit its shores on March 18, Zanzibar was one of the fastest growing vacation spots in Africa. But like travel locations all over the world, it opted to close hotels and shut down flights - to protect itself and others.

There is an opportunity in the period after the corona crisis, global experts say. If tourism is gently restarted, excesses of the past can be counteracted and local benefits truly increased. Sort of a "less-jet-skis-more-education" formula. Could that be the new normal - even for Zanzibar? Come and see for yourself. Zanzibar awaits you.

FUMBA: LIVING ON THE SAFE SIDE

Zanzibar's new seaside development finds the right formula facing the pandemic

Self-sufficient, green and secure, Fumba Town turns out a precious asset for residents and investors alike. A chicken yard comes in handy, too.

Shortly before sunset, the cobblestone roads turn into a kids' bicycle parcours. The ocean shimmers in silver; golden light bathes the children's faces at dusk. Even three-year-old Massoud has got it right today, and happily pedals around without training wheels on his bike. Car drivers are well aware of the need to drive at walking pace. "Fumba Town radiates quietness and protection the moment you enter here", says Dr. Winnie John, a new doctor in town who came to settle in the growing African seaside development.

Since coronavirus hit the shores of the Indian Ocean, residents say, the feeling of being safe in Fumba Town has grown even stronger.

"A city to survive on its own"

Permaculturist Frank Goehse

"Some new tenants moved here particularly to be out of the hassle and buzz of the capital", says project manager Christian Dubiel while taking visitors around the 150 acres compound stretching out on 1.5 kilometres of seafloor on the west coast of Zanzibar.

"We always wanted to be resilient", explains chief developer Sebastian Dietzold. "As it turned out, our eco-friendly planning against climate change also helps very much in a global health crisis." 94 per cent of waste is recycled in the urban project with 24/7 clean water, veggie gardens, fruit trees and even a clinic with in-patient facilities. Unlike in many other urban developments, especially in Africa, the infrastructure was initiated before the construction of

houses began. "Fumba Town was already green when the first homeowners moved in", says Dietzold. "A forest is better than AC." Dr. Winnie John agrees: "I love the papaya in front of my house."

Only 20 minutes drive away from

the capital and the airport, the urban project, initiated in 2015, has recently been filling up with life as around 500 of approximately 3,000 planned houses, duplexes and apartments have been constructed and the first hundred or so residents moved in. With the corona crisis, the estate was challenged in many ways. "We reacted very early", says Tobias Dietzold, one of the chief town planners, "introducing precau-

tionary measures at the gates to protect workers and residents." Zoom conferences became the norm rather than office meetings. Construction workers, catered for on site, started eating in smaller groups. By the end of May no worker had fallen sick.

Homeowners called from afar, eager to take over their houses but unable to fly to Zanzibar because of travel restrictions. Emails flocked in from investor-

swary about progress, but also from clients suddenly limited in their own cash flow. "We are offering solutions to share the financial burden", assures Tobias Dietzold: "The most important is communication." Units in Fumba Town have been sold to local and international buyers from 50 countries, mostly off-plan and payable in instalments.

The sound of bulldozers signals progress on the building site - even more so since the outbreak of Covid-19. "We never had to stop construction so far", says Christian Dubiel, "but with worldwide delays in manufacturing and supply we slowed down a bit." A line of striking white beach houses, all sold, is nearing completion, seven more apartment buildings are on the way. Next on the agenda: the Moyoni complex, a neat cluster of affordable community houses, and more luxurious Bustani villas.

Meanwhile Frank Goehse, head of landscaping and responsible for Fumba's vast green allure, feeds the chicken happily clucking around in his permaculture centre, providing valuable manure and eggs. "The coronavirus", says Goehse, "reminds us to design cities that can survive on their own."



Chicken for sustainability: Chief landscaper Franko Goehse feeds the brood

Global thinkers
**ONE PERSON,
ONE OPINION**



Barack Obama, former American president: "The response to the coronavirus outbreak serves as a critical reminder why strong government leadership is needed during a global crisis."

**ATTENTION,
SECOND-HOME
OWNERS!**

Majorca, the Spanish island with more than ten million tourists yearly and almost the population of Zanzibar, is often a good indicator of travel trends to come. Balearic President Francina Amengol received 200 letters from second-home-owners requesting to visit their residences during the corona lockdown. A strong lobby, it seems. "I will do my best to re-establish travel routes", she promised.

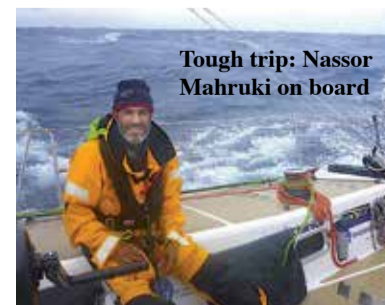
NASSOR AROUND THE WORLD

Zanzibari spent half a year on the ocean



70-foot long: The 'Clipper Round the World' is a biennial yacht race with 11 identically designed boats followed by 60 million viewers on YouTube

Zanzibari in a famous sailing race around the world: THE FUMBA TIMES spoke to Nassor Mahruki after his exciting journey was interrupted in the Philippines due to corona. "The hardest thing", Mahruki said with a smile, was not even the sailing but "motherwatch", the "cooking and cleaning for a crew of 19." Everybody on board takes turns with any duty; the crew consists of mostly amateur sailors led by professional skippers during the 11-month rally. "My passion for sailing started with a dhow", says Mahruki, 62, who owns hotels in Unguja and Pemba. "And I love all water sports." On the trip from London to Uruguay, to South Africa and Australia he encountered eight-



Tough trip: Nassor Mahruki on board

metre-high waves and 80-knot-winds. "It's inspiring with people of so many nationalities on board", Mahruki said. "In Zanzibar we sail since 1,000 years but few people do it as a sport, I want to motivate them." The trip is set to continue next year. Follow Mahruki's adventures on YouTube, edited by Mohamed Bajubeir (see also page 6).

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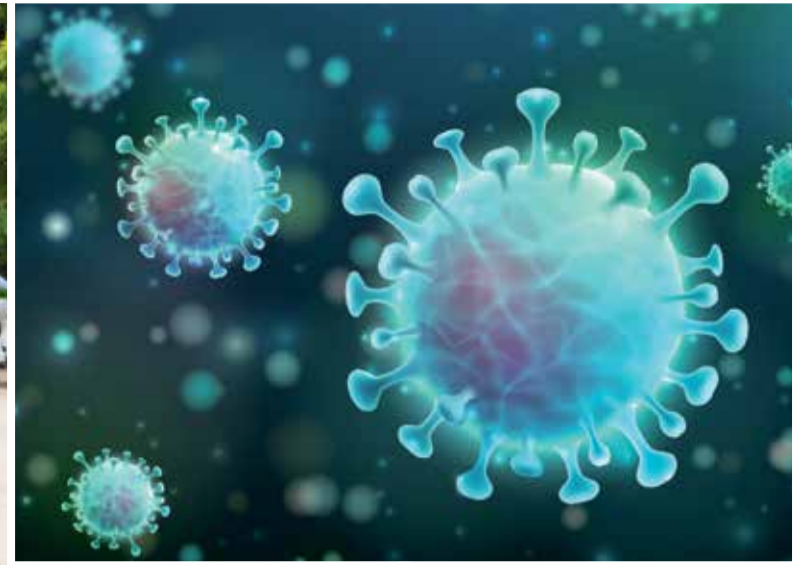
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Safety first: Like here in Darajani, everywhere in Zanzibar precautions were taken with masks, disinfection and temperature checks. The impact of the virus, said to affect the elderly more, might be less in Africa also due to demographics: Only 6% of the population in Tanzania are above 54; in western Europe 39%



PHOTOS (S): KEEGAN CHECKS, ISTOCK

“I AM HOPEFUL FOR ZANZIBAR”

EXCLUSIVE INTERVIEW How is the archipelago coping with the corona crisis – an expert speaks out

Co-operation, transparency and much more testing: Covid-19 is “a scary disease”, but with the right measures Zanzibar will push through, says Dr. Ghirmay Redae Andemichael, liaison officer of the World Health Organisation (WHO) in Zanzibar. The interview with ANDREA TAPPER took place in May.

Dr. Andemichael, we are several months into the epidemic in Zanzibar, which started here on 18 March. How worried are you still about the coronavirus?
It’s a scary disease, but I am hopeful. Zanzibar has dealt with emergencies before, cholera outbreaks for instance. It has established institutions to deal with such a crisis like the disaster risk management commission in the Second Vice President Office, Rapid Response Teams and an emergency operations center at the Ministry of Health. This enables Zanzibar to activate a multi-sectoral response.



Public health expert Dr. Ghirmay Andemichael: “We must be vigilant in the cooler season”

Sounds impressive. It’s important to know the facts and figures.
We have said it over and over again: The WHO advocates for transparency and release of data for effective response and containment of the pandemic. We are still seeing only the tip of the iceberg. 80% of those infected with the coronavirus show no symptoms or minor symptoms. 20% display moderate or serious symptoms and of those 3-5% may require critical care. The majority will not feel sick but is potentially transmitting the disease.

Meaning?
Consider everyone as infected. Practise social distancing, hand-washing and other hygienic precautions. If you do have symptoms, stay at home, call authorities to investigate you, don’t go to the market or to work.

Zanzibar is opening up to tourism again. From a WHO standpoint, when will holidaymakers be back?
The comeback of tourism will be dictated by global events. Not because Zanzibar wants it, but when people are ready to travel again. The global way of doing things might change in travel, tourism, the hospitality industry and others. It can be a wake-up call. Hopefully next year the virus will either fade through natu-

ral immunity or through vaccines and medicines. WHO and member states are engaged in intensive research collaborations for this purpose.

Let’s get to the medical bottom of this. Why is not more testing being done?
It would obviously be good to test as many people as possible, also suspected groups, but Zanzibar does not have the resources; neither do several other countries in North America and Europe did not do sufficient tests. It is good that new testing facilities were planned to be installed in Unguja and Pemba.

It seems the pandemic was or is still growing slower in Africa than elsewhere. In Europe, after a slow start, the second month brought exploding numbers, here not. Is Africa probably not that endangered?
It might be that a different demographic, a much younger population, heat and humidity, outdoor socialising, different immune responses and other factors play a role in the lesser acceleration of Covid-19. But complacency is not an option. No, not all! We have to be very vigilant, especially in June, July, August when the southern hemisphere will be cooler. The pandemic could still be exploding. We simply don’t know.

What role does the World Health Organisation (WHO) play in Zanzibar?
We advise the government on evidence based public health measures and work together for their implementation. We have deployed five full time experts for example for surveillance and infection prevention, we have brought personal protective equipment for health care workers to both Unguja and Pemba before the pandemic reached Zanzibar, we recently shipped in more hand-held thermo-scanners and other equipment

for doctors and nurses worth \$60,000. We have trained more than 220 district teams, including rapid response teams. We say: Health emergencies are becoming a norm rather than an exception, Don’t run after emergencies. Use the crisis to build up the system.

Some people say, a one-fits-all strategy cannot work for Africa, and poverty may kill more people than the virus?
If you are not healthy you are not productive. Each country has its own strategies to deal with the situation. But the general truth is: Health should be at the centre of the development agenda. All member states follow WHO’s guidance

on dealing with the pandemic. In Africa, the coronavirus is an additional burden to other diseases such as malaria, HIV/Aids, non-communicable diseases and malnutrition. Exactly because this pandemic might exacerbate poverty, we need to redouble our efforts.

But how? Public places and markets such as the Darajani market are always full of vendors and customers...
Be assured, everybody has been working on these issues, from the municipality to various ministers. Corona prevention is everybody’s business - without forgetting the other diseases and the socio-economic impact of this menace. Darajani market was cordoned off, watchmen controlled the wearing of masks. A lockdown might not be an option in a place where economy depends on daily transactions among people. However, this could be a last resort to go to if need arises.

Amidst all the rumours there is one daring theory: Could Corona have hit Zanzibar earlier - practically unnoticed? In December/January many people are said to have been seriously ill.
Frankly, we don’t know, but I doubt it. It might be interesting to follow up on this.

In Zanzibar you can’t hide information, even when a poisonous turtle killed some people in Pemba, the WHO knew. Our teams would have known of a mysterious disease around New Year, we would have known of people in intensive care, of any deaths of unnatural events. No - for us the index case, the first corona cases found in Zanzibar, were clearly a tourist couple coming from Germany. They were tested on March 18. They were the first admitted to the Kidimni isolation facility, fortunately with minor symptoms, and have since been released.

Finally, when and how will Zanzibar know that it has pushed through, that the worst is over?
By WHO definition Zanzibar will be declared virus-free if there are no new cases for four weeks, because the incubation time is 14 days. The problem: there can be another wave. But we have to stay optimistic.

Dr. Ghirmay Redae Andemichael is Liaison Officer of the WHO in Zanzibar since five years. The 55-year-old physician from Eritrea has been in senior positions with the WHO for the last 20 years.

PREGNANT DURING CORONA CRISIS

When Tanzania decided to start measures against the spread of Corona, SINE HEITMANN was 36 weeks pregnant, waiting for the arrival of baby number three.

This was my third pregnancy in Zanzibar, my two daughters are three and six years old, and pre-natal care has improved since their birth. Apart from bigger state hospitals there are a number of smaller private clinics, usually the first choice for expat mums-to-be. Having said that, as a confident 39-year-old I have never been one that follows every guideline – as long as I feel fine. During my last antenatal visit at my chosen clinic, however, I could tell that things were different - benches moved outside, crowding strictly discouraged. Still, apart from minor concerns, I did not worry too much about the effects corona might have on my delivery. When in doubt I often do things the local way: Newborns and their mothers traditionally stay at home here 40 days after birth. Coincidentally, the origin of the word

“quarantine” comes from the Latin word “quarantena”, meaning 40 days of isolation. So I knew my very personal quarantine was coming and I had been looking forward to it for nine long months! In the end all went well. Jamin, our newborn boy, saw the light of day in less than an hour in the presence of my husband Launi. With less help available and nurseries closed it might be tougher for me to attend to three small kids. So I may extend my official baby pause of three months and enjoy what I would not have in Europe, a nice beach at my doorstep.



Happy family: Baby Jamal born during Covid-19 fear in Zanzibar

7 LESSONS FOR FUTURE LIVING

What do people want after the global health crisis?

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BYE-BYE...

...AND WELCOME AGAIN!



PHOTOS (6): ZURI HOTEL; TAPPER, ROBIN BAISTIA

At the end of March tourists were evacuated from Zanzibar, in April hotels and restaurants shut down. By June, splendid beaches re-opened for tourism

By staff writer

There has been zero tourism in Zanzibar for almost three months. Now the question is: How, when and under what conditions will holidaymakers throng back to the spice island? Predictions remain vague, even after the government opened the doors again.

The boss is repairing kites next to an empty pool and bar, trying to fix LED-lights on a number for them. What Alex Goehse, owner of the popular Paje beach club B4 has in mind, is a nightly ocean show, a spectacle of kite surfers dancing under the stars. The choreography, not unlike "Holiday on ice" but on water, would surely be a long-distance affair, safely watched by diners from the beach. "We must come up with new concepts", believes Goehse, who, like the entire industry here, has seen no guests since March. "Clever concepts", he adds, "unique and small-scale". When is he expecting travellers back? He shrugs his shoulders: "That nobody knows, we can just get ready, wait and see."

Deluxe "rehab" at Zuri hotel
There is more to it than wait-and-see, says the management of 5-star luxury resort Zuri on the northern shore of Nungwi with a fantastic beach (top photo above). They went ahead of the pack and created a wellness concept almost resembling a deluxe rehab. "Zuri's layout with 56 bungalows in a lush garden big as 16 football pitches is truly ideal for social distancing", says marketing manager Andrea Knorová. Her "corona-safe" package includes occupancy limits, UV-light cleaning, one-to-one yoga teaching, even a stand-by nurse

and doctor. Ideally, a guest can stay in the confines of the resort or even his bungalow throughout, no need "to join activities outside", is the idea. The element of re-invention, of using the corona crisis for change, is inherent in some of the discussion within the travel industry. Meanwhile Zanzibar's 455 hotels were individually preparing for a new start amid initial uncertainty and doubt: Which procedures to imply? Would there be any financial help, and the crunch question of it all: How safe is the country? The official reporting of corona cases had abruptly stopped at 509 cases, 134 of them in Zanzibar, and 21 deaths in early May.

Old school versus community
Two factions in the tourism industry emerged: An "old-school" approach advocating marketing, image campaigns and travel bargains, pitted against a rather

new perspective of "we will have no destination to market if we do not pull together to support the community first", as hotel consultant Nicole Kanz put it. The result was an unprecedented co-ordinated effort in village support (see article on the right), not only providing emergency relief with masks and soaps but also initiating start-ups for locals. To establish more small industries outside or affiliated to tourism was discussed all over the East African region.

To bring back tourism, a particularly promising initiative was brought on the table by the Zanzibar Association of Tourism Investors (ZATI): "Free holidays for medics" (see box), a grand thank-you-gesture and possible image booster for Zanzibar. Standing out from the crowd certainly is a necessity to cushion a dire situation:

- 13 airlines had stopped flying to Dar

es Salaam and Zanzibar by the end of March.

- On a global scale, major airlines including the ultra-strong German Lufthansa needed bailouts.
- Despite being blessed with unique wildlife parks and the islands of Zanzibar, Tanzania is expecting a 76% tourist drop, according to its tourism minister.
- **Tourism may fall back to 2014 levels, is a widely-held prediction.**

What do tourists want?

"It's no hiccup, not even Ebola, it's a huge global crisis", Oxford-based "Tourism Economics" analysts said, forecasting recovery as late as 2023. "Long-haul destinations will take the longest to come back", knows Matthias Guertler, editor-in-chief of "Touristik aktuell", a German weekly for the travel industry. Domestic tourism would restart first, "next for Europe will be the Mediterranean", Guertler said.

"How countries handle Covid-19 impacts tourism"

But there are also silver linings on the horizon: "Future successful tourism destinations are risk free and green" is the strong message of tourism consultant Graham Leslie, based in Oman. "Zanzibar should use this reflective time to clean up Unga and drive job creation in the rural community", he says. Leslie advises the Zanzibar government on a "Resilience Response Program".

Consumer confidence indeed seems crucial. "How countries handle covid-19 will impact tourism", data company "Tourism Economics" noted. And Ali Amour, head of Fisherman Tours, put it clearly: "If the tourists come back and when will largely not depend on us but on their mindset. After all they have gone through, do they want to travel far – or rather stay safely near home?"



FREE HOLIDAYS FOR MEDICS

Zanzibar wants to invite medical staff to say thank you.

"From hospital cleaner to ambulance drive to the doctor, everybody on the frontline should be part of this campaign", elaborates Edwin Van Zwam, hotel manager of the Fumba Beach Lodge and one of the initiators. "We want to offer a 5-night-stay for 2 people, for the medic and his or her partner. "When going to print, more than 70 holidays had already been donated by Zanzibar hotels for the campaign.

ZATI, the Zanzibar Association of Tourism Investors, and the commissioner for tourism are endorsing the plan under discussion. Airlines could come in as sponsors to invite

medical personnel from the region or from all over the world. "Clearly, this would not only be a great thank-you but an incredible image booster", says Talib Yussab, Assistant director of ZATI. The organization is also lobbying tax reliefs and benefits for hotel employees in the corona crisis. It has already achieved the waving of industry penalties until 2019. "Sustainable tourism is now more important than ever", says Yussab. "We are all in uncharted waters. Together with the government we are working on a solid recovery plan to bring Zanzibar's tourism back."

MASKS, SOAPS & A LOT OF LEARNING GREAT WAYS TO SUPPORT YOUR ISLAND

Hotel owners, entrepreneurs and experts have been going out of their way to strengthen the community with new initiatives during the corona crisis.

from Fumba's Bernadette Kirsch and Franko Goehse. All these activities, often financed by hotels, cumulated in an impressive and still growing do-good-map of Zanzibar. Hongera! Ask to join Zanzibar 2020 here: + 255 654 488 877

Concerted efforts are key to the newly-founded group Zanzibar 2020, as much a think tank as a hub of grassroots activism: In less than three months the network of 303 members, co-ordinated by tourism consultant Nicole Kanz and educator Natalie Denmeade, distributed 600 "hands-free"-washing stations with foot pedals, installed almost 500 community sinks in 22 villages, supported local soap making, filmmakers and an ambitious chicken yard project. It enables laid-off hotel employees, for example, to start a chicken & egg business with a one-time donation of \$200 - complete with a chicken house, rooster and manual



A do-good-map of Zanzibar shows clusters of community activities

BUY THREE, DONATE TWO...



...was the principle of one of many schemes to distribute health masks in Zanzibar. Trish Dhanak of Upendo beach club hooked up with 12 hotel owners to provide not only masks but an entire protection package including disinfectant and gloves for 622 households for 2½

months – all that at costs of less than \$70 per investor. The longterm effect counts, she says "We have built an infrastructure we can use again". - With the involvement of boutique owners like Kumiko of Kumi boutique, fashion designer Doreen Mashika, Sjami Muegenburg of Ozti (see page 5), Francesca Scalfari of Frasi and many others, thousands of African-style masks approved by the ministry of health were made by local tailors, creating employment. The idea has spread its wings and taken off on its own by now.

CLOSE OR OPEN?

And what to do with the staff? That was the question of Leonie Kaack, owner of 'New Teddy's on the Beach', which has 12,000 likes on Facebook. Her thoughts reflect the dilemma of many hoteliers during the corona crisis – and a possible solution: "We are hosting Zanzibar-untypical guests, travelers, backpackers, explorers with a little budget. First we tried to stay open, to give the team stability and offer shelter for expats. Then our happy-go-lucky place was suddenly full of worries. My team of 26 passionate employees became nervous. It was for them that we decided to close on

March 17. From then on we were empty, all workers home with their families. Nobody has lost his job so far. Planning to re-open in July, we have received our first booking for December 2020. This absolute rockstar even performed a 50% down payment. If more people are brave to do the same, we can pay our salaries and get back on track."

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DISINFECTANT INSTEAD OF BEER



PHOTO: TWIGABREW

"We will produce as long as it is needed", says Raphael Flury who shifted Twiga brewery's output in Arusha from beer to disinfectant after realising he could produce plenty of it with the existing machinery in Tanzania's first craft brewery at the foot of the Kilimandjaro. "We don't want to make profit with it", says the manager who also successfully runs the ecological spice company 1001 organic in Zanzibar. Information, beer and disinfectant: <https://twigabrew.co.tz/>

MIND MY BUSINESS LOCAL ENTREPRENEURS MAKING A DIFFERENCE

TOO SWEET TO BE TRUE

Fresh and affordable locally made bread, pastries and cakes – that's the philosophy of the recently opened Lazziz Bakery in Stone Town.

It took only a couple of days for customers to be hooked. Nowadays, when you see cars stopping at the high court roundabout, there's a good chance their owners are there to buy some goodies at the bakery founded by two young locals.

There's nothing better than the smell of freshly baked bread. Vuga's enjoyed it for the last couple of months. Brown and white bread, baguettes and croissants - if this

isn't enticing enough, listen to the story: Muzzam Rizvi, 27, was already running two bakeries in Dar, when his friend Alnoor Hasham, a local Zanzibari of Goan-Ismaili descent, convinced him to try their luck on the island.

"We want to make fresh bread for Stone Town at reasonable prices", the trained baker explains. Brown and white bread costs TZS 2,000 a loaf, neatly cut for the toaster. Actually, most of the delicious bakery offerings are around that price, like five brown bread buns or homemade fluffy pizzas the size of a CD, either with veggie or chicken toppings.



Bestsellers are their chicken and cheese pies, black and white forest cakes as well as cup cakes with and without cream. Small and large cream and sponge cakes, beautifully ornamented and ideal for birthdays, start at TZS 20,000. Some customers shop at Lazziz and then take their sweet treats to the nearby popular Stone Town Café to enjoy them with a rich masala tea. Meanwhile, Lazziz has already found many regular customers. "What I like most about it are the affordable prices", says one of them. "Bakeries in hotels were just to expensive for us."



Lazziz Bakery
Shangani Street, near High Court roundabout, Stone Town. Open seven days a week Ph. +255 654 400 704



Cake galore: Fresh bread and pastries offers the new bakery Lazziz run by Alnoor Hasham and Muzzam Rizvi



WELCOME NOTE
BETTER SAFE THAN SORRY



Sebastian Dietzold,
chief developer of
Fumba Town and
CEO of CPS

Standing our ground in the face of a crisis

We are all shaken by the current situation. Some of our international readers might have just come out of a lockdown. Many had to cope with travel restrictions. Others may have started to enjoy their newly found freedom again. More than ever, we all dream of a safe home for us and our loved ones.

Over the last weeks and months, I have been getting a lot of questions with regards to how urban developments such as Fumba Town and The Soul, our new property with private beach apartments in Paje, can handle a global crisis like the corona pandemic. What urban design can do to cater for situations such as this.

The answer is clear: The only way forward for us is to keep designing projects in a way that makes them resilient and self-sufficient to stand their ground in the face of any crisis. This was our vision since day one. It is now proving its worth, unfortunately, sooner than we had all expected.

This issue of THE FUMBA TIMES reflects on the corona crisis as it was encroaching on Zanzibar., and how our beautiful island was fighting its way out of the menace. As always, we have meticulously researched all available information for you. The interview with Dr. Ghirmay Andemichael on page 2, who represents the World Health Organisa-



PHOTOS (4): CPS

We have built a community of people caring for each other



Fumba Town: As new apartments are being completed, families enjoy a clean and green environment

tion in Zanzibar and knows the archipelago very well, gives a deeper insight into the crisis faced by Zanzibar.

But we also venture beyond corona, exploring when and how tourism is likely to come back, the most important foreign exchange earner. I find it impressive to read on page 3, how the very same tourism stakeholders facing massive financial losses themselves went out of their way to strengthen the more vulnerable groups affected by all this. Another feature I particularly enjoy is the encouraging message about East African Art on page 8 – surely, a good dose of beauty is what we all cherish in these times.

In Fumba Town our great emphasis on sustainability is coming to full fruition currently. The streets are lined with bulging fruit trees and functional landscaping full of traditional medicinal plants. Through our recycling services, we produce a lot of new soil which in turn bears more fruits and vegetables. There is a highly skilled security team who looks after our safety and well-being 24/7 and a clinic to provide excellent health care when needed. And most importantly, we have built a wonderful community of people looking out and caring for each other.

Amidst all this we are observing an increase in eager investors realising the benefit of investing in a tangible home. A place that is built to be stable, even when the world around it may not be. Surely this is uplifting news.

Let us look after each other. Now more than ever we welcome you in Fumba. Zanzibar awaits you.

CARTOON



NOW WE ARE ALL NINJAS

by Arnout van Marmereen

CORONAVIRUS
THE END OF THE BUFFET

How will the hotel experience of the future play out, now that sanitizers seem to have become the most sought-after amenity? Exclusive in FUMBA TIMES: the new rules of TUI, the world largest travel company.

The tech language of the industry calls it SOP, standard operating procedures. Tourists notice it more as the look and feel of a hotel. Starting with the transfer from the airport to lobby designs and check-in procedures, from room amenities to housekeeping and restaurant settings – everything is under scrutiny after coronavirus. In Zanzibar, too, procedures for hotels and guests were hotly debated. When re-opening airspace on May 18, Tanzania first announced that every incoming holiday guest would have to show a certificate of being coronavirus-free - a difficult requisition. Only the Dubai airline Emirates, for instance, offers rapid tests at the airport so far. Later the proposed directive was dropped in favour of “non-contact thermometers in all terminals”, adding “passenger and crew maybe tested on arrival if need arises”.

Masks and one-metre-distancing
Holidaymakers on the ground and hotel staff are to “wear masks as appropriate”. The social distancing rule shrank miraculously to “one metre”. One provision will certainly delight passengers arriving in a tropical climate: Air ventilation and AC are to be enhanced at all airports. Meanwhile TUI, the world’s largest travel company, has formulated a 10-point-set of hotel and staff rules, applicable to the company’s own and partner hotels. TUI operates in hundred countries, with a turnover of €19 billion in 2019. It locked down its entire business for six weeks during the coronavirus health crisis until the beginning of May. Boardmember Sebastian Ebel of TUI: “Holidaymakers now expect safety first from any destination they may consider.”

10 RULES FOR SAFER TRAVELS

- 1. Online check-in:** Enable vacationers to check in online using the hotel’s website or their smartphone. Check-in is therefore largely contactless.
- 2. Distance rule:** All employees in the public areas of the hotel, such as the restaurants, lobby and corridors and in the fitness rooms, are obliged to keep a distance of 1.5 to two metres from each other and from the guests. Tables in the restaurant are only cleaned when the guest is not at the table.
- 3. Personnel planning:** The hotel employees work in fixed teams in

soccer tournament. The spa offer will be adapted and childcare will be aligned to new standards in accordance with the requirements of the destinations and countries of origin.

- 7. Disinfection dispensers:** The number of disinfection dispensers in the hotel is significantly increased, so that guests and employees can disinfect their hands at all important contact points. This includes, for example, all places where food and drinks are offered, sports facilities and the lobby area.
- 8. Room cleaning:** Before the arrival of new guests, all rooms are cleaned with special cleaning agents that also eliminate potential Covid-19 viruses. Particular attention is paid to cleaning



PHOTO: ISTOCK

Too much to close? Tanzania directs all hotels “to avoid buffet style meals”. Travel company TUI, too, wants more personal service for hygienic reasons.

order to be able to reconstruct possible infection chains.

- 4. Restaurant:** The capacities in the hotel restaurants are significantly reduced. Tables are set up with a minimum distance of 1.5 metres. This limits the number of guests in the restaurant.
- 5. Extension of opening times:** In order to offer all guests sufficient space, the opening times of the restaurants and other hotel offers are extended.
- 6. Entertainment and activities:** Only events, sports and entertainment offers with a small number of participants and without close contact are carried out. Golf or tennis can take place, but not a

areas in the bathroom, bedside tables or devices for daily needs such as the remote control of the TV set.

- 9. More service, less self-service:** Wherever possible, staff serve food and drinks to guests. These wear protective masks. Self-service offers such as buffets are used less.
- 10. Training by independent examiners:** TUI has all employees trained in its own hotels. The measures are introduced in addition to the legal regulations of the respective holiday countries. This includes the creation and hand-out of training documents, webinars, checklists, but also of customer information.

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

NEIGHBOURLINESS IS THE SOLUTION

Thank you so much for your great and inspiring activities in Fumba Town. From a global health security perspective you are spot on. The world must become a mosaic of micro self-sustaining communities. This is the only way to build resilience. We are fighting the novel coronavirus disease front center as an emergency but the solution is micro – including food securities, wellness and neighbourliness. Asante sana and stay safe.

Dr. Peter Mukunzi, dentist, member of Tanzanian diaspora, Dubai

WANTED: IDEAS FOR KIDS IN ZANZIBAR

Dear Fumba Times editors, not only because I became a private school teacher for my kids during school closure, I noticed that there are not many organised activities or online-groups for children around. Also, now that we can cautiously venture out again, I wonder if there are any especially child-friendly outings in Zanzibar. I would be lovely to get some more ideas for children activities.

Bizzy de Santos, mother of three and housewife, Fumba Town, Zanzibar

ON THE FARM WITH MAMA PAKACHA

Dr. Mwatima Juma goes big on delivery services and creates a permaculture heaven in Zanzibar

The Msonge organic family farm delivers veggie baskets to your doorstep - a huge success not only during the corona crisis.

It was the height of the rainy season in Zanzibar. An enormous monsoon downpour had been caressing the thirsty earth nonstop for 14 hours. We were ankle-deep in red mud, before even the first coconut, papaya or much-craved rucola salad had landed in any delivery basket. “Yes, come to my farm and have a look at how we are operating”, Dr. Mwatima Juma had invited me. Her grandchildren were doing water-slides in the courtyard. The 63-year-old herself sat undeterred by the rain in the back of her truck watching her farm workers form a human assembly line, passing on one avocado and papaya at a time to fill-up a good two dozen or so green baskets standing in front of a large wooden stand. To run a successful organic farm in Africa, on the isle of Zanzibar, requires many talents. Logistics is certainly one of them.

Modelled after Europe's green boxes
When filled up with fresh produce, the *pakachas* the size of a laundry-basket were almost too heavy to be lifted by one person. *Pakacha* is the Swahili term for a traditional basket made of coconut leaf. “We were looking for the right disposable container for our new delivery service”, recalls Mwatima Juma, “I had seen similar operations called ‘green box’ or ‘organic food delivery’ in Europe, especially in



Heavy load: Nachumi distributes *pakachas* all over Zanzibar



A wonderland of greens: Farm workers juggle to fill the *pakacha* baskets with fresh produce (left), Dr. Mwatima Juma in her working gear oversees the procedure (below). The farm also serves delicious food and plans to open an organic eatery (last below)



Denmark, and I wanted to start something like that in Zanzibar.” This was not only because she sensed a demand but also because the holistic farm, often unable to sell its entire product at a good rate at the market, would benefit from it. Started in 2018, the green service has quickly grown into an island-wide operation with more customers joining by the minute.

What “Mama *Pakacha*” includes in the basket varies by the season, usually 15 to 16 products, a good mixture of indigenous fruits such as papaya, lime and passion fruit. Starchy vegetables like cassava, cooking bananas and sweet potatoes. Veggies like spinach, radish, okra, cowpeas and a good number of leafy surprises such as chaya, moringa and mtembele (sweet potato shoots), the use and purpose of which would be widely discussed in the customer’s WhatsApp-group after delivery. “I have never seen these greens before” begins a typical question accompanied by a photo, “can somebody help me how to cook them?” Last but not least, Mwatima Juma adds spices and herbs like fresh ginger, coriander, rosemary, basil, mint, lemongrass, pili-pili and curry leaves.

Steambath straight from the farm

“We must post an extra note about this” she suddenly says, holding a quite voluminous bunch of undistinguishable leafy green branches in the air.

“This is not for eating but for a traditional steam bath against a running nose, fever, sinus problems”— what better remedy to add during corona times than this collection of 15 different medical plants called *nyungu!* Including delivery, the basket full of farm goodies costs TZS 20,000, less than ten dollars. Ms. Nachumu, the manager, cooks for guests on the farm and drives the distribution pick-up all over the island. “With corona around, business has been booming”, says lady farmer Juma, “home delivery is very much welcomed when restaurants are closed and you are reminded not to go out shopping out of caution.”

“When it’s too much: share or store”

The other advantage is the organic and regionally grown nature of her produce, an option more and more consumers prefer - theoretically, at least. Expatriates living in Zanzibar do still miss their “cauliflower, apples and iceberg salad”, says Juma with a smile, “but that’s exactly what you cannot have when you shop regionally. Covid-19 and the closure of the airport have taught us a lesson”, she continues: “Be content with what the season and the region have in store for you.” When some customers were overwhelmed by all the greens and asked how to handle their weekly or twice-weekly supply she advised: “Learn how to share or store.”

As one of her children boils a fresh pot of lemongrass tea for us, we settle down in her modest living quarters on the 15-acres family farm in Shakani on the Fumba peninsula, one of four farms the extended family owns. Mwatima Juma, still in her white T-shirt, black trousers

and Birkenstock sandals, tells me about her life. “I get up every morning around 4:30 to 5:00”, she says, “just to have some little time for myself before everybody else wakes up.” The rest of the day is dictated by farm and her many administrative demands.

Persistence in farming

Besides being a hands-on farmer, Dr. Juma is an agronomist with a doctorate, she wrote her thesis on “The physiology of coconut”. The mother and grandmother is the country programme officer of the International Fund for Agricultural Development (IFAD) in Tanzania. This involves seed production and training for a good number of the 200,000 farmers in Zanzibar. “We need more persistence in farming,” she says, “it makes no sense that hotels import 80 per cent of their food supply while Zanzibar farmers are poor and not harvesting enough.”

Recently appointed as new director of the Practical Permaculture Institute of Zanzibar (PIIZ), she advocates zero-waste farming: “The more we avoid monoculture, the better,” she says. And then Mama *Pakacha* has to excuse herself, one of her three mobiles is ringing, her internet designer is on the line expecting directives for her first *pakacha* app: “Do this and do that”, she says without hesitation – as much a woman of the soil as of strategic thinking.

Andrea Tapper

Place your order here:

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Pakacha delivery
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TZS 20,000
FB Msonge Organic family farm
www.msonge.co.tz
+255 754 536 630



PHOTOS (4): KEEGAN CHECKS

RECIPES: THREE SHADES OF GREEN

While a variety of yummie traditional dishes are created at Msonge picnics (photo), customers of the delivery service often wonder how to prepare the many green leafy veggies found in a typical *pakacha*. Stir frying them is a good start. Here some ideas to spice them up.

Mtembele sweet potato shoots: Stir fry a base of onions and tomatoes, add garlic and curry powder to taste, add the chopped veggie, little water as needed.

Chaya: To get a sweet-sour note, add soya sauce or balsamico and a little brown sugar to the base, add veggie, some water. Chaya needs to boil a bit longer.

Cowpeas leaves: For a coconut version, start with frying onions, ginger and tomatoes in a bit of oil, add finely cut veggies, add coconut milk.

LOCAL HEROES

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

SJANI'S BIG PLASTIC CLEAN-UP

A jerrycan metamorphosing into a lamp; white plastic bottles finding a second life as a flower pot.



Sjani Mueggenburg, the anti-plastic crusader

We all know plastic can be recycled but Sjani Mueggenburg actually does it herself – in Zanzibar. “We are neither a business, nor an development agency”, she says of her company Recycle@Ozti. What is she then? “Simply the corporate responsibility arm of my husband’s company Ozti”, the South African resident of Zanzibar explains. Ozti delivers kitchen and industrial equipment to Zanzibar. In the company warehouse in Mtoni, Sjani Mueggenburg literally found her niche.

The brave crusade of one determined woman to eliminate plastic junk from Zanzibar’s streets is led “by trial and error”, as she puts it. Turning single-use plastic waste into beautiful objects of design, is quite a science, as she found out. It all started at a small river near her home, where Mueggenburg discovered heaps and heaps of plastic rubbish. “My

two children couldn’t even swim there any more”, she recalls, and decided to become active. “First I tested what type of plastic melts in my oven”, she says. “I educated myself.” HDPE, for instance is a certain type of plastic used for bottle caps and Ariel containers. PET, which we know all too well from drinking water, “is the most dangerous and expensive to recycle.” 80 tons of these bottles – the equivalent of 80 cars – were shipped from Zanzibar to China in 2018. Now, a plastic recycle plant in Mombasa, has taken over, “a good measure”, Mueggenburg comments.

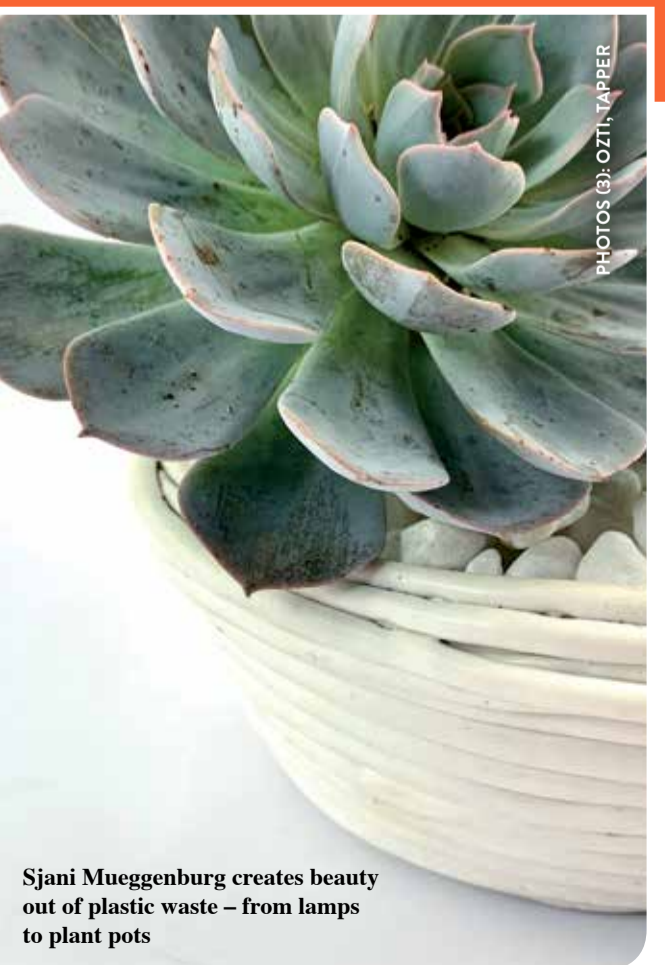
“Reduce, reuse, recycle” has become her philosophy. She bought machines to shred, melt and reshape the plastic. While she shows me around her workshop with four employees, she says: “The colour of the original plastic never changes”, pointing to self-made chairs, vases, clocks and lampshades, which she plans to sell commercially in the future.

Hotels, households and restaurants bring their waste plastic waste to her, and she buys from informal waste collectors. “We want to produce household items with a long life-span,” she says. There

is a collection point at the International School Zanzibar and with the help of much-needed donations more collection hubs will be established all over the island.

“Ever since I came to Zanzibar in 2002 I observed that with growing tourism more and more plastic was around”, Mueggenburg says. With the corona crisis global emissions fell by eight per cent. “We should learn from that”, she believes..

Follow Recycle@Ozti on fb; deliver your plastic waste to Mtoni



PHOTOS (3): OZTI, TAPPER

Sjani Mueggenburg creates beauty out of plastic waste – from lamps to plant pots

WATCH OUT FOR THIS!

N With the world staying home, Netflix added 15 million viewers in one month. Here, two Zanzibar movie lovers present their top picks for you - on Netflix and other streaming services.

Mohamed Bajubeir, 52, is the founder and owner of Zancinema in Malindi, Zanzibar's only movie house besides the ruinous Majestic. Mohamed's three children Yunus, Yahya and Thureya support their dad in running the place with 53 seats, and promise shows will resume as soon as corona allows it. Here Mohamed's tips:



Marriage Story, a 2019 Noah Baumbach film starring Scarlett Johansson in a gruelling coast-to-coast divorce.

The Irishman, a 2019 American epic crime film by Martin Scorsese, based on the 2004 nonfiction book. In the 1950s, a truck driver becomes a top hit man - a powerful movie about organised crime.

Roma, Oscar-winning 2018 drama about a live-in maid falling pregnant in Mexico city.

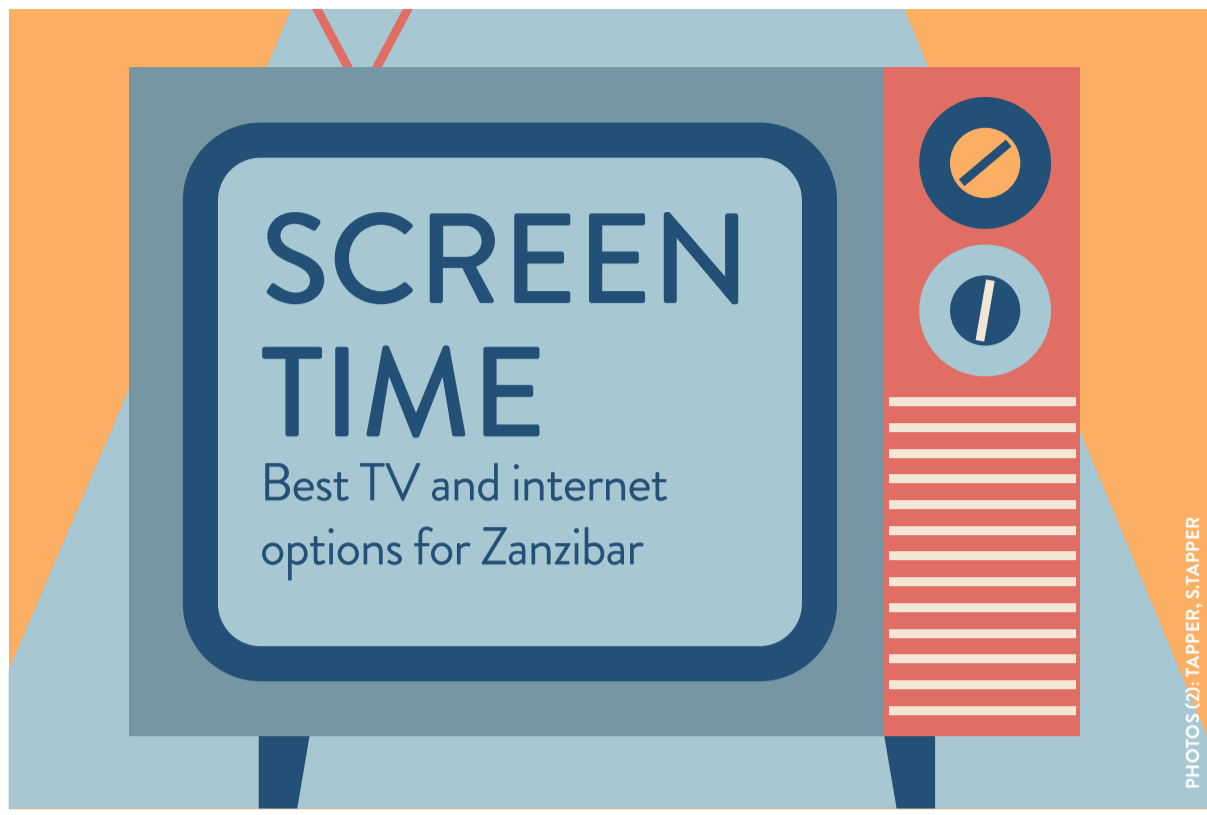
Dolemite Is My Name, a 2019 American biographical comedy film with Eddy Murphy as filmmaker Rudy Ray Moore, a must for Murphy fans!

The Ballad of Buster Scruggs is a 2018 American western comedy-drama. An anthology of six short films that take place in 19th-century post-Civil War.

Andrea Tapper, editor of THE FUMBA TIMES, can't stay away from these two series right now:

La maitresse d'un homme marié/YouTube, the Senegalese equivalent to "Sex & the city", plays in Dakar. Modern urban relations in extended families million viewers hooked.

The Marvelous Mrs Maisie/Amazon Prime - woman comedian in New York in the prudish 60s. Design and fashion during the cold-war era is to die for, as is the subtle society criticism.



You don't want to miss international news or a decent thriller on a lonely evening? Fumba's IT crack Elias Kamau knows how to stay connected

What are my best telly options? While some consider TV old-school, others still enjoy a good choice of programs. To get anything worthwhile on your screen in Zanzibar, turn to one of three main channel suppliers DSTV, Azam and Zanzibar Cable - only the latter operates without satellite dish. DSTV offer different packages from family to entertainment. Azam is more cultural with Indian and Arabic movies, Zanzibar cable has the most local channels. DSTV packages start at around TZS 100,000 flat fee for decoder, dish (ask for a white one!) and the first month. Monthly prices vary from TZS 50,000 -120,000 for a good variety of family stuff and sports. To start with go for DTSV "Medium", an entertainment and news package with around 90 channels for TZS 44,000.

Paying if I am not around? Monthly fees are paid upfront, so you can pause the payment and re-start it-all online. If living in Fumba, the town management will assist with initial installation.

How about using Smart TV? Works well either via internet or satellite; plug and play.

The fastest internet connection? The easiest way in Fumba is connecting with Zanlink high-speed fibre which is already in the compound. Elsewhere in Zanzibar you also have that option but you may have to pay for the installation. In Fumba Town, all you need to do is sign the contract and make the payment. There are different packages for different bandwidths varying from one mbps to infinity. However, there is a special pack-

age for home users, relatively affordable at \$53 per month. "E-mails, streaming, WhatsApp and moderate office use are well covered with that option", says Elias Kamau. Zanlink service can be suspended when you are not there - or you leave it for your prospective tenants enhancing the value of your lease.

What about using mobile internet on the road and at home? An option, if you are not a heavy user. Get a local number, sim card and buy pre-paid packages. Nowadays you have to get registered with your ID and fingerprint with providers such as Zantel. You may then also use your smart phone as a hot-spot at home. Alternatively, you'd buy a router for instance from Halotel to which you can connect up to ten Wi-Fi devices. A 60 GB monthly package will cost you around TZS 50,000.

What if my reception is bad...? Get your router up high and central to avoid obstacles like furniture and walls, away from cordless phones and bluetooth speakers. This often already helps a lot in getting a better reception.

...or my internet too slow? Get rid of the weak! Switch off Wi-Fi on any device that does not really need it. Bear in mind the device with the poorest

connection affects everyone else, using valuable airtime.

How many MB does my Netflix movie consume? Normally Netflix or other streaming services require four megabits per second speed (4mbps) or 400-600 megabytes (MB), sometimes even one GB, per film, depending on how you set the quality and size of screen. A mobile phone uses less than a big flat screen. Wizz tip: Use www.speedtest.net to find the strongest signal in a room - and move your couch over.

Bits and bytes - what's the difference? The terms are used in specific ways: Megabits per second (mbps) are used to describe the speed of an Internet connection, whereas megabytes (MB) usually refer to the size of a file or storage space.

Bye-bye to linear television? Quite a number of people have said good-bye to linear television with news on the hour, and watch solely streaming channels and news from websites. For these, a good Wi-Fi connection and Smart TV, an i-pad or a laptop will do. The latest option is IPTV, a gadget sold in electronic shops, starting at around \$90. This system delivers digital television services to the subscriber through Internet Protocol technology.



High-tech specialist Elias Kamau will get you connected in Fumba Town, which is already equipped with high-speed fibre cable

INSIDE FUMBA TOWN TRUE STORIES OF NEW RESIDENTS



Pilot Jordi Comellas: "22 minutes to Pemba"

"I FIRST SAW FUMBA FROM THE AIR"

Jordi Comellas, 51, is a Spanish pilot from Barcelona living in Fumba Town.

Are you still flying despite the corona crisis?

While most of the international airlines have grounded their planes I am indeed still flying almost daily. I work for a local Tanzanian airline, Asalam Air. We do commercial and humanitarian work. Currently I fly mostly from Zanzibar to the neighbouring island Pemba.

Who is flying with you?

Businesspeople, traders, farmers, I believe. I don't know the passengers. It's just a 22-minute flight and sometimes I commute five times a day. My plane is a Brazilian 30-seater named Embraer 120.

In the midst of a worldwide pandemic, do you feel safe in Africa and in Fumba Town particularly?

I am very happy that they seem to have a plan here. The sanitary management at the gate, the measuring of temperature - all that started very early. There is a lot of awareness and that is needed.

What impressed you most?

The neat little clinic, our own hospital here, equipped even with some rooms. In a health crisis like this I can't think of a better place to be. Spain might be technologically more advanced but it is also terribly hit by the epidemic. I feel fine here.

How did a Spanish pilot working in Zanzibar come to settle in Fumba?

Imagine, I saw the project from the air. White houses in green landscaping, just by the blue sea. Wow, I said to myself, I must check that out. By then I was living in Arusha.

And you did.

Yes, I made an appointment. I immediately liked my two-bedroom-house near the sea and rented it for \$450. What convinced me, too, is the proximity to the airport. Furthermore, I love the quiet nights here and the green focus.

Green focus?

The landscaping. Nature all around us. The sea view.

Any criticism?

The dust road to the project must improve. The three kilometres from here to the main road are not only uncomfortable but take a toll on any vehicle.

Are you satisfied with your two-bedroom town house?

It's a humble construction but everything works. I like the high ceilings and the high windows letting a lot of light in. There is never a dark moment waking up here.



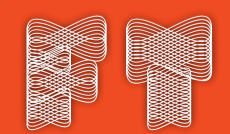
Fumba Town: "Happy about good safety plans!"

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FUMBA TOWN ZANZIBAR

MY SIMPLE KITCHEN

First steps to go natural in your household - Drying fruits to store

TOGETHER GREENER



Bernadette Kirsch presents smart ideas for an eco-friendly lifestyle



PHOTOS (3): KIRSCH, TAPPER

Homegrown: loofahs and coconut rope replace plastic sponges

I prefer small kitchens. Standing in the middle of mine, I can stretch out my arms and touch the sink on one side and the stove on the other.

Picture your dream kitchen. I bet it's not filled with clutter. And hopefully it is filled with things that bring sparks of joy. There is something refreshing and life-giving about a clean, uncluttered kitchen. It sets the tone and culture for the home. It communicates calm and order. It promotes opportunity and possibility. It saves time and ensures cleanliness. The kitchen truly is the heart of your home.

I wanted to de-clutter and set up our small kitchen for maximum functionality and happiness. If the kitchen is the heart of the home, it needs to work out for you. A place that functions properly. A place where health and wellbeing is positively influenced. And I wanted to start considering how environment-friendly my kitchen is.

Phasing out plastic with glass jars

My first mission was to slowly phase out plastic in our house. I started in the kitchen by taking out most of the plastic containers that are laden with chemicals that can leach into the food. I replaced them with glass jars that I found in many second hand places along the Fumba Road. It is amazing the varieties of glass jars one can find second hand! They are now filled with dried beans, rice, noodles, pasta that I buy loose and not plastic-packed from the local markets. This is one advantage of buying your staples from the local market - they do not come pre-packaged in plastic bags. I carry my own big kikapu, a local woven basket every time I go to the market. It stops many plastic



Attractive food storage: second-hand glass jars found in Zanzibar

bag vendors from hustling you to buy more unnecessary bags.

Dry your own fruits

Having beautiful seasonal vegetables and fruits on the island also encouraged me to dry or pickle mango, pineapple, jackfruit, bilimbi, eggplant, chilies etc. It is not a difficult thing to do and besides they look very appetizing in these glass jars. I am lucky I once got a dehydrator to dry food professionally, but you can also dry fruits the usual Zanzibari way - out in the sun. The jars with delicious bites have become my pride in the kitchen and

an eye catcher to boot. I also bottle them in small glass jars that come in handy as a present.

Grow your own sponge

Another change that I find very effective, saves money and is environment-friendly are natural cleaning tools. I threw away the foam sponge I used to wash dishes, cutlery and other kitchen tools. I replaced it with the natural loofah that we grow in our own garden and sometimes I buy cheaply at Darajani market. I also have a separate loofah for "scrubbing" carrots, ginger, turmeric and

potatoes to clean them or even instead of peeling them. That works well. Once they are used up, I just add them to our compost heap.

Cleaning with coconut rope

For more difficult cleaning jobs for pots and pans, I use a crocheted coconut rope scrubber that is made here in Zanzibar. I also recycle old thick towels into smaller dish-rags that one can use to clean countertops or dry things. Again, when I dispose of them, they go straight to the biodegradable bin or thrown directly to the compost heap.

Ah, the number of projects I would love to do. I will keep you updated on new things I discovered. More gardening, cooking and some simple crafts ahead.

Bernadette Kirsch is originally from the Philippines and landscaping manager at Fumba Town. Together with her husband Franko Goehse she runs the Permaculture Design Company (PDC).

Ph/Whatsapp +255 764 523 530

LIFESTYLE NEWS

BO'S ANTI-STRESS YOGA



"With less possibility to go outside, let's make time to go inside ourselves", says Bo Letshwiti, who teaches yoga in Botswana and Zanzibar

Ideal to try out at home, Bo's 20-minute yoga set with simple breathing exercises. Get your yoga mat out!

Deep breath against anxiety

Sit with your spine straight or lay down. Place one hand on your chest and the other on your lower abdomen. Inhale deeply through the nose for 5 counts - let the abdomen rise and the chest follows. Take as much air as you can into the body. Hold the breath and gently pull the navel to the spine. Exhale completely through the nose for 5 counts - let the chest collapse and the abdomen follows, release every bit of air. Repeat this breathes for 5-10 minutes.

Up against the wall

Lay on your back with your legs straight

against the wall. Lay here for 5-10 minutes. Use breathing technique as above.

Like a butterfly

Lie on your back and bring the soles of your feet to touch. You may place a rolled towel or pillow under your lower back to release any pressure. Stay here for 5 minutes. To release place the hands under the knees and bring the knees to touch.

Twist it!

On your back, arms out in a T, inhale bend the knees, exhale, drop the knees to the right, gaze left. Other side; inhale, lift the legs to centre, exhale, drop the knees to the left, gaze right. Keep shoulders on the mat. Hold each side 2-3 minutes.

Online and on-site fitness in Zanzibar

- Follow Bo online: www.omflow.yoga/omflowsignup
- ZanFit boxing, kickboxing and more, Insta: @wearezanfit, fb zanzibarfitness, www.wearezanfitness.com
- Wajamama Fitness Centre in Mbweni, www.wajamama.com/fitness

MARYAM'S DETOX JUICES



Gallery of juices: Baboo Cafe in Shangani recently reopened

Baboo Café, a tiny restaurant kiosk by the sea opposite Africa House, can pride itself of the best sunsets and juices in Stone Town. Owner Maryam shares her most popular recipes. Each 4 servings.

Hakuna Matata

3-4 carrots, 1-2 inch ginger, sugar to taste, water. For a special twist: add 1 inch turmeric.

Lime-mint

"My most refreshing juice", says Maryam. 1 bunch fresh mint leaves, 2 lemons

cut in quarters with skin, juice of 1 lemon, sugar to taste, water. To refine: ½ tsp salt

Cucumber Greenie

3-4 cucumbers, juice of 1 lemon, sugar to taste, water. To spice it up: add some pineapple

Start preparing all juices with 1-2 cups of (crushed) ice to make them thick and frothy. If your blender is weak, cut everything into very fine pieces. Let the blender run for 2 minutes to give the juice a nice texture. Sieving optional.

ASK DR. JENNY BOURAIMA

READER'S QUESTIONS ANSWERED BY OUR OWN MEDICAL EXPERT

PLEASE, CALL THE DOCTOR!

Omar A., 48, contractor, Nungwi

Dear Dr. Jenny, I appreciate your professional advice in THE FUMBA TIMES. Now more than ever we rely in Zanzibar on profound medical diagnosis and guidance. I am often unsure whether to go to my clinic of choice straight away, or to call the doctor first, especially in an emergency. On top of that I live at the North coast and it would be quite a drive to come to town. Do we have any other options?

Dr. Jenny Bouraima answers:

Dear Omar, you are right, we are currently experiencing a quite extraordinary situation that many of us find difficult to navigate. Our personal and professional life is affected in unprecedented ways. That also includes the way we are delivering our services at Urban Care Clinic. Healthcare facilities and their workers belong to essential services that have to continue.

Telemedicine - a new option

However, thoughts needs to be put into the fact to ensure the wellbeing of patients, minimising their risk of contracting other additional illnesses. With a new disease on the map - Covid-19 - where many questions are yet unanswered, it is our duty as healthcare workers to be

extra careful for the sake of our patients suffering from other diseases.

In order to minimise contact time with potentially ill persons, we are increasingly focusing on telemedicine. Some illnesses - skin diseases for example - can be diagnosed via video chat and the doctor is able to prescribe the correct treatment. We have an end-to-end encrypted video portal incorporated in our practice, a virtual waiting room that allows us to schedule our e-consultations and provides a secure environment. The patient receives upon request an invitation link via email and can simply use his web browser - no installation of an application or sign up is needed.

In some diseases, in order to diagnose correctly, physical examination is needed or even laboratory testing. In these cases we would still prefer that the pa-

tient remains at home, for his/her own safety and we would come to you! In these times of need, in order to make it more widely available, we are offering our house visit service at a discounted rate, all over the island. Of course, our doctor is wearing adequate personal protective equipment at all times.

By focusing on telemedicine and house visits, the amount of patients physically present at the clinic at one time is minimised, therefore reducing contact time with one another.

Please note that in case you are experiencing symptoms related to Covid-19, you should alert the Ministry of Health via their toll free number 190.

This article was written to deadline 1 June 2020. For updates call us.



Happy & Healthy



PHOTOS (2): TAPPER, ISTOCK

WRITE TO US!

Do you have any health or lifestyle questions? Dr. Jenny Bouraima, seen here with a community built "hands-free" washing station in Dimani, will be happy to answer them. Her Urban Care Clinic in Fumba Town also reaches out to villages with mobile consultations. "We were very happy to guide people to build their own washing stations and thank Inaya for sponsoring natural soap bars", Dr. Bouraima says. Her clinic offers laboratory and ultrasound services, vaccination and baby checks, psychotherapeutic and nutritional counselling, First Aid and emergency services. House visits all over Zanzibar and telemedicine consultations are additional options. Please e-mail: DrJenny@fumbatimes.com Urban Care, Fumba Town, +255 622 820 011 Opening hours: Mon - Fri, 9am - 5pm | www.urbandcare.clinic



AFRICAN ART BOOMS AMID CRISIS

Art auction East Africa fetches \$230,000 for regional artists

East African Art is having a run. In the midst of it: Tanzanian classics such as Tingatinga – provided you can prove it's an original! Almost 70 paintings, sculptures and photography changed hands at the recent Art Auction East Africa, the prime trading event in the region.

The collectors' driven African art market is blossoming. A spring auction by legendary Sotheby's in London had an almost 50 per cent increase in sales of African Art. Regionally the picture is no different. Danda Jaroljmek, founder of the annual Art Auction East Africa, conducted the event for the 7th time in March in Nairobi. "Given the big success, we will exceptionally organise another online auction in November this year", the gallery owner and art trader announced. "Because of the corona crisis, we had less art lovers attending in person than in previous years, but we had a lot of telephone bidders and absentee bids." The regional auction is the only one of its kind, Playful, sinister and avant-garde. Naïve like the Tingatinga school, full of colour and texture like Kenya's Ancient and Michael Soi, dramatic like Kioko Mwtiki with his imposing life-size metal sculptures of rusty-brown horses and wildlife – such is the scope of East African Art 2020. Although not reaching the commercial heights of African bestsellers like El Anatsui from Ghana with his monumental wall hangings worth millions of dollars, the artistic output from the continent's eastern region is "slowly and steadily increasing", says expert Jaroljmek. And prices are rising.

In Tingatinga only originals count
Edward Said Tingatinga's red-and-black study of a bird in a tree, created 1971 in typical enamel on board, sold for almost \$12,000.

In Tinga-tinga art, now a large industry in Tanzania, the signature of the artist or a certificate of originality, are of most importance. "There are only a few originals of the painter around, who gave his name to an entire genre. But these are fast increasing in value", explains Danda Jaroljme. Tingatinga's career lasted only from 1968 to 1972,

Surreal people: Lilanga's statue of a guy in yellow shirt fetched \$1,800



People of all colours: Charles Sekano, longtime Kenyan resident from South Africa, often draws lovers. His "Sleeping Bathers in the Rivers of the Past" got auctioned for around \$5,000



An original Tingatinga, only 60x60 cm, worth \$12,000

when he was shot dead at the age of 40. Already in his lifetime he became so popular that he hired friends to produce more of his cartoon motifs – thus the Tingatinga school of art came into being.

Keith Haring adores Lilanga
Fellow artists in the leading league earning more than \$10,000 per piece are internationally acclaimed Kenyan Peterson Kamwathi, 40, with politically charged grim charcoal drawings, and Ugandan Geoffrey Mukasa, who died in 2009. Charles Sekano, a gifted painter from South Africa, who lived in Kenya most of his life, still earns less with his Picasso-esque portraits of young urban Africans but his work has many fans. Tanzania's George Lilanga, creator of Mickey Mouse-like wooden statues and idiosyncratic paintings, is another well-

known artist. Lilanga, who died in 2005, started out as a traditional Makonde sculptor. American graffiti artist Keith Haring openly acknowledged that Lilanga greatly influenced his art. A hub of contemporary African art is the Circle Art Gallery in Nairobi, run by Danda Jaroljmek. The gallery, situated in the quiet green suburb of Lavington, was founded in 2012 and opened in its present location 2015. Jaroljmek, 58, an artist herself, was brought up in Gambia and has lived in Nairobi for 22 years. Her gallery follows in the footsteps of pioneer gallery "Watatu" in Nairobi who propelled East Africa's art scene forward in the eighties. Zanzibar, too, has its own gallery for contemporary African art, the Forster Gallery, located in Mbwani.

Andrea Tapper

6 AFRICAN ART HOT SPOTS

In Kenya: Circle Art Gallery, Nairobi, circleartagency.com

In Zanzibar: a modern gallery with space for resident artists, forster-gallery.com

Global sales platform for art: artsynet.com

Modern and controversial: Zeitz MOCAA, Cape Town, zeitzmocaa.museum

New wetlands museum: the Norval Foundation in Steenberg, South Africa, norvalfoundation.org

Cool showpiece of African Art: 1-54 Contemporary African Art Fair based in London, New York, Marrakech, next fair in London Oct 2020, Marrakech Feb 2021, www.1-54.com



Increasing artists' visibility: Danda Jaroljmek, Circle Art gallery, Nairobi

What impact had the corona crisis on your project?

Actually, we hear from clients now more than ever that they have re-set their priorities. To invest in your own piece of Zanzibar, rather than staying at a hotel, seems attractive to many. Especially with a calculated return of investment of up to 20%. With our apartments starting at cost-conscious \$40,000, foreigners are free to buy property in Zanzibar for the first time. We have sold already around 60 units.

The buyers are all surfers?

15 different nationalities so far, including Tanzanians and Kenyans. Some surfers, yes, after all Paje is considered one of the 10 best kite surfing beaches in the world. But there are many other qualities appealing to an environment-conscious younger generation: We feature solar water heating, waste recycling, even our own veggie garden – all based on the tested permaculture principles of Fumba Town. Our houses are built in innovative wood technology to let them cool down at night. At the same time this technology makes them extremely durable and long-lasting. We will have a supermarket, restaurants, a place to keep surf boards. The Soul will be a really cool place!

Infos: www.thesoul.africa
Inquiries: sales@thesoul.africa

"INVEST NOW, RELAX LATER"

Groundbreaking at The Soul apartments in Paje

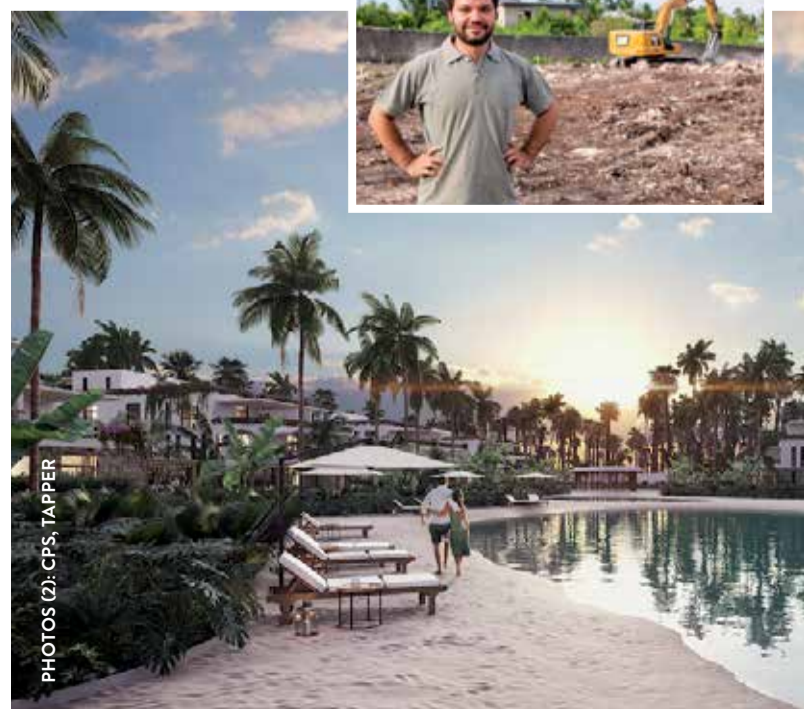


Construction has started for the very first beach apartments for sale in Zanzibar - manager Milan Heilmann about the cool qualities of the project.

The first units of The Soul, a new residential leisure facility around an artificial lagoon in Paje, are planned to be handed over to buyers already next year. Behind the project are the developers of Fumba Town, CPS. We spoke to manager Milan Heilmann, 30, about progress.

We see bulldozers on your 11-acre plot in Zanzibar. Is your building schedule on time?

Right now we are erecting platforms for the first three of 11 planned houses. The property will have 250 holiday flats of one to three bedrooms in timber frame units prefabricated by Volkshouse in Fumba. The actual assembly of each pre-fab unit is just a matter of weeks.



On time: Milan Heilmann (above) builds holiday apartments for sale in Paje

JUST DISCOVERED AMAZING DEALS FOR RESIDENTS

STAYCATION IS THE NEW TREND

If staying at home has driven you mad the last months, take advantage of some seriously fabulous staycation deals in Zanzibar now.

What is a staycation? An opportunity for East African residents to be pampered and unwind. But

also a chance for Zanzibar hotels to re-open with domestic clients – all the while maintaining a safe social distance, of course. "Hotels can test their new procedures, and we encourage feedback", says Francesca Scalfari, owner of Sharazad. With nobody knowing for sure when and how many international travellers will be back on the island, go local and enjoy a sneak preview of these gems at the beach and in town.



SHARAZAD: FULL BOARD TREAT

Modern boutique hotel with a distinct private feel in Jambiani, directly at the beach. Riviera-style pool and bar, open-air restaurant. The owner is Italian, so get ready for some wonderful food. **Special kick: Arrive and go nowhere!** From July: Stay 2 nights at \$75 p.p./day, full board. Stay 3 nights & more from \$70. HoliStay from 7 nights & more \$50. reservations@sharazadboutiquehotel.com +255 777 427502

EMERSON: HISTORIC FLAIR

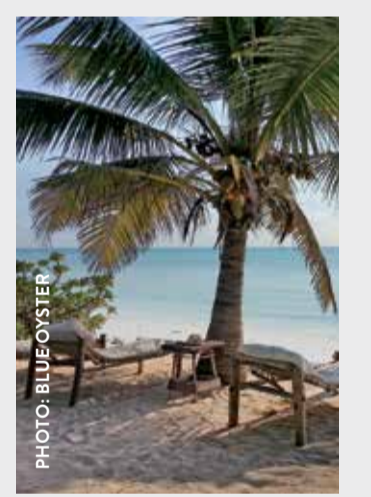
Featuring the best-known rooftops in Stone Town and opulent unique rooms, the hotels Emerson Hurumzi and Emerson Spice both invite residents to a sensual staycation. Ever wondered how an Emerson room looks and feels like? Here's your chance to take Instagram-ready shots inside and above Stone Town. "All our staff has been trained in social distancing", says Manager Lisenka Beetstra. **Special kick: authentic**



lunch & dinner. Very reasonable resident rates for a great variety of rooms. reservations@emerson-zanzibar.com +255 779 854 225

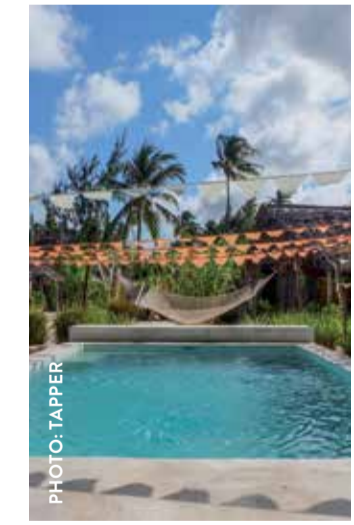
BLUE OYSTER: JUST DO NOTHING!

Family-style hotel with thatched-roof buildings, top restaurant and immaculate rooms. There is no pool, but guests have Jambiani beach with its ever-changing ocean panorama right on their doorstep. Ideal for a quiet stay and oxygen-rich beach walks, 24/7 cared for by an attentive team. **Special kick: all-day snack bar.** Double from \$65, B&B. blueoysterhotel@gm.de +255 783 045 796



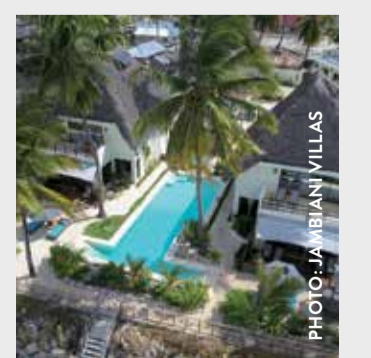
B4: CLUB HOT SPOT

Unless international holiday-makers are suddenly back, this chilled beach sanctuary with kite-surfing station, electronic music and burgers at the end of Paje is all yours. Barefoot luxury bungalows with Bose speakers and rain shower nestle around a little pool. **Special kick: a weekend you'll never forget.** Starting from \$50 per bungalow, B&B. Daycation with pool-use also possible. contact@b4beach.club +255 778 672 715



JAMBIANI VILLAS: FUN FOR FAMILY & FRIENDS

Days filled with swimming in your own gorgeous pool, sun bathing, playing, cooking or being cooked for by the open-air Shira restaurant, run by a creative chef. Three different properties with villas (and apartments for couples) ensure privacy directly at the beach of Jambiani. "We disinfect the houses and check staff health daily", says manager Maciek Zielinski. **Special kick: great flexibility.** Now attractive



special offers for residents, inquire for prices. bookings@jambiani-villas.com +255 776 944 970